

# THE JAMS JOURNAL

JOHN ADAMS MIDDLE SCHOOL  
JUNE 2020

VOLUME 2 : ISSUE 3



We're all in this together.

**Stay in touch**  
make sure to socialize daily with your friends.

**Setting a goal**  
Setting a goal is crucial to staying motivated.

**Be crafty**  
arts and crafts is your new best friend

**Eating Healthy**  
-isn't just good for your body but also for your mindset!

By ADINA FRID-MADDEN AND CLEMENTE ORTIZ

So you're sitting on your couch, chair, bed, floor, table... I am currently sitting on my bed FaceTiming with Clemente as we try to put together an article about something we barely understand. But here we are still writing and pushing through this difficult time. Now I can write this article in a way that is optimistic and cliché, or I can say the truth and depress all of my readers! But the truth is, no matter how I write, the only thing that matters is how you view it. If you want to see this article as optimistic or depressing, go right ahead.

As you may have noticed, quarantine is a conundrum, especially for your mental stability. In an article written on sciencenews.org, it states, "Many quarantined individuals experienced both short and long-term mental health problems, including stress, insomnia, emotional exhaustion, and substance abuse. Certain factors increased the risk of psychological problems, such as quarantines lasting longer than 10 days (which was associated mostly with post-traumatic stress)." So, being quarantined can cause major issues, but there are many ways to prevent them.

Preventing this kind of stress can be challenging but it can be just as simple and easy as long as you stick to a routine. Now, your parents probably told you about a thousand times how important it is to have a routine or schedule, and I hate to say this but they are extremely right. Creating a routine to your day not only adds purpose, but it also gives you something to look forward to. For example, if in my routine, at three o'clock I had a designated time to watch The Office, then I am DEFINITELY going to look forward to three o'clock. Another tip to stay mentally healthy is creating a goal that you would like to achieve during quarantine. Dr. Madden, a doctor at Saint John's, shares, "Setting goals is important for maintaining a sense of purpose and achievement and avoiding falling into depression and anxiety in stressful situations such as during a pandemic." Another solution for staying healthy is reading a new book. If you don't own a book there are numerous digital reading applications to fulfill your wish! Even with all of the things that have happened, just know that these leaders are just trying to protect you. It will take time to adjust, but we will all get used to it. Like we have said, keep yourself busy, create a schedule to help you stay on track to finishing all of your work, and have time to video chat or watch Netflix. Teachers are trying to scramble lessons for you so you are not lagging behind. If we had no work now, we would end up having to go to summer school and completing a little more than three months of work. Be grateful that you are safe in your house with your own schedule. In fact, California was one of the first states to implement social distancing. The clear message of this article is that there should be some fear of the coronavirus, just don't let it go to your head. As long as you stay inside, and find something fun to do, you will be fine.

Just in case your parents haven't reminded you enough times, we are currently living in an historic moment. One day you will be able to say how you were alive when COVID-19 took over the world. Yes, we might all be sad, and yes, maybe all the introverts are flourishing, but it doesn't mean that we have to be sad and have a bad attitude. This confusing time can be an opportunity to do something new; that abandoned banjo in the corner of your house is imploring for you to pick it up! Those dusty books are the indication that you should open one. That raspy voice is inquiring for just one song. You don't have to spend isolation just texting your friends on how you're bored, you can sing to them, play music for them, rejoice in the opportunity to have a possibility to begin again.

# CORONA CONUNDRUM

**Organize**  
harness your inner Marie Kondo to bring joy to every part of your life

**Read a book.**  
There are plenty of free online libraries to help you find the book you desire.

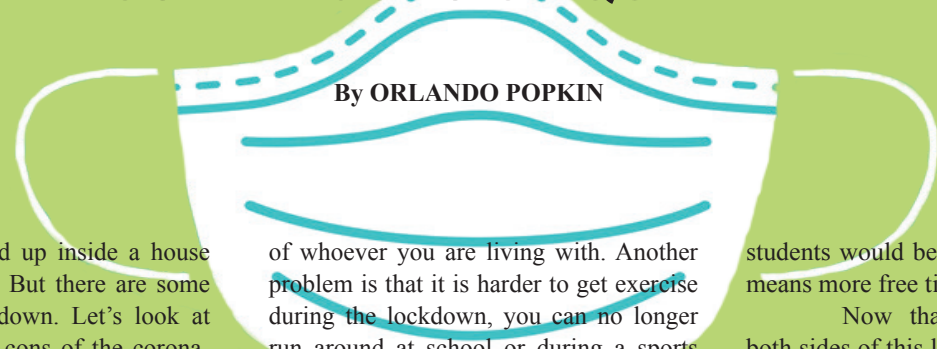
**Stay engaged**  
-with school work. Even though these are good ways not to make you go insane, your schoolwork should

**Watch a show.**  
You can video chat with your friends and watch a Netflix show through Netflix party.

**Be active.**  
If you need to exercise, do push-ups, or leg lifts, or anything in place.

**Do something new.**  
You can learn how to play an instrument, or learn a language, or learn how to skate.

# PROS AND CONS OF QUARANTINE



By ORLANDO POPKIN

Being cooped up inside a house isn't fun for anybody. But there are some positives to this lockdown. Let's look at some of the pros and cons of the coronavirus quarantine. With the new "normal" having changed so drastically, it is hard to adjust, and some people are handling the change better than others.

The quarantine seemed like fun when it started, but as it dragged on and on, some of its negatives started to outshine its positives. It's harder to socialize when you're locked up in the house without any friends, and it's really easy to get sick

of whoever you are living with. Another problem is that it is harder to get exercise during the lockdown, you can no longer run around at school or during a sports practice. These are just a few of the downsides to the quarantine; even video games don't seem so wonderful anymore!

It's not all bad though, there are positives to this quarantine too. People have had more time to take up personal hobbies, such as cooking, drawing, painting, gardening - even learning a new language. Also, the new distance learning format means less assignments than what

students would be getting at school - that means more free time!

Now that we have looked at both sides of this lockdown, do you prefer staying at home or going to school? With everything that is happening in the world, it is important that we are aware of what we are enjoying and what we are not. We should try to focus on the positives of this quarantine rather than the negatives because the more we think about the good that is coming out of this the easier it is to forget about the bad.

# The JAMS Journal

Published by the students of John Adams Middle School  
2425 16th Street, Santa Monica, CA 90405



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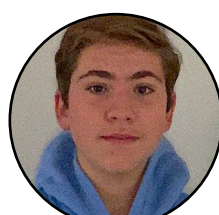
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# STOP USING COVID-19 AS AN EXCUSE FOR RACISM

By NAOMI GAGE

*"This feeds and justifies existing stereotypes and racism around immigrants."*

-Erika Lee, immigration and Asian-American historian

*"It's a really scary and vulnerable time for Asian Americans, that they are being scapegoated... allow yourself to be angry... be enraged... speak out about this hate as much as possible...and we can fight the racism in this country."*

-Cathy Park Hong, author and poet

*"For so long, Asian Americans have lived a conditional existence... We need to stop following that carrot and just demand racial justice."*

-Cathy Park Hong, author and poet

Right now, one thing is dominating the news: coronavirus, a.k.a. COVID-19, or, as our president likes to call it 'the Chinese virus'.

Some may think that referring to COVID-19 as 'the Chinese virus' is reasonable and not racist because, after all, the virus did come from the Wu Han province of China. However, the usage of such a phrase marginalizes the Asian-American community, just as when the Ebola outbreak emerged in 2014, African-Americans were the primary targets of hate-fueled

crimes. It places blame on a particular subset of people, reminding them that their belonging is conditional. It tells them that they can work and contribute and make America better, they can be doctors and scientists and firefighters and heroes, but that in times of turmoil, they will be scorned, hated, and assaulted.

Additionally, blaming the Asian-American community is far from accurate. Testing shows that most of the cases in America were transmitted from Europe, not China, and yet it is Chinese (or Asian) people who are targeted.

Perhaps we should focus not on the reasons it is racist, but the repercussions of such racist and offensive language. The phrase 'the Chinese virus' is toxic. It spreads and amplifies hate for a specific group of people.

Beverly Liang He, a woman who lives in New York City

told "NewsHour" that she had been yelled at in the subway for "bringing the virus here". She is far from the only one, as many Asian-Americans have reported having things thrown at them, or being spat at.

In Houston, Texas, at a wholesale supermarket chain, an Asian-American family was brutally stabbed by a young man, who admitted to stabbing them because he thought they were Chinese. The family included a six year old and a two year old girl.

As you can see, usage of the phrase 'the Chinese

*COVID-19 is not "the Chinese virus", it is a deadly disease. Racism is, too. With kindness and wisdom, we can overcome both.*

virus' isn't just racially insensitive, it also amplifies the hate, which can result in tragedy.

Misconceptions about the Asian race, from the belief that they are disgusting or they are unsanitary (sometimes called the 'Yellow Peril') still pollute our society.

All that this pandemic is doing is bringing the racism and misconceptions out. This is another sort of virus. Stigma and toxicity are not okay.

What the usage of 'the Chinese virus' as a phrase is doing is marginalizing an entire group of people, driving American against American, dividing this country in the time when we need unity the most. To the reader, I will only say this: COVID-19 is not 'the Chinese virus', it is a deadly disease. Racism is, too. With kindness and wisdom, we can overcome both.

*"We are many generations here. We are Americans... And still we are seen in the context of our ancestral land."*

- George Takei, actor and activist

*"Immigrants have often been tied to disease. As a plague, or as an invasive threat or as carriers of a contagion and disease that will then ruin America. We've heard this before and unfortunately, we're hearing it again today."*

-Erika Lee, immigration and Asian American historian

*"These have all revived much larger racist and anti-immigrant narratives that never go away in the United States. It's part of the U.S.'s long history of xenophobia."*

-Erika Lee, immigration and Asian American historian

## WHAT IF STUDENTS REDESIGNED THE SCHOOL?

By JORDAN STUART

I was interested in seeing what students would change to the school, given the chance, so I sent out a survey to the entire student body.

Many students said that they would change the way our school was built. Most students prefer to add something else into our school rather than take something out.

Most people wanted more bathrooms, and for them to stay unlocked (the JAMS Journal wrote about this pressing concern last issue).

For protection against the sun and rainy days,

students also wanted more overhangs; understandable, given that our school isn't really that equipped for a lot of rain. Given the fact that we live in Southern California, the sun rays can be intense and the campus lacks a lot of shade in the quad.

When we asked about what area of our school needed the most work, most students said that classrooms needed the most work, but a lot of students also wanted to have lockers back in the hallways. Many students thought that some of the classrooms were old and outdated, although not the 80's wing, given that it was recently

renovated.

Even though these ideas seem beneficial and good for all, we have to recognize that some of these plans are expensive and the school was built 90 years ago. The cost is a huge issue that prevents us from fully making many changes. With the building of the new auditorium, we are moving towards progress and these suggestions might just become reality.



## ZOOM VS GOOGLE MEET- The Video Communications Battle

By JORDAN STUART

During the quarantine, education moved online. Teachers hosted office hours and used either Zoom or Google Meet. Teachers have the option to pick which platform works best for them. Obviously, these sites are very different, and they each have different advantages and disadvantages. For example, Zoom only has 40 minutes of free time for the person hosting the meeting and Google Meet is entirely free. What are the advantages and disadvantages of each?

Our first comparison will be the security of the two platforms. Many people have said that Zoom is not a safe platform and even the Cyber Coordination Centre said that it is not a safe platform to use because sensitive information can be leaked through the calls. Also, many people have complained about random people joining school or

office calls, doing or saying inappropriate things. On the other hand, Google Meet has been proven to be much safer and they have the option to make meetings private so that other people can't join in the middle of a meeting.

The second comparison is the cost of using both platforms. Both platforms do have free options. Google Meet is entirely free with no restrictions and trial package. Zoom does have a free option that is not a trial either, but if you have more than three users on the call, then the call only lasts for 40 minutes before it ends. This subscription would be fine if you were meeting with a small group of people but if you tried to have a class or work call then this platform would not be ideal.

The next comparison is the screen layout options. Both Zoom and Google Meet have the same screen layout options.



One option is where the main person talking is the only one visible on the screen and you can only see a limited number of people. Another option is to do a grid view so that everyone can see each other at the same time. Neither side really has an advantage over each other in this comparison. They are equally as good in this category.

Overall, it seems like Google Meet would be the better and safer option. They allow class-

es and offices to use their platform as much as they like for free. Although, if you wanted to join a small call with your friends or family, Zoom would also be a good option because there would be no time limit, and it would still be free.

In conclusion, while each platform has its unique pros and cons, and Google Meets wins by a small margin overall, both platforms are quite good for everyday use.

## CRAFTY DURING QUARANTINE

By KALEY JIGAMIAN

When stores began to run out of things like masks and hand sanitizer, people turned to their creative side and began to make their own coronavirus protection items. If you can't find any at the stores, don't worry!

### MASKS

Anyone can easily make their own mask with things they might already have at home. Don't know how to sew? Keep calm! There are many ways to make masks without sewing. One way to do it is to simply use a bandana or piece of cloth, or even a shirt!

#### Materials:

- A sewing machine and thread
- 2 pieces of cotton fabric, 9x6" (adult) or 7.5x5" (child)
- 2 pieces of elastic, 7" long
- Optional: A pipe cleaner, about 5 or 6" long

#### Instructions:

1. Put two pieces of fabric together, with the right sides together. Start at the center of the bottom edge, and sew to the corner.
2. Sew a piece of elastic to the corner, making sure it is pointed inward. At the next corner, use the other edge of the same elastic, instead of a new one. (This will create a loop to go around your ear). Do this for the rest of the sides, and leave an opening at the bottom.
3. Sew a pipe cleaner along the top edge, for a more fitted mask.
4. Using the opening, flip the mask inside out
5. Pin 3 tucks on each side of the mask, going in the same direction. Sew around the edge of the mask twice, to hold everything in place.



### HAND SANITIZER

Hand sanitizer is a perfect way to disinfect your hands when you don't have a sink nearby, or just don't want to look for a public sink. Store the hand sanitizer by putting it in a mason jar with a sealable lid or in empty soap or hand sanitizer bottle.

#### Materials:

- $\frac{2}{3}$  Cup 99% rubbing alcohol
- $\frac{1}{2}$  Cup aloe vera gel
- Essential Oils of your choice
- A small bowl to combine everything

#### Instructions:

1. Gather your ingredients and a small bowl.
2. Mix the rubbing alcohol and aloe vera gel together until well combined.
3. Add in just a few drops of the essential oil of your choice



## DEAR JOURNAL

By KALEY JIGAMIAN

**Q:** Dear Journal, I need help getting over my crush. I haven't spoken to them in a while, but I still get butterflies when I see them. Can you help me? Thanks.

**A:** I would suggest concentrating on all the things you don't like about them, such as maybe they can sometimes be inconsiderate, or sometimes they're careless. Think about it; do you really want to be with this person? Also, remember that it's okay for this to take a while; emotions aren't an exact science, and everyone is different.

**Q:** Dear Journal, I'm way too nervous to talk to my crush. I'm scared they won't like me. How do I start a conversation? What should I do?

**A:** Well, it seems that you might have a confidence issue. Why would you think they wouldn't like you? This might seem counterintuitive, but I would suggest not focusing on the crush. Instead, focus on yourself. What do you like to do? What are you good at? The happier and more confident you are, the more attractive you will be.

**Q:** Dear Journal, I had a friend who I thought I was pretty close with, but lately they don't want to talk with me anymore. What do you think I should do?

**A:** Well, since school is out right now, I would suggest texting or emailing them. Keep the tone casual and fun- show them what they're missing! Don't pressure them. They could be going through something, too.

**Q:** Dear Journal, how do I tell my friends something that I've been keeping from them?

**A:** Texting/emailing isn't always the best way to go about this, but we don't really have a choice right now. I would preface the message by explaining why you didn't tell them earlier. They should understand!

**Q:** Dear Journal, This may be the most obvious thing but, I really need help keeping up with homework and classwork

**A:** I would recommend making a checklist of everything you have to do, and checking a box off every time you finish an item. It's old-school, but it really works!

**Q:** Dear Journal, I have a bad grade and I want to raise my grade. How can I raise it?

**A:** Asking your teacher can work wonders! Talk to them, and ask if there is any extra work you could do. Keep working on your classwork, and turn it in promptly.

**Q:** Dear Journal, I am a lesbian. How can I reach out and find other people who can relate?

**A:** Considering school is out right now, I would suggest going online. There are countless LGBTQ+ sites online that you go to, to communicate with others! If you have social media, you can try to find people who can relate.

**Q:** Dear Journal, how do I recognize bullying?

**A:** Sometimes it's difficult to differentiate between teasing and bullying. Sometimes, the 'bully' doesn't even know that they're affecting you so strongly! However, if it happens regularly and your feelings are hurt, it could be considered as bullying. Talk to the 'bully' and make sure to explain how you feel.



# THE GERM CONCERN

By ANA LUIZA MILK

Germ is everywhere; water, plants, food, animals, soil, and even yourself! Although we have a relatively clean school (thanks to our JAMS custodians), we still find ourselves face to face with germs all around. The best way to avoid getting sick is prevention, and for that, it's important to have a basic understanding of germs. In reality, there are different types of germs, and not all of them are harmful. The major types of germs are viruses, bacteria, fungi, and protozoa. But how are they different?

It's a little known fact that there are more bacteria in your mouth than there are people in the world. Bacteria are single-celled microscopic organisms that can live in soil, the ocean, and even your gut. Unfortunately, that also means bacteria are common in school drinking fountains, doorknobs, classrooms, and desks. But, many don't know that only some bacteria can cause infections in humans. In fact, some bacteria can help with your digestion! Overall, the best way to prevent harmful bacteria in your system is to wash your

hands after using the bathroom and before eating.

If bacteria are small, viruses are even smaller. Did you know that viruses left on door knobs or toilet seats can only live for a short time? Viruses can only survive if they live inside of something else, and they need another cell's structure to reproduce. But, when moved into someone's body, they can make the person sick, including potentially deadly viruses like the coronavirus. Make sure to wash hands, because as you may or may not know, not all hand sanitizers work well against viruses.

Many are familiar with athletes' foot and yeast infections, but some don't know that fungi are the real cause. Fungi are multi-celled plant-like organisms that obtain nutrition from plants, animals, and food. They usually like to stay in damp and warm environments, and although they can cause health problems, they are usually never dangerous. The only people at risk of getting more serious fungal problems are those with weak immune systems.

The easiest way to counter fungal diseases is by keeping clean.

Protozoans are probably the least common germ in the sense of popularity. Protozoans are one-celled-organisms, similar to bacteria. But, unlike bacteria, are large and contain a nucleus and similar cell structures, making them more similar to animal and plant cells. On top of that, protozoans like moisture and can cause intestinal infections such as amebiasis (a parasite transmitted by contaminated water or food). Protozoa can also be parasites. When so, they need an animal or plant (or any other organism) to live in.

Whether it's bacteria, viruses, fungi, protozoans, or any other kind of germ, it's good to take precautions. As clean as JAMS may be, we should still try to fend off the bad organisms and protect the good ones. Viruses are a common part of our lives, and for that, we need to make sure to stay safe. It's important to remember that just because you can't see something doesn't mean it can't hurt you.

## TIPS TO STAY SAFE

**Wash hands correctly** - The only effective way to deactivate the COVID-19 virus is to wash your hands with soap and warm water for at least 20 seconds. If you don't want to count to 20, you can sing Happy Birthday twice or the ABC's.

**Social Distancing** - With COVID-19, it seems the best way to avoid the spread is to stay away from large groups of people. Studies show that you should stay at least six feet away from other people to stay safe.

**Avoid Touching Your Face** - According to CNN, the average person touches their face 23 times per hour. The best way to stay protected is to keep your hands clean so if you happen to touch your face, there's a lower chance of getting sick.

**Wear a Mask!** - If you need to go out, make sure to wear a durable and protective mask. If you don't have one, you can make one! See page 7 for more information.

**Emergency** - If despite all caution, if you believe you or a family member have contracted the virus, call your doctor or health care provider. Keep track of symptoms and only call 911 if someone experiences difficulty breathing, continuous pain or pressure in the chest, bluish lips or face, delirium, or becomes unresponsive.



# THE COVID CRISIS

By MATILDE MARTINEZ

It's safe to say that everyone has heard the term coronavirus. COVID-19, a disease caused by a coronavirus, is spreading around the world at an alarming speed, causing thousands of deaths and keeping people at home in quarantine. This virus does more than spread sickness: it spreads uncertainty and even panic. It is important to be able to differentiate facts from rumors and lies while living in the 'New Normal'. Here you will find some essential information and facts about COVID-19.

Ever had a common cold? That's a coronavirus. Coronaviruses are a family of viruses that infect both humans and animals and cause upper-respiratory illnesses. They were given this name because they are surrounded by pointed spikes that look like crowns, or "corona" in Latin. Other members of this family include MERS, SARS, and H1N1: each are responsible for past outbreaks. The virus that causes COVID-19 is known as SARS-CoV-2; it has never been seen in humans before, and scientists believe it was contracted from bats or pangolins.

The virus spreads when an infected person sneezes, coughs, talks, or breathes, carrying liquid micro-droplets with the virus to people nearby. Symptoms usually develop 2-14 days after infection, and include a runny nose, sore throat, dry cough, fatigue, muscle pain, headache, and fever, while more severe cases can lead to difficulty breathing, pneumonia, and even death. Those most at risk are the elderly and people with medical conditions like asthma, diabetes and cardiovascular disease.

The first recorded case of COVID-19 was documented in Wuhan, China, in late November or early December of 2019. By March 11th, 2020, the World Health Organization (WHO) classified COVID-19 as a pandemic as it continued to spread across countries and continents. As of May 12th, there were 4.1 million confirmed cases. How is this rapid increase possible? Exponential growth is how: a person carrying the virus infects about 2.2 people, each of which infects two others, and each of these four people, in turn, will infect two more. This is called exponential growth because the number of cases increases according to an exponent. At first, the disease spreads slowly because there are barely any infected people. But if no measures are taken, the numbers will rise ever faster and at some point explode. This is where the term 'Flattening the curve' comes from. The contagion curve is an estimate of the number of cases since the time of the first case. With no protective measures, the curve will be thinner and peaked, meaning that a lot of people will get infected in a short amount of time. This could completely overwhelm the healthcare system's capacity. With a longer and flatter curve, the virus will spread more slowly and thousands of lives will be saved. The importance of this cannot be overstated, and as

such, stay-at-home orders have been imposed. This, however, has an enormous effect on a country's economy. Thousands of businesses have suffered because of their decrease in sales caused by the lack of customers, as people are stuck at home in quarantine. They have had to lay off workers, and consequently, unemployment rates have soared. Furthermore, worried about what the future will bring, company shares are being rapidly sold, causing the Stock Market to lose trillions of dollars in value. The long-term effects of this economic storm are unknown.

Vaccination is a form of preventing people from getting sick by injecting subdued or deactivated viruses into the body to increase the production of antibodies, an important cell in the immune system that helps fight off illnesses. Vaccine development is a long process that involves laboratory research, animal testing, approval of licensure, human trials, and mass production, which can take around 10 years, but many requirements have been removed in order to produce a vaccine for COVID-19 faster. Vaccine efforts started in January, and on April 24, the University of Oxford, along with the Jenner Institute, an independent research group, began its first human trials of a potential vaccine after it protected rhesus macaque monkeys. 1,100 people are to be tested, half of which will be given the vaccine, and the other half a placebo for comparison. On May 19th, biotech company Moderna, located in Cambridge, Massachusetts, reported having another possible vaccine candidate. The vaccine has shown promising results on the eight people who were given doses, as "it appears to be safe and able to stimulate an immune response against the infection." If the vaccines do work, then they might be available for limited use by the end of 2020. However, this is very unlikely, as the probability of vaccines being successful on their first try is about 30%. Actually, the WHO said in February that it might be 18 months until the vaccine is widely available, so we'll just have to wait and see.

With the COVID-19 pandemic getting worse by the day, it is important to flatten the contagion curve and delay the spread of the virus. Doing so will prevent the health care system from collapsing and save thousands of lives, but it will also mean that we will have to endure the 'New Normal' a while longer. We are living through history; this chapter in our lives will be a chapter in a history textbook someday. Time in isolation may seem bleak, but it has brought out the best of some people: Many have found new passions or pursued old ones. People are hanging signs to show support and love to essential workers and first responders. Families spend more time together. Distant friends are reconnecting. It just shows how we can be six feet apart but closer than ever. Hang in there JAMS, we're all in this together.

# THE END OF AN ERA

By **BOBBY MUNOZ**

As spring break was approaching, plans were in order to enjoy the break whether it would be our last time at JAMS. However, before any more memories could be made, spring break and the rest of the school year slipped away from all students as a result of the Coronavirus pandemic. For 8th graders, what would have been the last few months of school turned into 'distance learning'. Through everything that has happened in the past three years at JAMS, every fire alarm, every Jolly Rancher from Mr. Mintz, and other memories made while attending JAMS, it will all come back to you and bring a smile to your face.



IN ASTROCAMP these students are enjoying their spare time together.



MARCUS O. TAYLOR S. ADRIAN L. AND NIKOLAS T. are enjoying time out on the quad.



EIGHTH GRADERS spent time out of their day to participate in the Hunger Walk in Santa Monica.

*My favorite memory was definitely Yosemite even though the storm happened.*  
-Arianna O

*My favorite memory is lunch time when the speakers are out.*  
-Hillary R.

*My favorite memory at JAMS was hanging out with my friends.*  
-Freddy P.



IN YOSEMITE, students were led through these rocks as one of the activities. During this activity, students would have their eyes closed as they were following the lead of the person



A LOOK BACK at the class of 2020 at Morro Bay at the beginning of seventh grade.

*As a side note, to all teachers and staff at JAMS, on behalf of all eighth graders, I thank you. Thank you for guiding us to success. Thank you for being there for us when we needed you most. Thank you for pushing us forward to be the best version of ourselves. Thank you for giving us advice to help us later on in life whether it be high school or just advice on life in general. We thank you.*

-The JAMS class of 2020



ONE NIGHT students were put through the task of finding letters in a scavenger hunt to solve a puzzle resembling a star, nebula, or galaxy.



THE ROOT OF ALL ASTROCAMP MEMORIES come from the bus ride in which students were awaiting Astrocamp and what it had to offer. Shoutout to the people who were handing out bibles as well.



GRACE P. AND MICHELLE S. spending their last Halloween in middle school together on the quad.

# JAMS ALUMNI IS OUT OF THIS WORLD



Randolph Bresnik was born September 11, 1967, in Fort Knox, Kentucky and attended JAMS during the 1978-1981 school year. He considers Santa Monica to be his hometown.

He was on the STS-129, Expedition 52, Expedition 53, and Soyuz MS-05. He went to the University of Tennessee, The Citadel, The Military College of South Carolina, and Air War College (AWC).

He was selected as an astronaut in 2004. Bresnik had to go through a long selection process.

Randolph Bresnik's autographed photo is framed in the main office for all to see. He is an extraordinary person and we are proud that he is a JAMS alumni.

By SHANNON STUART

In the March issue of the JAMS Journal we featured "Famous JAMS Alumni" and Randolph Resnik was included as an alumni. Instead, it was supposed to be Randolph Bresnik, the astronaut.

# Teachers Help Clean-up Looting Aftermath

On June 1st, the day after the Santa Monica looting, community members gathered together and volunteered to clean up the damage and destruction.

Ms. Murphy, Ms. Goldberg and her daughter Maia, wore their JAMS shirts and joined the cleanup efforts. They even made it on MSNBC news.



# The AVID Corner

By EDDIE JENNINGS

AVID is a very popular elective on the JAMS campus. AVID is a program that helps students prepare to attend a four-year college. Starting in 7th grade, students begin to work on strong study habits, proper note taking and learn time management skills. AVID continues through High School and helps students apply to universities and get all the information they need to attend college. Mrs. Hale has been the AVID coordinator for eight years at JAMS. She said, "Seeing the students who stay with the program from 7th - 12th grade go onto four-year colleges/universities is



JAMS MEETS UCLA Students of AVID went to UCLA for a campus tour and got to experience the college life.

the biggest success story of the AVID program". Students are selected for AVID elective after meeting different criterias. It ranges from being the first of a family member to attend

college, personal challenges, strong attendance and showing an interest in the AVID program. One thing is for sure, AVID is doing great things on the campus of JAMS.

AVID also has events and competitions around campus. During the first semester of school, each AVID class decorated their doors with California Colleges. All of these events and activities are not only fun but also give AVID and JAMS students a chance to research different colleges around the United States. Mrs. Hale is very proud to be an AVID teacher. She explained, "Seeing my AVID students graduate from high school and go onto four year colleges/universities is the most rewarding part of being an AVID teacher."

# The Affects of COVID-19 on Sports

By EDDIE JENNINGS

The Coronavirus outbreak has caused every non-essential business to shut down and this includes all major sports leagues and events. The shutdown of sports has left a gaping hole in society, with all activities being paused and fans anxiously waiting for their return. But one thing that really stands out about the shut down of sports is the financial effects of shutting down the seasons or postponing them.

As of May 1st, the four major sporting associations in North America (The NBA, MLB, and NHL) have all lost a combined total of \$1 billion by shutting down their seasons. All major sporting leagues get their revenue from a number of activities attached to actual sporting events. This includes brand deals, television broadcasts (both regional and national), ticket sales, merchandise sales, and food sales in the area. Without any

games, all of that money stops coming in or at the very least, is cut severely. The other side of the equation is how it affects the players. Most players get paid weekly. The average NBA player makes \$720k every week but the average NBA salary per season is around \$7.7million. The average MLB player makes about \$535,000 weekly. The average MLB salary per season is \$4,095,000 not including brand deals. The average NHL player makes \$4 million a year just off salary. The average NHL player makes about \$500,000 a week. If this continues and seasons are canceled, the players may not get paid.



Currently, most athletes are still getting paid but the real worry is that the people who work at the stadiums are not getting paid. Many higher paid athletes are paying the expenses of these people. For example LeBron James and Stephen Curry are paying the expenses of the staff of their stadium. And it's not just players who are doing this, Dallas Mavericks Owner Mark Cuban is paying for the expenses for everyone that works at the stadium.

With the postponement of the 2020 Olympics in Tokyo, millions of dollars in television revenue has been lost. Sponsors from around the globe lost money on items such as merchandise, appar-

el and training gear, specific shoes made for the Olympics and even Olympic-themed fast food meals. With all of the money lost, it doesn't add up to the countless hours of training that athletes have put themselves through to be ready to compete at the games. Many Olympic athletes have been training hard for more than two years at the highest level and now have to refocus to potentially compete next year. The future of sports remains to be seen. If sports were to resume will teams play to empty stadiums or will everything go back to normal? Major League baseball teams have thought about all playing in Arizona to no fans. The NBA has brought up the idea of playing all games at Disney World to finish up the season. We don't know much about the future of sports but we can all hope to see our favorite teams play again.

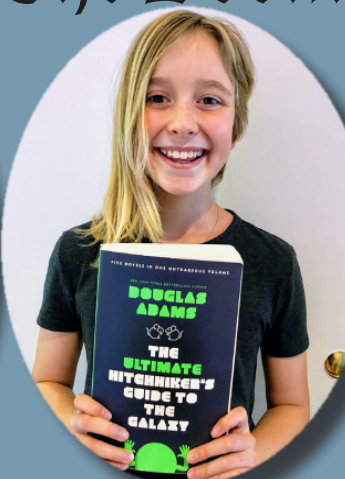
# The Bookmark

By EMME FIELDS-KREMER



Ms. Jarvis  
Advanced Readers

**Steelheart**  
by Brandon Sanderson  
A shadowy group of ordinary humans, the Reckoners, spend their lives studying Epics, finding their weaknesses, and then assassinating them. David wants in. When Steelheart came to Chicago, he killed David's father. For years, like the Reckoners, David has been studying, and planning, and he has some-thing they need.



Violet B.  
6th Grade

**The Ultimate Hitchhiker's Guide to the Galaxy**  
by Douglas Adams  
Earthman Arthur Dent is rescued by his friend, Ford Prefect—an alien researcher for the titular Hitchhiker's Guide to the Galaxy, an enormous work providing information about every planet in the universe from the Earth just before it is destroyed by the alien Vogons.



Marco S.  
7th Grade

**The Scorch Trials**  
by James Dashner  
Thomas was sure that escape from the Maze would mean freedom for him and the Gladers. But WICKED isn't done yet. The Gladers have two weeks to cross through the Scorch, the most burned-out section of the world. WICKED has made sure to adjust the variables and stack the odds against them.



Taryn B.  
8th Grade

**Children of Blood and Bone**  
by Tomi Adeyemi  
When different clans rule-Burners igniting flames, Tiders beckoning waves, and Zélie's Reaper mother summoning forth souls. But everything changed the night magic disappeared. Under the orders of a ruthless king, anyone with powers was targeted and killed, leaving Zélie without a mother and her people without hope.

# AWESOME OR TROUBLESOME

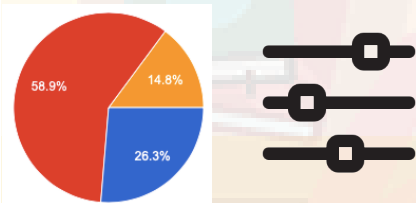
## What Students Think of Distance Learning?

By JESSIE YU

Due to the coronavirus, the second half of the 2019-2020 school year has shifted into asynchronous learning. Asynchronous learning is defined as forms of education and learning that do not occur in the same time or place. Since students and teachers can no longer be in the classroom together, teachers have incorporated their curriculum and work into a digital form. Teachers are now uploading 20 minutes worth of learning video or experience and 40 minutes of assignment every block day. They can also do different combinations of that. While some students think working at home and mostly self-pacing themselves might be boring, others might like it. Students might also video call each other and complete the work together just like before. So how are students adjusting their life to distant learning? Let's see what these students have to say down below.

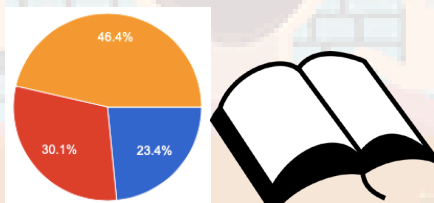
In the end, we should recognize this is a very strange and different time for all of us, the teachers, students, and parents. The best we can do is to adjust to this new change. If you feel like that you procrastinate way too much, try to set a plan for yourself and schedule how long you'll spend on each subject. After you finish your work, you'll feel much less guilty going on your phone and the rest of the time is all free time. If you get distracted while on the web, try online tools that can help you stay engaged and concentrated. These could be apps, websites, or extensions that help block distracting websites for you. Also, if you feel like putting off the last bit of an assignment or giving up for the day, try to work on it for just a few more minutes. This method can help you regain focus and finish the work to the end.

How are you adjusting to this change of online learning?



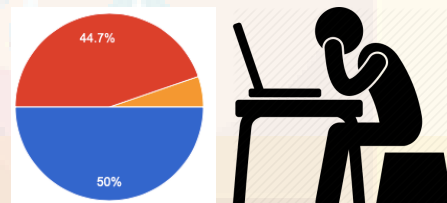
● Very well  
● Okay  
● Not used to this at all

Do you think the quality of your learning has changed?



● Yes, I feel like I'm barely learning anything!  
● No, I feel like I'm still learning a lot  
● I'm not sure

What do you think of the work load?



● Just the right amount of work  
● Too much work assigned  
● Too little work assigned

## Do you prefer online or in-school learning?

*"At school, students can interact with their teachers, classmates, and friends. When they have any questions, the teacher can answer them on the spot. I am aware that teachers are trying their best to answer our questions as soon as possible, but there are some questions that have slipped by and have still not been answered a week later. School is a better learning environment for kids our age. There are teachers motivating us to do our work. At home, students procrastinate and are not as productive."*  
-Maya W.

*"I picked the option of learning in school because it is hands on and you can hang out with teachers and friends. Also you don't get easily distracted as you would at home where you have a tv and food whenever you want."*  
-Bethzy M.

**IN-SCHOOL 76%** **ONLINE 24%**

*"Me and many of my classmates do not work well in a home environment. I have problems with overly procrastinating and being at home makes it worse. It is extremely difficult for me to get my work done on time in this situation, most of my grades have suffered from it. I was doing just fine while attending classes on campus, but now I'm lagging in nearly all of my classes."*  
-Zoe C.

*"Because having disturbances in class is annoying, in online school I can do work however and whenever, eat and take breaks whenever and divide my workload for the day."*  
-Arianna O.

*"I like online school because I can get things done at my own pace. However, I do miss going to school and seeing all of my friends and would say that 'in school learning' is much easier because you can talk to the teacher in person if you have a question."*  
- Briana N.

*"At home you're more prone to getting distracted, you don't get to hangout with your friends, and it's hard to look at a computer screen all day."*  
-Lanikai P.

*"In school, it's easier to ask questions and understand assignments. Also, teachers now assume just because we have more time, it means they should assign us more work than usual in a school day."*  
-Anja R.

# JAMS's Junior Chef

By MAKENA PARKER

7th grader Jahrid Longworth provides dairy-free recipes in The Star-Advertiser. His recurring feature, "Dairy-Free Living with Chef Jahrid", gives easy and delicious recipes for those who live dairy-free, or just want to try it out. He began doing this after a life-changing discovery.

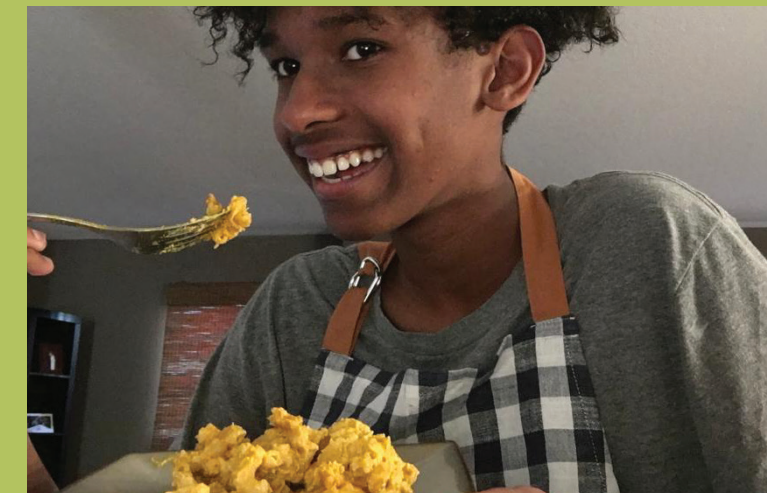
Four years ago, through from February to July, Jahrid experienced bad stomach pains. He visited the ER several times, not knowing the cause of this affliction. A colonoscopy and endoscopy were called for by the doctor to find this mysterious source of pain. They eventually found that due to dairy consumption, his esophagus lining was shredding. After some blood test, Jahrid's dairy allergy was diagnosed and with the help of his mother, Jahrid learned how to cook. They worked together to develop and adapt dairy-

free recipes in order to cope with this new lifestyle. His tips and recipes can be found in the Santa Monica Newspaper, The Star-Advertiser. These recipes can help others who also struggle with dairy restrictions or need lower cholesterol diets.

After having to manage and deal with this allergy, Jahrid understands the difficulties that come with dietary restrictions. Eventually, he has come to accept it. Jahrid explained, "I learned to cope with it and realized that it is the truth now and there is nothing I can do about it." With a change in one's life as big as this, the best thing to do is learn to live with it with the most positive attitude you can have.

As part of coping with his new diet, Jahrid and his family have learned to be more responsible with the food they buy and eat. He knows that many people struggle with similar situations and he hopes to help them by sharing his

recipes, "My intentions are to help other children, who are just like me, learn that good can come out of the seemingly bad situations and you can always eat the stuff you used to love without feeling bad or sick." By sharing his recipes, it allows others to enjoy normal, everyday food while still following their dietary restrictions.



WITH ENTHUSIASM, Jahrid enjoys his dairy-free mac and cheese and empanadas (above photo). Photos: Jahrid Longworth

## JAMS CAN COOK

JAMS ASB invited students for an at-home cooking challenge on Flipgrid. The three categories were drinks, dishes, and desserts. The winner for each category (determined by "likes") received a \$10 dollar gift card. All qualified participants were entered into the \$50 grand prize drawing.. - Jack Nash



Kheian W. recreated the good morning burger from the Simpsons.



Hoyt G. made a mouth watering dish called monkey bread.



Jasmine A. made a delicious flan metropolitano.



Liam E. made a homemade green Thai curry.



# BUILDING BLOCKS OF FUN

ASB hosted a “LEGO Build Challenge” where JAMS students displayed their creativity and engineering skills. Categories included SMALL BUILD (<50 pieces), LARGE BUILD [>50pieces), FUNCTIONAL (using engineering skills to perform a task). Students were asked not to follow the instructions from the box or anywhere else. Votes were counted by ‘lik and the winner of each category received a \$10 gift card while qualifying participants were entered into a \$50 drawing.



# SAVING MEMORIES

By MAX HARRISON

There is only a week left of school and excitement is in the air; as students flood through the quad, there seems to be one thing that everyone has in their hand; the yearbook. As the flowers bloom and the summer breeze brushes through the trees, students chatter and talk about their summer plans as well as how many signatures they have in their yearbook. This probably fits the description of most schools, and it has for many years.

Since the late 1600s to the modern-day; from Central Asia in the east to The Americas in the west, yearbooks have been and still are a major part of student life for students all around the globe, but its history may shock you. Yearbooks have been used for centuries to highlight the most important events that happened during the school year. The yearbook actually began when a Boston photographer named George Warren was tinkering and made the glass negative process to easily create many prints from one photograph. He ended up encouraging his students to purchase multiple portraits into books. That’s when the ‘Warren Yearbook’ was born. The National Museum of History in Washington D.C. has the 1860 Rutgers College Yearbook on display, an example of a Warren Yearbook. From that point on, the yearbook has evolved for decades.

The process of the yearbook consists of a year of video and photos recording the events at the school. There are two yearbooks at JAMS; the online presentation, and the printed book. The printed yearbook always has a different theme for each school year and that theme is decided by the yearbook students. The online presentation is an entire video of school activities and campus life. Ms. Goldberg, the yearbook advisor, said, “Once the yearbook goes to



print, the class shifts its focus to the video yearbook. The video yearbook editors decide what type of videos they want to have and then assign students to create them. Depending on the video, the editors will choose the music, and help the students to create and edit the videos.” The students get mostly full control of the online yearbook and get to decide the music and their personal preferences. The yearbook gives a good representation of our school and how it offers a good look at ourselves from the beginning of the school year and how we have changed since then.

# Journalism 101

By REMY ROUSSELLE

Journalism and news reporting began in the 4th and 3rd century BCE when Spartan town criers (called ‘Heralds’) would run through town and shout out the daily news to the people. A few hundred years later in the Roman Empire, Julius Caesar created a public notice in Rome that was posted in the forum every day to educate people about important topics like Roman politics and wars, as well as mentioning the births and deaths of wealthy Romans. The role of Town Crier then became a Medieval profession in many parts of the world from 1000 AD all the way to the 1800s (although there were newspapers around the 1600s). Town Criers were a part of many cultures, like in the Congo, Igboland (modern-day Nigeria), India, Nepal, Sri Lanka, and eventually in the Caribbean and Meso-America during colonial times. In Europe by the beginning of the 17th century, the first modern newspaper was created in Germany; it was called Relation aller Fürnemmen und gedenckwürdigen Historien which translates to “account of all distinguished and commendable stories”. About 50 years later the first American newspaper was published, but after its first issue, it was sup-

pressed by the British Empire. Now we have a variety of news outlets like NBC, ABC, CNN, NY Times, Fox, Washington Post, etc., to get news from. Journalism has thrived throughout history and is very relevant in today’s society, it’s even an elective here at JAMS (recommended). The process of making the JAMS Journal has many twists, turns, and revisions before it can make it to your backpacks during advisory. It all starts with the brainstorming part of making of the issue. This portion is where Mr. Miranda chooses who will be the editors for the newspaper (this is exclusive to every issue except the first, the first issue is where Mr. Miranda does the editing). Then the students get put into groups with one editor. After that, there is a period of coming up with ideas, scrapping ideas, modifying ideas, discussing ideas, changing ideas, and more. This is a very creative time, because you may start out with an idea that sounds good, but it doesn’t turn out to be as good as you thought (I almost scrapped this story you’re reading now), or your editor doesn’t like it. Once you have broken through that heavy storm of tumultuous uproar, there is clear sailing ahead. This part

is where you use your selected idea and write about it. Going on at the same time is the photography phase, where you take pictures for the article to be used later in the layout phase. When the first draft is complete, it is sent to the editors and then Mr. Miranda for revision. After all of the errors are fixed and all that can be improved is improved, then there is the layout phase. This is where you pass your photos through Photoshop to improve or modify them, and your article into InDesign where it is formatted and placed into a sheet with colors, fonts, captions, pull quotes, by-lines, and a title. This is where Ms. Ashley helps us with InDesign and gives us advice on what would look good. Ms. Ashley is a graphic designer who helps us operate InDesign and Photoshop, as well as help us with the page layout. When the layout is done, the page is packaged and sent to Mr. Miranda for final review and cover design, and finally is sent to the printers for publishing. Distribution day is the most exciting part of creating the school newspaper. It’s where we get to showcase our journalistic skills to the entire JAMS community. Finally, after all of the hard work, we celebrate the latest release of the

Journal in Mr. Miranda’s class. After that, it’s on to the next issue! While journalism has been changed through the years, it has also led to revolts against oppression, by reminding us that the power is in the people. That is why the pen is mightier than the sword because while swords have taken down soldiers, pens have taken down empires.

**Now the news is becoming more important than ever during this pandemic, and it is getting difficult to know which sources are reliable. Here is a list that can help you identify reliable news sources.**

- ❑ Confirm That the information is reported by multiple sources
- ❑ Read past the headline
- ❑ Make sure the story is up to date
- ❑ Distinguish between fact and opinion
- ❑ Check other news sources to confirm the information

## How To Be “A OK” Like Mr. K

By JONAH NIELSON

JAMS was shocked when they learned that Mr. K was hospitalized due to an enlarged aorta. When I first found out about it, I had no idea what an enlarged aorta was. It wasn't until I did more research I realized how severe it is. The job of the aorta is to provide oxygenated blood to the body. An enlarged aorta can be caused by a genetic predisposition or other risk factors such as smoking. I was shocked to find out that enlarged aortas cause 20,000 deaths annually. An enlarged aorta, also known as aortic aneurysm, is the cause of death for 55% of people who have it.

Mr. K is still recovering but he is working again and is teaching his students through Zoom. Like all of us, Mr. K hopes the coronavirus pandemic ends soon. He is looking forward to seeing students once school starts again. He continues to help his students with math work and says not to hesitate to reach out to him via email. He hopes everyone is staying in touch with their friends. He understands that it can be easy to get bored during this time and his advice is not to take for granted the entertainment we do have like watching TV or taking a walk with family.

Mr. K is an inspiration to stay in good shape because being in good shape helped him make a recovery. He states, “It was because I took good care of myself that nothing happened sooner and that I am going to make a speedy recovery.” Now more than ever it is important to follow his lead and take good care of our bodies. In addition he is well known as a kind and positive person who everyone cares about. We can inspire to be that kind of person too.



MR. K CHILLING with a snowman at Yosemite National Park.



IF YOU THOUGHT MR. K HAD A LOT OF ENERGY BEFORE, now he has a battery powered heart.



## The Fraudulent Flu?

“Everybody I think is overreacting about COVID-19. It's just a really bad flu,” said JAMS student Lily Hynding. As similar as they may seem, COVID-19 is not the flu! This novel coronavirus is its own disease, and it is around 10 times deadlier than the flu. Being well-informed during the COVID-19 pandemic is essential. Not only is fake news misinforming, but some of it can be dangerous. The following are Mythbusters on COVID-19:

- Contrary to popular belief, people cannot get coronavirus by consuming Corona Beer. Corona Beer does not contain the virus, nor is in any way linked to the coronavirus disease. Alternatively, drinking alcohol does not cure COVID-19.

- President Donald Trump suggested that injecting disinfectants, such as bleach, might be a possible cure. Injecting or consuming disinfectants can be poisonous, and should not be tried. Lysol, a popular disinfectant brand, stated, “we must be clear that under no circumstances should our disinfectant products be administered into the human body through injection, ingestion, or any other route.”

- Antibiotics are not effective against SARS-CoV-2, as it is a virus. However, according to the World Health Organization, “if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.”

- Exposing yourself to hot temperatures does not prevent you from getting coronavirus. Various countries with hot weather have reported cases of COVID-19.

Many conspiracy theories about COVID-19 have surged since the start of the pandemic. “Conspiracy theories bloom in periods of uncertainty and threat, where we seek to make sense of a chaotic world. They often provide a simple answer to a complex problem, and blame a group of conspirators for a problem in society, which can make them very appealing,” said Daniel Jolley, a psychologist and conspiracy theory researcher. Make sure to research things thoroughly before putting your faith in them.

-Matilde Martinez

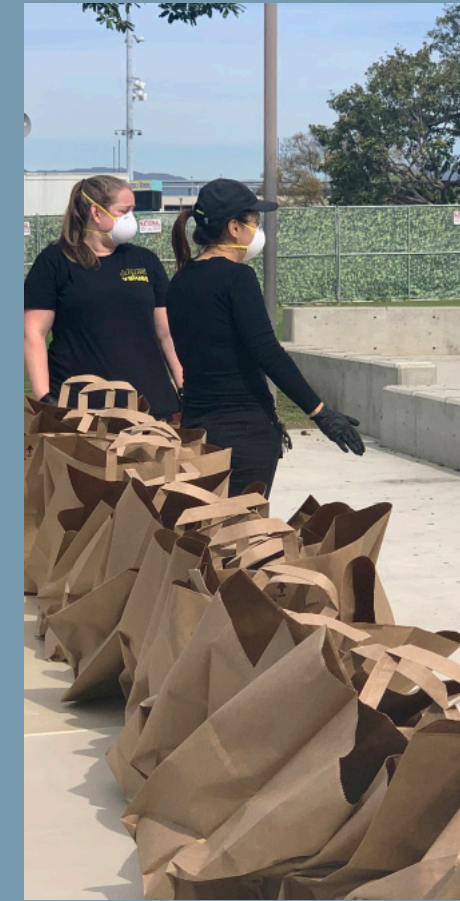
## ALL CLASSROOMS GO ONLINE

By LUCAS BEEKMAN

After spreading through much of Asia and Europe, the Coronavirus eventually made its way across both the Atlantic and Pacific and landed in the USA. Due to safety concerns, school was closed to stop the virus from spreading. At first it seemed as though we would have a super long Spring Break which seemed awesome to everyone. Then the news came that an extended break was not the case. Instead, for the three weeks before the scheduled break, students would continue doing school work online. This worked out perfectly for the current eighth graders as we were each given chromebooks halfway through last year. However, whilst it was ideal for the eighth graders, neither the sixth nor seventh graders received computers this year or last year. And even though there was a day in which the students were allowed to pick up supplies from their teachers if they didn't have access to technology, wouldn't it just be easier to give all students their own Chromebook? If I can recall, last year the current seventh graders were told that the other grades would also get their own personal computers at the beginning of the following year. So, will sixth and seventh graders get Chromebooks and if so when?

During this time in which students are disconnected from their teachers, how will they advance their studies without any outside help. If they don't have access to a computer, how will they ask important questions about the things they don't understand? They won't be able to look up help or go somewhere because everything is closed. They can't go to the library for computer or WiFi access because both the Santa Monica and Los Angeles Public Libraries have shut down all branches indefinitely. Equally important, while eighth graders have easily been turning in their work through google classroom, how will those without a computer turn in their completed work? Will their grade suffer due to their limited access to technology.

Recently, Governor Gavin Newsom announced that schools will remain closed for the rest of the school year. Now that a whole grading period will be completed by distance learning, it is more important than before that students get access to computers. Ms. Chacon has played a key



THE CHROMEBOOK CARRIERS! Ms. Chacon and Ms. Harding pass out district issued chromebooks at JAMS. Photo: Mr. Richardson



WORK HARD SLEEP HARDER, Freddy P. completes his homework on the chromebook he was given last year. Photo: Freddy Paniagua

role in making sure all students have the ability to complete their online. This is what she had to say: “So far, Chromebooks have been distributed on three separate occasions, March 31st and twice between April 20th and 24th. The first set of Chromebooks were from classroom carts at JAMS and were distributed at JAMS. The second and third distribution happened at Will Rogers and the district distributed those Chromebooks. I believe they were also from various classrooms across the district. I am aware that they had to order a few more to fulfill the need for the third distribution.” In regards to sixth and seventh graders getting personal computers she stated, “I believe the plan is for all students to have a one-to-one device. However, I am not aware if students will be allowed to hold on to the Chromebooks. We are waiting to hear from the District office.” Lastly, she also revealed that the district has been providing WiFi hotspots to students that otherwise would not have access to the internet. JAMS continues to do an excellent job in distributing technology to those in need.

In these extraordinary times, we must learn to adapt. No one could have expected that we would be stuck inside all day for months on end but currently that is the reality. However, we must also continue to grow. It is our responsibility to embrace the change and learn from it. Technology is becoming more and more accessible and that could really benefit schools and change learning for the better. It's been over a year since the eighth graders were first given Chromebooks and almost all will say it has benefited them. It gives them more independence as to how they complete their work. And no matter the circumstances it's a step in the right direction to provide computers to all students at JAMS. Hopefully the computers given to the students will stay in their possession and then they too can learn via technology. Technology is the future and it is important that we learn through it and about it. Quarantine will eventually end but ideally, sixth and seventh graders having their own computers will not

# What Are Students Watching During Quarantine?

With so much free time in our hands during the quarantine, we have had the time to catch up on our favorite TV shows and video games. But what TV shows are students at JAMS watching and what video games are they playing during quarantine? How frequently do they play on a daily basis? Let's find out. - Jack Nash



## Most played video games:

1. Minecraft
2. Fortnite
3. COD Modern Warfare
4. GTA online
5. Animal Crossing



## Most watched TV shows:

1. The Office (US)
2. The Mandalorian
3. Star Wars: The Clone Wars
4. Tiger King
5. Outer Banks



The majority of students watch **5+ hour per day** of media. Remember to go outside, exercise, and stay healthy and safe.

# THE RISE OF TIKTOK, THE FALL OF INSTAGRAM

By AISLIN GUTIERREZ

Renegade. Rosa. Charli D'Amelio. Glow Ups. If you know these terms, you are familiar with Tik Tok. TikTok has quickly gained speed in the social media world. With JAMS students, Tik Tok and Instagram are both very commonly used social media platforms, but the question is, "Which one is more popular, and why?" From a survey, we can see that most students prefer Tik Tok. They believe it is easier to use and post, also because the content is more entertaining. Most students say they use Tik Tok daily, for less than an hour. Although, there were 40 responses saying they use it for over 4 hours, every day! Though, some say they prefer Instagram because they enjoy having pictures and videos. Now we know which app is more popular among JAMS students, but what makes Tik Tok so popular? It is still relatively new, so what is it about this app that made it grow so popular, so fast?

According to Esquire, "TikTok is a...creation app that has

users sing, dance, act, or meme to the backdrop of the pre-recorded audio clips or songs. It puts a whole host of editing features at your fingertips, making the creation of content a breeze." Tik Tok started off as an app called Musical.ly, but once the app upped its game they added a lot more features such as more dancing, filters, 15 seconds to one-minute videos. All of these editing features make it easy for users to create entertaining content.

Also, on Tik Tok, a user has what is called a "For You Page". This is a never-ending stream of videos that can let users scroll for hours. Every time, it presents new and entertaining content, which is what can make this app so addicting. These short videos keep users entertained and engaged. JAMS students have mixed feelings if TikTok will gain more popularity, but they do seem to believe that it is very popular right now.

