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Annie: The Musical

By ORLY WILKINSON and TESSA LEVINE

JAMS presents... Annie: The Musical! This beloved classic story follows a high-spirited orphan girl named Annie. Annie lives in an awful orphanage that is owned by the dreadful Ms. Hannigan, but despite her situation, she still firmly believes that her parents are still out there searching for her. Will Annie ever find her long-lost parents?

Released in 1982, this movie was nominated for two academy awards, one for Best Production Design and one for Best Song Score, which is no surprise considering the classic and highly acclaimed song, "Tomorrow" is featured in Annie.

This JAMS production is directed by Chad Scheppner from Theatre 31 and assisted by music director Cecile Blanchard and assistant directors Danielle Rosario and Katey Mushlin. The producer of the show is Amy Beeman-Solano.

According to Chad Schepper, director of Annie: The Musical, the production was chosen for several reasons. Mr. Schlepfer says, "It's a play about overcoming challenging times, and kindness, love, and hope prevailing." And, as we are overcoming a global pandemic, it seems to be the perfect message to spread.

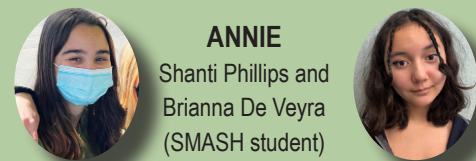
After a very successful turnout at the auditions, the judges selected the final students for these major roles: Annie, Warbucks, Ms. Hannigan, and Grace.

Tickets will be available for \$10 online and at the door for the long-awaited premier on **April 29** in the new JAMS auditorium!

Scan the QR code for more about the JAMS Theater Company

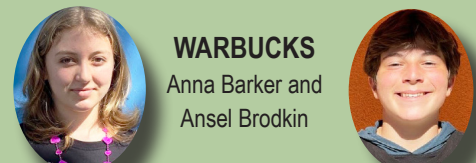


MEET THE CAST



ANNIE

Shanti Phillips and Brianna De Veyra (SMASH student)



WARBUCKS

Anna Barker and Ansel Brodwin



MS. HANNIGAN

Callista Hurwitz and Lily Hynding



GRACE

Riley Slater and Xylia Criswell

THE HARLEM RENAISSANCE

A revival in music, art, and literature considered as the Golden Age in African-American culture.

By KATHERINE BARBA

Seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history"- President Gerald R. Ford, who officially recognized Black History Month in 1976. Black History Month is a time to celebrate and remember achievements of African-Americans and how they positively changed American history. It's important that we acknowledge the rich culture and important individuals who've helped shape America. But do you know about the cultural movement that occurred during the 1920s and 1930s?



The Savoy Club in 1926

The Harlem Renaissance was a movement where African-Americans were able to demonstrate their talents in music, art, and literature.

The Harlem Renaissance occurred in New York City during the great migration of African-Americans to the northern cities.

The beginning of the great migration started in the 1900s when middle class black families moved into Harlem, New York. White families who also lived there were upset about their new neighbors so they fought to keep them out, but that quickly failed after more and more black families came to live in Harlem. In 1915, there were natural disasters and World War I that unfortunately put many black families out of work. After all the distress, from 1920 to the 1930s, African-Americans from the South started migrating in large groups together to the North. During their time of migration, African-Americans started seeking economic and creative opportunities. Due to the Harlem Renaissance movement, many African-Americans were able to find more opportunities to become writers, artists, musicians, entertainers, singers, and poets.



The Cotton Club in 1920

But there were some members of the Harlem Renaissance that had an interest in music and dance instead of writing. In 1926, a jazz night club called The Savoy was opened and many African-Americans would spend their nights there playing music and dancing. In New York, it is believed that the cultural, social, and artistic revolution that was started by the African-Americans nourished an artistic flowering of unprecedented richness. Marcus Garvey, a political activist at the time said, "With confidence, you have won before you have started. If you have no confidence in self, you are twice defeated in the race of life." This rang true during the Harlem Renaissance when African-Americans exemplified art through creativity and passion. With their confidence and determination, not only did African-Americans accomplish their dreams of becoming part of the artistic industry during the Renaissance, but also being part of a movement that shaped art, music, and literature for future generations in all walks of life.

A few of the key players in the Harlem Renaissance



Langston Hughes

Poet, novel, short story and play writer



Zora Neale Hurston

Anthropologist, novel and short story writer



Countee Cullen

Poet, novelist, children's writer, and playwright



Jessie Fauset

Novelist, poet, critic and editor



Claude McKay

Poet and protested against racial and economic inequities

Scan the QR code for more about the Harlem Renaissance.



Are Parents to Blame or Not To Blame?

By DESMOND BRENNER

After Ethan Crumbly ended many lives at Oxford High in Michigan, many people wondered if his parents should be held accountable for his actions. A few states and cities are now revisiting their policies about parents taking responsibility for their child's actions.

There are incidents where the parents don't get into trouble when their child breaks the law. But there are also many incidents when a child "under 18" commits a crime and their parents also get held accountable for it, such as the Michigan shooting. After Ethan Crumbly brought a gun to his school, he injured several teachers and students and took four lives. There were many chances where those around him could have noticed the signs that Ethan left behind, but no one did.

One of the first signs was Ethan looking up ammo during class. The teacher caught him and informed his parents. They texted Ethan, "Just don't get caught next time." His parents didn't take any action. The parents, knowing Ethan is mentally unstable, still bought him a gun for his birth-

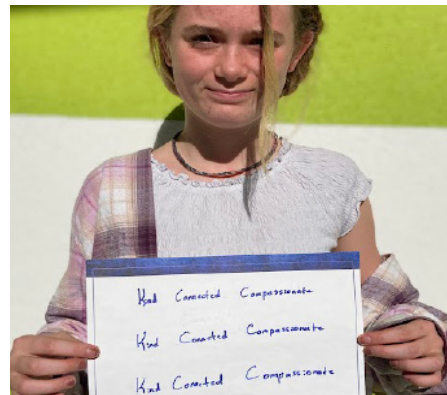
day. He made an Instagram post the day before the Oxford shooting stating "now I am becoming death, the destroyer of worlds. See you tomorrow, Oxford."

His parents knew about Ethan's violence because of another source. He drew on one of his work assignments during class saying "the thoughts won't stop, help me". There was also a graphic image that he drew and his parents were notified the day before the shooting but did nothing about it. When Ethan Crumbly's parents found out that their son was responsible for the the attack, they took \$3,000 from his bank account and planned to start selling horses and start a new life. Now a few months after the shooting they're awaiting trial with a \$500,000 bail.

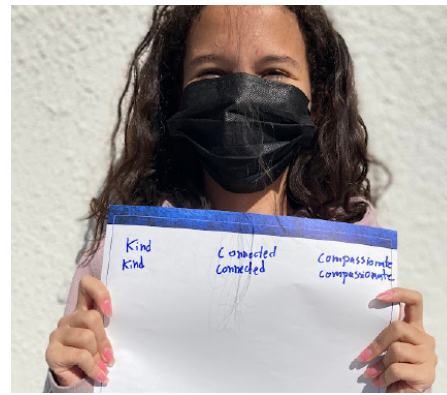
This example was an extreme case. But there are times where parents have no control over their children. Kids don't provide any hints or clues and don't tell their parents anything. Are parents still to blame? In 2019, a few teenagers from SM-

MUSD vandalized SMASH and Lincoln Middle School. They destroyed thousands of dollars worth of school property. If teenagers commit a crime such as vandalism or shoplifting, kids will take the punishment given to them if they get caught. But this is also a good teaching lesson where parents can help their child, making it clear that those things are unacceptable. Children can and will face serious consequences. That's when parents can help their child learn and grow to prevent another Ethan Crumbly situation. Trevor Havel, 7th-grader, said, "When parents are observant, things like this wouldn't happen".

Many of these incidents occur because parents didn't know anything was happening, or parents just didn't take it seriously. The question at the start is, "Should parents be liable for their kids' mistakes?" There are many different scenarios where that could happen. From all the information, it shows that it matters how the parents handled the situation. That's when they should be held accountable.



Sixth grader, Neve Nugent showcases her wonderful penmanship Photo: Addy Fiore



Seventh grader, Imani Toler shows her penmanship with pen and paper. Photo: Addy Fiore



Eighth grader, Orly Wilkinson displays her beautiful penmanship. Photo: Addy Fiore

THE PENMANSHIP PROBLEM

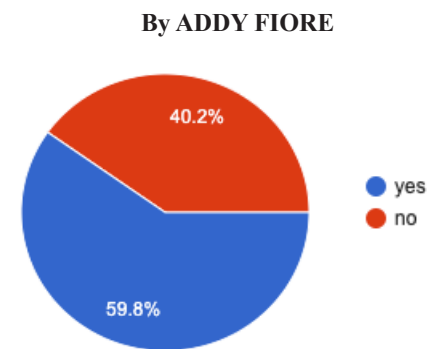
In the digital age typing is important for communication and penmanship is still important because of sentiment.

Penmanship was created by ancient Romans in the fifth century A.D. People to this day still use penmanship, but the question is, is it essential to have good penmanship in the 21st century? Two-thirds of JAMS students say that it is important.

Why Writing Well is Beneficial

Penmanship is important when writing letters, cards, essays, and when teachers are grading papers. Penmanship boosts memory, "Handwriting has been linked to tapping into specific areas of the brain that typing does not." (Learning Tribes). When people write, they are not only helping their memory, but also practicing on having better penmanship. "Sometimes I look at penmanship with how students take time and effort to complete an assignment. When I see messy penmanship or one that is illegible, it seems to me that a student was in a rush and didn't care about the reader. It can be very challenging to grade when a teacher can't read the writing," said Mr. Miranda, 7th-grade ELA teacher.

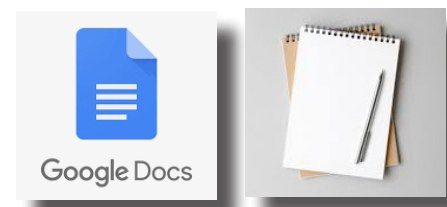
When a student has illegible penmanship it can say a lot about the student and their personality. For example, writing a card or thank you note is a very kind gesture, and good penmanship is a reflection of how much a person cares and the effort put into it. There are two types of handwriting, cursive and normal penmanship. When grading, teachers often write in cursive because it is faster and easier. This is because they learned it in school when they



This pie chart shows how many students at JAMS think they have good penmanship.

"Bring cursive back!"

-Ms. Mathews, English teacher



were kids. Ms. Duff, a humanities and reading teacher, is one of the very few teachers that do not write cursive because she thinks her students will not be able to read it, this shows that when kids write they do not write in cursive. "Bring cursive back!" said ELA teacher, Ms. Mathews, who thinks that students should be able to read all forms of writing.

Penmanship in the Digital Age

With the use of computers, smartphones and digital devices, digital writing is a huge part of the world people live in today. Although writing on paper has many benefits, typing is generally much more efficient. Communication in the 21st century happens much quicker than it did before handwriting was invented. For instance, Google Docs is a worldwide platform that many people use to type papers and essays. Fifty seven percent of JAMS students use Google Docs more than paper and pen, and two-thirds of JAMS students prefer Google Docs. "I do not require students to do anything handwritten, since everything we do is completed in Google Classroom. I made this transition when the pandemic first began. Solid typing skills are more valuable than handwriting for humanities class," said Ms. Duff. Many teachers did this in the beginning of 2020 and students have developed good typing skills through lots of practice. As the world keeps moving forward with technology, the need for good penmanship may be less important for this type of communication.

Good penmanship goes a long way in personal communication. In the 21st century, having good handwriting is important because it shows care, effort, and intention. However, technology is improving efficiency and the trend is that people are communicating through technology faster and better than ever. But that doesn't mean people can't be good at both.



A friendly competition, Tavio E., Manal A., and Malaysia P., compete for first place in a Quizizz game on a class novel. Photo: Mr. Miranda



Who's winning? Bernice C. and Livia N. check their scores. Photo: Mr. Miranda



Reviewing for a test, Jack A. and Laz J. play Kahoot! in class. Photo: Mr. Miranda



And the winners are..., Violet P. Mateo P., and Aston S., lead in a Quizizz game.

Classroom Games are Far From Being Lame

Engaging students in the classroom can be a challenge but online games like Kahoot! and Quizizz make learning a little more fun.

By GABRIELLE PALACIO

From ages five to fifteen, fifteen to thirty, most people enjoy sitting down and playing a game. Video games, board games, strategic games, road-trip games, they're all fun and entertaining. So, what if games were applied to academics? Would it make learning fun and engaging? Make learning a better experience for students? The simple answer is: yes!

The gamification of academics is mixing both games and education. This match helps create a better learning experience for students. There are many games used in class already, like Kahoot, Quizlet, Quizizz and Classcraft, class games are enjoyed by both students and teachers. The reason why class games are so enjoyable yet academic is because they have so many benefits, especially in class engagement.

According to Edutopia, in the article "How to Use Gameplay to Enhance Classroom Learning", by Hoa P. Nguyen, an assistant editor at Edutopia, "According to research, using games in teaching can help increase student participation, foster social and emotional learning, and motivate students to take risks.

One study of the popular multiple-choice quiz game Kahoot! found that it improved students' attitudes toward learning and boosted their academic scores." By letting students learn in a fun way, it helps them become more engaged and interested in the subjects. Not only that, games keep students motivated and help with their team-building and cooperation skills. These skills learned in class will help students in the future, everyday.



What do you like about online classroom games?

"I like how its a little competitive so it pushes me to do my best."
Jefferson B., 7th-grade

"I like that we are able to play with and against our friends."
Kai E., 7th-grade

"I like how games like Kahoot and Quizizz allow us to study for tests and assignments, as well as also allowing us to re-take the assignments to improve our knowledge."
Angelina W., 7th-grade

"They sometimes make learning fun."
Stella H., 7th-grade

"When my classes earn it, they play 7th-Grade Brain Quest for extra credit points. Classes need to complete work and behave well to earn playing Brain Quest so I think it is a great motivating factor since this is the only way students can earn extra credit in my class."

Ms. Hale, social studies teacher

Teachers Being Uptight is Not Right

Does a teacher's strictness affect a student's learning experience?

By CHARLIE COHEN

"I do have high expectations and standards but I do have some flexibility to them and can bend them when necessary or fit."

- Ms. Guirguis, science teacher

years to having too many disruptive students. According to a web article from ResilientEducator.com, "A strict teacher expects students to take responsibility for their part of the learning process and challenges

them both academically and behaviorally. As teachers, it's possible to be both warm and strict to help each student succeed." This means that a teacher expects students to take responsibility for their own learning. Teachers also teach in their respective styles to keep their learning environment under control. "Students should complete work in the time period that is given to them," said Ms. Hale, a 7th-grade social studies and AVID teacher. Teachers may have to be strict to push students to their fullest potential. "I have no strict teachers," said 8th-grader Daniel G., "I would learn

(Continued on page 24)



Ms. Chacon asks Ashton T. to pick up his trash after lunch. Photo: Violet Parr

Someone's reputation can precede them, including teachers. A new school year equals new teachers who always seem scary to students, not knowing if they are strict, or hearing rumors that they are. Because of this students might not focus on the lesson, or they might be too scared to ask for help. But does a teacher's strictness really affect students' learning?

Being strict to students may be something that some teachers would do. Students misbehave and the teacher have to take authority. Perhaps the student is talking the entire period, disrupting the lesson. Students should also take responsibility for their behaviors. Teachers provide students all the tools they need to do well in the class, but the student might have other ideas.

In the JAMS community, 52% of students say that a teacher's strictness affects their learning, most of them saying strict teachers have to do with classroom management and personality. Most teachers say they are strict about classroom rules, but about 50% of JAMS students feel like they do have a strict teacher this year.

Teachers always have a reason to be strict, like being a teacher for many

No Age Limit For Fun

Since 1932, Lego has been known around the world and enjoyed by both kids and adults.

When people think of Legos, they usually imagine interlocking sets like Jurassic Park and Star Wars. Many believe that these products are just for kids because they're categorized as toys and are in store aisles next to action figures and stuffed animals. Lego makes popular kids games that include Minecraft, Sonic and Mario. They do this so that when kids go down the store aisle the set will catch their attention and they would be more likely to ask their parent to buy it. But, many people usually don't think that Legos are for everyone.

In a recent survey, 97% of the students have played with Legos which shows

By SENAM TURNER

that these toys have attracted many kids and have grown in popularity by reaching out to many different people, even adults. This shows that many kids like this brand so when people think of Legos they would think it would be for kids. Jonathan Lewis, a 6th-grader said, "I believe Legos are for everyone to play with and there are no rules that people that are older cannot play with them too." One of the reasons that Legos are not just for kids is because they made a Lego collection called Lego Architect. Lego Architect has famous landscapes like The Eiffel Tower and the Taj Mahal. Oftentimes, older kids and adults like to build

these Lego sets not to play with them, but to collect them. When the company made Lego Architect, they made it to help people model buildings or give them inspiration on what to build. These interlocking pieces help with many things like creativity, motor skills, imagination and many other skill sets.

Nathan Sawaya, a Lego professional, said "Lego is universal. So many people enjoy it, from all different walks of life, all different ages, all different cultures." All ages are able to play with Legos and just because one grows up, doesn't mean they have to grow disinterested in these toys.

Super Bowl Mania

By WYATT BROWN

"I wanted this so bad. I dreamed this, man. I dreamed this. And it's like — it's surreal," "Look at this! I feel amazing. I feel great." said Aaron Donald, defensive tackle for the Los Angeles Rams.

The Super Bowl is a big event in the U.S. Everywhere people go, there will either be screaming in excitement, a party, or a big celebration. It is the most watched game in America and it is one of the most watched sporting events in the world. That's crazy to think about knowing that it's a US league and it's not international. It's a great tradition and many celebrate it by going to the big game itself, having a party, or spending it at home with a few close friends. Even those who aren't a fan of football can still enjoy it. It is a time where people come together to have fun, be entertained, and celebrate!

The Bengals played the Rams in Super Bowl 56 after 21 weeks of the football season, including playoffs. At JAMS, the most predicted teams to win the Super Bowl were the Rams, Packers, and Chiefs. In an intense game at SoFi Stadium in Inglewood, California, the Rams came out victorious. The final score was 23 to 20. There was a lot of excitement building up before the game because many fans were excited about the players in the Super Bowl. When asked about which players he was excited for, 8th-grader Will Komlos said, "Aaron Donald, Matthew Stafford, Jalen Ramsey, and Cooper Kupp because it is the first time that these players won the Super Bowl." Many fans of this team are excited such as 6th grader, Nico Ugar-

teche. In response to being asked if he was excited about the Rams winning the Super Bowl he said, "Yes, because I live in LA and they brought the championship home and won at their team's own stadium." This game was especially important to Angelenos because the Rams played the biggest game of the year in their hometown. This boosted the energy in Los Angeles significantly.

Besides the actual game, there was an exciting halftime show. This show is one of the reasons why people all around the world watch the Super Bowl. Notable artists such as Mary J. Blige, Eminem, Dr. Dre, Snoop Dogg, and Kendrick Lamar, performed after the first half with millions of people watching them. It was a great performance. Sixth grader Dylan Tandy said, "I liked the Halftime show and the performances. I also liked all the outfits and how many songs were about LA such as the song, 'California Love'." There is so much that goes into it. The crew built a set, put it on the field for about 20 minutes, and then removed it quickly; it often goes unnoticed how many people are behind the scenes to make it a seamless show.

Another reason why people watch the Super besides the game is the commercials. They are also very entertaining and it keeps people excited. The most popular Super Bowl commercials in history are Coca-Cola (1980), Apple (1984), Snickers (2010), and The Budweiser Frogs ad in 1995. Fun fact, a 30-second Super Bowl commercial costs about 6 million dollars. Lastly, it is the second biggest eating day in the US, next to Thanks-



Los Angeles Rams superstar wide receiver Cooper Kupp catches a touchdown in the endzone for six! Photo: Star Tribune

giving where most food is consumed, bought, and distributed. This goes to show that even if people are not the biggest football fans, they can still enjoy the Super Bowl.

In the end, both teams played a hard fought game. It was the Rams 2nd Super Bowl and many fans were ecstatic

about the win and they love how the Rams represented LA. "This is just one step to continue their legacy," said 8th-grader Gorden Mclean. The Big Game will always be one of the most popular American sporting events because it connects people all around the nation.

Gingerbread House Contest Winner

By GABRIELLE PALACIO

Juliet Golubitskiy knew she wanted to enter the contest after she saw Lillian Wolitzky's Haunted Cardboard House and thought it was an amazing craft. "I wanted to do something like it," she said.

What would have taken about 5 days, actually took two weeks to make because she tried to make the gingerbread house with details that no one would notice.

Juliet's creativity was demonstrated where she mainly used air dry clay, faux snow, and, of course, cardboard. She continued, "I liked the whole process of making the house. It was pretty difficult, most likely because the final product was not the original plan, it was probably 'Plan K'. A lot of



things kept falling off, even the doorknob fell off when I submitted the gingerbread house."

Her hard work and determination paid off when the majority of the JAMS Student Body voted for her masterpiece and crowned her the winner of the contest.



Teamwork time, Mia P.V. and Atticus J. brainstorm ideas on a group assignment. Photo: Mr. Miranda



A friendly card game, Jason C., Niko J., Jake B., and Jeff B. play Texas Hold 'Em. Photo: Mr. Miranda



The floor is lava, Mailan M. and her group compete against their classmates in a team game during P.E. Photo: Orly Wilkinson



Jasmine M., Skye D., Brooke M., Giulia D.R., Camille C., Eleanor C., Alexa K., spread peace and love during lunchtime. Photo: Orly Wilkinson



Catching up, Ms. Beeman and PTA President Stefanie Schlepp talk about school activities at the student store. Photo: Orly Wilkinson



Completing lab work, Yafet D. dissolves sugar for a science experiment. Photo: Jack Segal



Kean S. walks by a colorful mural in the hallway on his way to acquire more knowledge. Photo: Desmond Brenner



Alexis S. and Katherine M., read books together in the quad before first period. Photo: Eitan Puchalt



Being creative, Ruth W. participates in the weekly art session during lunch. Photo: Isabella Hillier



Eager to read, Weston B., Ethan M., and Andrew W. display their next class novel, The Giver. Photo: Mr. Miranda



Providing shade on a sunny day, Aaron H. keeps Arianna A. cool as they wait in the P.E. field during an earthquake drill. Photo: Mr. Miranda



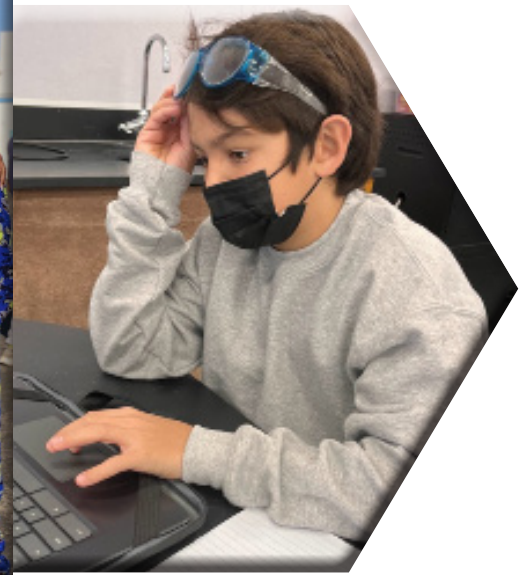
Pizza party! Lucas C., Stella H., Teddy F., Thomas A., Jake B., Pietro R., and Lily M. celebrate being stellar students in their English class. Photo: Mr. Miranda



Going for the 3-pointer, Brooklynn M. shoots for the basket against her classmate during P.E. Photo: Isabella Hillier



Onesie fans, Valerie S., Delailah C., Jayden M. planned their own dress-up day at school. Photo: Mr. Miranda



Focused in class, Nicolas U. digs deeper for clues on his lab assignment in science. Photo: Desmond Brenner

GENERATION MISCONCEPTION

Why many believe Gen Z is lazy and mythbusting this negative stereotype.

All JAMS students are part of Generation Z, also known as Gen Z. However, Gen Z has a bad reputation of being lazy or privileged. Parents, teachers, and students all have their own stereotypes of this generation. For some it may be very positive, and for others it may be extremely negative. The question is, where do these stereotypes come from?

Who is Gen Z?

Gen Z is the generation of all students at JAMS. Gen Zers are from the ages 10-25, or born between the years of 1997-2012. Some things about Gen Z is that they are more independent and a world breaking record of being the most diverse generation. Most of Gen Z's parents are Generation Y (Millennials) or Generation X. Gen Z has the most upgraded technology every recorded in human history! Nevertheless many have started to judge Gen Z to be lazy and entitled. But why?

Students' Perspectives

Anna Barker, an 8th-grader at JAMS, believes that Gen Z does not deserve the judgment it's getting. "No, we are the first children to be growing with the additional judgment and standards social media places on us," she said. Now with social media and the online world affecting the modern generation, Gen Z has double standards. Older generations didn't go through having the double standards of social media. It's a very different world from times as short as twenty years ago. According to Health Scope, a study has proved that slowly but surely social media is affecting the social skills of Gen Z. This

is because now with all these social media platforms such as Twitter, Facebook, Discord, Tiktok, Instagram, Snapchat and more, the newer generation can communicate through a screen. All of this social media is taking face-to-face interaction, like social cues, body language, eye contact, tone, and even verbal/non-verbal cues. This has caused an outbreak of social anxiety, or appearing lazy. In addition, 77% of students at JAMS said that they have been called lazy or entitled. Out of the 77%, 55%

"I don't think it's deserving. Every older generation thinks they're amazing."

- Ms. Cowgill, JAMS counselor

of them were called lazy or entitled by their parents. Social media isn't the only problem here, there are many other factors that draw in as well. There are different events that define different generations. These events might define how they react to the world around them. For example, Gen Z might be greatly influenced by events such as inflation rising, 9/11, climate change, equality issues, or the online world. There are many inventions that have affected how Gen Z acts today. For instance, with inflation rising and minimum wage barely making the cut of poverty lines, of course it's going to be hard for Gen Z. In fact the cost of living has gone up 657%. With all the

inflation rates going up it is clear that Gen Z will struggle.

Teachers' and Parents' Perspective

Older Generations tend to base Gen Z off of stereotypes they see often. But much of the time does Gen Z really understand their point of view? Ms. Guirguis, a 7th grade science teacher stated, "I don't think my students are necessarily lazy or entitled, they just don't take school as their top priority." Much of the time when students submit work that seems to be partially done, not following directions, or just not doing the work it gives off the impression of being lazy. With all the tools students have today, there is no doubt work should be the very best. Many times students from older generations had to use encyclopedias, books, or have to look in dictionaries. With Gen Z it is simple. All someone needs to do is type in a few words and hundreds of websites are listed with infinite information. This being said, it makes Gen Z, and students over all, seem very privileged. Having the online world is a luxury and many, if not most, take it for granted. In the article, "Laziness highlights flaws of Generation Z" mentioned, "Generation Z views convenience and efficiency as a right, rather than a privilege."

As much as Gen Z may seem to cut corners and take it as a right, it's not. For instance, one may spend more time searching for a shorter answer rather than reading a longer one. Simple things such as this have proven that someone may not

(Continued on page 24)

GENERATION CHART

NAME	AGE	YEAR BORN
The Silent Generation	77 and over	1928-1945
Baby Boomers	58-76	1946-1964
Gen X	42-57	1965-1980
Gen Y (Millennials)	26-41	1981-1996
Gen Z	10-25	1997-2012
Gen Alpha	9 and below	2013-2025

AMAZING ARTISTS

Paper Sculptures

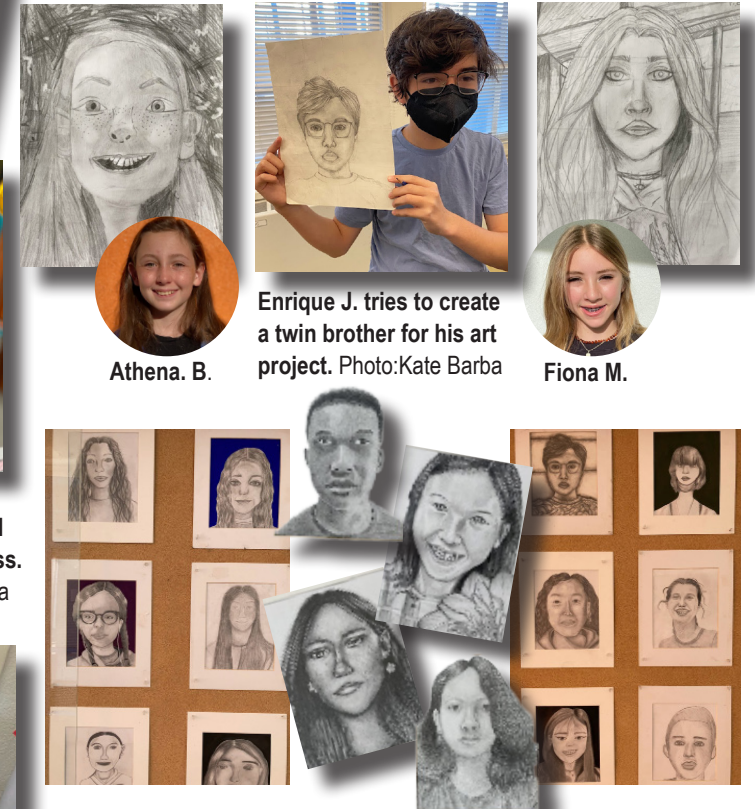


Amazing paper sculptures created by students in Ms. Joyce's art class. Photos: Aislin Gutierrez & Kate Barba



Ready to show their work, Sara V., and Leona J. arrange their paper sculptures for display. Photo: Kate Barba

Self-Portraits



Athena. B. Enrique J. tries to create a twin brother for his art project. Photo: Kate Barba

Fiona M.

Self-portrait masterpieces displayed next to Ms. Joyce's art room. Photos: Addy Fiore

Portraits in Progress

Mathew C., Emme F.K., and Sean M.M., use their selfies and images for inspiration. Photos: Addy Fiore



Mia F., Nick B., Chloe E., and Fiona M., proudly display their paper sculptures for all to see. Photo: Addy Fiore



Ms. Joyce teaches her students how to roll clay and create new shapes and sculptures in her outdoor art studio. Photo: Addy Fiore

The Evolution of Classroom Furniture

How teaching methods have changed and classrooms have followed suit.

By ORLY WILKINSON

Classroom furniture is just another everyday object that kids encounter, but seldom consider one way or another. It is simply a part of one's everyday classroom experience. After all, how interesting can a chair and desk really be?

There is a surprising amount of history and significance behind these seemingly mundane objects. From the desks of the past, to the desks of today, they all have a reason behind their design. The needs of the students, the teachers' teaching styles, and the events happening at a given time, all influence the desks being created. For example, starting in the 1880's, attending school was a luxury and a privilege, not a requirement like it is today. Most of the time there were kids from first grade all the way to eighth grade in a one-room schoolhouse, as there were often not enough kids in a given town to warrant an entire school, especially with child labor still so prominent in society. As a result, during this time school desks and chairs simply provided students with a place to sit, do their work, as well as establish classroom structure. As time went on, teaching methods began to change and desks followed suit. In the early 1900's, America slowly began to learn more about human development so, schools began to lengthen the school day and separate the students by age. For these reasons, the desks designed during this time were more comfortable and adjustable for students of all ages.

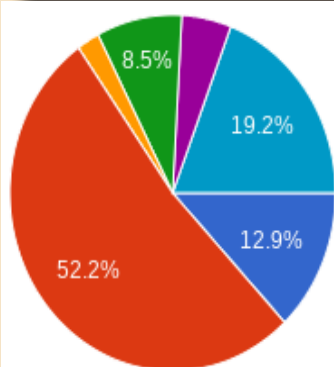
Throughout the first 60 years of the 20th century, the "chalk and talk" teaching style was the standard during that time.

This teaching method involves the teacher at the front of the classroom. The students would sit quietly and listen to the teacher's lecture and sometimes take notes depending on the lesson. The teacher would almost always be the exclusive source of information, and the focus was on memorization and repetition, so the desks were invariably in neat rows, since there was no need for them to be in groups.

What changed? Why did teaching start moving away from this method? To answer this question, according to Staples Worklife Magazine, "A Harvard study found that students learn better in active learning environments, as opposed to the "chalk and talk" learning model...Active learning can involve personalized, student-driven learning through small peer groups, tutoring apps, and online video libraries. This gives students the chance to learn from sources far beyond the physical limitations of a classroom, and to do so at their own pace." In other words, new methods of teaching have been proven superior to traditional methods of learning for their more student-driven ideas. This is why by the late 1960s to early 1970s there was more of a focus on how to best support a child's needs and aid their success. And by the 1990s, PBL (project-based learning) had been discovered and established, the use of corporal punishment, while still legal, was not administered in schools very frequently, collaborative learning was just emerging, special education had been insti-

(Continued on page 24)

What type of chair do you like to sit on when you're in class?



- Standard chair (without wheels)
- Chair with wheels
- Stool
- Chair with desk attached
- Wobble Seat
- Floor Seat

Results from a JAMS student survey

Photo: Google Images



1880s:

In the 1880's school had just begun to become mandatory in some states a mere 30 years prior and the school furniture industry had just started catching steam. The first "official" school desk was "The Fashion Desk" created by John Loughlin, and it rapidly rose to popularity in the schooling world. This desk was made out of cast iron legs and the top, back, and the foldable seat of the desk, was made out of wood. It sat up to two students who would use the desk in the row in front of them to work.

Photo: First Dibs



1930s:

After the stock market crash of 1929, America was sent into a spiral of unemployment and economic devastation. As schools nationwide were being hit by this crisis a new school desk was born. The "Adjustable School Desk" was made out of iron with the occasional wood top. Common at the time was how the desk had to be nailed to the floor, making the arrangement of the desks in the classroom somewhat final. This desk was also one of the first popularized school desks in America with solely individual seating and a personal cubby that could be accessed through lifting the top of the desk. Furthermore, it was one of the first to emphasize the adjustability of the table and seats, so that students of any height could sit comfortably, making this era of school desks the first to begin focusing on students' well-being and comfortability in the classroom.

1950s:

At the turn of a new decade, a new desk was created. The "Skid Chair with Skid Table" desk was named after its mobility for students and teachers alike. In contrast to previous desks it was not nailed to the floor and the chair was not attached to the desk. This made it much easier for teachers to arrange the desks and for students to be comfortable and organized. Although this desk continued with the pattern of more comfortability in the classroom, teaching was still vastly different than what it is today.



Photo: VS America School Museum

1960s:

The "Chrome Desk" was created in 1960 and manufactured by Heywood Wakefield after realizing that desks made out of chrome and plastic were exceedingly cheaper than desks made out of iron, wood and steel. This desk was usually lined up in rows facing the teacher, supporting the 'chalk and talk' teaching style of the 20th century.



Photo: Susantique

1970s:

In 1970 the "One Arm Desk" sensation was created. Although this desk was created 52 years ago, it is still greatly popular today. This desk features chrome legs, a plastic chair and a tabletop made out of fiberboard. Unlike its predecessors, this desk's storage compartment was moved to a metal basket below the seat. As a result, the size of the desk decreased, making it easier to organize in the classroom. Moreover, the 1970's was the first decade where schooling started to transform and resembled the education of today, as progressive ideas of education first began to take root.



Photo: Virco

Today:

The desks of today have begun to cater toward collaborative learning and project-based learning by having multiple possibilities for seating configurations. Wheels on the bottom of the tables and chairs have also become highly popular to make the arrangement of the desks even more modular (according to a survey with JAMS students, 52% preferred the new chairs with wheels as opposed to the various other seating options). These days, desks are composed of steel legs and either plastic or laminated particleboard, with plastic being the more durable option, but particleboard being more economical.



Photo: Google Images

What is your favorite type of classroom seat?

"The stool makes me feel at home and it feels like I am in a restaurant."

Max Hynding, 6th grade

"The chairs with wheels are comfortable and it's also easy to listen when using them."

Layla Wiley, 7th grade

"Other types of chairs can be distracting; having a desk attached to the chair is a convenience."

William Powell, 8th grade

"The wobble seats help me focus."

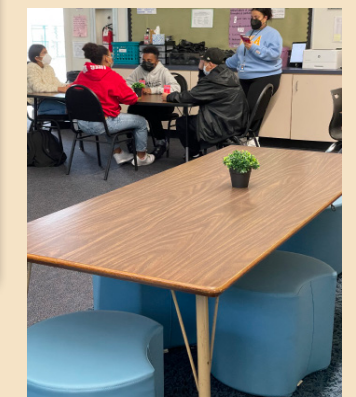
Olivia Heinze, 7th Grade

"I like the standard chair because it's the most sturdy and I can't really fall off of it, like I can on the wobble seat or stool."

Jesus Martinez, 6th grade

"I chose the floor seat because it allows for a less formal and strict arrangement and it also makes the students feel more at home."

Akiva Heller, 7th grade



Students in Ms. Duff's class choose between her two flexible seating options to play their classroom game.

Photo: Orly Wilkinson



Mr. Alcalá's 6th-graders focus on their work in their adjustable seating arrangements.

Photo: Orly Wilkinson

TRANS BULLYING

Transgender students have been bullied for going into the bathroom or locker room of their preferred gender.

By KARAH ALCALA

“All of us are put in boxes by our family, by our religion, by our society, our moment in history, even our own bodies. Some people have the courage to break free,” -Geena Rocero - TED speaker, transgender advocate, transgender, and a Filipino-born American model. Some trans people are unable to be themselves because of religion, beliefs of family or other people, and sometimes because their body may not look how they wished it would, some trans people have the courage to be themselves anyways.

Transgender people have been around for longer than we would expect. Texts from 4,500 years ago in Babylonia document transgender priests known as gala. In Ancient Greece, Phrygia, and Rome, there were also Roman priests that some scholars believe to have been trans women. There also are records of women who passed as men in order to vote, fight, or study during times when these things were forbidden for women.

JAMS has a very diverse community with people of different races, ethnicities, orientations, and genders. But this diversity comes with problems. Some students at JAMS have been bullied for their identities, and this has happened to some trans students. Transgender students have been bullied for going into the bathrooms and locker-rooms of their preferred gender.

Transgender people are those whose gender does not match the gender they believed they were at birth. Most trans people also go by different pronouns than the pronouns that match with their birth gender.

The locker room and bathroom bullying occurs when transgender students go into the locker room, or bathroom, of their preferred gender and get mocked or bullied for doing so. This has happened to some trans students at JAMS, and if not corrected will most likely end up getting worse. “I go to the bathroom and they mock me. They say that I’m not male, that I shouldn’t be there, and that I need to get surgery to go to the bathroom. And even then I still won’t be considered male,” stated 7th-grader Ray Silva.

There are a few reasons why this happens. Students are uncomfortable with having trans students in the bathrooms/locker rooms and just don’t know how to react. As a result, they bully trans students because they feel bad about themselves and don’t know what else to do but mock them. Some ways to avoid this situation is to not be distracted by others in the bathrooms/locker rooms. If one is up to it, stand up for others or oneself, and explain why it’s wrong. If it gets worse, leave and tell an adult. Teachers and administrators are here to help. There’s a solution to ensuring that we all feel safe in our environment and JAMS counselors and staff will find ways to do this. Lastly, don’t give the bully(s) any attention, instead of reacting by screaming and swearing, either ignore them and report them to an administrator, or tell them that they’re being rude and should stop. Giving the bully(s) attention is giving them



The transgender flag is a light blue, pink and white pentacolor pride flag representing the transgender community, organizations, and individuals. It was designed by American trans woman Monica Helms in 1999.

what they want, and if they don’t get the validation or reaction they want, they’ll eventually stop.

In a recent survey 7th-grader Isabella Jones, stated, “I don’t think they, trans people, should be bullied. I personally don’t see anything wrong with them using the locker room/bathroom of their preferred gender. If someone that is born a male but identifies as a female goes into the girls locker room, I don’t see a problem with it. They technically are female according to their gender identity. But I do see how some people could be uncomfortable with it. But that’s no reason to bully them.”

Some ways to be respectful of trans people are by not pressuring them with questions about when they plan to come out, not guilting them for being who they are and asking to be referred specific ways, or by trying to use their preferred pronouns and name and not saying things such as, “I think you’re just confused,” “you don’t look transgender,” “what’s your REAL name?”

“It’s so hard for me to change, I’m so used to the old you.” These are insensitive things to say because it’s very hard for some people to come out to others, and by disrespecting them and saying, “I think you’re just confused,” for one, isn’t accepting them for who they are, and it breaks the trust they had with the person they came out to.

Saying “it’s so hard for me to change, I’m used to the old you,” can be offensive to some trans people because it doesn’t matter if the task is hard or not, one should still try to do it. Just because it may be difficult to remember someone’s name/pronouns doesn’t mean that one should just stop respecting those things all together. Although it is normal to have a hard time remembering someone’s name/pronouns, don’t make it seem like it’s their fault. If one accidentally mis-genders someone, the best thing to do is to apologize and correct the mistake.

Saying, “What’s your REAL name?,” is a very disrespectful thing to say because saying this is like saying that someone is lying about who they are, or that they aren’t who they say they are.

Lastly, saying that someone doesn’t “look transgender,” is a rude thing to say because there isn’t a specific way to look transgender. Every trans person looks different, just like every other human being. There are many famous people who are trans. Two famous trans people are, Laverne Cox and Caitlyn Jenner. Laverne Cox is an American actress and a LGBTQ+ advocate. She was the first transgender person to be nominated for the Primetime Emmy. In 2015 she won a Daytime Emmy Award in the Outstanding Special Class category for directing as executive producer for “Laverne Cox Presents: The T Word.” Caitlyn Jenner is an American media personality and retired Olympic gold medal-winning decathlete. She officially came out as trans in 2015-2016, and created a reality tv series called “I Am Cait,” about her gender transition.

JAMS is a very diverse community, and each and every student should be able to feel safe and secure on campus - no matter their ethnicity, race, orientation, or gender.



Scan the QR code for a list of tips for LGBTQ+ allies.

It’s a Long Run!

A detailed look into the debate surrounding the JAMS mile run and tips and tricks to overcoming it.

By JAKE BROMELL

“Believe in your dreams and anything is possible.” -Usain Bolt. This quote is very meaningful because it tells that one needs to push themselves to make a difference or to advance one’s skill in that subject. The same is true with the mile run, if students don’t push themselves for a better time, they won’t advance, they won’t change.

It’s a requirement to participate in the mile run, an event that takes place a couple times throughout the year. The only exceptions are students who have independent PE or serious medical conditions that

prevent them from participating.

In a recent survey, an overwhelming majority of JAMS students dislike the mile run, claiming that it is “too long”, or “hard to breathe”. The opinions of students are very different - some like it; some hate it. This forms somewhat of a debate on this requirement. When asked about her opinion of the mile, 6th-grader Audray Strauss said, “I think it’s good that people in PE get to run the mile run because it’s good that the teachers can see who is bad at running and who’s good so they can see who needs help.” Eighth grader Sakura Krohn said, “I hate the mile run so much. I don’t get the point of it.

We don’t learn anything from running the mile. It doesn’t benefit anybody at all. It makes zero sense to run it.”

But still, out of the students who completed the survey, most understand the benefits of running and having a healthy body. P.E. Teachers were asked if the mile run is a good way to test a student’s endurance. Their answers varied and P.E. department chair, Ms. Dolloso said, “The mile run is a good assessment of endurance even if a student improves by seconds. It shows students that they are able to improve with practice.” On the other hand, seventh grade P.E. teacher Mr. Stauffer stated that, “I think the mile is a terrible way to test endurance. The mile is essentially a sprint.”

We can conclude that the John Adams Middle School mile run is a big

(Continued on page 24)

Speedy 8th-Graders

Best mile run times this year.

NAME	TIME
1. Luke C.	6:09
2. Elliot A.	6:17
3. Nathan S.	6:18
4. Ryan G.	6:20

Speedy 7th-Graders

Best mile run times this year.

NAME	TIME
1. Nicholas Y.	5:41
2. Joaquin C.	5:41
3. Jack S.	6:26
4. Tanner G.	7:02

Tips for Running the Mile.

1. Drink plenty of water before, during, and after running.
2. Pace yourself.
3. Breathe through both your mouth and your nose; this allows more oxygen to flow.

The Bookmark

JAMS students recommend these book titles that can be found in the school library. Check them out! By JAKE BROMELL

Salt To The Sea

By Ruta Sepetys

It tells the story of four individuals in World War II who make their way to the ill-fated MV Wilhelm Gustloff. The story also touches on the disappearance of the Amber Room, a world-famous, ornately decorated chamber stolen by the Nazis that has never been recovered.



Ms. Jarvis Librarian



Oliver Levine Eighth Grade

Skyward

By Brandon Sanderson

Spensa is a 17-year-old girl who is part of a group of shipwrecked humans living on a ruined world called Detritus, under constant attack from mysterious aliens called the Krell. Spensa dreams of following in the footsteps of her deceased father, a fighter pilot of the Defiant Defense Force.

Aru Shah and the End of Time

By Roshani Chokshi

The book follows the main character Aru Shah, as she realizes that she is a reincarnation of one of the Pandavas and a son of a god in her previous birth. Along with her Pandava sister Mini, she sets to correct a wrong she committed to save the world from destruction in nine days.



Anna Helgoe Seventh Grade



Avalon Purdy Sixth Grade

The Was Our Pact

By Ryan Andrews

Two reluctant friends—and a talking bear—journey deep into the night in search of answers. The night of the annual Autumn Equinox Festival unfolds as the villagers cast hundreds of lanterns down the river in honor of a local folk legend. For Ben, this year will be different from the rest.

Catching on Campus

Step It Up!



Photo: Karah Alcala

Photo: Mr. Miranda

Photo: Mr. Miranda

Photo: Mr. Miranda

Photo: Mr. Miranda

Photo: Mr. Miranda

The Step It Up! Fundraiser "Day of Awesomeness" provided fun, play, and entertainment on campus.
 CLOCKWISE: Gavin O. keeps steady as he slides down a course.; Ray S., uses the hula hoops during the event.; Brighton S. lands on his feet.; Isaac C. fiercely kicks the ball and aims for the target.; Emma R. tries to outrun her friend and races to the finish line.; Sam H., Neelah B., and Yafet D. try to knock each other down.; Benjamin O. holds on tight on a horizontal ladder.

Lunar New Year



Photo: Orly Wilkinson

Photo: Orly Wilkinson

Photo: Mr. Miranda

Photo: Mr. Miranda

Photo: Orly Wilkinson

Year of the Tiger! Lunar New Year was celebrated at JAMS with Chinese calligraphy, pin-the-tail on the tiger, musical chairs, and Chinese bingo.
 CLOCKWISE: Giulia D.R. pins the tail on the tiger; Hiyab G. and Aaliyah M. play Chinese bingo; Tehmina Z. practices her calligraphy skills; Niko J. and Townes W. admire the Lunar New Year decor; Solis P.A. and Sahana L. learn Chinese calligraphy; Tiffany C. and Michael U. participate in musical chairs.

Photo: Mateo Melis-Behrens



Photo: Orly Wilkinson

Photo: Desmond Brenner

BLACK HISTORY MONTH

JAMS celebrated African-American culture with Soul Food, jazz, poetry, and dancing.

Photo: Katherine Barba

Photo: Orly Wilkinson

CLOCKWISE: Jonah D. and Haley C. serve Soul Food to Nahum N.; Jaia W. recites a poem.; JAMS Jazz Band prepare to jazz the crowd with music.; Ms. Murphy and Ms. Asher lead the students in line-dancing.; Beimet G. and Brooklyn T. feast on delicious Soul Food.; Haeliyah H. and Zoey J. participate in a poetry reading of Black writers.

Photo: Mr. Miranda



Ms. Mathews's classes came together to sell cookies, hot chocolate, jewelry, treats, doughnuts and more. Students selected different charities to donate all of their proceeds.

Hearts & Hands Marketplace

Photos: Mr. Miranda



CLOCKWISE: Curtis D. made jewelry for the project.; Lara P. and Isabella C. sell treats for a cause.; Eva C. serves hot chocolate, Sidney D.K., Kendi C., Addy F., Imani T. work as a team.; Luis M. buys cookies from Arturo P.S. and Chloe E.



People bring back color-blocking and neon fashion trends from the 80s. Photo: KDVR



Overalls like these were popular in the 90s. Photo: Highsnobiety



Luke C. poses stylishly for the camera as the most fashionable winner. Photo: Instagram



Ella E. shows off her fashionable style while expressing herself. Photo: Instagram



Desmond B. decides to dress comfy and wear his Crocs to school. Photo: Mr. Miranda

EXPRESSING YOURSELF

Throughout history, teens have used fashion to be themselves.

By JACK SEGAL

Fashion is a way that many people, including students, can express themselves. Every year, the yearbook class conducts an 8th grade survey, and this year's "Most Fashionable", Ella E. said, "It's about figuring out what looks good on you and to be yourself."

An article called "Self Expression Through Style" states, "Style can definitely be a way to express your personality or your current feelings, or it can even just be kind of a hobby. I'd say it can also be a stress reliever because I definitely can remember times when my outfit has just made my whole day better and more enjoyable."

Style has changed a lot over the years. In the 80's lots of neon colors were popular amongst the young adults. These young adults wore neon colors because they wanted to stand out and be noticed. By the 90's a new style like grunge and goth was popular. This is a style of rock music derived from punk, typically with apocalyptic or mystical lyrics. This style was much more dark and gloomy than the 80's. These young adults would wear this to rebel.

"Chill" and relaxing clothes are the preferred style at JAMS. Students are

starting to wear Crocs too and some teachers are unsure if students should be allowed to wear this footwear to school. Some teachers are very against this and other teachers are fine with students wearing Crocs. A popular YouTuber named Baylen Levine has influenced this trend of teens all around the country suddenly starting to wear Crocs again. Another trending style being brought

"It's about figuring out what looks good on you and to be yourself."

-Ella E., 8th-grader

back from the 90's and early 2000's is baggy clothing. This style was originated by skateboarders and old-school hip-hop/rap.

Parents might wonder if kids spend too much time focusing on clothes instead of school work. That sure isn't the case for the other "Most Fashionable" winner Luke C. He said with a grin, "I dream about my outfits the night before then just get dressed in about 5 minutes."

Students are wearing all of these because it's about being true to who they are. It's important that students should be able to express themselves with their clothing in order to develop confidence, and stand out as an individual. In a world that values originality, having your own unique style is an important part of being yourself.

Let's Get Ready To Rumble!

Is the excitement worth the fight?

By MATEO MELIS-BEHRENS

"Let's settle this after school!" A phrase used by many students around the world. It's stated in movies, T.V. shows, in video games, and in real life. And a swarm of students excitedly running towards commotion can mean one thing - a school fight! What causes students to fight at school? Often, it's about disrespect, a love interest, reputation, or just a long history of bad blood.

One thing's for certain - school fights are entertaining. It's drama. It's a boxing match. It's a free show. Whatever the situation, it can lead to a fight. School fights are caused by teasing, gossip, bullying, or even just plain disrespect. This plays a big part in school violence because when students don't feel respected they want to prove themselves by fighting.

Even though school fights are bad, people still come and see the fight every time, rushing to get a peek. It's easier to just watch or record the fight than to break it up. Most of the time, it's better to avoid fights all together. To avoid fights, one shouldn't provoke them in the first place. But sometimes the other person starts the fight. If someone else is picking a

fight, the only thing one can do is defend themselves. Whoever strikes the first punch, starts it.

But how can we stop these fights in the first place? Perhaps, a quick breath helps the mind to become more relaxed, or talk to someone (like a school counselor) about problems one might have, so they don't have to keep it bottled up inside of them. While interviewed, most students stated that avoiding the fight and trying to resolve it is the best answer.

Fighting is never a good way to resolve something. All people get from violence is pain and/or consequences. Being an aggressive person is an unlikeable trait for a lot of people. Sometimes it's better to calm down and think. Assistant principals Dr. Eure and Ms. Chacon deal with these issues regularly.

"Fights mostly happen when students are friends. Sometimes the people who are closest, turn out to not know you at all."

-Ms. Check, JAMS counselor

"More publicity is what makes a school fight grow. Stopping it before that is difficult, but we try." -Ms. Chacon, Administrator

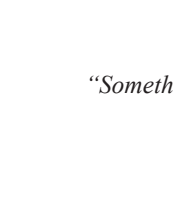
Fights don't gain anything, being a good person to be around gives students the appreciation of other people. Sometimes it's good to let off a little steam, but not in violent ways.



What do you do when a fight happens?



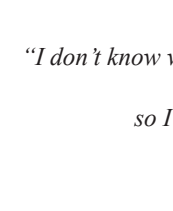
"99% of students in the whole school always rush over to a fight. I don't know why, I guess it's just exciting."
Townes W., 7th-grader



"Something about a fight is exhilarating."
Benjamin O., 7th-grader



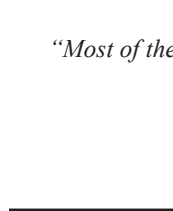
"When I rushed over to a fight and saw that I didn't get there in time, I was bummed. I think I wanted to be part of the crowd."
Rossie C., 6th-grader



"I don't know why you would choose to get yourself suspended for a school fight, so I stay back to not get into trouble."
Ricky M., 7th-grader



"It's none of my business so I don't get involved."
Claire B., 8th-grader



"Most of the time I'm cheering along with the crowd, if I'm being honest."
Benny H., 7th-grader



"When a fight happens I try not to engage too much. But sometimes, they can be pretty exciting."
Senam T., 7th-grader

Dear Journal

By AISLIN GUTIERREZ

Dear Journal,
I am short and sometimes people ask me what grade I am in and I don't want to tell them. I am just different but I feel worried to stand up for myself.
Sincerely,
Just Short

Dear Just Short,
If you are having trouble with what people say about your height, I would suggest trying to be more confident in who you are, and not worry too much about what other people say or think.

Dear Journal,
My friend is hanging out with someone that is really rude and also bossy.
Sincerely,
Someone

Dear Someone,
I would simply suggest ignoring anyone in your friend group or outside of your group that is not being kind or fair to you.

Dear Journal,
My problem is that I get bullied in my 6th period class.
Sincerely,
Loving Abby

Dear Loving Abby,
If you are being bullied don't be afraid to stand up for yourself. If you are constantly getting bullied, please tell a teacher, or a trusted adult, and they can help you sort things out. JAMS has a zero-tolerance bullying policy.

Healthy Eating Makes Healthy Habits

By AISLIN GUTIERREZ

Eating sugary food may taste good at the moment, but do students understand their long and short term effects? Many JAMS students don't know how eating sugary, junk food can affect their bodies. By eating this type of food, the body can be at risk of several diseases such as obesity and type one and two diabetes.

Junk food is highly known for being very processed, high in calories and low in nutrients. Junk food is also high in added sugars, salt and saturated or trans fats. Eighth grader Fia M. said, "Yes a lot of people do eat healthy, but at the same time a lot of people don't. So it's kind of half and half." An average of 43% of JAMS students do not eat, or do not always eat healthy, and 28% are not aware or do not care about its effects.

Eighth grader student Isabella C.

said, "My opinion on junk food is that it's ok to eat it, but not too much since it can cause weight gain or stomach aches."

According to Healthyline.com, "real food is packed with antioxidants and nutrients that support heart health, including magnesium and healthy fats." To help JAMS become healthier eaters, here are two healthy dessert recipes that will be sure to satisfy everyone's taste buds.

JAMS students can incorporate healthy eating in their meals by substituting chips, candy, and other unhealthy food, for raw veggies, nuts, fruit, or healthy granola, and protein bars. To add, students can keep track of all the meals they have to ensure you are getting all your protein, fruit, vegetables, grain, and dairy. This will help one make sure that they are not consuming loads of unhealthy food.

Parfait

Ingredients: yogurt of choice, granola of choice, fruit

1. First get a cup and fill the bottom with yogurt.
2. Next add your preferred granola on top and cover with another layer of yogurt.
3. Add fruit on top and repeat process until cup is full.



Parfait



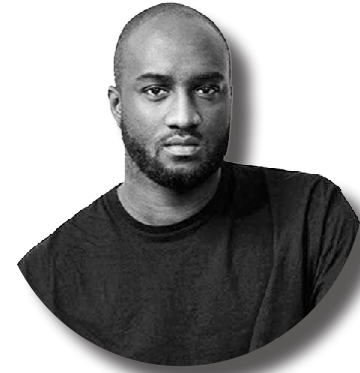
No-Bake Cookies

No-Bake Cookies

Ingredients: 1 cup organic peanut butter, 6 tbsp pure maple syrup, 1 3/4 cups rolled oats, 1/3 cup dried fruit or chocolate chips.

1. In a large bowl, add peanut butter and syrup.
2. Place into the microwave and heat for about 20 seconds.
3. Remove and stir with a spatula until evenly combined.
4. Continue to microwave at 20 second intervals, stirring in between, until the peanut butter thickens and becomes like a paste.
5. Add in oats and stir until all oats are moistened and evenly mixed (add in fruit or chocolate chips).
6. Roll them into balls, then place them on a baking sheet lined with parchment paper, and place into the freezer for 30-60 minutes.

A Pioneering Figure VIRGIL ABLOH



By TESSA LEVINE

Virgil Abloh was a trailblazing fashion designer who irreversibly changed the fashion industry. He worked with brands like Nike, Mercedes-Benz, and Louis Vuitton. He left behind a powerful legacy as he indefinitely reinvented what a creative director does, by turning streetwear into luxury wear.

Abloh founded luxury fashion label Off-White, which is now worth over \$20 million and that is only a fraction of his work. He collaborated with several big brands and companies through his Off-White brand, like Rimowa, Mercedes Benz, the NBA, Levi's, Moncler, Jimmy Choo, Kith, Timberland and Byredo.

Louis Vuitton welcomed him as the menswear artistic director in March 2018, during this transition he stated, "It is an honor for me to accept the position of Men's Artistic Director for Louis Vuitton. I find the heritage and creative integrity of the House are key inspirations and will look to reference them both while drawing parallels to modern times."

He passed away on November 28, 2021 at the age of 41.

Student Mental Health

Treat mental health issues as any other health issue as student's mental health can interfere with them doing their best.

By TESSA LEVINE

Mental health has always been something people struggle with. As the years have passed the rise in the amount of people that struggle with mental health has been astonishing, especially in younger generations. Humans have always been a social species, and after almost two years of our lives being derailed by lockdown the effects on mental health have been shocking. Now depending on the source 11-20% of the population struggles with a mental illness.

Ninety-three percent of JAMS surveyed JAMS students think students' overall mental health has been affected by distance learning, and 80% of students found that their mental health affected their grades. Many students say that they feel too distracted to focus on work and that their homework adds too much extra stress for them to focus in class. One student mentioned that "because if you're depressed or anxious it's very difficult to get the motivation to complete assignments and pay attention in class." Mental health should be something more directly addressed as stated in an article on psychologytoday.com "As a society, we assign a high priority to disease prevention and health promotion; so, too, must we ensure that mental health and

the prevention of mental disorders share that priority", meaning we should treat mental health issues as any other health issue as student's mental health can interfere with them doing their best school work just as any other injury can hinder their ability to learn.

Some sources for those who struggle with a mental illness include NAMI and SAMHSA. NAMI (National Alliance on Mental Illness) is an organization that offers support to those struggling with mental challenges, NAMI educates people on issues regarding mental illnesses. It's a nationwide organization, and it's mission is to inform people so they They also provide a helpline where people can directly ask questions about their services. SAMHSA is also an organization that works to help and inform people, SAMHSA offers a confidential, 24/7, 365-day-a-year treatment referral.

FOR MORE INFORMATION
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NAMI



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VIRGIL ABLOH'S DESIGNS



Profanity and Four-Letter Words

Should foul language be tolerated in schools?

By VIOLET PARR

Teens are no strangers to swear words. Gen Z has grown up hearing them on TV shows and social media. But is swearing really that bad? Well, it depends on who you ask. For older generations, foul language holds more weight, but according to a survey sent out to JAMS pupils, 83% of students say it's always or sometimes okay to use foul language.

Foul language has changed over time. According to Dr Kate Wiles, a medieval studies expert and writer for The Guardian newspaper, swearing first appeared in writing before the 15th century. Back then, curse words were based around religion, 'By gods bones' and 'christ's fingernails' were used. Around the time of the renaissance, modern swears about the body became popularized. Even though those words have become more normalized in modern times, ethnic, racial, and gender-based slurs have garnered more taboo as attitudes towards marginalized groups have changed. Foul language is normalized media, whereas slurs are viewed as off-limits.

Students are bound to swear. They hear foul language from songs, friends, and

family. Swearing is pretty common in teens at JAMS. According to a JAMS student survey, only 30% of students report that they don't swear. You're bound to hear profanity at school, but should students be punished for using it?

Survey respondent Bella Gulko said they think students "should be able to speak their mind as long as they aren't being mean to others." According to the survey, 82% of students think people should receive a warning if they're caught swearing during school. But how do staff members feel about students using foul language? When asked, Ms. Check stated that it's "better to keep swearing at a minimum in schools and the workplace." She also recognized that it's a way for students to express themselves.

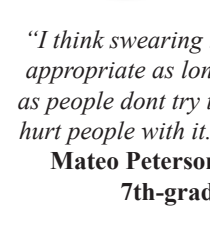
Curse words can be used for humor or emphasis, but they can also be used to offend and hurt others. Swearing is fine in informal environments, but it may not be appropriate in the classroom. While GenZ is less sensitive to foul language, older generations view curse words as more disrespectful. Overall, foul language isn't too harmful in small amounts, but it's important to be mindful of others.

Do you think foul language is appropriate at school?



"I think swearing isn't appropriate in school. It is disrespectful to students and teachers."

Billie Shulman, 6th-grade



"I think swearing is appropriate as long as people don't try to hurt people with it."

Mateo Peterson, 7th-grade



"I think foul language is fine so long as it's not slurs."

Marie Zucco Reynolds, 7th-grade

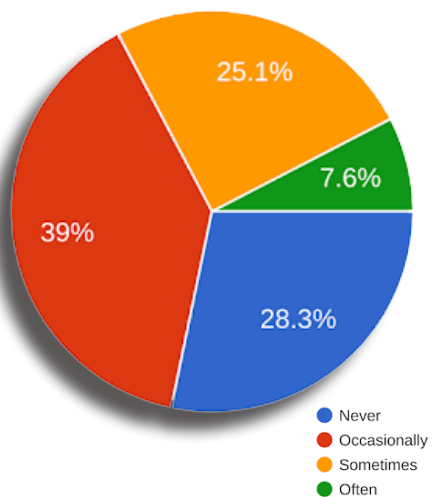
Where do you mostly hear foul language?

1. School
2. Friends
3. Media
4. Family

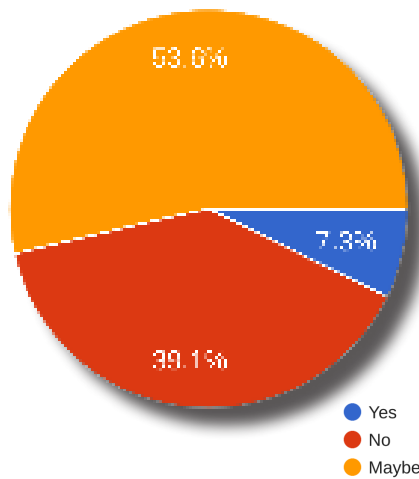
SWEAR WORD ALTERNATIVES

Ay, caramba!
Baloney!
Balderdash!
Crikey!
Frack!
Fudge!
Gee willikers!
Mother fathers!
Rats!
Shitake mushrooms!
Shut the front door!
Son of a gun!
Zoinks!

How often do you use foul language?



Should students be punished for using foul language in school?



IS IT REALLY JUST ABOUT LOVE?

By EITAN PUCHALT

Valentine's Day, a holiday about love and romance...for some people. Others see this holiday as a way for couples to rub it into single people's faces, a way to celebrate that they are in a relationship with someone, while single people are not. This holiday has a lot of controversy, history, and is one of the most celebrated holidays in the world.

There has been such a backlash against this holiday that others have come together to create their celebration called Singles Awareness Day (S.A.D.) that takes place on either February 15, the day after Valentine's Day, or March 11 (in the UK only). According to Wikipedia, S.A.D "is an unofficial holiday celebrated by single people. It serves as a complement to Valentine's Day for single people, and not married or in a romantic relationship. It is a celebration of love in all forms, recognizing the love between friends, family, and loving yourself." Sixth-grader Nicolas Orozco said "I don't really enjoy Valentine's Day because they should make it a bit more kid-friendly. This whole "couple" thing and everything is a bit stressful, because we're really just kids trying to live our lives. I don't need any sort of love and/or romance to be interrupting the kid time that we have left."

The holiday of Valentine's Day has possible origins rooted within Roman culture, from the holiday of Lupercalia, which could have possibly started as far back as the 6th century B.C. The history of Valentine's Day is partially unknown, but there is a legend in the Catholic church about a priest in Rome during the third century. Emperor Claudius II (the emperor at the time) banned young single men from marrying due to his belief that men make better soldiers while single. Valentine, a priest who would later become a saint, disagreed, so he officiated marriages in secret. He was soon discovered doing this, which led him to his execution. While there are other legends about Valentine's Day's ori-



Lundon H. delivers Valentine's Day grams to students on campus. Photo: Tessa Levine



Camille C. and Lily C. received Valentine's treats from close friends. Photo: Orly Wilkinson

gins, this is one of the most famous ones.

Many people have heard about Cupid, a baby with a bow and arrow, and a popular symbol for Valentine's Day. The legend goes that when Cupid's arrow hits someone, the target falls in love with the person they see first. In Roman mythology, he is the child of the goddess of love, Venus, and the god of war, Mars. Cupid can be found in many places, from Valentine's cards to William Shakespeare's play "A Midsummer Night's Dream", which makes it very likely that students have seen or heard of him before.

Another argument made about Valentine's Day is that it is just a way for companies to make money. According to CNBC, Valentine's Day gets third place for the holiday on which Americans spend the most money. People spend the most money on jewelry on Valentine's Day, though a lot of money is spent on chocolates, conversation hearts, teddy bears, flowers, mugs, and believe it or not, pet toys to show how much they love their pets. This is why people sometimes think that Valentine's Day isn't thoughtful, instead just an opportunity for retailers to make profits from gifts. Valentine's Day has been frowned upon

because many people think it is too commercialized and instead should be a celebration of spending time with loved ones. Sixth-grader Aija Kadish says "Valentine's Day is a day of love. I think we should spend Valentine's Day with who we love." To some people, Valentine's Day is viewed as toxic, as it puts pressure on single people to be in a relationship. Not only that, but it puts stress on people in relationships too, buying gifts for their partners. But even so, there are plenty of good parts to Valentine's Day. Even for the people who don't receive a gift, many people still find it fun to celebrate. Seventh-grader Mike Mollo said, "I like it because I can get large quantities of chocolate for less money, also neon pink is a cool color."

Evidently, even though Valentine's Day has a fascinating history, people are divided about whether or not they like it. Many people think it's great to have a holiday about love, but others feel excluded. Still, they feel that it's too commercialized with too much pressure to spend money. Valentine's Day may be celebrated in a lot of different ways, and also may have a few problems, but it is still important to see all sides.

