

# **Astronaut Inquirer**

## **October Issue**

### **Welcome to TIDE!**

**By Devan Parekh**

Hello incoming TIDE Students,

Welcome to TIDE! We are almost 3 months into the school year, so the newspaper team at TIDE Academy would like to give you some tips for this upcoming school year so you can really thrive here.

1. If you can, use the homework center. Homework center takes place after school on Mondays, Wednesdays, and Thursdays from 3:50-5:00pm. You can get help from supervisors and finish your homework before going home! There is a late bus available that leaves at 5:00pm.
2. Clubs are up and running! Check out the board behind the spirit points to see when and where clubs are meeting. Some of the most popular clubs at TIDE have been the Dungeons and Dragons Club, Chess Club, Pride Club, and hopefully soon, the Newspaper Club!
3. Flex time can really help you catch up on late assignments or just have some extra time with a teacher who teaches a class you may be struggling in. Either way, make sure to use flex time, it is a good feature of Nucleus/Advisory that can help you a lot!

Those are all of the tips we have for you. Make sure to enjoy your time here at TIDE, and go Astronauts!

- Devan Parekh, Newspaper Editor in Chief

# TIDE Clubs and Extracurricular Activities

TIDE Academy clubs are in full swing. There are many to choose from - take a look at the list below!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Pride Club Low TIDE	ArtSpeak Room 106	Youth Community Service Research Lounge	Woodworking Club Room 206	SHH Huddle Space
	Gardening Club Research Lounge	Magic the Gathering Room 205	Chess Club Room 103	SAGE Club Room 204	Wellness Advisory Committee High TIDE
		Dungeons and Dragons Room 205	Interact Room 205	BSU Room 104	
		Dance Club Low TIDE		Drama Room 101	
		Pride Club Low TIDE			
		Newspaper Club Room 104			
<b>After School 3:50-5:00pm</b>	HW Center Low TIDE		HW Center Low TIDE	HW Center Low TIDE	Seeds of Change Room 108
	Drama Room 101*		Drama Room 101*	Robotics Room 106	
	Cross Country Bedwell Park		Cross Country Bedwell Park	Yearbook Room 108	
				Folklorico Game Room	
				Choir Research Lounge	

\*Will move to after school once play and roles have been established

After school transportation provided on Monday, Wednesdays, and Thursdays

## **Join the School Newspaper!**

Are you still looking for a club to join? Look no further. Join the school newspaper! This is our first issue, but we plan to publish monthly. We'd like to create a way for students to talk about their interests, share their opinions, or just write for fun. We need writers and we also need section editors. Being a section editor is a great leadership opportunity - not too much work and you have something to put on your college application (which may get your parents off your back).

We meet on Tuesdays at lunch in Room 104. Hope to see you there!

## Sports Section

### 49ers Season Looks Bright even without Lance by Devan Parekh

Even with Trey Lance being out for the season, the future for the 49ers is still extremely bright. Here's why:

#### Hall of Fame Defense:

The 49ers defense was insane against the Rams on October 3rd. The Niners allowed 0 touchdowns from the superbowl champions. Matthew Stafford even threw a pick 6 to up and coming safety Talanoa Hufanga. Defensive coordinator DeMeco Ryans will likely have a handful of head coaching opportunities this next offseason. Overall, if the defense plays like that in the majority or all of the games this season, we will 100% make the playoffs.



#### Improving offense:

The 49ers offense also played well against the Rams on Monday. Jimmy Garoppolo threw for 239 yards and got a touchdown against the Rams, while Stafford threw for 254 yards and had an interception. Deebo Samuel also scored a touchdown (from Jimmy G) and destroyed Rams corner Jalen Ramsey. The 49ers offense does have room for improvement, but they played well against the Rams and Seahawks, and will hopefully continue to improve.

#### Things the 49ers must improve on:

While I was watching the game recap, I couldn't help but notice that the Niners rarely went for it on 4th down, even when they were at 4th and goal. Head coach Kyle Shanahan is a great play caller on offense, but he can be mind-numbingly conservative with his decision making. Shanahan must be more aggressive overall, not just in life or death situations.

#### Conclusion:

Overall, the 49ers are still a playoff contender, and we should have at the very least a repeat of last year. We already know what Jimmy G can do, and how dangerous the running game can be, but now we have an improved defense with a better secondary. One of our main weaknesses was our secondary last year, but that is no longer the case. Let's just hope that Shanahan and Ryans can continue to work their playcalling magic.

# The Impact of Crew

By Jonny Hipple

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## Introduction

This article will cover many aspects of the sport of rowing, often referred to as crew. This article will include what rowing is like, tips to be successful on your team, and how to join crew. The information provided below is based on firsthand experience at Norcal Crew.

## **In and Outs of Crew**

### **The Boat**

People often imagine a canoe or kayak when asking me about crew, however, rowers use “shells,” or racing boats, in several sizes to fit 1-9 people. Shells can be either sweeping or sculling, meaning each rower uses one or two oars. A single has to be sculled in order to stay balanced and avoid capsizing. Sculling boats are called singles doubles, quads, and octuples and sweeping boats are called pairs, fours, and eights.

Shells also can either be straight or coxed, meaning the shell is led solely by the rowers or the shell is led by an extra person called a coxswain. The coxswain is usually the smallest person, and they move beads on a string connected to the skeg<sup>1</sup> to turn the boat. Whereas a shell without a coxswain has to rely on their bow person to use foot steering, sometimes referred to as toestearing (toast-er-ing). The rower in the bow has to keep their feet perfectly straight until they want to turn and then they may move their toes left or right to turn the skeg.

On a Shell, there is the bow (front) and the stern (back), starboard (right) and port (left), and then there are rigors. Shells will have one rigor/ oar per a rower if it is sweeping and two if it is sculling. Rigors are triangle shaped embracures that hold the oar lock. This is a u-shaped device that locks the oar into place but still allows you to move the oar forward and backward 360 degrees and up and down about 90 degrees.

Typically on a Shell there are bow and stern light holders on the decks of the bow and the stern. When visibility is low then you need to have lights. These lights are red on the port side of the boat and green on the starboard side so that when other boats see your lights they can tell what direction you are moving in. If the green and red lights are on the same sides as your boat then they are moving away from you and vice versa if they are opposite.

### **Taking Care of Equipment**

Most boathouses have an indoor storage for their boats, however, at Norcal we store our boats and oars outside. This means we have to take extra good care of our equipment to ensure that it is safe and usable. For example, we have racks specially designed for our boats and oars to make sure they aren't water damaged, scratched up by rocks, and so they are secured in place. Before we put any equipment on the racks after use, we have to rinse them with the hose to get the salt and gunk from the water off. If we do not rinse the equipment it makes rowing unstable and the oars harder to grasp. The salt on the boats will scratch the boat and add to the weight of the boat. In this sport seconds count the most meaning you want to be as light as possible which is why we use salt off before any major races.

### **Ergs/ Rowing Machines**

Most rowing teams, including Norcal, use rowing machines instead of rowing out on the water because it allows for each rower to focus on their performance. Not to say that rowing on the water should be light, but dry land days, as we call them, are very important to mark an athlete's growth.

The machines had a handle and a sliding track, however, they do not curve like you would on a sweeping boat. This makes for a balanced athlete because they get to workout both sides of their bodies. Many athletes have a "preferred side" meaning they row on the port or starboard side the best, but the athletes who can row both are overall better rowers.

The machines also have an analogue screen and a fan with drag adjustments- adds/ removes pressure or weight to the stroke. The screen can show many different data points, but the most important are your split, stroke rate, force curve. The split is the amount of power per stroke not on the recovery (up the slide). The stroke rate is the total time per stroke including the recovery. Lastly, the force curve shows when you are and are not connected during the stroke. The curve should rapidly increase on the leg drive and body over, but should not drop or increase while the arms finish.

## **Tips to be Successful**

### **Mentality - Aggressive, Relentless, and Focused**

To be a rower you need to find motivation. The most common motivation is competition which is why a rower needs to be aggressive. This is not to be confused with rude, angry, or anything that would be aggressive toward other people. Rowers are respectfully aggressive meaning they know when to be aggressive.

Rowers have the most persistent and mental toughness compared to most other sports. This is even more important than being motivated because as a rower you cannot quit in the middle of a race. These values are important to racing, but you should practice them all the time because it will make you a better person.

When I get to practice I smile at all the faces of the people I spend practice with and immediately everything outside of rowing is forgotten. It does not matter if you have problems outside of rowing because rowing is the best part of your day and the hardest part. When you show up with a smile on your face you bring up everyone's spirit. This is why in order to be a rower you have to enjoy rowing. I personally do not enjoy the pain from rowing hard but I love the community and the effect on me. You need to find your place in rowing.

### Team

With all of these values comes the mentality of a team. When you row with a bunch of lazy, slacking, gloomy people you give up easily. However, if you row with the most energetic, motivational, and hard working people you find more will and energy yourself to push and work hard. The teams with these qualities will become faster and stronger and that is why it is important to make a habit of these qualities when you start out rather than later.

### **Diet**



Most rowers find themselves more and more hungry as they progress through the season. It is important to eat a lot and eat throughout the day. To sum up what you need to eat in addition to what you eat already – protein, fiber, and fat. These will help your body undergo a physical transformation and have the ingredients to grow muscle. Of course you still need to eat the “rainbow” and different types of food to stay healthy.

Another important detail is that your body cannot digest everything at once so consider eating 3x as much during regular meal times (breakfast, lunch, and dinner) as you do in between meals. In other words, have two additional meals with 3x less, especially with protein because it takes time to digest which is why you eat throughout the day.

## **Taking Care of Your Body**

### Hands

Have trust in the process and know that your hands will get beat up. It is important to maintain care of your hands because it would be silly to have to quit because your hands hurt. Your hands will either callus or blister. Calluses are a good thing as long as you take the following steps to handle them. Your calluses give you grip and they protect your skin from ripping, however, after rowing a lot your calluses can grow too big causing them to rip. To prevent this you can actually sand your calluses to a smaller size. If you end up with a blister and you have to continue rowing, then you need to pop it. I take a sewing needle, heat it up and pop it gently from the side, wash it, and tape it.

Tape is an enigma in rowing because some people believe it helps and others think you are weak to use it. Personally, I think that taking care of yourself in order to work hard is not being weak, but responsible. The other question I hear is what tape is the best? Band-aids are not good at all because they fall off often so it has to be tape. You can find thick cushioned tape but it affects the flexibility in your fingers (where you most often have blisters) and it doesn't hold as well. The tape I use is more waterproof and flexible. When I have an open wound I use eucalyptus tape made for ballet and when I have a blister I use a brand called Hypafix.

In general, I always use a hand softener/ moisturizer daily to prevent my hands from blistering. When you do get an open wound on the hand and do not have the time to let it heal naturally, use aquaphor.

### Stretching

This is the most important thing you can do to prevent injury. Your coaches may or may not make time for you to stretch at practice or teach good stretches to do. Either way, you absolutely need to stretch at home.

There are three ways to stretch dynamic stretches with your body, using a foam roller, and using a lacrosse ball. I do dynamic stretches to work on most of my lower body muscles, the foam roller on my quads, lats, and back, and the lacrosse ball on my shoulder blades and glutes.

It is important to know that you need to do dynamic and static stretches. You do static stretches before exercise, these are exercises that involve movement like lunges. You do dynamic stretches after you exercise, these are exercises that get deeper into the muscles tissues like the pigeon.

## **How to Join Crew**

There are many different rowing clubs, but I row at Norcal. In my heavily biased opinion I think you should row at Norcal. Our team ranks top ten at nationals and we have a program unlike any other crew and that is evolving as Norcal grows.

Here is our website: [Norcal Crew](#)

Here is our join page: [ACTIVE | NorCal Crew](#)

## **Conclusion**

Trust me when I say crew is the highlight of my day. I know this article does not make it sound so great, but crew is so valuable if not to stick with it throughout highschool at least

do the four week trial. I changed immensely after my first year of crew for the better. Not only does your physical health get better, but your mental health. The time that crew takes is taxing, but it teaches you to appreciate the little things like time with friends and family and especially eating! Norcal rowing specifically has an amazing community of guys who are willing to back you up. The bond that forms between rowers is something unlike almost anything else.

I am a dedicated student-athlete at Tide academy and Norcal crew and I want you to know that the benefits of crew are worth so much more than you think, so give it a try.

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## Entertainment Section

# The 20/20/20 Rule

| Theodore J. Hipple |

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### What is the 20/20/20 Rule?

There are 12 months on Earth... But that's not pertinent to this article. The 20/20/20 rule is a shorthand term-- not date of time-- meaning that after 20 minutes on an electronic device, look at an object 20 feet away for 20 seconds. The 20/20/20 “rule” ameliorates eyestrain resulting in enhanced online capability and reduced eyestrain.



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### What is eye strain, and what does the 20/20/20 Rule do?

According to the article ‘*How Does the 20-20-20 Rule Prevent Eye Strain?*’ written by Ashley Marcin, “Humans normally blink around 15 times each minute. When staring at screens, this number decreases to a half or third that often. That can lead to dry, irritated, and tired eyes.” ([healthline.com](https://www.healthline.com)). It is essential to understand that the phrase “dry, irritated, and tired eyes” does not point to permanent damage. Still, there are unpleasant symptoms; for every hour of gaming, you only lose one minute. Although this rule is not a ratio, you should perform this every 20 minutes for 20 seconds and not 40 minutes for 40 seconds. The 20/20/20 rule only works as prevention. Therefore, you must do this every 20 minutes.

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Another article by AOA (American Optometric Association) states, “viewing a computer or digital screen often makes the eyes work harder.” ([Computer vision syndrome](#)) Furthermore, the AOA’s post reveals that this method of reducing eyestrain improves your ability to perform online.

### **Why the 20/20/20 Rule Matters.**

The 20/20/20 rule prevents and reduces eye strain, dry and irritated eyes, leading to enhanced performance in digital applications, online work, and gaming.

### **Sources and Additional Notes.**

Additionally, tools you may want are blue light glasses (Partially blocks blue light), and a 20-minute timer (For the 20/20/20 rule). The blue light glasses in conjunction with the 20/20/20 rule made my capacity to play or write online extremely longer.

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y>.

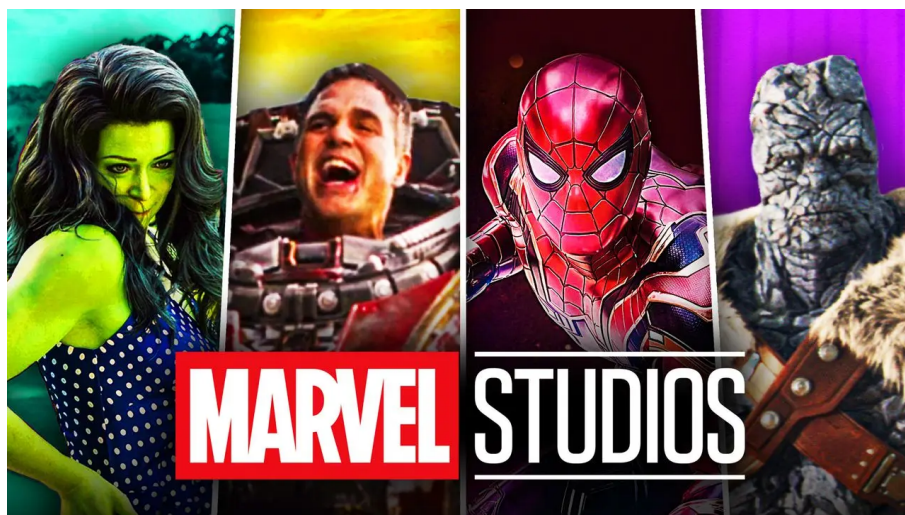
HEALTHY EYES; EYE AND VISION CONDITIONS; ‘COMPUTER VISION SYNDROME’, American Optometric Association.

<https://www.healthline.com/health/eye-health/20-20-20-rule>. ‘How Does the 20-20-20 Rule Prevent Eye Strain?’, Ashley Marcin. Medically reviewed by Timothy J. Legg (Ph.D., PsyD), Last Updated on February 3, 2017.

## **Why I stopped caring about the Marvel Cinematic Universe**

**by Charlie Curtis**

It was April 2019 and I was walking out of the movie theater. I had just finished watching Avengers: Endgame. My 12 year old mind was racing thinking about the possibilities that could come in the aftermath of the Avengers epic battle with



Thanos. Three months later I would walk out of the theater satisfied and happy after seeing Spider Man: No Way Home. Little did I know that would be the last time I would feel that way after seeing something from Marvel Studios.

7 months later I was at a friend's house watching the super bowl. Then a commercial came on. It was the infamous 30 second trailer announcing Wanda Vision, Falcon and the Winter Soldier, and Loki. Immediately I was filled with an overwhelming feeling of disappointment. I could not see what value these shows would bring to the Marvel Canon. Then the world went insane and I forgot all about those upcoming tv shows.

Then in early 2021 Black Widow was released and I was shocked at how bad it was. Black widow faced no adversity at all. In the end it was just Scarlett Johansson kicking the crap out of an old man who brainwashed his daughter to become an assassin. To put it mildly I was massively underwhelmed. A few months later Shang-Chi hits the silver screen and I walk out disappointed again. By this point I had already given up on the tv shows. The final straw for me was Dr Strange. The 2016 movie was by far my favorite out of all of the marvel movies so I had reasonably high expectations. While other marvel movies had made me feel disappointed, Dr Strange and the multiverse of madness made me feel genuinely depressed. I went home that night and canceled my subscriptions to Disney Plus and Marvel Unlimited. I also killed my conquest of champions account. Fast forward five months and I am browsing Reddit, and seeing reports of She-Hulk twerking with Megan Thee Stallion. Suffice it to say I am grateful that I got out when I did. There are a lot of great superhero movies and TV shows out there, and it is sad that Marvel is no longer the main creator of those movies or shows.

## Current Events and Opinion

### A Scathing Critique of Modern Day Cancel Culture by Devan Parekh

Has it ever felt like you were being chased by a mob with pitchforks and torches on Twitter? Or been backed into a corner on Facebook? Drawn unwanted attention on Instagram? Well, chances are that you're probably not alone.

This phenomenon on social media has become well known as cancel culture. The Merriam Webster dictionary defines cancel culture as "a way of expressing disapproval with a certain person and exerting social pressure". Essentially, that's a really fancy way of saying "public humiliation and bullying" online.

People who engage in cancel culture sometimes go so far as to dig deep into other people's profiles and find offensive comments they made years ago. This was the exact case with comedian Kevin Hart in 2019. Hart was supposed to host the academy awards in 2019, but he had to step down from the gig because, written and video tweets of him making fun of gay people from 10 years ago had resurfaced.

But canceling is not limited to celebrities. Other people who weren't as famous or as wealthy as Kevin Hart have also been canceled. Take David Shor for example. David Shor worked at Civis Analytics, a Democratic polling firm. He was fired because 3 days after the George Floyd murder, he tweeted a statistic that showed that violent protests alienated many voters after MLK's assassination. The point Shor was trying to make was that Democrats need to distance themselves from violent protests. Based on his tweet, people on social media assumed that he was against racial justice protests, which was not the case. And he was fired. It was an unfair assumption about his point of view.

Let's examine the questionable practice of cancel culture, and why it is harmful to democracy.

Firstly, cancel culture targets innocent victims who have made relatively small blunders or mistakes, or they simply said something at the "wrong time". Secondly, Cancel culture extremists also argue that they are fighting for social justice, but that really isn't the case. They bring people down, they don't promote a cause. They have taken away innocent people's jobs or permanently damaged people's reputations. Finally, cancel culture censors debate, which is essential for a democracy like ours to survive.



An example of cancel culture hurting an innocent person is the incident with University of Massachusetts Lowell Solomont School of Nursing Dean Leslie Neal Boylan. Neal-Boylan was fired as Dean because in an email she sent out to students, she said, “Black Lives Matter,” but she also said “everyone’s life matters”. Furthermore, Neal-Boylan also added, “racism and bias continue to thrive in this country.” Thrive means alive and well. Neal-Boylan was essentially saying that racism is very much alive even in 2020, which shows her understanding that racial issues remain important. Yet she still got canceled just because she added the phrase “everyone's life matters”. Canceling Neal-Boylan seems a personal attack rather than a fight for racial justice.

Former President Barack Obama said at an Obama Foundation summit in 2019 that people who participate in cancel culture have a constant demand for purity, and refuse to see the nuances/ambiguity of certain situations. Barack Obama also said at that same summit that “The world is messy, people who have done really good stuff have flaws.” Obama’s comment is spot on. If we cannot see the nuances of situations in life, how will our democracy built on debate and nuances function? The answer? It won’t.

Debate is essential to Democracy. Without debate, our society would quickly fall down an authoritarian rabbit hole. Censoring debate is how dictators like Joseph Stalin and Adolf Hitler were able to fool the public into believing their horrifying ideas because there was no one who was willing to offer a counter perspective. This is exactly what cancel culture does. A poll done recently by The Cato Institute on political correctness found that many Americans (around 71% to be exact) believe that Political Correctness censors debate. 58% of Americans are also afraid to share their opinions in public. These people surveyed are absolutely right. Not only are people publicly humiliated or canceled for statements they made ages ago, but they also get canceled for offering different opinions.

The right to freedom of speech and protest is how America has grown and improved. The mindset of the cancel culture extremists fits more in Stalin’s Russia than in the Free World. This ideology is wrong, and we need to stand up to fight this divisive, and authoritarian nonsense.

You may be wondering, “how do we fight this ideology?” Well, I have a simple solution. To fight cancel culture, we need to stand up to these extremists, and not let them have the upper hand over so many innocent people. If you are neutral on this issue, it may be optimal not to ruffle any feathers, but at some point, you will have to engage, because the extremists don’t just go after celebrities, they go after innocent people that have made small mistakes, which probably includes yourself. If you find yourself under fire, stay calm, don’t engage in others attacks. You need to stick to the high road as much as possible. Bring out the water and let’s extinguish those scorching torches of anger. It is essential for our democracy to survive!



