

TORRANCE NEWS TORCH

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THS UNDER QUARANTINE

COVID-19 Tips on Staying Sane

BY USHNA ANWAR
Staff Writer

You may have started off this year with plans for 2020. Well, it's no secret there has been a deviation in your plans. The recent global outbreak of the Coronavirus has forced us to stay at home and spend time with our families.

It may seem difficult, but there are definite methods to staying productive during these unprecedented times. Writing down a schedule is an excellent start, but make sure you stick to it. It adds a routine to your day. Dedicating a space in your room as a makeshift office would also be beneficial. This space will give you access to everything you need to work while limiting distractions. Be sure to have some snacks handy when you need an energy boost.

Even though the majority of us have been lounging in our sweatpants for days, getting dressed as if you are heading to work or campus will break the tedium. The act of getting dressed will get you into a productive mindset and keep you from being lethargic and slacking off. Even putting on makeup or doing your hair can significantly boost your mood.

The best tip I can suggest is staying away from the news! Although it is

good to be aware of what is going on around us, you may become overwhelmed if you immerse yourself in the details. There is no reason to get inundated with the latest updates. Focus your free time on some of these activities instead.

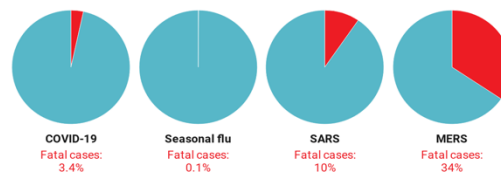
Participating in self-care activities such as yoga, meditation, baths, and face masks can help you relax during this anxiety-inducing time. You can even get around to your cliché-ish New Year's resolution of working out more. Going on walks can be a form of exercise, as long as you practice social distancing. This quarantine gives us the opportunity to finally complete tasks without the excuse of claiming there is not enough time.

There's also the option of getting together with friends or family online with apps like Zoom or Houseparty. You can host a virtual game night or a painting activity while on a call with your friends. It is important to stay connected with loved ones to make things seem normal.

Try to incorporate these tips into your daily routines and hopefully you'll see a difference. Take it day by day and don't get too overwhelmed. Stay smart and stay safe!

COVID-19 looks a lot closer to the season flu than to previous coronavirus outbreaks

Fatal cases Non-fatal cases



COVID-19, SARS, and MERS data are global and total to date. Seasonal flu data are U.S., for the 2018-2019 season. Chart: Elijah Wolfson for TIME • Source: CDC and WHO • Created with Datawrapper

Chart of comparisons between COVID-19 and different diseases

PHOTO COURTESY:
ELIJAH WOLFSON FOR TIMES



Eduardo Benitez on... New Life, New Horizons

After eight long years since the release of Nintendo's last game, *Animal Crossing: New Leaf*, and five years after their spin-off, *Animal Crossing: Happy Home Designer*, Nintendo has finally released a new installment to their adorable and beloved franchise with *Animal Crossing: New Horizon* for the Nintendo Switch.

After winning an island getaway package, the player is taken on a relaxing flight onto a deserted island where you are introduced to the manager of your getaway, Tom Nook. He will guide you through all the necessities to fully enjoy your package and getaway experience, like where to build your own house, where to build other islander's houses, build a variety of buildings, and create your perfect little paradise to enjoy for you and all your islanders. Multiplayer returns so you and a close or distant friend can visit each other's island and socialize and play fun group activities together.

As you progress through the game, you will gain the ability to structure

the environment around the island, like creating your own rivers, waterfalls, cliffs, and stairs to reach higher levels of your island. *Animal Crossing: New Horizon* expands its new horizons with brand new gameplay features, including your very own Nook Phone, which works similarly to a menu but in a cute and endearing fashion. The ability to craft your own tools has also been added with the new installment of the Workbench where crafting anything you like is as simple as a press of a button, so long as you have the materials.

Animal Crossing: New Horizon is a love letter to all the fans that have waited patiently for the arrival of a new game. The graphics are soft and adorable to look at, and the controls are as simple as any other *Animal Crossing* game. If you have not previously played any other titles from the game, *Animal Crossing: New Horizon* is a great introduction to the franchise for only \$59.99.



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First and Best

BY KAYLA COLLINS & VERONICA GARZA

Staff Writers

As uncertainty envelopes the globe, healthcare professionals and first responders remain a constant, devoting their lives to contributing to the recovery of nation upon nation. While these medical heroes risk their lives, they receive endless appreciation from citizens and each other. Every night, at 7 p.m., *Today.com* reports New Yorkers fill their city's streets with "thunderous applause, cheers, and hollers" to pay tribute to those working to keep their community safe.

Just as healthcare professionals and first responders prioritize the well-being of their city's residents, grocery stores have made an effort to accommodate to them. According to *USA Today*, retailers are "designating special shopping hours" for those who are engaged in the fight of the coronavirus pandemic. In addition, stores such as Walgreens now offer them discounts such as "30% off regularly-priced Walgreens brands" and "20% off regularly priced national brand products." Retailers such as Costco and Sam's Club have followed suit, ensuring convenience and consideration for essential workers.

While these selfless employees support many, they are also supported by each other. *The Burbank Leader* documented a "parade of vehicles outside of Providence St. Joseph Medical Center," held by the city's police officers and firefighters.

City Spokeswoman Simone McFarland captured its purpose when she stated: "We wanted our local workers to know that Burbank cares, and we appreciate their hard work and their commitment to our residents." These workers are witnesses to how the coronavirus is affecting the world.

Healthcare worker Adriana Willis explained her experience with COVID-19 and how it looks in hospitals in general. "I never thought in a million years," she explained, "that I would live in a time of a pandemic." These times are very unfortunate and surprising to many. It is hard to believe that the world is living in a time that will go down in history forever.

She also explained how "walking into the hospital now is surreal, it feels like we are living in a movie." These essential workers risk their lives to save millions.

College of COVID-19

BY KAYLA COLLINS

Staff Writer

COVID-19 has affected everyone in many different ways. Many students have put much of their young adulthood on the line having the cost of their college education jeopardized.

Colleges provide housing for many students, and these dormitories are for some the only "home" they may have. The Berea College in Kentucky told students "to leave campus by Friday" and said that "anyone who needs to stay should complete a form for approval."

Some students have nowhere and might stand a chance to be approved. Cornell University told students to "not return from spring break," but adding they would "honor exemptions." Nationally, college students are finding themselves among the homeless.

COVID-19 has stripped away the livelihoods of adults and the education from students. These college students are lost and many colleges are turning their backs in fear of spreading the virus.

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Greatest Economic Crisis

BY MIKI IGNACIO

Staff Writer

The government shutdown caused by the coronavirus has plunged the world in an economic crisis. The United States is facing a major quandary. Many industries and businesses are losing money, and citizens are struggling to sustain themselves during quarantine.

Stocks have taken a significant decline and recovery may not be as rapid as needed. According to *FOX Business*, the Dow Jones Industrial Average "dropped \$445 after falling as much as \$716." Industrial production has dropped to "5.4 percent in March," which made that "the sharpest drop since a post-World War II slowdown."

While industries falter, so does the banking. Citigroup reported a 46 percent decrease in its first-quarter earnings. The stock market deteriorated because of COVID-19, but hopefully, businesses and industries will improve over time.

Both the travel and restaurant industries have been affected. *Oxford Economics* expects the U.S. travel industry will lose approximately \$519 million, and eight million people will lose their jobs by the end of April.

Conversely, reservations went down by thirty percent, and cancellations went up by forty-five percent for restaurants in New York. The decline of travelers and customers has greatly modified industries as they cannot maintain themselves without consumers.

Though the coronavirus is still active, these industries and others will likely reopen for economic reasons.

The coronavirus pandemic surged unemployment rates. *International Business Times* states the unemployment rate from March 22 to 28 was 5.1%, which "marked a historical high since 1984." At the moment, many innumerable Americans are on the verge of poverty after losing their jobs. *Beaumont Enterprise* reports approximately 26 million Americans sought unemployment benefits as of April 23. However, those benefits may not be sufficient to support America's workforce.

Currently, protests are being held throughout America concerning government overreach. Citizens are struggling socially and financially and no longer trust the government's shutdown policies. While the government continues to force people to stay inside, many cannot afford to buy necessities or keep their homes.

One way the government can minimize this economic collapse is by returning healthy, young people to work while the elderly and sick stay home. Young people are less likely to get infected, so putting them back to work is not as risky. The active workers must return in phases, limiting the number of people working during a phase. Hopefully, the government will listen to the businesses and allow them to organize specific schedules for economic recovery.

Graph of unemployment claims as of April 15, 2020

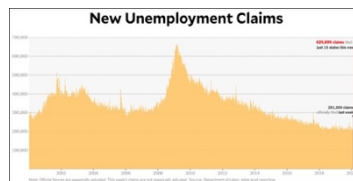


PHOTO COURTESY:
Mother Jones

Torrance Home School

BY DAEZSA PASION

Staff Writer

On March 13, Torrance Unified School District made the decision to close all Torrance schools in response to COVID-19. As a result, a "virtual learning" procedure was implemented in order to keep students active academically as the district's schools are to remain closed until further notice.

Amid the time that most people referred to as "quarantine," the switch to the virtual learning schedule took effect on April 13, with weekdays consisting of Periods 1, 3, and 5 on Mondays and Wednesdays, and Periods 2, 4, and 6 on Tuesdays and Thursdays. Fridays did not consist of a specific class schedule; however, teachers could collaborate with students and colleagues regarding assignments and attendance.

Classes conducted over communication platforms such as Zoom, BigBlueButton, or Google Meet lasts one hour, making the typical school day only three hours long. Talk about a half day! Nevertheless, through this thoughtful consideration, faculty and teachers have made it very clear that the devotion to educate their

students still remains a priority, even in the wake of a global pandemic.

The student body became active virtually through the virtual classes and social media platforms alike in making the transition as smooth as possible. The week of April 20, the THS Instagram was bustling with activities in which students can participate, such as THS bingo games, trendy hashtags, such as #tartarpridemansstayinside to showcase the great happenings of the quarantine, and even a virtual Spirit Week. Thanks to ASB and astounding student participation, quarantine makes home feel a little more like school, but in a good way. Funny how that turned out, isn't it?

Thankfully, with this district-wide decision and the great contributions from faculty and students, we are contributing to the great efforts many are making in slowing down the spread of COVID-19 and "flattening the curve." With this, we will be able to return back to our beloved campus. Stay healthy, Tartars!

Coronavirus Environmental Effect

BY JOSHUA FLORES

Staff Writer

The Coronavirus has impacted are the cleanest they have been in years most if not all of our lives in some way, because of a decrease in tourism. Matt Simon, a science journalist for *WIRED*, wrote "emissions could fall by 5.5 percent from 2019 levels," which is a significant change considering emissions have been increasing slowly for the past few years.

Simon also writes the consumption of gasoline in America has been affected in a positive way because of the decrease in human activity. An article written by Christopher McFadden, author for *Interesting Engineering*, highlights how China's air pollution, especially nitrogen dioxide, has dropped significantly. Nitrogen dioxide is produced mainly by "car engines, power plants, and other industrial processes," and it is linked to respiratory health problems, such as asthma.

The air in New York City has less carbon monoxide because of an estimated 35% decrease in traffic. Carbon monoxide, a greenhouse gas, emissions have dropped an estimated 50%. In Italy, the Venice canals use of fossil fuels.



View of the Los Angeles skyline mid-quarantine.

PHOTO COURTESY:
Ted Soqui / Sipa USA via AP file

Virtual Spirit Week

BY JOSHUA FLORES

Staff Writer

Last week the THS Instagram had a virtual spirit week to lighten the moods of their fellow Tartars. The spirit week which lasted Monday through Friday included activities Tartars can do at home while maintaining social distancing. Tartars would do the activity that corresponds to the day of the week take a picture or video of it, then post it on their Instagram story and tag @thstartars. It gave students an opportunity to feel like they were participating in a spirit week from the safety of their home. If you want to view the virtual spirit week just go to the THS Instagram @thstartars and look at their story highlights.

Community and COVID-19: What to Know

BY MIKI IGNACIO & DAEZSA PASION

Staff Writers

The coronavirus has had a severe COVID-19 improved with a deleterious effect on our society for the compassionate use of remdesivir. In that past four months. The virus has caused data alone, approximately 68% of many deaths and misfortunes, and patients showed desirable results. For humanity awaits a vaccine. Because now, remdesivir might be the most auspicious cure for the coronavirus.

While the number of infected victims multiply, doctors and scientists all around the world rush to find a vaccine. Numerous experimental treatments and screening procedures are being researched, made, and tested in the process, including an "at-home testing kit."

Hydroxychloroquine has caught the attention of the public because of its potential in easing COVID-19. According to *Drugs.com*, hydroxychloroquine is both a quinoline and antirheumatic medicine used to treat malaria, arthritis, and lupus.

Townhall reports thirty-seven percent of 6,227 physicians from thirty countries say hydroxychloroquine is the "most effective therapy" for the coronavirus. However, it was also reported by the *Los Angeles Times* that experiments in Brazil caused "two deaths and a rash of heart troubles."

Research in France suggests the drug neither reduced deaths nor the amount of patients. No matter its success rate, hydroxychloroquine is a risky choice.

The BCG (or *Bacillus Calmette-Guérin*) vaccine is another potential treatment for the coronavirus. The BCG vaccine has been used to prevent tuberculosis and was widely used in foreign countries. The BCG World Atlas (provided by The National Center for Biotechnology Information) displays which nations issued vaccination policies, and there seems to be a connection.

Coincidentally, the United States and Italy—the countries with the highest death tolls—do not enforce BCG vaccinations. No matter the correlation, there is no evidence to positively declare the BCG vaccine prevents COVID-19.

Remdesivir is another potential cure on the rise and might be humanity's best hope. A report from the *New England Medical Journal of Medicine* stated the health of thirty-six of the fifty-three hospitalized patients with

Controversy has surrounded these at-home testing kits as multiple companies have begun to release them to the public. With a lack of the rapid COVID-19 test, companies are eager to produce what worried consumers are willing to buy.

Many people are speculating the accuracy of these tests, as they require only a pin-prick of blood from your finger (similar to a blood sugar test) to see if you have been exposed to COVID-19 through antibodies present in the blood. As seen through news reports, not enough testing has been conducted to rule out this test as an accurate method.

Until we have concrete evidence, the swab COVID-19 test performed by healthcare providers seems to be the most accurate method of testing for the virus. Despite being quarantined, recent studies have reported going outside is more beneficial to reducing COVID-19 cases.

On April 27, *PowerPost* stated "half the virus may be killed in as little as two minutes" from exposure to sunlight and humidity. Staying indoors may actually be disadvantageous, and if we are allowed to go outside more often during the summertime, there is a possibility America could recover promptly.

VIRTUAL SPIRIT WEEK 4/20-4/24

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TOP CHEF TUESDAY TAG
SHOW YOUR FAVE QUARANTINE MEAL OR ANYTHING YOU'VE BEEN COOKING/BAKING @THSTARTARS

WHATCHA WATCHING WEDNESDAY TAG
SHOW US THE SHOWS AND MOVIES YOU'VE WATCHING @THSTARTARS

BEFORE CORONA THURSDAY TAG
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COVID-19: Our Experience

COVID-19 has taken over the world almost completely. Healthcare workers and first responders risk their lives so others can still have theirs, yet there is still so much more recovering and fighting that needs to be done. The Torrance High News Torch Staff shared their feelings with their readers:

Kayla Collins
Editor-in-chief

"Both of my parents are frontline workers. I can really see how covid-19 has affected the world first hand, through my parents. It really gives you a different view of the world today. Surprisingly, I'm really productive during these times. I really recommend finding your hidden talents and new hobbies. I did and it's been keeping me busy."

Ushna Anwar
Illustrator

"Our everyday experience of going to school has switched to taking online classes. It was definitely odd to go from being in class everyday to staying at home. Although I try to go on walks and drives to get fresh air, the atmosphere is a little different. I miss the vibrant environment of LA, specifically studying at Barnes and Nobles..."

Joshua Flores
Business Manager

"For the first time in my life I am witnessing something that will be a large part of history that I am able to fully comprehend. Unfortunately, in this instance it isn't what I would call a good part of history...it's been hard not being able to see my friends in person and speak with them about the current situation.... Ironic, isn't it, teenagers missing school when they're stuck at home..."

Veronica Garza
Editor

"The fact that I want nothing more but to go to school and have an actual teacher drone on about rhetoric or De Moivre's theorem is almost as alarming to me than the coronavirus itself. I have lost all concepts of date and time..."

Miki Ignacio
Editor

"Being quarantined meant I could not listen to the desperate meows of the cat I occasionally spot on my walk to school. Being quarantined meant I could not exhale my warm breath, watching it condense into mini white clouds before dispersing into thin air. Being quarantined meant I disconnected myself with Mother Nature. I have lost who has been my inspiration, and I seek to reconnect myself with her once more."

Daezsa Pasion
Editor

"As I am home, self-quarantining myself in abidance to California's governor, Governor Newsom's, 'stay-at-home order', with every passing day I am out of school, missing out on my final year of high school, I miss moving from class to class, seeing my friends, and spending lunches talking and interacting. Though I have said multiple times at school, 'I want to go home,' I find myself more often saying, 'I want to go back to

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Tommy Tartar's Tips

BY USHNA ANWAR
Staff Illustrator



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