

# *The Mariner Chronicle*

"A reliable source dedicated to informing St. Monica Mariners about current news and events, through multiple viewpoints, while upholding honesty and credibility."



## NEWS

### What the UN's Code Red Alert Means for the 2020s

BY: PAIGE BUTCHERS

In August of 2021, around a year after the world went into "lockdown," the United Nations issued an IPCC report that called a "code red for humanity" in response to the increasing impacts of the earth's warming temperatures.

Now, with Covid-19 regulations slowly ending and billions of individuals returning to the quarantine-coined "normal," many are wondering what these reports will mean for the oncoming decade.

Below are four policy trends and warming effects to look out for in the 2020s.

#### 1. Increased Emissions Policy

After the Glasgow Climate Change Conference took place in November of last year, many governments made pledges to cut their greenhouse gas emissions. One of these was the Global Methane Pledge, in which over 100 countries including The United States, Mexico, and European Union committed themselves to gradually reducing the amount of methane they released into the atmosphere.

The MIT Technology Review states that if every country can stick to their pledges by mid-century, the climate may only heat to 2.4 degrees celsius, and if every country can achieve net-zero emissions in that time, that number drops to 1.8.

#### 2. More Species Going Extinct

In 2020, the International Union for Conservation Declared that around 15 different species went extinct in 2020, including the splendid poison frog and jalpa false brook salamander. Currently, dozens of other species today remain threatened and endangered due to the warming crisis, including the monarch butterfly, the mountain gorilla,

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## ENTERTAINMENT/CULTURE

***The Fallout* Movie Review**

BY: ALISHAH CASTILLO



Megan Park has made her directorial debut with her new film, *The Fallout*. The film stars Jenna Ortega and Maddie Ziegler, who play Vada and Mia Reed.

The *Fallout* opens up with teenage joy; singing in the car, stops at Starbucks, and gossiping. Staying true to reality, this sense of carefree joy is abruptly by something that haunts every child in America: school shootings. The *Fallout*'s protagonist, Vada (Jenna Ortega) survives the tragedy alongside two of her classmates Mia Reed (Maddie Ziegler) and Quinton (Niles Fitch). While all three characters lived through the same tragedy, each had their own traumas to overcome. Vada grows distant from her family and finds a new friendship with Mia, who lacks a familial support system. Quinton deals with the loss of his brother and Vada's friend Nick (Will Ropp) turns to activism. All four experiences display plausible routes of coping that society tends to see after real school shooting events. Each coping method is validated in the film because, in the end, the characters were not the source of their own trauma. At the heart of *The Fallout*, Park explores what it may look like to come of age after a mass

and the koala bear. Their numbers are projected to decrease sufficiently in the next decade.

**3. Effects on Human Health**

In June of 2021, a woman suffering the effects of fires and a heatwave in Western Canada made headlines as the first person in the world diagnosed with 'climate change' (NBC News).

This is not a new occurrence, as the U.N. World Health Organization currently estimates that around 150,000 individuals die a year due to the changing climate around the globe, with an estimated 250,000 additional deaths between the years 2030 and 2050. This information would anticipate an increase in these kinds of diagnoses in the 2020s, as well as new findings on the ways that the changing climate can damage individuals' health.

**4. The Common Usage of Renewable Energy**

As of 2021, the thirteen buildings that are owned by the Empire State Realty Trust (including the Empire State Building itself) are now powered only by wind. This is true of many other infrastructures as well, such as Santa Clara and American University, who are continuing to grow their sustainable energy programs by working to power their campuses with wind and solar power.

**Bonus: The California Composting Law**

The recently passed Senate Bill 1383 will now require that residents living in California separate their food waste from other trash so that it can be composted. It will be rolled out gradually for homes and businesses in the coming months depending on the region, with fines for not doing so being set in place by 2024.

"It's addressing the climate crisis," stated Palm Springs city manager Justin Clifton, who recently helped to implement the process in his region, "[it's] getting us a little more accustomed to the habits that we're really going to need in the future to deal with these things in a better way."

## LIFESTYLE

**Eating Healthy 101: Given by an Unqualified Non-Professional**

BY: JONAH ZIMMERMANN

Disclaimer: I am not a dietician. Please speak to a doctor or other professional, if you have questions and concerns. I am not liable for any increased spending on healthy foods.

traumatic event.

This film shows us how awkward teens can be and how people can deal with grief in different ways. Vada is portrayed as a “chill” teen who doesn’t face her emotions and distances herself from her friends and family. One of the things that Vada turns to is substances. The movie does a good job of not glamorizing and romanticizing the use of substances. While it does not discuss the dangers of substances it shows the effects they can have on a person. There is one scene where Vada uses substances during school and how it takes a toll on her. We see how she is disassociated from reality and feels out of place.

Along with dealing with difficult topics, the film makes it easy to relate to the characters. The cast being teenagers themselves adds to this realism. We commonly see it in Hollywood where grown adults are seen portraying high school students. Even the dialogue that the characters had felt very genuine. The problems the characters are presented with at the beginning of the film are things that we worry about on a daily basis. Vada worries about being late to school and Mia worries about looking good for picture day.

What makes this movie stand out is how the topic of school shootings has been made more common for our generation. We see it on the news and even in school when we practice lockdown drills. This film really brings into perspective one of the many fears that we have about going to school. This film has a lot of strong themes so you may want to read about it before watching it or make sure to watch it with someone. Overall, it is a very emotional film that I believe is a must watch.

I think we’ve all seen the ads on TV and in check-out line magazines that feature the “One simple trick” to a healthy diet. While maybe the \$5 magazine really does reveal the magic “weight loss pill”, I don’t buy it and neither should you. Maybe you’ve heard of the Keto diet, no-fat diet, or intermittent fasting. While many of these have been backed by varying levels of research, they still have a flaw. There’s just too many. Too many to choose from and most people do not have dedicated dietitians or chefs to make them foods that fit.

Outside of specific medical conditions, or allergies that a Doctor would diagnose, I feel that diet is fed in an overcomplicated way to adults and teens alike. Though completely unqualified to do so, I will break down some elements of a healthy diet.

### **One: Calories in, Calories out**

We all need a different amount of calories. An 18-year old guy at 6’1 and 190lbs, who has sports practice 5 days a week, would need an estimated 2,836 calories\* to maintain their weight. Meanwhile, an 18-year-old girl, at 5’6, 120lbs, with an equal amount of sports practice would need 2,206 calories\*. If you are invested in your health, I recommend looking up a website\* that provides your maintenance calories. Maintenance calories are the number you would need to neither lose nor gain weight, and it is different for every person. The “2000 Calories a day recommended” you see at the bottom of restaurant menus is only an estimation. For the average person, not attempting to change their body, maintaining calories is the ideal choice.

Going above maintenance calories, a caloric surplus will result in weight gain. Going below maintenance calories, a caloric deficit will result in weight loss. It’s as simple as that. If you need 2500 maintenance calories, 2400 calories of Big Macs will cause you to lose weight, and 2600 calories of home-cooked food will cause you to gain weight.

Be careful though, calories are cumulative and averaged out. 3,000 calories one day, and 1,000 the next, you’d still have an average of 2,000 calories. You can run for 30 minutes at a 10 minute/mile pace\*\* and can burn 350 calories, but if you decide to reward yourself with half a pint of Ben and Jerries, you will have a surplus of 150 calories.

\*calculated using <https://www.calculator.net/calorie-calculator.html>

\*\* calories from running found <https://caloriesburnedhq.com/calories-burned-running/>

### **Two: Macros**

Nutrients are “a substance that provides nourishment essential for growth and the maintenance of life.” They come in two flavors, micro and macronutrients. To save you some time, I’m only going to briefly

## SMCHS Senior Spotlight: Andrea Ortiz

BY: CASSIDY HART



Andrea Ortiz is a Senior at St Monica Catholic High School. She participates in multiple school activities and sports including Campus Ministry, Girls Varsity Soccer, and Varsity Cheerleading. She has been a soccer player for over 13 years and has played on the girls' varsity soccer team for 4 years. She has been Captain of the soccer team since sophomore year and has learned a lot about leadership and commitment. Andrea has been on the cheerleading team since freshman year where she has learned multiple valuable skills such as teamwork and the importance of school spirit.

Andrea is currently hoping to go to college for soccer, she has 2 offers and a few other interests. Andrea said she is going to miss getting to know her teammates outside of the school and forming deeper connections with them. Andrea stated "The most valuable lesson I learned from being captain for 3 years was that in order to be successful and come together as a team you have to put your differences aside and work together.

explain macronutrients. However, the functionality and importance is a shared feature of all vitamins and nutrients. The three main macronutrients are Protein, Fats, and Carbohydrates. Each has a specific function. Proteins, for instance, help support your immune system, build bodily tissues, and protect digestive enzymes (source 1). Fats have two types, saturated, and unsaturated. Saturated fats can raise your LDL Cholesterol, increasing your risk of heart disease. They are commonly found in full-fat dairy, beef, pork, poultry, and tropical oils. Unsaturated fats lower your risk for heart disease, decrease inflammation, and help hormone regulation. They are found in nuts, avocados, and fish. Carbohydrates provide you with energy, help your gut bacteria, and provide structure to many cells(source 4). Healthy carbohydrates are found in vegetables, fruit, and whole grains. Having too much or too little of any nutrient could negatively affect you. So next time you try to cut out carbs, think twice about taking away your body's MAIN energy source.

1- "What Are Proteins and What Is Their Function in the Body?" Eufic, Eufic, <https://www.eufic.org/en/whats-in-food/article/what-are-proteins-and-what-is-their-function-in-the-body>.

2 - "Saturated Fat." Www.heart.org, American Heart Association., <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats>.

3 - "Why You Need Unsaturated Fats in Your Diet." Cleveland Clinic, Cleveland Clinic, 20 Dec. 2021, <https://health.clevelandclinic.org/the-skinny-on-unsaturated-fats-why-you-need-them-the-best-sources/>.

4 - "The Functions of Carbohydrates in the Body." Eufic, Eufic, <https://www.eufic.org/en/whats-in-food/article/the-basics-carbohydrates#:~:text=Introduction,whole%20grains%2C%20fruit%20and%20vegetables>

### Three: Eat Clean

While I'm not going to spend my time doing research for this, I believe it is evident that natural foods are probably better. Natural foods provide a better grasp of the calories and nutrients the food has to offer. With this, you can also avoid the preservatives many prepackaged or fast foods contain. While it may take extra time to measure, track, and prepare these foods, it could help you reach your calories, nutrients, and minerals in a more measured way. At a minimum, look at the nutrition labels on the foods you eat. The ingredients are listed from most to least present and nutrients are given. Do your honey Bunches of Oats contain more cane sugar than they do honey and oats?

### Four: Everything in Moderation, Including Moderation

I think one major part most diets and people with health goals ignore is, moderation of moderation. While your goal is most likely some form of moderating what you eat, we all need a cheat meal. In a measured setting, you should allow yourself to indulge. Whether that be some ice cream, fast food, or going out with friends, it is important to

Looking past the differences and bonding together as a team allowed us to grow as a team." The whole St. Monica community would like to thank Andrea for being such a great leader and wish her the best of luck on her nearing college journey.

## OP-ED

# Creating Your High School Experience

BY: BRIDGETTE RODGERS

Being a freshman is a weird experience, to say the least. You just got used to being the oldest on campus, and now you are the youngest again. You might be going into high school with some people you already know, or you may be starting fresh. Either way, making new friends is one of the top concerns and priorities of most incoming freshmen. But should it be?

As you mature through high school, you realize that focusing all of your attention into finding the right friend group might have actually been the thing stopping you from finding that group. When we become so occupied with fitting into a certain group, we begin to lose sight of who we truly are. Our real passions might not be explored because we do not want to have different interests than our friends. We sacrifice the gifts that make us who we are in order to eat lunch with a group of people.

The transition in academic rigor is also challenging. And as a freshman wanting to fit in, school work starts slipping in the priority list without us even noticing. The next few years are packed with trying to raise and maintain our grades, while also trying to be involved in as many things as possible, even if we are not eager to participate in all of those extracurriculars. We migrate year through the

have an infrequent relationship with foods you love, but maybe not fit your goals.

Here's the last thing, we are all young. There's time to improve. Most people don't have the spare energy to completely overhaul everything they eat. However, an advantage of youth is time. Having an interest in and knowledge of your own health can save you as you go off into college and adult life. Making small steps is better than making no steps at all.

## NEWS

# The Downfall of Russian Figure Skating

BY: SOPHIE NGUYEN



After her breathtaking short program at the Winter Olympics in Beijing, 15-year old Kamila Valieva had tested positive for trimetazidine, a metabolic agent used to treat heart conditions. Though she was investigated, she was ultimately allowed to complete her competition. Despite being favored to win gold, Valieva placed fourth overall and now faces harsh criticisms on her

performance and future as a skater.

However, Valieva is not the only skater suffering during this harsh Olympic event. While Russia's figure skating team left Beijing with both gold and silver medals, there was very little to celebrate after the ceremony. Following her victory, 17-year-old gold medalist Anna Shcherbakova told interviewers she felt empty after the event. Silver medalist Alexandra Trusova broke down, vowing to never skate again.

The common denominator between the three members of this quad squad? Widely accredited coach, Eteri Tutberidze, who is now under harsh limelight for the treatment of her Olympic-level skaters.

It is commonly known that the careers of Tutberidze's skaters are short-lived from both physical and psychological strain. Though the outcome of her methods results in gold medals, it has also led to countless injuries and early retirements. One of her methods includes making her skaters do their entire 3-minute programs again when they miss a jump. This overtraining has led to hip injuries, broken bones, and a physical demand that only skaters

year, with friends coming and going, and we become so stressed out with everything going on that we are not even thinking about the purpose behind our actions. And before you know it, you are writing your college essay, unsure what to talk about because you don't know who you are or what you are called to do in life. You're listing the activities you were involved in, all of the sports you played, and in writing what you did, you begin questioning what these experiences taught you, or how you grew from them. You question the motivation for your actions and realize the number of times you served just to write it on your college applications. After much reflection, you may feel fulfilled, or you might feel empty since everything you did in the last four years was not for any greater purpose than adding it to your applications. So, what should you do now that will give you more direction and fulfillment before reaching your senior year?

Put your effort into activities that inspire you and motivate you to better yourself. Sometimes we aren't sure what inspires us, but making ourselves available and open to genuinely serve others is a good place to start. By serving others, we are able to gain insight into the type of person we are, and it can give us a clearer image of the person we want to become. We attend school to learn, so use your time in high school to learn about yourself and the world around you. But most importantly, use this time to grow in your faith, and don't be ashamed of it, because God will always be with us, through both the good and the bad.

Check out our website:

[www.marinerchronicle.weebly.com](http://www.marinerchronicle.weebly.com)

Any comments?

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under 20 could handle. Tutberidze has also stated that she prefers younger skaters, and in turn, has forced her girls to diet in a way that maintains their petite physique. Some of her regimes include a powder-only diet, forced dehydration to avoid excess weight, and the use of Lupron- a hormone blocker that halts puberty. Tutberidze was also known for publicly weighing the girls, often leading to eating disorders like anorexia and bulimia.

It is easy to blame Valieva for the drugs found in her system, but the accountability must be shared with Tutberidze. No matter her level of skating, she is still a young and extremely impressionable girl. It is the responsibility of the adults around her to ensure her well-being and the pressures and detrimental regime of Tutberidze's training clearly does not do so.

## STUDENT SUBMISSION

### Crossroads

BY: SARAH YAMAMOTO

Freezing fog drapes itself across humidity, the summer air tiptoes into stifling...

A young spark floats up into the sun, she is the spitting image of her mother, she is the stubborn need for love.

A voice like honey left in the cabinet a few decades too long warbles, she is perched at a piano, she is washed in blue and curls and tiny silver bracelets.

Crossroads,

Goodbyes,

Hey, Google, how to pick a good college?

Hey Google, symptoms of depress... never mind.

It is nights driven out by cruel light draining the Pacific Coast Highway, 2018.

It is street lamps burned to near-extinction by a local high school's most legendary.

It is running across the street you grew up on to compare your height with the notches in the doorframe only to discover a demolition notice.

It is a shade so non-corporeal,

It is a touch so intangible;

A voice over the phone... How have you been?