

Terra Nova Times

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Terra Nova High School

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Class of 2021: Mask and Mingle



On Saturday, May 22, over 100 seniors and staff gathered to celebrate their graduation and making it through this past school year. For many, it was the first time they had seen each other in over a year. "It was super fun! I got to see so many people I hadn't seen in forever!" said senior class president Sarah Alderson. "We had mini golf, tacos, churros, and got to play a bunch of games like Jenga. I think a lot of people had fun and it made all the hard work that we did pay off!" Congratulations, Class of 2021 — you came, you saw, you conquered.

Mutant mosquitoes set on Florida

By Elliott Song
Times staff writer

Florida is widely known for its hot and humid weather, which unfortunately makes it the perfect place for mosquitoes to breed and multiply. Florida has the most species of mosquitoes out of any state in the US. With this number of mosquitoes comes a number of potentially life-threatening viruses and diseases. Recently, in an attempt to reduce the virus-carrying population of mosquitoes, UK-based biotechnology company Oxitec has started its first ever trial of releasing genetically modified mosquitoes in the Florida Keys.

This project specifically targets a single species of mosquito in the Keys, the *Aedes aegypti*. Though small in numbers, making up only 4% of the population in the area, this species is responsible for the majority of mosquito-transmitted diseases in the area. It spreads virus-based diseases such as Dengue fever, Yellow fever, Malaria,

and the Zika virus. Dengue and Yellow fever are both potentially life threatening if left untreated. The Zika virus is not particularly deadly, but it carries long-term side effects such as birth defects in pregnant women.

So how will this trial work? Oxitec has modified a gene in a male *Aedes aegypti*, which causes female offspring die off. As time goes on, male mosquitoes, which do not bite people, will take over the population. With the lack of females, their numbers will begin to dwindle and then drastically fall. This should be a simple and clean solution to the deadly population of the *Aedes aegypti*. However, there are some people who are concerned about the release of these so called “mutant mosquitoes,” although scientists say there is not much cause for concern.

Though many of the complaints come from local residents that are concerned about this release of mosquitoes, their fears come from a lack of information. Some are worried about



Elliott Song / Terra Nova Times

Mosquitoes carry multiple life-threatening diseases.

the impact that the mosquitoes will have on the local ecosystem. Chad Huff, Officer of Public Information and Education at the Florida Keys Mosquito Control District (FKMCD), responded to this concern, saying, “Oxitec mosquitoes will not have a negative impact on the Keys’ ecosystem, or any effect on endangered species. Oxitec’s non-

chemical approach is targeted to the invasive *Aedes aegypti* mosquito only... *Aedes aegypti* invasive mosquitoes also do not form a major part of the diet of any species in the Florida Keys ecosystem.” The *Aedes aegypti* are an invasive species and don’t even belong in the Key’s ecosystem. Terra Nova students like Anna Steinberg (12) are ex-

cited to see where this branch of science will take us. “I believe it demonstrates a huge scientific advancement and is just the tip of the iceberg for genetic modification in the science field... I believe the genetically altered mosquitoes have the potential to do more good than harm... Overall this is just the start of genome editing and I’m excited to see where it will go in the future,” Steinberg said.

Some are worried about getting bitten by a modified mosquito, but the those being released will be non-biting males. According to Oxitec, they have released billions of similarly modified mosquitoes around the world, with positive results, with populations of disease-carrying species falling as much as 80-90%. These trials are also cheaper using pesticides. Though pesticides were commonly used in past years, the reason why the FKMCD made the choice of partnering with Oxitec on this project was because pesticides were becoming increasingly ineffective.

Rocket debris accidentally falls back to Earth

By Justin Arnaudo
Times staff writer

On Apr. 29, the Chinese government launched a rocket into space in order to construct a Chinese space station. The launch and entry into space were very successful. However, after having some of its parts break off, as many rockets do, these parts began falling back towards Earth. According to squadron 18 of the U.S Space Force, the rocket was projected to land somewhere in the Indian Ocean approximately two weeks after launch. On May 9, the rocket debris did just that. The majority of the rocket burned up on reentry, but that does not mean that if it had hit a city there would not have been any damage.

To help better understand this rocket, the Aerospace Corporation released some information on it. The name of the rocket was the Long March 5B. The Aerospace Corporation website says, “During the launch, the first stage of the Long March 5B also reached orbital velocity instead of falling downrange as is common practice. That placed the

empty rocket body in an elliptical orbit around Earth where it is being dragged toward an uncontrolled reentry in the coming days.” Essentially, the rockets that pushed the ship into space were able to get high enough to move around the earth. Before the rocket’s actual crash destination was calculated, the Aerospace Corporation predicted, “The rocket stage’s orbital inclination of 41.5 degrees means that reentry can be as far north as Chicago, New York City, Rome and Beijing and as south as New Zealand and Chile. That places any of those locations within the potential reentry path of this giant piece of space junk measuring 98 feet long and 16.5 feet wide and weighs 21 metric tons.” To get a better perspective on the size of the rocket, it was about the same size as a ten story building.

The rocket is one of the biggest objects to fall to earth in a long time. The Aerospace Corporation said, “This stage and its predecessor last May are the sixth and seventh largest objects to ever re-enter [earth’s atmosphere].” NASA, Space Force, and the Aerospace Corporation all mentioned that the parts of the rocket that fall back to earth when rockets are



Justin Arnaudo / Terra Nova Times

Scientists were able to predict where the debris would land.

launched usually do not reach orbit. This is so space agencies can control where they land to make sure they land in a safe spot. When situations like this happen, they could be moving faster than expect-

ed due to orbit shooting them around. Thankfully, no one was hurt and scientists were able to predict its landing. Will this be a rare occurrence or the new normal as humans work to explore space?

Tech companies are expanding into Austin, Texas, but why?

By Matthew Lim
Times staff writer

Many tech companies are looking at, and moving to, Austin and other cities within Texas. But why, specifically, Texas?

On Mar. 18 this year, Google opened up about a plan for expansion into Texas, specifically downtown Austin, where they currently own 550,000 square feet of land in three locations. Google detailed a new space (750,000 square feet in total) that’s planned to open in 2023.

The expansion plan also detailed Google’s decision to invest \$50 million into this project, with Google Chief Executive Officer Sundar Pichai stating that, “a lasting economic recovery will come from local communities, and the people and small businesses that give them life... Google wants to be a part of that recovery.” This implies that this push for Texas is part of an economic effort to help others. However, this is not the sole reason for their investment.

What makes Texas good for big tech companies like

Google? Other companies such as Oracle and Hewlett Packard have also relocated headquarters to cities in Texas, and Elon Musk has moved his residence from California to Texas. One factor could be the possibility of a cheaper workforce. An article from NBC News explained, “tax experts suspect Oracle and its peers may over time phase out higher-paid employees in California in favor of lower-paid employees in Texas. These companies can also ease off giving employees raises because they are living somewhere

with a lower cost of living.” The same article cites analyst Brian Kropp, who said, “Even though a lot of companies are saying they can let people work from anywhere, most are saying we’re not going to cut salary, but we’re going to slow the rate of increase of salary.”

Another reason could be housing, as most tech companies are housed in California, which is known for its lack of housing. According to MehaffyWeber, a firm specializing in regional law around Houston and Austin, “Another factor encourag-

ing tech companies to move to Texas is the low cost of living when compared to larger cities like New York, San Francisco, and Chicago. Austin in particular has seen a significant increase in tech companies moving to the city, as it has a cost of living about 4 percent below the national average.” Additionally, Texas has a significantly lower income tax rate. According to Investopedia, corporations are taxed on 0.75% of their taxable margins compared to California where the corporation tax is up to 8.84% of the net taxable income.

Say goodbye to our departing staff

By Justin Arnaudo
Times staff writer

2020 and 2021 have been a year of many first for Terra Nova students and staff. For some, it is also a year of lasts, as Mr. Escalante, Mr. Lewsadder, Ms. Burns, Ms. Singh, Ms. Holahan, and Ms. Smith are leaving this year. So we wanted to ask them about what they enjoyed about Terra Nova and what they will miss as well.

I started with Ms. Holahan and Ms. Smith. I asked, are there any annual events at Terra Nova that you enjoyed above the rest? Ms. Holahan, who is moving to Oceana to be their guidance counselor said, "These might not be considered annual events, but I really like to attend the extra extracurricular events like sports, plays, art shows, and school open houses/prospective students events." I then asked, is there maybe a year or any period of time at Terra Nova that stood out to you? Ms. Holahan responded with, "I do remember when I first started at TN, and was trying to learn...all of the TNHS policies, it was not easy. But I also really remember when I realized that my knowledge...was pretty strong, it felt good to recognize how much I had learned." I also asked what she will miss the most

about Terra Nova? Ms. Holahan said "The people! The students, families, and especially the staff who have become my friends." Ms. Smith, who is moving on to St. Francis High School in Mountain View, said, "Working with the amazing science department." For my last question I asked them what final advice they had for Terra Nova students. Ms. Smith said, "Learn to embrace challenges!" Ms. Holahan said, "If you are struggling, ask for help. There are many kind people at TNHS who love to help students." While everyone at Terra Nova will miss these two, it is great to hear how much they care for everyone in the community.

I was not able to speak with Ms. Singh because she is on maternity leave, but I asked Ms. Lozowski about what she will miss the most about Ms. Singh. She talked about how she loves her positivity and is very appreciative of how she mentored her when Ms. Lozowski was new. I asked Mr. Escalante what he will miss about the Terra Nova, and he said, he will miss so much but what he will miss the most is the small community and everyone in it. He also said the people at Terra Nova are the best he could have asked to go through the pandemic with. "Mr. Escalante was a powerful addition to the English Department — from



Ms. Holahan (left) and Ms. Smith are both moving on from Terra Nova.

his sense of humor to his commitment to his students, he brought so much to the table. We will miss 'Esca' a ton, but we know that he will keep helping the world to be kind wherever he goes," said Mrs. Jenkins, English Department Chair.

Mr. Lewsadder is also leaving Terra Nova for greener pastures, specifically the pastures of Iowa. He told his band students that he hated to leave, but the cost of living — specifically, of buying a house — is just too much in the Bay

Area. Not only is Iowa much more affordable, but marching band is a really big deal in the Midwest, so Mr. Lewsadder is going to be able to have an even bigger impact. Sheyn Muncada (12) said, "I'm very glad to have been a part of Lewsadder's band. It's been a pleasure to grow alongside the band with Lewsadder, and I sincerely wish him the best of luck in the good ol' state of Iowa. On behalf of the band (because I'm a drum major and I said so) good luck!"

What is going on around campus?

One thing we didn't think we would ever miss during a school year is the ability to be in-person. While some subjects were able to translate better over Zoom, science classes like AP Environmental Science and AP Chemistry suffered tremendously without the ability to complete labs in person, which is a central part of the class curriculum. When asked about the importance of labs for her science classes, Ms. Gutierrez said, "Wetlands give students, especially the science students, the ability to do science instead of reading about it...Performing labs also gives students a hands-on experience that makes the lesson relevant for them." In particular, Ms. Gutierrez's AP Environmental Science class has traditionally completed a lab for their unit on water pollution, which they were thankfully able to complete partially in-person this year. "Talking about water pollution in APES will remain in your head unless you have hands-on experience with the labs," said Ms. Gutierrez. And students agree. "We got to actually complete the lab instead of watching someone do it in a video. If we had more time and more people in person, we probably could have complete cooler labs," said Eleanor Jonas (11). "It was good to be back in person completing the lab, even though we were small in numbers. It was definitely nice to have a change of scenery," said Justin Arnaudo (11).



Gov. Newsom to face recall election

By Matthew Lim
Times staff writer

As of April 26, people advocating for the recall (political removal) of Gavin Newsom from office have gained enough signatures on a petition to call for a new election to either reaffirm or replace Gov. Newsom.

According to the California government, a recall “is the power of the voters to remove elected officials before their terms expire. It has been a fundamental part of our governmental system since 1911 and has been used by voters to express their dissatisfaction with their elected representatives.” The specifics of recall elections start with petitions and the gathering of a specific number signatures of registered voters. In California, this means 12% of the total number of people who voted in the last governor’s race must sign the petition. That means 1,495,709 registered CA voters had to sign the petition by the deadline to trigger a recall; the petition actually gathered over 1.7 million signatures.

Proponents in favor of the recall claimed that Newsom’s laws “favored foreign nationals, in our country illegally, over that of our own citizens.” In the same petition, the authors cited homelessness, high taxes, and the quality of living as factors that Newsom had failed to deal with in the two years since he had been elected in 2018 with over 60% of the vote. Further grievances include him imposing “additional burdens on our state by the following; removing the protections of Proposition 13, rationing our water use, increasing taxes and restricting parental rights.”

Newsom has openly scorned the recall effort. In an interview with CNN, Newsom said, “We’re taking this seriously... You have people that are part of the lead coalition that started this petition that are avid Proud Boy members, they’re part of the Three Percenters [the right wing militia group], they are supporters of Q-Anon conspiracy theorists, white supremacists - that’s factu-



Jack Gillen / Terra Nova Times

The effort to oust Governor Newsom is likely to be costly and do little other than to expose divisions in the state.

al.” To counter criticisms over his handling of the pandemic within the same interview, he cites California being one of the first states to issue a stay-at-home order, a choice that Newsom believes saved thousands of lives. White House press secretary Jen Psaki issued an official statement from the Biden administration in a tweet which backed Newsom, stating, “In addition to sharing a commitment to a range of issues with @GavinNewsom from addressing

the climate crisis to getting the pandemic under control, @POTUS clearly opposes any effort to recall @GavinNewsom.”

This recall has sparked interest in the gubernatorial position from many different interesting faces — namely celebrity and Republican Caitlyn Jenner, although no one seems to believe she has a chance at winning. There are a multitude of different candidates (primarily from the GOP) who have begun their own attempts at running for

governor. These include GOP nominee John Cox, Kevin Faulconer (the mayor of San Diego), and Republican Doug Ose. While these are a handful of candidates, it is important to state that the recall election is likely scheduled to happen in Nov., although with the vast majority of voters not supporting the recall effort (one recent UC Berkeley poll found that only 36% of voters supported the recall, with 49% opposing), Newsom is likely to remain in office.

What does the U.S. Census mean for California

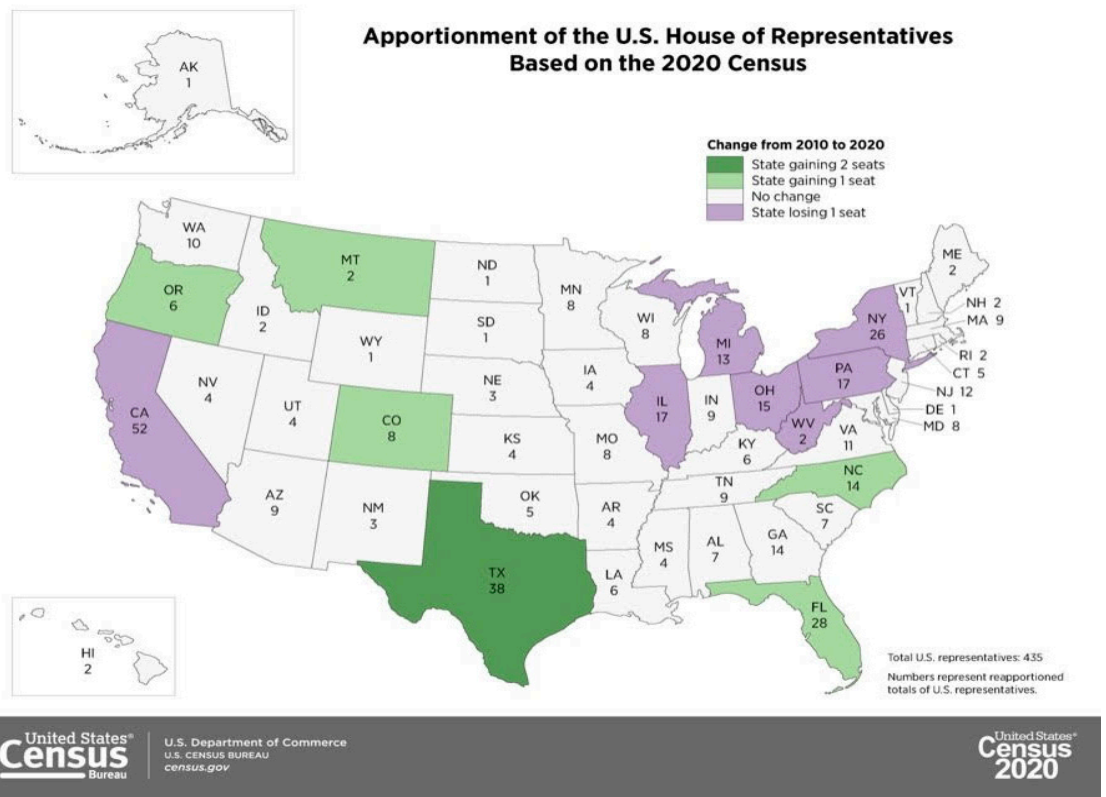
By Matthew Lim
Times staff writer

The U.S. Census tracts a variety of information, and the most recent data surprisingly shows the state’s population is decreasing. However, before talking about the details of the census, it’s important to understand how the census works. The census itself is instrumental in deciding how federal funding will be allocated to state and local governments; furthermore, it determines how many seats each state will have in the House of Representatives. Essentially, it allows for the state to collect population data in order for the government to decide (every 10 years) what financial resources are allocated for things like education and healthcare through a count of the population.

One piece of data to take note of is the aforementioned decrease in California’s population. For the first time in the state’s entire history, the census recorded a loss of 180,000 people; while this is not a large

number considering that the state still has nearly 40 million people, it is enough to cost us a seat in the House. Numerous factors account for this change including immigration policies, the coronavirus pandemic, and a trend in birth decline that’s been constant throughout the U.S. in recent years. According to the Public Policy Institute of California, some people are leaving California due to economic hardships. According to the Public Policy Institute of California, “Most people who move across state lines do so for economic or family reasons. The vast majority of adults who left California in the 2010s cited jobs (49%), housing (23%), or family (20%) as the primary reason” for their departure.

This puts California in an interesting position. For the first time since the California census was created, the state has now lost a seat within Congress, decreasing the current House delegation from 53 to 52, while both Texas and Florida gained seats within the House. However, this shift in



United States Census

Twelve states across the nation saw a pick up or decline in total number of House seats.

delegates may not have much of an impact. As AP Government teacher Mr. Butler explained, California is a supermajority

Democratic state, meaning that the state as a whole favors the Democratic Party, and in fact, the loss of this one House seat

may actually result in Republicans losing a seat in the House, as two Congressional districts within the state are combined.

A revamp of \$20 bill in the works

By Danrick Jamora
Times staff writer

Since 2016, there has been a push to change the face of the \$20 bill from former president Andrew Jackson to 19th century abolitionist Harriet Tubman. These efforts were delayed during the Trump administration, but on Joe Biden's first day in office, White House Press Secretary Jen Psaki announced that the Treasury would be resuming work towards making Tubman the new face on the \$20. There is only one hold-up with this: the upcoming redesign of the \$20 bill to adapt and change the security measures as an ongoing effort to counter fraud and counterfeit bills.

At the tail end of the Obama administration, there was an public push to change the face on the \$20 bill from former president Andrew Jackson, a man renowned for the Trail of Tears, the forced mass-migration of Native Americans, to Harriet Tubman, who is credited with helping around 70 enslaved people escape the South. Many people see this change as a step in the right direction, a way of keeping America true



Eleanor Jonas / Terra Nova Times

Tubman is ready to kick Andrew Jackson right off of the \$20 bill.

to its values of freedom and liberty. History teacher Mr. Willemse supports this move. "For most of US history, I think it's important that we finally recognize the contributions of our Founding Mothers and Fathers. And in my opinion, Tubman was far more of a freedom-fighter than Andrew Jackson ever was," he said.

AP Gov teacher Mr. Butler put it more

bluntly: "Jackson was a genocidal maniac, he forcibly moved people with full property rights off their land, West of the Mississippi, knowing full well they would die." The bills were set to make an appearance sometime during 2020, but the Trump administration deprioritized it, slowing the process.

Alongside the non-prioritization of the

\$20 bill, in 2019, there was the introduction of a security-focused redesign of the 20, 10, and 50 dollar bills. The 10 and 50 dollar bills are also being revamped, but their design is set to be released earlier than the \$20, due to the \$20 bill being the most used bill in transactions. Although technically \$100 bills are more common, at around 26% of bills in circulation, they are more often used in storage, and kept overseas, instead of being used in day-to-day transactions. The \$20 bill is expected to be released in 2030, but extremely strict security requirements slow the process down, leaving any specific details yet to be finalized.

The recently revamped \$100 bill utilizes advanced technology to ensure security and prevent fraud. Features such as the 3-D security ribbon, color shifting bell in the Inkwel, and a watermark all help distinguish legal \$100 bills from illegal counterfeit bills. It is likely that similar measures will be taken on the \$20 bill to help uphold tight security regulations.

According to the Treasury Secretary during the Trump administration, the project would be delayed until at least 2026. This was apparently due to the testing of security measures on the redesigned bills.

Rep. Speier pushes for investigation of 1/6 riot

By Matthew Lim
Times staff writer

After the insurrection at the Capitol, California Congresswoman Jackie Speier urged president Biden's administration to check social media accounts of members of the military and police for connections to alt right groups and also to declare white supremacy and domestic terrorism as a national threat.

In a letter written by Speier (posted on her official representative website), she pushed for President Biden's Defense Secretary Lloyd Austin and Director of National Intelligence Avril Haines to "issue an executive order identifying white supremacy and violent extremism as a critical threat to national security and directing agencies to screen for violent extremism on social media for all incom-



speier.house.gov/official-photo

Congresswoman Speier, Pacifica/Daly City's representative

ing military recruits and those seeking government security clearances." Speier added that while the National Defense Authorization Act (a collection of federal laws specifying the annual budget allocated to

the Department of Defense) addresses some of the problems, it is still not enough to eliminate extremism in the U.S..

The idea became prevalent after reports surfaced of former and currently employed

police and military personnel participating alongside alt right groups like the Proud Boys and the Oath Keepers at the Capitol insurrection. Speier also cites the attack on the Capitol within the letter, stating "Social media platforms, such as Facebook, Gab, Parler, and 4Chan, are frequently used by domestic terrorist groups to recruit members and plan violent attacks... These platforms were crucial for planning the January 6, 2021, domestic terrorist attack upon the U.S. Capitol and the Congress of the United States."

She also acknowledged past events from former military members that had ties to the alt right, including an incident in June of 2020 in which a military service member allegedly conspired with a neo-Nazi group to attack his own military unit.

On Feb. 18, Speier joined other representatives such as

Republicans Tom Reed and Andrew Garbarino along with Democrat Mikie Sherrill in support of the Domestic Terrorism Act of 2021, and in particular creating a commission (effectively a warrant) similar to the laws and commissions ordered after 9/11. The commission aims to better equip the government to handle domestic terrorism and investigate possible leads towards domestic terrorism.

The bill was originally introduced in 2019 but did not make it passed the Senate. With the reintroduction of the Bill, as of March 24, the Domestic Terrorism Act of 2021 is still in its preliminary stages. The Act has been read twice to the Senate by Democratic Senator Richard Durbin of Illinois (who helped write the past version of the bill), and it has been brought to the attention of the Committee of Judiciary.

Facebook's oversight board makes its first really significant ruling

By Matthew Lim
Times staff writer

In 2020, an oversight board for Facebook was created, but has only taken action after the Capitol riots in 2021. One of its actions so far includes upholding Facebook's ban of Trump's account. What is this oversight board, and why is it needed?

In essence, the oversight board is a large group (around 20 people) of lawyers, politicians, and experts on speech that rule on decisions of whether certain suspended/removed accounts, posts, and groups were taken down fairly. Comparisons to the Supreme Court come from the fact that it is an independent body which ultimately decides whether or not a decision made

by Facebook is fair to the community.

The idea first started in 2018, when Facebook CEO, Mark Zuckerberg, mentioned the possible creation of such a board to Ezra Klein in an interview on Vox. "My goal here is to create a governance structure around the content and the community that reflects what people in the community want... And if we do that well, then I think that could really break ground on governance for an internet community," Zuckerberg said.

In Oct. 2020, the board was finally been created and began working on its first few cases within Facebook. However, it didn't get widespread recognition until January of this year for its involvement in the website's suspension of Trump from the platform, which it decided was justified, but that the social media platform

didn't impose the proper penalty. The official statement from the website reads, "The Board has upheld Facebook's decision on Jan. 7, to restrict then-President Donald Trump's access to posting content on his Facebook page... However, it was not appropriate for Facebook to impose indefinite suspension. Facebook's normal penalties include removing the violating content, imposing a time-bound period of suspension, or permanently disabling the page and account."

Beyond that decision, it's currently unclear where the oversight board is headed in terms of other rulings. In a Verge interview with Kate Klonick, an active researcher of the board and its activities, she states, "I think the next thing that users can expect is that whatever happens coming out of this next

six months is going to have a huge impact on other types of world leaders." Klonick further elaborated on how the board worked, such as the fact that an individual can appeal against a decision made by the group. "I think that that's a huge deal, because it puts the board into both the role of being watchers of the censors and now being the censors themselves," she said. A private entity, like Facebook, has the ability to ban or unban anyone, but with the presence of an active board, more questions arise: What is the extent to which this board will extend their power? Will this set a precedence for other social media companies? With such a newly created board it is impossible to predict its actions, but it will undoubtedly have rippling effects on politics and the usage of social media.

New Apple products coming in hot

By Danrick Jamora
Times staff writer

Apple's latest feature, the aptly named Spring Forward event, was ground-zero for the unveiling of several new products and software changes. From a new color for the iPhone 12 to a new 4K Apple TV box, there are many new devices coming out of the tech giant that are worth waiting for.

First on the list are the new Airtags. These Airtags are location tags, similar to Tile's bluetooth tracking tiles. The Airtags are connected to Apple's Find My software and use GPS and Bluetooth to provide their location. The tags also offer close-range directional tracking, compatible only with iPhone 11 and newer. According to Apple's website, the tags offer more than a year of battery life, and the battery is easily replaceable. They are also water and dust resistant as well. The Airtags are currently priced at \$29



Jenson Ho / Terra Nova Times

Apple's Spring Forward event showcased the Airtag, iMac, iPad, Apple TV, and iPhone.

for one or \$99 for a four-pack.

Next are the new iMac desktop computers. They are now equipped with a 24-inch 4K Retina display and the new M1 processor. This should provide for a quick user experience,

while also being quieter and less power-hungry. The Mac is also super thin at only 11.5 millimeters. According to Colleen Novielli, Mac Product Marketing Manager, "The cooling system only runs at 10 decibels dur-

ing normal use." That's about the same as quiet heavy breathing. There are also a wide range of options for colors, ranging from basic silver to a pastel purple offered on the iPhone 12. The iPad Pro is now powered

by the same M1 SOC that powers the Macbook Pro and the new Mac desktop. This should make for a seriously powerful tablet, as M1 has already proven itself to be quite the punchy chipset. The display is capable of Apple's variable 120hz technology named ProMotion. The 11" model also has ProMotion; however, the display isn't quite as bright. The iPad Pro is now capable of 5G and Wifi 6, so your connections should also be blazing fast. The front-facing camera is a 12MP sensor with an ultra-wide lens and has a software called Center Stage, which actively focuses, changes, or follows subjects on camera when you are on a video call.

The last device to be updated is the Apple TV 4k streaming box. This new version of the Apple TV is equipped with the same A12 Bionic chipset as the iPhone 12, which allows for better frame rates. Additionally, you will now be able to use another Apple device to calibrate picture color on your Apple TV.

How to choose a laptop that fits your needs

By Danrick Jamora
Times staff writer

In today's world of at-home learning and remote working, it is especially important to have a mobile device that supports your day-to-day activities. But, how do you choose the right laptop?

First, the form-factor of the laptop is critical. The screen size often dictates its intended purpose and what components it will have inside. The smaller the laptop, usually the less powerful the processors and also smaller the batteries. The larger laptops will have much more powerful processors and a more robust cooling system and battery to compensate. There are also tablet laptops, often called 3-in-1s. These laptops can either behave like tablets or a normal laptop; however, they often have less computing power.

Buyers have to consider their usage of the computer when deciding what form

factor to buy. If all they need is something portable to use the internet or to type documents on, a 3-in-1 is a great choice, with their ease of portability and good battery life owing to the weaker processors. For most students, a 15in laptop would be a good pick, with a great balance of processing power, battery life, and screen size for those who need to do more than just surf the web. Olivier Amato (11) recently chose a 15in laptop for AHL and said, "I don't need a lot of power or a huge screen. I'm mostly just doing homework and watching Netflix or Youtube."

Those interested in photo and video editing may want to consider a 17in laptop, with the most powerful laptop processors and larger, higher resolution screens. The battery life might be a bit shorter than a 15in laptop, but for those who need it, the gains in processing power and productivity are a welcome tradeoff. Mrs. Karkazis and TNN recently received a 17-inch laptop for video editing. "It's



Jenson Ho / Terra Nova Times

The amount of power you need in your laptop depends upon your work.

quite large, but we need the power for editing the videos and post-processing. If we didn't have this, we would just end up using some desktops," she said.

The tradeoffs between weight, form

factor, processing power, battery life, and price are all going to be different. Generally speaking, the lighter, smaller and cheaper a laptop is, the less processing power and battery life.

E-paper and E-ink devices are starting to replace the antiquated paper

By Danrick Jamora
Times staff writer

The amount of digital content on the internet has continuously increased since its inception, and e-books are a major part of this growth. More and more people are beginning to use e-paper devices, but what are they exactly, and how do they work?

E-paper or e-ink devices work completely different from your average TV or phone screen. Instead of emitting light and colors, e-ink displays use the electric signal to activate or deactivate a dye on a blank background, sort of like a fancy electronic etch-a-sketch. This means that

the displays don't use as much power, as they only have to cycle once to display a page. They also don't have to power a backlight, adding onto the lowered power usage, but also having the effect of being able to read the display in direct sunlight.

The first of these devices was the Sony Librie, but most people are familiar with Amazon's Kindle. These e-readers were more popular in the late 2000's, as the transition to the 2010's brought the iPad and iPhone. While certain e-ink devices were able to display color, they were nowhere near as vibrant or as visible as the screens on our phones.

Now, in 2021, there have been advancements and changes to

the e-paper market. For example, the original Kindle had a battery life of 28 hours, while the newer versions have a battery life of between four to six weeks.

Avid reader Ava Crotti (10) said, "I like reading my physical books better than on my Kindle, but the convenience of having all my books in one tablet is great. Another factor is that text on books can be quite small, but on my Kindle, I can just increase the size of the text when I need to."

There has also been another market where e-ink devices can shine: retail stores. Retail stores have seen the versatility of small e-ink displays and are now using them for price tags, also

called Electronic Shelf Labels. These labels are updated wirelessly and make it much easier for retailers to adapt to different products or adjust pricing. Certain bus stops in Orlando, Pittsburgh, and Las Vegas are now equipped with e-ink displays, making for easy updates for route times and last minute changes. There are also electronic notebooks using e-paper technology, providing for a writing experience similar to paper, but without the mess of erasers, ink, pencils and the size of a notebook. As an artist, Lance Martin-Holle (11) prefers e-ink displays for their work and stated, "The pen feel is similar between paper and my tablet,



Shayla McCann / Terra Nova Times

Is paper's future in doubt?

but the tablet has so much more versatility. I don't waste pieces of notebook paper on small mistakes, and I don't have to buy so many pens and keep track of which ones are empty or not."

TN unable to field badminton team

By Miles Palmer
Times staff writer

Despite many other high school sports coming back, Terra Nova's badminton team is not one of them. Unfortunately, due to the late notice of sports returning, they were not able to fill out a team in time because of the lack of players.

This felt unfair to many, especially seniors who were looking forward to one last ride with their team after missing last year's season. Senior badminton player Jayden Betts voiced his team's distress at not being able to play. "It's not cool that there isn't a season when all the other sports are getting opportunities to play," he said. Betts felt that badminton should get some more respect when it is brought into the conversation with other sports.

"I understand that badminton is less popular than other sports," he said. "But if you are bringing some sports back, then

all of them should come back."

On Feb. 19 when California updated what sports were allowed in what certain tier, badminton was allowed under different circumstances in every single tier. In the purple tier, outdoor badminton singles was allowed. In red, teams could have outdoor doubles games. After the red tier came the orange tier, which gave permission to indoor singles. Lastly, the yellow tier allowed indoor doubles to happen. With other indoor sports happening now, as well as California looking to fully reopen with the tier system being abolished in less than a month, it is sad many TN students could not get a season, despite badminton being permitted.

Covid took many things away from a lot of student athletes. Sadly, those who play badminton at our school lost out on two of their seasons. Hopefully, the badminton team will get a fair shot at playing their sport next year when all TN sports will be back in full swing.



Jenson Ho / Terra Nova Times

Unfortunately, this year's seniors won't have an opportunity to celebrate like year's past.

Summer practices to start for TN football

By Miguel Valdes
Times staff writer

Terra Nova Football is back at it again, although this time it's for conditioning and training. Although their season ended just a little over a month ago, head coach Jason Piccolotti wanted to get a head start on preparation. The team will be heavy with upperclassmen, as Piccolotti has no plans on having a JV team next year, but he did say if more numbers show over the summer, then it's possible they'll have a JV team. Coach Dom Vargas, also known as D-problem, will be providing the players with a rigorous workout schedule. The players will be working out Monday thru Friday 4 PM to 6 PM with weekends off.

Coach Dom said, "I'm glad we get to start early in training these young men. Last year, we just didn't have enough time to prepare and get stronger. It really showed on the field — with this



Miguel Valdes / Terra Nova Times

TN players are doing their best to prepare for next year's season.

amount of time for preparation, I'm gonna make sure they are ready when the season starts." When asked about the workout routine, Coach Dom said "I noticed players became gassed towards

the end of the game, so to counter that, I've put together a workout plan with equal parts running and weight lifting."

Although some may wonder why football is starting so early, that's not really

the case, as football usually starts at this time anyway for spring training. Because the season started so late, it just seems as if they never really stopped.

Garrett Bauer, a junior on the team said "It sucks we had such a little off-season, but I know it's going to be good for us. I really noticed how weak I was towards the end of the games. So I really want to change that. I'm glad Coach D-problem is here helping us this early."

Terra Nova's schedule is packed with lots of private schools next year, so strength and conditioning is important to keep up with these tough schools. The Tigers will be hosting Menlo, Sacred Heart Prep, Kings Academy, and Riordan, and are possibly looking to get a game with Saint Ignatius or Sacred Heart Cathedral. Nonetheless, whomever the Tigers play, they have to be ready, and starting now will put them in the best shape to play a rigorous schedule of talented teams, and hopefully have a successful year.

Shohei Ohtani is dominating the MLB and continues to impress

By Miguel Valdes
Times staff writer

A few years ago, Major League scouts heard early tales of a tall, lanky right hander throwing harder than just about anyone they had ever seen at that age. Then they saw that same teenager stand in the left handed batter's box and drive balls so forcefully that a legend emerged. That young man is now playing in the MLB and making a big name for himself. His name? Shohei Ohtani.

From the get-go, he has been a prominent contributor to the Angels offense. Hitting .285, posting a .925 OPS and

151 OPS, and totaling 22 home runs and 61 RBIs across just 104 games, Ohtani became one of their preeminent hitters. His second season brought more of the same. Across 106 games, he hit .286, posted an .848 OPS and 123 OPS, and totaled 18 home runs and 62 RBIs. Ohtani has a bit of an uppercut in his swing, but it has helped him demolish pitches in his hot zone.

Unfortunately, injuries stopped Ohtani from elevating his game. Ohtani dealt with elbow pain midway through 2018 and eventually underwent Tommy John surgery, which was why he was limited to 10 starts; he didn't play the rest of the year and missed the beginning of the



Jack Gillen / Terra Nova Times

Ohtani dominates both on the mound and in the box.

2019 season. With a shortened 2020 season, Ohtani only played a couple games in the beginning of the season before having to sit out again due to his elbow injury. As the 2021 season kicked off, Ohtani showed glimpses

of what was to come at spring training both at the plate and on the mound. Spring training was only the beginning, as Ohtani kept his foot on the gas and hasn't let up. He's dominating on both sides of the ball, leading

the league as a pitcher in home runs and strikeouts, something unheard of in today's game, where pitchers tend to focus on pitching rather than batting.

Dylan Uter (10), an avid baseball fan, said, "I've been following Ohtani for such a long time, and it's great to finally see him do good. Although I'm a Padres fan at heart, I'm a big Shohei Ohtani fan. I really hope he stays healthy, because when healthy he might be the best player in MLB." Numbers don't lie, and if Ohtani can keep this up, the sky's the limit for him. Keeping him healthy is the Angels number one priority because he has been electric to watch this year for both fans and haters alike.

Do not risk the infection for gems

By Isabella Copeland
Times staff writer

The Pandemic has left teenagers full of boredom, and some have found themselves getting piercings just to mix things up for a new change. Some have gotten piercings done by professionals, but others have taken matters into their own hands by performing the piercings on by themselves or their peers. This may seem fun and harmless, but in actuality can lead to infection, scarring, and disease due to the unsanitary nature of at-home piercings.

There are a multitude of reasons why teenagers choose to pierce at home rather than go to a professional to get a piercing. One junior, who has given herself 3 earlobe piercings over the course of quarantine, said, "I chose to do the piercings by myself because I had done a lot



Isabella Copeland / Terra Nova Times

Piercings are stunning, but is doing it yourself worth it?

of research and if I followed procedures correctly. It also would cost me close to \$150 to get three lobe piercings done by a professional, so I thought

I could save some money." Saving money seems like a reasonable explanation when you actually look at the prices of at-home piercing versus a pro-

fessional piercing at a shop, but what price do you put on your health? The medical bills you could run into from an infection could wipe out those savings. While a local Bay Area piercing shop will charge around \$60 for a ear lobe piercing done with a surgical steel earring, surgical steel earrings are less likely to get infected, and they will also give you a cleaning solution that prevents infection further.

Not only do professionals use better equipment and take more sanitary precautions, their COVID protocols are a lot better. Lovisa Jewelry store located in Hillsdale Mall has been doing ear piercings during the pandemic. One of the piercers, Sophia, said, "We have to take their temperature, and we are being even more cautious and sanitary than before. We sanitize everything multiple times between clients. Because we can't keep a 6 foot distance with

the clients, we are required to wear a face shield over our paper mask." Jewelry stores and piercings stores have made extra efforts during the pandemic to enforce sanitation and cleanliness when performing piercings. Therefore, this makes going to a piercing shop a much safer and overall easier option. This is a much safer option than your questionably sanitized at-home sewing needle.

A junior who pierced their septum, which is a nose piercing done on the cartilage in between the two nostrils, by themselves, said, "I pierced my own septum out of impulse and to save money, it was going to cost me about \$70." This piercing generally tends to be more dangerous to do at home because of the larger needle required, and it punctures cartilages which are more painful to pierce. Especially for piercings like this, it is vital to go to a professional.

The more you know about: Moons

By Nicole Garrett
Times staff writer

Astrology has been around since the ancient Egyptians walked the earth, and the ongoing beliefs behind these concepts are also tied to the moon itself. Throughout time, the moon has been used by ancient societies to measure time, predict rainfall, and contribute to ways of life. Full moons were especially important to ancient societies.

David Rose, researcher in the history of full moons, concluded, "The most well known names of the full moon come from the Algonquin tribes who lived in an area of New England." For each of the full moons, there are symbolic names to go along with it that don't change. These names are believed to be created by Native Americans to keep track of time.

According to Jesse Emspak, physicist from UC Berkeley, the full moon in January is also known as the Wolf Moon because it was during that month that farmers would hear wolves howling out of hunger. February's full moon is called the Snow moon. It was named by the Native Americans who experienced a very high snowfall Northeast.

It also tends to be the coldest month in the Northern Hemisphere. In March, the full moon is also called the Worm moon, which represents the beetle larvae that have been seen to emerge from the cold temperatures of winter. A Pink moon is the moon in April. Oftentimes, the moon is not actually showing a pink color, but it is often larger than a normal full. May's full moon is correlated with the flowers that are blooming at this time, called Flower moons. Unlike the literal meaning of the other moons, June's Strawberry moon symbolizes healing and letting go of the past.

Physicist Vigdis Hocken said in July, the full moon is also known as the Buck moon because this is when young male deer usually start to grow their antlers and become bucks. August moons are represented by Sturgeon because fish are a very large part of tribal survival. They would try and catch enough food to start saving for the upcoming cold months. Harvest moons represent September because it is the primary month for gathering crops. This full moon is especially important for farmers because the brightness of the moon provides more light to harvest the crops after the sun goes down. October's full moon is the Hunter moon, which is

represented by the bow and arrow — this is because after the harvest, the fields are clear, which gives hunters an opportunity to get game for the winter and stock up. November's full moon is called the Beaver moon. This is because of the upcoming cold months. Native tribes would start to gather the pelts of beavers to make warm clothes out of. The last full moon of the year is characterized by the name of a Full Cold Moon. The name itself is self explanatory, as it means that it is the final and coldest month of the year.

Full moons are often associated with people going crazy or acting abnormally, and many people do not actually know why this happens. Emily Banta (9) said, "I usually feel kinda off on days of full moons. I don't really know why, but it could just be a placebo effect because of the rumors associated with full moons." It is believed to be because we are made up of a lot of water, the moon can affect us similarly to the tides at its fullest form. The reality is that it doesn't affect us at all, medical researcher: Debra Rose Wilson said, "Two studies found that during a full moon, incidents of homicide and trauma dropped slightly." This proves that Full moons do not actually negatively affect us like



Nicole Garrett / Terra Nova Times

Look up and appreciate the history.

many people believe. In fact, there is actually a slight decreasing correlation.

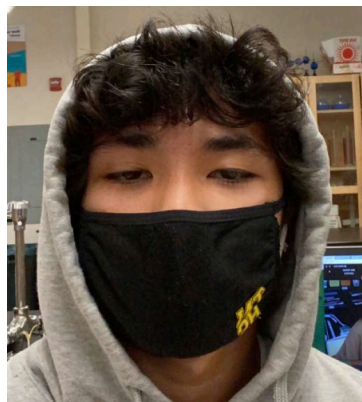
What is the first thing you want to do fully vaccinated?



"Hang out with my grandparents finally."
-Anna Grimm (9)



"My Grandma is coming to visit from North Carolina."
- Kira Gangi (10)



"Hang out with a group of friends."
-Evan Leong (11)



"Go to Disneyland!"
-Jayden Fernandez (12)



"I want to travel."
-Mr. Vilchez

How to gather safely this summer

By Maya Orsi
Times staff writer

After nearly a year and a half of being cooped up inside due to Covid-19, this summer will inevitably be one for the books. However, even with vaccinations and a slow decrease in California cases, it's still crucial we practice safe habits this summer, both regarding the pandemic, but also being aware of the other potentially dangerous scenarios that gathering all summer long could put you in.

While having fun, remember to keep safety a top priority and practice CDC guidelines to protect yourself and your household. Those who are eligible to get vaccinated are urged to take the initiative before summer. By getting vaccinated, cases within your household and social circle are much more preventable and allow for more fun this summer. The California Department of Public Health has specific guidelines for those who are vaccinated: "Spend time with other fully-vaccinated people, even indoors, without wearing masks or physical distancing... Travel domestically [and internationally] with-



Maya Orsi / Terra Nova Times

It's okay to hang out with your friends again...if you're fully vaccinated.

out a pre- or post-travel test and without quarantining after travel. Return to work following an exposure as long as you have no COVID-19 symptoms. Skip testing if asymptomatic. Skip quarantining following a known exposure if asymptomatic."

Although vaccinations are available and cases have decreased, the pandemic is not over yet. When having fun this summer, keep those who are vulnerable in consideration. Terra Nova's Mr. Krupp suggested, "I would say do your

best to hang around people that you know are being equally careful and safe. I think it's easy to think Covid is over with everything happening, but California still has cases. If you are going to be around people that are not vaccinated, it's best to be outside and in masks. You know, just the basics we have been practicing all year, and keeping yourself around friends that are safe about it."

Aside from Covid-19 precautions, summer brings a new wave of gatherings, hot days at the beach, and late nights in the city. All of which, it's best to plan ahead to avoid unsafe environments. Terra Nova junior Gaby Nickelson said, "I think that partying is great in the sense that it's good to learn your limits and be socially active, but there are also dangerous aspects to it." Nickelson explained how she keeps herself safe at social gatherings: "As a girl, I've always been taught to never put my drink down unless you intend on not drinking it again. Unfortunately, in the world we live in, you need to be extra careful about the small things like that. Also, you should always have a friend with you who knows where you are at all times, and vice versa."

Teens can do more to make nutrition a priority

By Isabella Copeland
Times staff writer

Teenagers can often lead a busy life filled with school, athletic activities, extracurricular activities, and even a job. Sometimes this can lead to neglect of essential daily activities, such as having a healthy and routinely eating schedule. Nutritionist and professor Heather Gerrish is well aware of this issue. She said, "The majority (generalized) challenge with some of the teenagers I see for nutrition counseling is meal timing, or skipping meals during the school day. This presents an issue with fueling appropriately for a rigorous school day, PE, after school activities and sports during normal school sessions."

Students put hard work and dedication into their schoolwork or social engagements, which can lead them to over-prioritize these events, which can

cause them to miss important steps of their day such as eating.

Beyonce Gabriel (11) works hard to achieve good grades and also struggles with meal timing. She admitted, "I end up doing homework from like 2-7pm, and I end up forgetting to eat, and I just end up skipping my meals."

Zoom classes have also directly impacted mealtiming among students because it has created a new and more awkward schedule that delays meals like lunch for students. Ella Boldt starts her day on Zoom at 8:30am and ends her online classes at 3pm. She takes her three 80 minute classes and then her leadership class which is 90 minutes long. She claims "Since I have lunch at 1:30 every day, I forget to eat lunch because I have to do homework right after it, so I just don't end up eating lunch ever."

Meals can also easily be replaced by snacks by busy students who don't have time for full meals. Snacks usually don't



Courtesy of Maya Besedin

Maya Besedin (11) prioritizing her health at lunch.

carry the same nutritional value, protein, and caloric quantities that meals have, which can cause a lack of energy and just general negative impacts on a student's day to day life.

Gerrish explained, "Currently, relative to the pandemic, students are reaching for snacks more often but may not be the healthiest option — but this tends to be a bit more variable depending on their age and if their parents are packing or preparing part of their meals/snacks. Continuing with this trend, teens often snack later in the evenings and if bedtime is also late, this can create a tough cycle of consuming more snack-like foods later in the day vs. balanced meals during the school day. Overall learning balance and the importance of fueling for a school day, sports and other activities that teens are involved in often is one of the core topics of most general nutrition counseling sessions."

What is your favorite summer song?



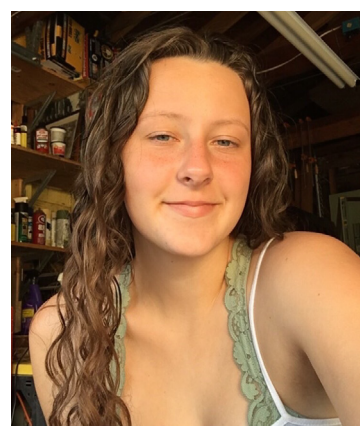
"The Adults Are Talking' by The Strokes"
-Ava Carrington (9)



"'Cough Syrup' by Young the Giant."
-Aleisha Bray (10)



"'Kiss Me More' by Doja Cat ft. SZA."
-Lauryn Delmoral (11)



"'Dreams' by Fleetwood Mac."
-Riley Dohrmann (12)



"'Summertime' by DJ Jazzy Jeff & The Fresh Prince." -Mrs. Woodhull

The run-down on feminism today

By Maya Orsi
Times staff writer

The fight for societal and systemic equality for women involves a long, tiring history of oppression, and the fight is not over, but even talking about the lack of equality for men and women has become controversial. Those who fear “crazy radical social justice warriors” claim to despise feminism, but there are questions about whether people even know what the term means today.

At its core, feminism means the advocacy for equality between the sexes — it doesn’t mean that things are the same, but that they are equal. However, the term has become so triggering that there are people who say they believe in equal rights, but hate feminism. For example, according to a 2020 Pew Research poll, 69% of Americans who said that they



Gina Lee / Terra Nova Times

The many faces of feminism today: inclusion rules.

are NOT feminists also said that it is “very important that women have equal rights with men.” Modern-day feminism has become a pillar of strength against societal inequities, especially

regarding the wage gap and bodily autonomy, and aims to include everyone, regardless of background, in an effort to feel valid in our society, and most importantly, feel safe. The Sarah Everard murder in the United Kingdom lead to a social media outcry regarding public safety. Women began opening up about their experiences feeling unsafe around men and discussed the importance of feminism.

Maya Besedin (11) said, “Feminism is still so necessary because women are still facing so much discrimination and danger. Just because we have made progress does not mean the fight for equality is over. I think we should solve the issues surrounding female safety by educating men and raising awareness to how much danger women are actually in, especially teenage girls, in today’s culture.”

Above all else, practicing feminism is a form of practicing

sisterhood and community. Melody Trailer (11) said, “Feminism to me is power. I think the meaning behind the word can be influential to society because it advocates for women’s rights and equality which just shouldn’t even be a social or political argument to begin with.” By standing together, many women have formed bonds the last decade as movements push for girls supporting girls, body positivity, and awareness and action around more intense topics like holding sexual abusers accountable through efforts like the #METOO movement.

Demaris Turner (10) said, “We need to work on dismantling systems that are destructive to all types of women, and I think that the biggest threat is the ignorance seen across our communities...I feel so connected to other women because of shared experiences and similar struggles, and so I know women will always have my back.”

Sore on the day after a workout? Here’s why.

By Leila Eliares
Times staff writer

Part of having a healthy lifestyle includes exercising and working out, but keeping up with a workout routine can be difficult, especially when that sore feeling kicks in on the second day. This feeling is known as Delayed Onset Muscle Soreness, or DOMS, and there are different things that can be done to help prevent it.

DOMS happens due to small, micro tears in the fibers of muscles. The tears within the muscle also cause internal inflammation, which is another reason why feelings of soreness are associated with some pain. By exercising, the fibers are torn down and then rebuilt stronger than they previously were. Feeling sore is a sign that your workout is indeed working your muscles out.

Eating anti-inflammatory foods and using ice or heat can also help alleviate pain from DOMS. Since working out can cause some inflammation in muscles, watermelon, cherry juice, and pineapple can calm it down.

One way to relieve DOMS is by gradually increasing the amount of stress put on your muscles. After your body be-

comes accustomed to exercise, slowly adding more parts to your workout will help you achieve your workout goals. Physical therapist Jennifer Kinder explained, “The more you do the exercise the less sore you get, this is called ‘repeated bouts effect’ — in response to the tissue injury caused by the increase in load leading to soreness, the cell will produce certain ‘stress’ proteins that improve the integrity of the muscle fibers — so they are ready for that same type of movement the next time.”

Ice and heat can provide short-term relief. Applying heat increases blood flow and helps stiff muscles by aiding the healing process while ice can reduce the function of nerves for a short time. Another tactic is to use rollers to massage your muscles — these come in foam or plastic and a wide range of sizes. Track and volleyball athlete Izzy Morrow (11) said, “Rolling out my muscles really helps, it relieves a lot of tension and fluids that are trapped in my legs.”

A common misconception is that stretching after exercise will alleviate soreness. While stretching before physical activity is extremely beneficial, research has shown mixed results when it comes to stretching out as a way to provide relief



Courtesy of Izzy Morrow

Izzy Morrow (11) using a roller to relieve muscle soreness at a Track Meet.

stemming from DOMS. David Atwood, a physical therapist in SF, said, “I strongly believe in a good session of static stretch-

ing after exercise as much of the most recent research has found it helpful for preventing excess DOMS and injuries.”

What are your summer plans?



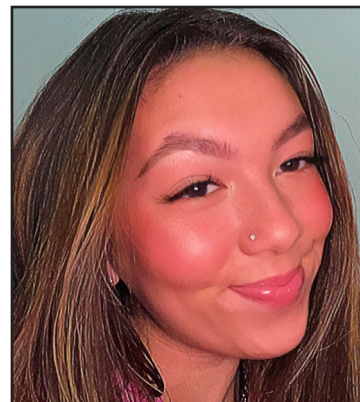
“Working out with my parents.”
-John Lloyd (9)



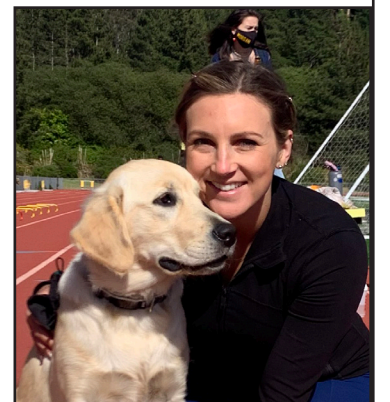
“I’m going to be playing video games.”
-Arden Chen (10)



“I’m going to Mexico.”
-Faith Olivier (11)



“I’m going to Hawaii with my Girl Scout troop.”
-Talia Rosen (12)



“Hopefully doing a lot of cooking and relaxing.”
-Ms. Fil

Opinion

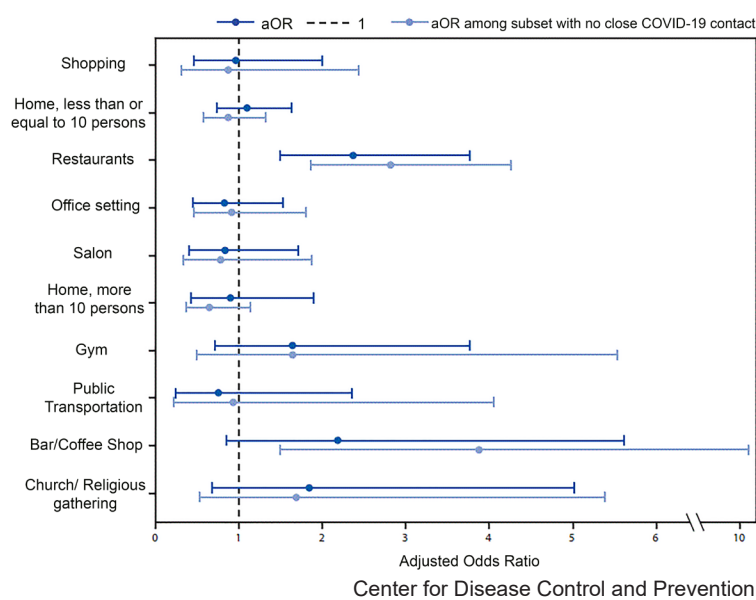
Please respect food workers

By Isabella Copeland
Times staff writer

The COVID-19 vaccine has been officially approved for nearly six months and is widely available for anyone 12 years old or older. As more people in the Bay Area get vaccinated, case numbers are decreasing, and the state is headed for a full reopening on June 15. San Mateo County health reported that 81.4% of the population over 16 years old has been vaccinated. However, we still cannot force people to get vaccinated, which leaves those who work in vulnerable industries at risk of getting a “breakthrough infection,” even if they’ve been vaccinated. Furthermore, wage workers like those who staff our restaurants need their owners and managers to make it easier for them to get the vaccine, even if it means giving them more paid time off as an incentive.

Restaurant workers are put in the position of risking getting exposed to COVID: we need to start helping restaurant workers get vaccinated and to continue to take steps to protect them and other customers.

It’s no secret that indoor dining increases the risk of the spread of COVID. In a study from Sept. 11 of last year, multiple researchers lead by Kiva A. Fisher, PhD, from the CDC, found that “community and close contact exposures contrib-



Bars, coffee shops, and restaurants are all places with larger odds for people contracting COVID-19

ute to the spread of COVID-19,” further adding that, “restricting the analysis to participants without known close contact with a person with confirmed COVID-19, case-patients were more likely to report dining at a restaurant or going to a bar/coffee shop than were control-participants.” Restaurant workers are constantly threatened by the one reckless customer who can come in and spread COVID-19 in their close, confined spaces.

To protect our restaurants, everyone needs to get vaccinated. The more cases of COVID in an area, the harder it is on businesses and the economy in general — we all remember the capacity limits, bans on indoor dining, stay at home orders, and

more. Each and every one of these limits hit restaurants harder than most other industries. The National Restaurant Association reported that “nearly 1 in 6 restaurants (representing nearly 100,000 restaurants) is closed either permanently or long-term” from Sept. 14 of last year. As of Apr. 26, this includes 194 restaurants just in the Bay Area according to Lani Conway in an article from The Infatuation. Even now, due to the 50% capacity that restaurants can hold for indoor dining, they are not making as much revenue as they could, yet they still have to pay rent, wages, insurance, etc.

In order for restaurants to recoup their losses from the pandemic, they need case counts

to stay low in the community so that restaurants can safely resume full capacity. As more of the population gets vaccinated, higher capacities at restaurants can begin and we can slowly start to move back into a normal state of operation.

Not all restaurant workers are vaccinated, and while a few say that they have no interest, most of those who aren’t vaccinated have struggled to either find an appointment or find the time to go. While employers are generally offering paid time off for vaccinations (it’s actually a state law that they have to do so), some workers have said that they’re worried about the side effects, which can be unpredictable. For most people who get the vaccine, side effects (if they happen) can occur from soon after the shot to 12 hours after the shot to even days after — for those who don’t get paid unless they work, it can be nerve wracking to even plan your second shot if your manager is not supportive of your effort to protect yourself.

For employees at restaurants, vaccines are very important, but so is customer behavior. Vaccinated employees reduce the risk of an outbreak at a workplace, which will keep the business open, but customers who ignore public safety orders put themselves and others at risk. The public has struggled to respect the CDC guidelines. Anuhea Furuya (12), who works

at Mazzetti’s in Pacifica, said that customers are resisting the CDC mask mandate after they amended their guidelines on May 13 and are not respecting the six-foot social distancing rule. “We do get a few customers with it below the nose or under their chin...Recently there’s been some waiting till they’re in the door to put a mask on... As for the 6ft social-distancing, most people don’t respect it. It’s more like 4ft but because of our display,” she said. And other restaurant employees agree. Irene Fernandez (12), who works at In-N-Out in Daly City, said, “The 6 ft social-distancing rule was hard to keep due to the sheer volume of customers we would get everyday, but we fixed this by having certain customers wait outside once the store reached full capacity.” However, those requests are not always met with a smile, as customers grumble or wonder why they have to obey such rules anymore. Public compliance to the CDC guidelines for mask-wearing and social distancing is not optional and not meant to be obeyed when you feel like it — employees and customers alike will not be safe in the businesses they serve unless people do the right thing. Those who want to support the businesses they love should make the effort to get vaccinated in order to protect the health of the employees and customers around them.

How good is our education system?

Although you may be used to hearing kids constantly complain about the school, you may be surprised to hear that teachers, as well, are not always the biggest fans of the way the education system is structured. To see a teacher’s perspective on this topic, I interviewed Ms. Woodhull, one of TN’s English teachers. As a teacher who has family in Germany and lived and taught in many states, Ms. Woodhull has had first hand experiences with how the education in America is and some suggestions to improve it. Here are some of her thoughts from the interview.



Ms. Woodhull

On a national scale, what do you believe the main goals of the American education system should be? Do these goals align with what they actually are?



As someone who has lived in several states and did not grow up in California, I have observed several school districts firsthand as both a student and as a school district employee. When I think about what the goals SHOULD be, I consider the fact that equity should be front and center... I have family in Germany, and have followed their educational system throughout my life. My cousins were career tracked beginning in middle school, and that pathway led them to a career... We need to come back to making education a top priority in this country - making sure that every student graduates with purpose and a pathway to adult life.

What are some ways our school system successfully prepares students for adult life? What are some areas in which it doesn't?

W

I'll be honest, I'm not sure if we are adequately prepared for adult life when we graduate from high school. As the first person in my family to graduate from college, I felt inadequate as a college freshman. For those not on the college track, they would attend classes with us in the morning, and then head over to the local community college for trades classes. These classmates graduated from high school and were able to enter the workplace at 18. Sometimes, as an observer of twentysomethings in the Bay Area, I note that the track that I just mentioned is not necessarily available to students; and it appears as though they did not have enough exposure to careers.

Do you feel our system supports children who are more artistically inclined?

W

School districts grapple with the curriculum question all the time - do we have enough technology, do we need books, do we have the money for either...these are serious questions. Again, this question varies by state. I worked in a school district where they spent significant money on the creative endeavors of students, and it was seen in the art room, on the stage, and in the computer labs. I will say that it is important for us to evaluate curricular needs regularly, whether we are providing enough rigor for students and do we have the tools to do so. Teachers tend to McGyver their way through these situations when they pop up; we find the resources if they are not available.

The mental health of teenagers has progressively worsened over the last decade or so. What kind of reform to education in America might help this issue? If any at all?

W

Mental health has always been a concern in schools, but it has taken a front seat in the last several years. I grew up before cell phone culture, where scores were settled in person, not on Twitter. Now, the online environment carries on 24/7/365 - wellness centers are part of the school environment, and counseling is readily available. Schools are doing what they can, but it is a monumental task to deal with on top of educating students. Schools are not historically set up as mental health centers, nor do they receive enough funding to adequately address the current state of mental health.

Finally, what should an educator's top priorities at school be? What should a high school student's top priority be?

W

I think that every teacher out there might respond to this question differently, but I always put myself in the position of my students and consider current challenges, including how difficult it can be to be seen by colleges. My cousin graduated from The Ohio State University a few years ago, and I remember that she applied to a ton of schools, and that it was tough to be seen as an applicant, given that there were so many applications being processed aside from hers. The world is more competitive, and students are looking at all of their options when they make choices about their futures - how can I as an educator help them to compete on this stage? For me, my focus is making sure that my student have the skills to compete as writers, thinkers, readers, and public speakers, who are also Jedi masters of technology. A high school student should think about their future, where they want to land, and what they have to do to get there. This is not an easy task, which is why it takes the entire village of stakeholders in a school community to make that happen.

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