

## Preparation for Earthquakes in Advance

**PLAN AND PREPARE,  
DON'T LET IT BE  
YOUR FAULT!**

Always have an emergency supply kit on hand because earthquakes can strike anytime, anywhere. According to the Centers for Disease Control and Prevention (CDC), it is important to have enough supplies to last at least three days. Include fundamental medical supplies such as hydrogen peroxide to disinfect wounds, bandages, and prescriptions or any other long-term medications.

When packing food, include items that are high in calories and nutrition, such as canned foods and dry mixes, that do not require refrigeration. If possible, include familiar brands and foods because they may help boost morale and a sense of security after an earthquake, according to the American Red Cross. Also, be sure to update emergency kits every month to ensure that nothing is expired.

According to the CDC, planning and practicing earthquake drills with family can minimize distress and confusion when an earthquake occurs. Identify safe spots in each room where large or dangling objects will not fall. Additionally, it is crucial to establish a safe spot to meet after an earthquake.

Remember that earthquakes are a natural and inevitable part of living in Southern California. According to the U.S. Geological Survey, over 50 earthquakes shake California every day, although most are too weak to be noticed. Do not fret over the Big One because with the right materials and planning, there is no need to worry.

**EVA ORTEGA** Staff Writer

According to the United States Geological Survey, California receives about 10,000 earthquakes a year. When an earthquake hits, most of us do not know what to do. Feelings of panic might get in the way of staying calm and thinking smart. According to the Department of Conservation, earthquakes with a magnitude of 6.0 and higher have caused deaths and major property damage. Schools often practice earthquake drills because there is always a chance of an earthquake taking place. As reported by In-habitat, California has the most occurrences of earthquakes; therefore, it is best to be prepared.

**MOLLY-MAE MENDOZA** Staff Writer

**DUCK, COVER AND HOLD:  
HOW TO STAY SAFE DURING  
AN EARTHQUAKE**

It is natural to panic when an earthquake suddenly hits; however, it is extremely important to remain calm. Drop down onto your hands and knees, for the magnitude of the earthquake has the potential to knock you off your feet if standing. Furthermore, cover any sensitive areas with your hands, such as your head and neck.

According to the CDC, most earthquake-related injuries and deaths result from fallen objects. If indoors, it is best to try and get under any table or desk. If there is nothing that you can get under, stand against any interior wall. Additionally, move away from windows, doorways, heavy furniture or anything that has the potential to shatter or fall over.

Seeking to move into another room or go outside during an earthquake is incredibly dangerous, and should never be attempted. Moving from place to place during an earthquake increases the possibility of injury from a shaking object. However, if you find yourself already outside when the ground begins to shake, seek open space away from trees, power lines or buildings.

If in an automobile when the ground begins to move, the driver should pull toward a curb, away from utility poles and overpasses. Turn on the radio and listen for emergency broadcast information. Driving should not resume until the shaking has come to a complete stop. However, upon continuance drivers should be precocious of fallen power lines or aftershocks.

**JENNIFER FAN** Staff Writer

## BOUNCING BACK AFTER AN EARTHQUAKE

After an earthquake hits, there are still many dangers one should keep in mind before taking any action.

While many may want to get up and assess the damage, people need to remember that aftershocks are a real threat and can be just as costly as earthquakes themselves. Individuals who move around after the first seismic activity need to do so with caution in case there are more tremors later.

According to the California Seismic Safety Commission, there are a number of steps a person can take in order to ensure the safest and quickest way of dealing with the devastation of an earthquake. Before assisting anyone else, individuals must make sure they do not have any injuries of their own and protect themselves from any future injuries by putting on long pants, long-sleeved shirts, sturdy shoes and work gloves if possible. After taking these precautions, a person is able to go about helping other people. If others nearby are hurt, minor first aid can be administered wherever possible, but serious injuries should be left to medical professionals.

Another point of concern is the surroundings. Those who are able-bodied should check to make sure they are not near any gas leaks, open flames or flooding water. In addition, people who are indoors need to see if the structural integrity of the building they are in has been compromised, such as when a building is in danger of collapsing, and evacuate the premises as needed. If available, stay tuned in to a radio in order to receive the latest updates regarding any relief efforts in the area, but only make phone calls in the case of a real emergency because telephone lines are often overwhelmed in times of disaster and need to remain clear for actual calls for help to go through.

While the damage done by an earthquake cannot be reversed, people can definitely do their part to help themselves and those around them stay safe and healthy.

**NADIA GOV** Copy Editor

## TRIVIA

1) How many earthquakes occur each day in California?

2) What should you do when an earthquake strikes while you are in a vehicle?

3) What is the magnitude of the largest recorded earthquake that has taken place in California?

ANSWERS: (1) 50 (2) Pull toward a curb, away from utility poles and overpasses, and wait until the earthquake stops. (3) 7.9 (1957 Fort Tejon earthquake)

MOOR graphic by SAMMIE CHEN

**THE MOOR WEEKLY**  
101 South Second Street, Alhambra, CA 91801

The Moor Weekly serves as one of the checks and balances of district and school policies. It is an open forum for the campus population and one of the records of Alhambra High School's history. The Moor Weekly is not a vehicle for the promotion of any school organization, individual and/or activity, excluding those promoted via paid advertising, none of which are supported or endorsed by the Alhambra Unified School District. The Moor Weekly is protected under the First Amendment of the United States Constitution and California Education Codes 48907 and 48950. The Moor Weekly is published weekly by the Journalism class of Alhambra High School. The opinions expressed are those of the writers, not the faculty or administration. Articles without bylines are the opinion of the staff.

Letters to the Editor are encouraged and can be delivered to C-225, or The Moor Weekly's suggestion box in the Activities Office at least one week in advance. For legal reasons, The Moor Weekly cannot publish letters written anonymously but can withhold the name of the writer at their request. The Moor Weekly also reserves the right to refuse publication when the opinions expressed or issues discussed have been previously addressed or are of no relevance to the campus community and/or surrounding areas as deemed by the Editorial Board.

Note: Issue reviewed by adviser for content and journalism standards.

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