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THE BARKER

ISSUE 2

SPRING SEMESTER 2021

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Mr. Braun Wins the "I Love my Librarian Award" by Cleo Paul

Congratulations to our librarian Mr. Braun! On January 11th, 2021, he discovered that he had won a national award called the "I Love My Library Award" given by the American Library Association, Carnegie Foundation, and the New York Public Library. It is received by a select ten librarians every year. Along with Beverly Vista Middle School families, the PTA nominated Mr. Braun for the accolade. Officially collecting the coveted prize on January 23rd, Mr. Braun had several kind words to say about the families and the school that nominated him. In being asked if this award was a good reflection of his work, he said, "I think it is the most generous reflection that somebody could give my work. The fact that the PTA wrote up a beautiful report and submitted it to the American Library Association and that they decided that the impact that our library had made was, in the community, was the greatest impact of any middle school library in the country is more than I would've expected."

Our award-winning librarian had not always pursued his current career. Growing up near a library, Mr. Braun has always loved literature, and he started his career as an English teacher. While working as a teacher, he had talked to other teacher-librarians and thought it seemed like an occupation he would be interested in. His wife, a librarian, working at the Academy of Motion Pictures Arts and Sciences, further piqued his interest in the career. Mr. Braun appreciated how the field differed from teaching but still allowed him to work in a school environment and influence children's lives. He obtained his librarian credential in 2012 but continued to be an English teacher for the next five years. He then became a technology teacher on a particular assignment (TOSA); however, when he heard about the formation of BVMS, he became very interested in becoming the school's librarian. While this is his first full-time job as a librarian, he was a student librarian at Santa Monica High School and a volunteer librarian at his children's school.

Currently, Mr. Braun and the other staff in the BVMS library are working on several projects such as cataloging incorrectly filed books and providing the social studies department with great resources and videos. They are doing a fantastic job, and this award proves as much.

Congratulations again to Mr. Braun, as well as the rest of the BVMS library team!

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The Bulldog and Pony Show by Scarlet Amidon

On February 4th, the Beverly Vista ASB hosted the annual BVMS Bulldog and Pony Show. Of course, this year, it was a little different due to COVID-19. Luckily, there were still many talented students who wanted to show off their skills in singing, dancing, and even gaming! The event was hosted by 7th-grade ASB representatives Dela Yektafar and Izzy Zahabian. The show started with Tali Goldkorn and Evan Egberman's creative take on "Cabinet Battle" from the musical Hamilton. They took the idea of a historical rap battle back even further than the 18th century, making the song a battle between Egyptian god Amun-Ra and Greek god Zeus. Up next, Kismet Khana gave a heartfelt performance singing "Waves" by Dean Lewis. Mandeiya Flory brought some winter vibes with a stunning, acapella performance of Sia's "Snowman," and pianist Rebecca Kahen gave a stirring rendition of the Israeli national anthem "Hatkiva." Rounding out the first half of the show was back-to-back dance performances. First up was Aarav Savani, with a fast-paced and rhythmic performance of Illegal Weapon 2.0 and Swag se Swagat, followed by Chloe Asherian and Amielle Mizrahi performing a graceful, lyrical dance to "Cry" by Alexx Calise. Intermission featured three hilariously terrible "performances" by BVMS English teacher Mr. Tintor. Then the performances continued with Kyla Leeds singing a touching rendition of "You Will be Found" from Dear Evan Hansen. Liam Tbul's performance of "Come as You Are" by Nirvana on drums made me excited for live concerts again. Up next, Cailyn Koo showed off her gaming skills with highlights of her playing the game League of Legends. Erika Khalilova gave a bold performance singing and dancing to "Prisoner" by Dua Lipa and Miley Cyrus. Finally, Bradyn Prisand and Barbara Cotliar finished the show with a powerful and entertaining duet of "I Sing the Body Electric" from Fame. Overall, it was an excellent production. Congratulations to all of the organizers and performers!

Mr. Morrison Bids Farewell to BVMS by Staff Writers



After twenty-eight years as a teacher, Mr. Morrison hangs up his hat to enjoy a much-deserved retirement. Mr. Morrison was born in Rolla, Missouri, where he attended the University of Missouri for his undergraduate degree. After moving to California, he attended California State Northridge, where he earned his teaching credential. He was hired to teach at Horace Mann, where he spent twenty-six years teaching English before moving to BVMS, where he taught eighth grade for two years. He lives in Mar Vista with his wife Marcia and not far from his son Reed, daughter-in-law Yuko and their kids Jens and Aska. Mr. Morrison stated that what he will miss the most about not teaching anymore is the excellent relationships with his fellow teachers, students, parents, and staff. May his retirement be the beginning of many new connections and memorable experiences ahead.

To the other retirees: Mr. Allen, Mr. Frenn, and Mrs. Reizenstein-You will be missed.

Letter from the Editor,

This edition is the culmination of a semester of writing done by all the students in the journalism elective and staff writers for the BVMS Barker. Please know that opinions expressed in this edition are precisely that: opinions. Since it has taken the entire semester to publish this edition, some of the articles are from a few months ago.

Thank you so much for reading all the articles all of my students have worked so hard on. Have a great summer.

Mrs. Daniela Taylor (Editor-in-Chief)

Should DC be the 51st State? by Scarlet Amidon

On April 22, the US House of Representatives voted 216 to 208 to approve HR 51. The bill, which was approved along a party line vote with all the Democrats voting in favor of the resolution and all the Republicans negating the bill, would create a new state called Washington, Douglass Commonwealth, in honor of Frederick Douglass.

Supporters of the bill argue that DC is the only geographical area within the United States whose citizens are subject to taxation without representation.

Opponents of the bill say that DC doesn't have enough people to be a state, although if the bill were to pass, Washington, Douglass Commonwealth would have a larger population than either Wyoming or Vermont. Some also argue that DC statehood is a ploy to get two additional Democratic senate seats.

The bill would reduce the size of the federal district to the two square miles surrounding important federal buildings, such as the White House and the Capitol, with the rest of Washington, DC becoming the new state. However, due to the filibuster, the bill faces deep opposition in the US Senate, and would likely need ten or more Republican senators to vote in favor of the bill for DC to become a state.

News Briefs by Diana Walters

Schools are opening back up and vaccines are being distributed. After over a year of lock down, there is finally a light at the end of the tunnel. Hundreds of thousands of CoronaVirus vaccines are being given out in the country for those 12 and up. Schools are opening back up after way too many months on Zoom and quarantine.

On April 9, Prince Phillip, Duke of Edinburgh passed away at the age of 99, only a few months away from his 100th birthday. The royal family has not disclosed the cause of death, but has however said he, "died peacefully."

A container ship stuck in the Suez Canal finally was freed after six days. The leasing company, Evergreen Marine Corp, said that the ship, "...was suspected of being hit by a sudden strong wind, causing the hull to deviate from (the) waterway and accidentally hit the bottom." An estimated \$9.6 billion dollars was lost in trade within only a few days.

Shooting at Il Pastaio by Sydney Sarraf

A shooting occurred at a popular restaurant known as Il Pastaio this past week. No one was killed, thankfully, but a young 30-year-old woman, Amanda was shot in the calf off a ricochet gunshot. It started when three armed men in hoodies approached one of the diners eating with his friends. One of the armed men grabbed the diner by his neck and the other men tried to grab his \$400,000 Richard Mills wristwatch off of him. The diner's friends tried to intervene by grabbing the gun out of one of the robbers hands. During the struggle three shots were fired one which hit a patron in the calf while the others landed in open space. As the shots were fired, people were ran for cover. Meanwhile the police arrived while the robbers escaped. The injured woman was taken to a local hospital while for the remainder of the day, police surrounded the area and helicopters flew in the air.

An Update on the COVID Vaccines by Ruby Matenko

What we are all waiting for to end this coronavirus pandemic is something to make it become completely wiped out: a vaccine. Our country and many others have already made and started administering the Pfizer and Moderna vaccines. There is also the Johnson-and-Johnson vaccination, and another that is in the works. So, here is an update on what we all want to hear right now.

What we are all aiming for is something called "herd immunity," which is where enough people are vaccinated, so therefore protected from getting the disease the vaccination prevents. Herd immunity makes it more difficult for the virus to spread. Contrary to popular belief, both the Pfizer and Moderna vaccines are incredibly safe, according to the CDC. The only people who should not be getting these vaccines are people who had a severe allergic reaction after a previous dose of these vaccines, or those who have had a severe allergic reaction to any ingredient in the vaccines. The Pfizer and Moderna vaccines are slightly different, so before deciding to get either one of them if they are made available to you, please check official documents on what the risks and benefits of getting the vaccines are.

Since there have been many coronavirus variants, or different versions of coronavirus, popping up lately, many have been worried that the vaccines that have already started being administered won't be working. However, this is untrue. According to the director of the National Institute of Allergy and Infectious Diseases, Dr. Anthony Fauci, so far, these variants aren't affecting how efficient the vaccines are. According to CNN, the vaccines made by Pfizer and Moderna are "highly effective" and "prompt a strong immune response."

The United States is doing well at producing and administering vaccines. According to the CDC (Centers for Disease Control and Prevention), as of 6 a.m. EDT May 3, a total of 105,523,520 Americans had been fully vaccinated, or 31.8 percent of the country's population. Just like us, France is also doing incredibly well with administering vaccines. Health Minister Olivier Veran said that the French Government is aiming to offer the coronavirus vaccine to its entire population by the end of August 2021.

So, what is next? Well, it seems that we are closer to the end of this pandemic than one may think. Recent data out of Israel paints a hopeful picture: with around 60 percent of its population vaccinated, Israel has managed to almost fully reopen its economy while the number of coronavirus cases and deaths are at nearly zero. Though the country still has some requirements in place, such as indoor masking and vaccine passport requirements, it is much closer to normal than it could afford to be, with any guarantee of safety, just months ago. Certainty of what the herd immunity threshold will be is still unknown. Some experts said it could be as low as 60 percent. But the data from Israel suggests that we could get our lives back to a new normal without having to worry about the risk of catching this deadly virus; and we could do this at much less than 90 percent vaccination rates.

There have been 247+ million vaccination doses given. There are 106+ million people who are fully vaccinated. And did I mention that this was just in the United States? The light is finally peering in at the end of the dark tunnel we have all been traveling through. We all have to keep having hope that these vaccines are going to do their job: create a world where enough of us are immune to the coronavirus for our lives to return to normalcy.



Mission to Mars by Andrea Rodriguez Alfonso

Mars 2020 is a Mars rover mission forming part of NASA's Mars Exploration Program that includes the rover Perseverance and the small robotic helicopter Ingenuity. The Mars 2020 Perseverance Rover will look for signs of ancient microbial life, advancing NASA's mission to learn more about Mars' past habitability.

The first goal of the mission is to determine whether there ever was environmental conditions that were able to support ancient life on Mars. Next, the rover has to search for and characterize a wide range of rocks and soils for clues to past water activity on Mars to determine its geography. Most importantly, the rover has tools in order to help pave the way for future human expeditions to Mars.

The rover has multiple tools that it uses to collect samples of Martian rock and soil, which then will help with a deeper understanding of its geographical features, and environmental conditions, which it then stores in sealed tubes for pickup by a future mission that will return them to Earth for detailed analysis. Mars Science Laboratory looks for chemical elements that are the building blocks of life. These building blocks include six elements necessary to all life on Earth: carbon, hydrogen, nitrogen, oxygen, phosphorus, and sulfur.

Now that NASA's two Mars Exploration Rovers, Spirit and Opportunity, have found compelling evidence that liquid water once persisted on the surface of Mars, scientists hope to determine if other things necessary for life were also present. The Rover Environmental Monitoring Station (REMS), provided by Spain, studies the environmental conditions on Mars, measuring air and ground temperature, atmospheric pressure, relative humidity, wind speed and direction, and ultraviolet radiation.

While the chances of ancient life on Mars appear high, there is an argument that we should explore the Red Planet. Reasons for colonizing Mars include curiosity, the potential for humans to provide more in-depth observational research than unmanned rovers, economic interest in its resources, and the possibility that the settlement of other planets could decrease the likelihood of human extinction.

There are several ways that the mission helps pave the way for future human expeditions to Mars and demonstrates technologies that may be used in those endeavors. These include testing a method for producing oxygen from the Martian atmosphere, identifying other resources, improving landing techniques, and characterizing weather, dust, and other potential environmental conditions that could affect future astronauts living and working on Mars.

21st Century Inauguration by Aaron M. Artal

On January 20, 2021, Joseph Robinette Biden Jr. was sworn in as the president of the United States along with Vice-President Kamala D. Harris. The latter made history by becoming the first black, Jamaican, Indian, and woman sworn into the Vice-President's office.

Even though Harris has made history, she is not the only one who played a significant role in this important event. Amanda Gorman, an African-American poet, shocked the nation - and possibly the world - with her poem during the presidential inauguration. At twenty-two years old, Gorman has become one of the most famous poets in America.

Another fantastic story from Joe Biden's inauguration was Lady Gaga, Jennifer Lopez, and Garth Brooks, who performed American songs and tunes. With Gaga singing the national anthem, J Lo singing "This Land is Your Land," and Brooks singing "Amazing Grace," it was a fantastic event to watch (especially with the musical entertainment).

Meanwhile, one who was not enjoying all the fame and fun was Bernie Sanders. During the inauguration, the former U.S. representative was sitting in a chair wearing a heavy coat, gloves, scarf, warm pants, and face mask. "I was just sitting there, trying to keep warm, trying to pay attention to what was going on," Sanders said while being interviewed on the Seth Meyers Show. Unfortunately for the senator, his words were not enough to stop him from becoming the meme of the day on countless social media platforms.



Hobbies can be Dangerous and Risky by Tiffany Abi-Jaoude

Teens care about looking trendy enough to impress others and as a result they participate in hobbies that are dangerous and risky.

Some hobbies are incredibly challenging and dangerous, like bungee jumping and scuba diving, since they can cause permanent severe injuries and trauma. Despite the dangers, many teens engage in these hobbies to give the appearance of being cool.

Hospitals have reported many injuries due to dangerous hobbies teens have participated in, such as bungee jumping, base jumping, or cliff diving. "As soon as somebody asks you what your hobbies are, you're expected to say stereotypical things that normal people do" (Andrea Michelle). Despite the warnings of some hobbies, they are mostly ignored. Hobbies aren't made for you to look popular; they are made to interest you. The danger is always something to think about. A hobby is not a good idea if it is done safely and because the person loves it.



Wonderous Student Entrepreneurs by Katie Gleeson

Have you ever wondered what student entrepreneurs are? They have created a small business, a scalable start-up, a large company, or social entrepreneurship. The students that have become student entrepreneurs instill confidence in aspiring entrepreneurs, and they help the economy.

When becoming a student entrepreneur, you become open to many opportunities and resources. As a student entrepreneur, you look into every idea, explore all aspects, and are open-minded to everything and everyone. The plan is that in the end, you have a successful business or belief as a student.

Student entrepreneurs can also help the economy by creating higher tax revenue, making better products to help better the world, and creating employment and higher government spending.

Did you know that there are many famous student entrepreneurs? Mark Zuckerberg created Facebook when he was nineteen, and he is now one of the wealthiest people in the world. As Mark Zuckerberg once said, "If you do the things that are easier first, then you can make a lot of progress."

Student entrepreneurs are students that are making a change in the world. By helping the economy, the people, and so much more for the world. After reading this, do you think that you got what it takes to be a student entrepreneur?

Dogs and Cats Rule the Pet World by Chanel Anooshian

As of August 2020, the most popular pet to own, with over 50 million households owning one, is the dog. Dogs are the most popular pet to own because they are sweet, loyal, and easy to train. According to augustafreepress.com, dogs are listed as one of the most friendly pets around. Dogs are also considered a man's best friend because they are friendly, loyal, and gentle. I have three dogs, two ShihTzu's, and a Maltese/ Pomeranian mix. They are very loving and playful.

The second most popular pet to own in the U.S. is a cat. Cats are low maintenance and extremely easy to care for. They are sweet, loving, gentle, and independent. People tend to love cats because of how calm they are. They love to help you with things.

Along with my three dogs, I have one cat and a Persian Dollface, which means I have the best of both worlds.

Meet Celebs on FANMIO by Gunnar Walmsey



Fanmio.com is a website that allows people to meet their favorite celebrities. Not only do you get to meet them, but you also receive some exclusive merchandise. These are three options or "packages" on *Fanmio*:

1. The Bronze Package for \$29.99 includes a video conference with the celebrity and a t-shirt with their image on it.
2. The Silver Packages for \$199.99 includes a video conference as well as a recording of it.
3. The Gold Packages for \$299.99 include the video conference, a recording of the conference, a signed photo of the celebrity, and a t-shirt with its image.

A good thing to keep in mind is that options to meet celebrities are exclusive, which means that a star is only open to talking to people for a certain amount of days. Log on today to see if you can meet your favorite celebrity for a price.

Odd Occupations by Jillian Krevoy

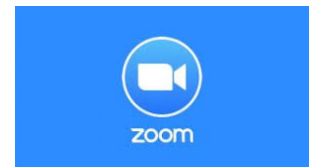
Teachers, doctors, or astronauts are the careers we think of when we think of jobs. Have you ever heard of a full-time Netflix watcher? I had not either until I decided to write about unusual jobs. Some people get paid for watching Netflix called "Taggers" to watch unreleased films and decide which genre and tags the film would go under. Taggers watch the movie then choose words from a pool of 1,000 that describe the film. This is how Netflix can recommend personal programs for its viewers. Next time you see a personal recommendation on Netflix, thank the Taggers for helping you find the program you are interested in!

Another exciting job is as a Paint Drying Watcher. Paint Drying Watchers, as you can see by the name, watch paint dry. These people look for the difference in color and texture in paint while and after it has dried. Not many have this job, but it does pay about \$61,000 per year. Just imagine how tedious it would be to watch paint dry all day!

Have you ever heard some particularly loud criers at a funeral? Well, professional mourners get paid to weep loudly at funerals. Many believe that professional mourners originated in China and the Middle East thousands of years ago. Professional mourners are still a thing today, and there is even a service in Essex, England, called Rent-A-Mourner! So perhaps that wasn't just a loud crier but a professional mourner in disguise.

These are just a couple of examples of totally bizarre and unusual jobs. There are so many different types of jobs that aren't as well known but are unique and exciting in their way. So, maybe you will want to keep these careers in mind when applying for your next job!

Zoom Kids by Jack Miller



Since the start of the pandemic and having to learn on Zoom, kids have struggled. Most have been under a lot of stress due to completing classwork, not seeing friends and family members, and not living life normally.

Before the pandemic, I used to go to school in person five days a week. I saw my friends and family while following a strict routine. During the pandemic, I was on Zoom, then on a hybrid schedule, and now that the rules are relaxed, I am back to school full time.

Kids before the pandemic used to see friends and family often. Now I can't do that as often, and when I do, I need to wear a mask. Another thing is that if I want to go out, I have to wear shoes, whereas while on Zoom, I did not need to wear shoes. Because of the pandemic, restaurants have gone out of business, people have lost their homes, and everyone has had to live in fear of the invisible enemy.

Nothing has been the same, and although things are getting better, the danger of being exposed to the virus is always there. Let's hope the next school year will be better.

What it takes to be a Debater by Ruby Matenko

I have been a debater for nearly a year now, yet I have already learned so much that I could not have without the debate club run by Coach Finnigan. My partner Sarah Zhang and I reached the semi-finals at a tournament at Claremont High School, and ultimately we ended up winning second place. I also made it to the semi-finals in an online contest that took place in October last year. It is not the awards or the titles that matter; it is what I have gained from being a debater.

There are numerous benefits from being able to prepare to argue one or both sides of a topic, which is the sole idea of debate. Some of these benefits include being prepared for potential careers, like being a lawyer or a businesswoman. Furthermore, debating helps improve speaking skills, listen and put what you hear to use, and overall it enables you to gain extensive knowledge on a topic since you have to research both sides of the argument.

Of course, none of this will come easy to you if you do not have what it takes to be a debater. Being a debater means committing yourself to after-school practices and sacrificing some of your weekends for tournaments; having to take so many notes and learn so much that your head feels like it's about to explode; knowing what questions to ask your opponent and precisely what to include in a speech, rebuttal, argument, or summary; and most importantly, doing it because debating is something that you love to do.

Debating is not all tedious work; it can also be delightful. There is nothing better than when you refute an opponent's point exactly how you wanted to, when you word the argument perfectly or when you see that you have won a debate round in a tournament.

The sky is the limit for thinking up debate topics; it can be anything as simple as arguing pancakes versus waffles or debating something as complex as discussing whether not morality is objective or subjective.

The one true thing that all debaters do have to have, though, is this: they must have heart, and by that, I mean that they can not let a loss or a struggle with a topic or argument get them down. They have to continue believing in themselves, and most importantly, why they are a part of the debate team, which is because while a debate is challenging, it is also what I consider to be one of the most thrilling, illuminating, satisfying activities out there.

Is Vaping a Problem for Teenagers? by Abigail Baldwin

Vaping is a huge problem for teens. Vaping is a problem because it is unhealthy and addicting and changes your mood.

The use of nicotine is very unhealthy for your lungs, brain, and heart and can cause cancer, diseases, or death. Not only that, but nicotine is highly addictive. The nicotine in the vaping device puts teenagers at risk for a range of long-term effects that include mood disorders (anger issues etc.), reduced impulse control, and addiction. It can also cause depression, anxiety, and hyperactivity.

Teens believe that vaping makes them look cool. However, the cost of vaping is not worth how teens think they look when they vape.

Overall, students should not engage in vaping.

School Mascots by Abigail Baldwin

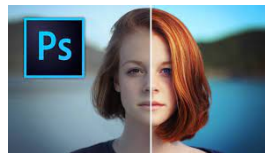


School mascots are a necessity. We have school mascots because a school mascot is what represents our school. It can be an animated sketch, a live animal, or a costume. Almost all schools have a school mascot.

School mascots were invented in 1892 when the idea came to America through a famous French opera. After the concept spread, people started making mascots not just for school but also for sports, clubs, and most educational institutions.

The purpose of a school mascot is to build and strengthen a school's identity. Every school mascot represents the students and the whole school when students participate in sports and other school-related functions.

Schools have famous mascots and unpopular mascots. School mascots usually want known animals, but sometimes it can be undesirable. However, it often all depends on the animal that represents the school. Schools like to have the first letter of the animal match the first name of the school. For example, our school, Beverly Vista Middle School, begins with a B, just like our bulldog mascot. Our bulldog will always represent who we are as a school with a loud bark.



Altered Reality by Grace Thorpe

It is not uncommon for celebrities to Photoshop the pictures of themselves that they post on their social media. It can range anywhere from a couple of blemishes to the shape of their nose. The real question is if this is negatively affecting today's youth. The Photoshopped images that celebrities post do negatively affect people because they set unrealistic standards for bodies. They make people think negatively about themselves, and they could try and change themselves to fit an unrealistic beauty standard.

First, celebrities posting Photoshopped images set unrealistic standards for bodies. This is harmful because people could compare themselves to a body type that is not real. These photos make society think that an average body should look like and shame women without an unrealistic body type.

Next, Photoshopped pictures of celebrities make women think negatively about themselves because they shift the way they feel about their bodies. Many believe that their bodies need to look like those of stars which is not realistic.

Photoshopped pictures are so harmful that they could potentially cause people to try and change themselves to fit the unrealistic standard. This is damaging to society because people will go to extreme lengths to achieve a body type that does not exist. People could cause permanent damage to their bodies for a body type that will go out of style in a few years.

Overall, celebrities posting Photoshopped pictures of their bodies set unrealistic and high standards for bodies to look like, make people think poorly of themselves, and people might try to change their bodies to reach a nonexistent body type. To change this, social media apps should alert people when a picture is Photoshopped so that people do not compare themselves to these bodies and know that they are Photoshopped.

Who are the Real Heroes? by Diana Walters



According to the dictionary, a hero is idolized for courage, outstanding achievements, or noble qualities. The past year has been without a doubt one of the most difficult for everyone in our world, and it is our unsung heroes that have carried us through.

Who then are our modern-day heroes? Captain America or Superman comes to mind, but our health care workers are our heroes in reality. Every day they go to work and face contagious patients they put their lives at risk, and they do this without hesitation, which is why they are heroes.

We need our healthcare workers to know that we appreciate their sacrifice, and we can do that by simply telling them how much we understand what they are doing. We can support them by following the CDC guidelines to help stop the spread of Covid-19.

Although infection rates have gone down and we feel more relaxed, our invisible enemy is still out there, and our healthcare workers will continue to fight it until it is permanently gone. So the next time we meet someone who is a healthcare worker, tell them how appreciative you are of what they are doing.

Superheroes in Scrubs by Scarlet Amidon

Nurses at Cedars-Sinai Medical Center found a way to let their patients see their smiles despite the PPE required to treat Covid-19 patients. Healthcare workers have been real-life superheroes during the coronavirus pandemic. Doctors and nurses have been keeping people healthy and saving lives forever. Still, their work has been extra important during this pandemic, especially to people who have been hospitalized with coronavirus.

Healthcare professionals have been risking their lives for over a year to try to save others' lives. At the beginning of the pandemic, many healthcare workers didn't have access to adequate personal protective equipment, with some resorting to homemade masks or even using garbage bags as PPE. This, however, did not deter them from showing up and taking care of their patients. It hasn't been easy, though. According to a National Academy of Medicine report, over 50% of clinicians reported symptoms of burnout before Covid-19 began. Now, healthcare workers are facing a "pandemic within a pandemic," as they've had to stretch resources and learn how to treat a brand new virus while the patients keep coming.

In December, Los Angeles Public Health Director Barbara Ferrer said, "Our healthcare workers are overwhelmed with Covid-19 patients, and this current path of surging Covid-19 hospitalizations is not sustainable". With the increase in patients, some hospitals have had to turn gift shops and cafeterias into places to treat sick, covid patients waiting for an actual room.

Healthcare workers have not had an easy time during the pandemic, but they are an essential part of fighting it, so they keep showing up to work, taking long shifts, and doing whatever is needed to save as many lives as possible.

Top Five Martial Arts to Learn 2021

by Aaron Artal

Karate is a practical martial art. Karate originated in the early 17th century in Okinawa, Japan. Influenced by Chinese Kung-fu, karate was originally for dueling. Today, karate focuses more on blocking and self-defense than dueling and being a popular sport, it now is featured in the Olympics. Karate can be very practical in real-life combat situations such as street fights.

Next, taekwondo originated in Korea, and it is known for its punching and kicking techniques. When it comes to high-head kicking, no other martial art compares. Unlike other martial arts, people can usually practice this at an exceptionally young age. Besides being used for self-defense, taekwondo is beneficial when it comes to winning awards and championships. If you would like to learn how to kick high and robust, I would suggest this martial art for you.

Additionally, muay Thai (otherwise referred to as "Thai Boxing") is a combat sport that involves stand-up striking and other clinching techniques. The discipline is known as the "art of eight limbs" as it is the combined force of fists, elbows, knees, and shins. Its primary focus is to distract the opponent, read their movements, and trick them into attacking you so you will take advantage of their position and strike. Thai boxing has become a serious sport that involves much discipline and pain along the way but will eventually make you a fighter nobody would dare face in a sparring match.

Furthmore, Brazilian jiu-jitsu is martial art created around 1920 by Carlos Oswaldo, Gastão Jr., George, and Hélio Gracie. The brothers quickly learned Judo and its techniques and used its form and features to create Brazilian jiu-jitsu. The art mainly focuses on grappling and submission holds. The goal is to take control of your opponent by forcing them to the ground, gaining a dominant position for yourself, and using several techniques to force them to yield or resign by holding them in a very uncomfortable place such as a joint lock chokehold or armbar.

Finally, Wing Chun is a concept-based traditional Southern-Chinese Kung fu style that requires quick arm movements and reflexes and strong leg kicks to defeat opponents. The softness and performance of techniques in a relaxed manner are fundamental to Wing Chun. For the fun of it, I would suggest Wing Chun to you as it is an excellent way for self-defense since it will not let any of your opponents come near you as your limbs will be your greatest weapon. Adding on, it would be a great experience to learn the secrets and ways of Wing Chun as you could learn to fight like Bruce Lee.

Advantages of Sports

by Tiffany Abi-Jaoude

Sports involve physical exertion and skill for individuals or groups who compete against another or others for entertainment. Fun sports include volleyball, basketball, dodge ball, soccer, and many others. It has been proven that a student participating in a sport has a 30% higher chance of getting into specific colleges. Playing a sport will benefit you not only healthwise but in the long run as well. "Heart disease is the number one cause of death in the U.S, but the good news is that numerous studies have shown that the regular exercise from participation in sports can dramatically increase heart health and reduce the chances of dying from cardiovascular disease." Participating in a sport that inspires you will make you happy and healthier as you age.



The Elusive One-Handed Catch

by Jack Miller

You have probably watched football on TV and have seen people catch the football with one hand and thought, "Whoa, that looks so cool. How can I do that?" Well, today I am going to answer your question.

When to catch with one hand, the first thing is that you should only do it when you absolutely can not use your other hand. For example, if a defender is on your right beside you and one of their arms matches yours, you have no other option but to use just your other hand to catch the ball. One of the most common mistakes a player makes is they want to look cool, so they go up with one hand with the defender right beside them, and they end up dropping the ball, the defender smacks it away, or worse, it is intercepted. Worse yet, a player is wide open, and they want to look cool, so they use one hand and drop the ball. Either way, only catch with one hand when you need to, otherwise use two hands.

How to catch a football with one hand: There are many ways to execute this move, but I will teach you how to accomplish this using the best method. First, get two friends who play football and assign one to play quarterback and the other as the defender. Find an open field where you can run a decent amount. Next, you want your friend to hike the ball and while you run in a straight line, have your friend lob the ball to you. If the throw is good, the ball should land in front of you while you keep running. Do not slow down while running and open all your fingers. As the ball gets close to your fingers, start to close your hand. The ball should land in between your thumb and your pointer finger. To ensure that the ball does not fall through your fingers, squeeze your thumb, pointer, and middle finger while your ring finger and pinky gently grasp the ball. Practice this process for a while until you are ready to get your other friend to play. Once your friend hikes the ball, run in a straight line; then, as the ball comes near you, while your defender is right behind you, turn around and jump up (depending on where the ball is) and do the same process you did before to catch the ball. You should, however, only turn around and jump on specific routes, not all routes. For example, you should not do this while running a slant. You will get a sense of when to turn around the more you play. If you practice this drill for two to three weeks, you will get the hang of it.

From now on, any time you play a game of football, and you need to catch with one hand, you should be all set! Not only is this good for situations where you have to catch the ball with one hand, but it is excellent for your hand-eye coordination.

Sports Superstitions Shine

by Gunnar Walmsley

Sometimes sports players feel that certain things can affect the way the game turns out because they believe in luck and superstition. Many professional sports players such as Michael Jordan and Tiger Woods are superstitious when it comes to games. For example, many sports players never wash their socks because they think that their luck will wash off. No one knows if this helps, but ask any of these pro sports players and see what they think.

You may have heard of a golf player called Tiger Woods. Whenever he plays in the final round, he always wears his lucky color. His mother taught him that the color red represents power, so he wears a red shirt for good luck when he plays.

You should know Michael Jordan from his stunning performance on the basketball court; he, too, believes in sports superstitions. Whenever he played a game, he would always wear his lucky college shorts underneath his team shorts. He thought that his North Carolina shorts brought him good luck.

If you are a fan of soccer, you will have heard of Cristiano Ronaldo. He believes in luck as well. If he is not the last man to come out of the tunnel, he believes that the game will not go in his favor. He also places his right foot on the field before leaping into the air.

Sometimes sports players feel that certain things can affect the way the game turns out. All of these players and many more believe in luck and sports superstitions. Every little bit of luck in sports helps.



Trouble in Manchester

by Gunnar Walmsey

Manchester City F.C. recently lost their top goalscorer, Sergio Aguero, because his contract expired during the Premier League season. Aguero scored precisely 254 goals for the team. He stated, "When a cycle comes to an end, many sensations arise." According to goal.com, "Finding a worthy successor will not be easy." Sergio Aguero will most likely join Barcelona F.C. after his contract ends with Manchester City. Barcelona is a legendary team since players such as Lionel Messi play for the club. Aguero said, "I am thrilled at City, very happy since the day I came. I knew that the project was good, and in my head, there is nothing else but Manchester City, so how long I'm going to be at City is just never a question. Manchester City has been doing great these past years, and that's many thanks to Aguero. Manchester City F.C. has recently lost their top goalscorer, Sergio Aguero.

The Capitol Riot

By Ruby Matenko

On January 6th this year, something awful took place at the United States Capitol in Washington, D.C., the meeting place of the United States Congress and the seat of the legislative branch of the U.S. federal government. Thousands of President Trump's supporters showed extreme acts of violence as they disrupted the "constitutional process of voting to certify President-elect Joe Biden's win," according to PBS News. Simply put, these people broke into and vandalized the Capitol, causing death and mayhem.

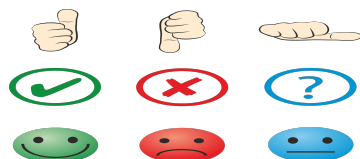
Let me provide you with a bit of backstory: President Trump, who lost both the popular and electoral college vote, disregarded the election results and falsely claimed that he had still won the election. According to many sources, he posted many tweets inciting this violence and encouraging the uproar that his supporters were causing. There has been discussion on whether or not we should enact the 25th Amendment, which in simple terms states that if the president becomes unable to do his job, physically or mentally, then he must be removed from office. At the time, Senator Chuck Schumer stated, "What happened at the U.S. Capitol yesterday was an insurrection against the United States, incited by the president. This president should not hold office one day longer."

The Capitol hasn't been stormed like this since 1814, during the War of 1812. Many photographs are proving that the people who breached the Capitol vandalized Speaker Nancy Pelosi's office, looted art and broke windows, and took control of the Senate Chamber, where they took photographs of themselves "with fists up on the dais where Mr. Pence had just been presiding," according to the New York Times.

To stop the incursion, rioters were forcibly removed from the Capitol. The Metropolitan Police Department has said that fifteen of them have been arrested for various charges, including the possession of weapons and assault. Fire officials had to take thirteen people to hospitals from injuries related to the protest. Mayor Muriel Bowser ordered a city-wide curfew on Washington, D.C., from 6 p.m. on January 6th to 6 a.m. on January 7th. Officials say the 30 people were arrested Wednesday evening after being found on the streets after the 6 p.m. curfew.

On the afternoon of January 7th, President-Elect Biden has Tweeted, "What we witnessed yesterday was not dissent - it was disorder. They weren't protestors - they were rioters, insurrectionists, and domestic terrorists. I wish we could say we couldn't see it coming, but that isn't true. We could." He has also said, "At their best, the words of a president can inspire. At their worst, they can incite."

What happened on January 6th at the Capitol was utterly horrendous. All we can do now is move forward and try to make the U.S. once again a country of freedom, happiness, peace, and love.



Dogs in Quarantine

by Hayley Chechel

Last year in March, people worldwide were forced to quarantine at home, a true nightmare. However, some pluses came with being stuck inside all day, like getting a dog. For many families, getting a dog was out of the question, maybe because both parents worked and no one could take care of it, or perhaps it was simply too much. However, suddenly, with the start of quarantine, it became an option because the boredom and isolation were driving everyone insane.

My family was among one the many to decide it was time to adopt a new puppy. We all immediately fell in love with our Maltipoo, Chewie. He was so much fun despite the time it took for us to keep him entertained and cared for. Eventually, it did become more accessible, as with all puppies, but there are still some things Chewie struggles with, like separation anxiety. For example, every time we get ready to leave the house, he screams and barks at our shoes and paces around the room like a maniac. When we try to open the door, he positions himself in front of it as though he is trying to stop us from leaving, but he is too small to succeed. Once we are gone, he howls and cries until we come home.

Our experience is not isolated. Many families now have new dogs that are used to having them around all day long. When their owners leave, even for short periods, the poor puppies are terrified and upset. I hate to imagine what will happen to them when quarantine finally ends. We might see a new generation of dogs suffering from separation anxiety who need to be in therapy!

In-person or Online Learning?

by Chanel Anooshian

I think that in-person learning is more effective because the students are focused on their school work, and there are no distractions. I also believe that it is easier for the teachers to introduce lessons and give instructions in-person rather than online through the screen. I can say from personal experience that it is easier to learn face-to-face instead. There are fewer distractions when in-person. For example, when learning from home, distractions can cause lots of problems. If there are things in the room that you are in, like a phone, other electronic devices, or other items that would distract you, that will not happen while in a classroom. Also, if you have a big family, other people in the house may be doing other activities while focusing on school. However, some students say it is easier to do school online, and they are more comfortable with that; it is easier for me to learn in person with no distractions.

Going Above and Beyond

by Quinn Behrstock

Why do overachievers overachieve? For an overachiever, it is hard when you set a high expectation for yourself and then do not achieve it. Overachievers make sure they go above and beyond for everything. It could be to impress someone or even impress themselves. They want to make sure they are the top dogs.

Overachievers have a lot in common with perfectionists. Perfectionists feel the need to be perfect all the time, even if there is no such thing. Overachievers feel the need to overachieve in all aspects of their lives.

Overachievers set challenging goals for themselves. Usually, that's something above average that takes a lot of work to achieve. Overachievers don't necessarily overachieve for other people. Overachievers can also do it to please themselves.

Feeling the need to be a top dog can cause a lot of stress. Imagine feeling the need to be the best. It causes pressure not to let yourself down. It can be even more stressful overachieving for someone else to impress them. This causes overachievers to work ten times more than the average of what most other people might do. It's honestly so hard coming from a perfectionist.

I always feel like it's not perfect than scratch it. As an overachiever, if you have an assignment that should not take more than half an hour, an overachiever and a perfectionist might take an hour to complete the task because, to them, it must be perfect.



Sexist Dress Code

by Quinn Behrstock

Are you a female and have a dress code at school? Is the difference between boy's and girl's dress codes unfair? You're not alone. Girls need to make so many outfit changes to adhere to their school dress code, yet boys do not have to do the same. Girls have to wear shorts past their fingertips, but boys can wear whatever shorts they want to. You may be thinking short shorts and crop tops are not appropriate for girls to be wearing. If you could see what girls have to choose from at the department store, you would understand why it is challenging to stick to the dress code. I genuinely believe that there should be no dress code, and if your parent lets you wear something out of the house, then their judgment should be enough.

Dress Codes are not Fair

by Elle Shim

School dress codes worldwide are meant to enforce rules, but they can be challenging to follow. It is reasonable to have restrictions about wearing clothing with violent language or illegal images, but some rules provoke a bias against girls.

Having braided hair extensions resulted in a 6th-grader in New Orleans being forced to leave a classroom. In some schools, a girl's shorts and skirts must go past their fingertips, but administrators don't think to question the length of a boy's shorts.

Wearing spaghetti straps, showing shoulders, and wearing ripped jeans are against many school policies, making girls uncomfortably hot during the summer due to the various layers they are required to wear.

Catherine Pearlman, a parent from Florida, claimed, "My girl was dress coded two days in a row. It's impossible to find shorts that are remotely fashionable and below her fingertips. She's tall with long arms and fingers."

Overall, a dress code causes girls to get into more trouble than boys because the dress code applies mainly to them. If boys get distracted by what girls wear, why is that the girls' fault?

Love From a Distance

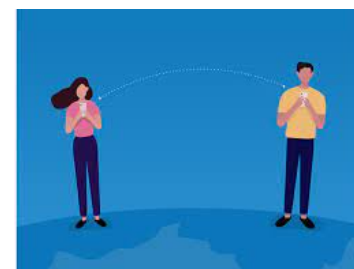
by Ashley Lavi

Long-distance relationships can be complicated, and the idea that the person you care about and miss but cannot see is very saddening. Putting effort into maintaining a long-distance relationship can be draining.

Is a long-distance relationship worth it? I think it can be hard to get used to, but love can overcome the distance in the end! It can be tough to find a way to communicate over the phone or a video call. Over text, things can be interpreted in entirely different ways than what you meant, so being clear about where you stand is essential.

When in a long-distance relationship, putting aside thoughts of your partner seeing others without your knowledge is something significant. You have to trust that your partner isn't seeing anyone else besides you.

Long-distance relationships can be super rigid and emotionally draining. Missing someone you care about is not easy. With the right attitude, love can surpass the distance.



Mental Health Decline

by Ava Brenner

Have you noticed any changes in your kid, or maybe even in yourself? The answer is probably yes. The virus, Covid-19, is affecting many but is hitting kids the hardest. Most don't show it, but countless kids during the pandemic are going into a depression state. Covid-19 has affected kids in many ways, but the lack of social interaction and online school seems to be the main reason why kids are going into a depressive state. Social isolation has affected kids both mentally and physically. Teens can feel lonely, discouraged, and unmotivated because of the lack of social life. Online school has also created stress and anxiety. Many teens think stressed to finish all their online schoolwork because they find it more challenging to focus on school while at home. Lastly, kids get "virtual school fatigue," which means kids are not calling and learning basic social skills. These skills include reading body language, making eye contact, paying attention to the pitch and tone of their voice, and facial expressions. Lack of social interaction has had many effects on kids, but screen time going up is the most common effect. The average screen-time during online learning amounted to 7-12 hours a day. Being on a device for this long can lead to weight gain, difficulties paying attention, sleeping disorders, problems in school, and feeling extremely tired. The blue light from the screen also can cause issues since blue light passes through the back of your retina, which can cause macular degeneration. When a teen is staring at a computer all day, a phone all day, a TV all day, any electronic all day, they are taking in blue light, which is not suitable for them.

Furthermore, kids are not getting enough outside activity. Not getting enough outdoor activity has many adverse effects. First, it increases the chance is weight gain and diabetes. Along with that, it has been proven that it could affect a teen's mental health. Not getting enough sunlight causes depression, anxiety, etc. It also affects the ability to stay focused in school, with friends, family, and more. Last but certainly not least, it could create problems in the development phase while growing. Overall, the lack of education, social life, and screen time being up is causing many problems in kids from 6-16 years old. Make sure to check up on your kid to talk to them about how they are feeling. Make sure to get exercise for one hour a day and limit the time your child spends on their devices their mental health will improve.

Protect the Panda

by Iana Ahn

Pandas are an endangered species. They have orange reddish fur on their bodies and white fur around the face. Their life span is about twenty years in the wild and they grow two to three feet. There are about 1,864 red pandas left in the wild. Red pandas are often prey to snow leopards or they die from poaching and loss of habitat. They give birth to three cubs and usually only one makes it to adulthood. They are amazing tree climbers. Red panda's diet consists mostly of bamboo; small mammals, eggs, and flowers. They spend most of their day eating. They are mainly active at night, and they look for their food at dawn and dusk. The pandas mountains create the watershed for Yangtze and Yellow rivers. Pandas play an important role in China's bamboo forest by spreading seeds to help the vegetation grow. They sleep for about 2-3 hours a day because they use most of their time eating. The Chinese government is trying to make a park that will protect pandas. If pandas went extinct people would cut down the bamboo trees and there would be less bamboo till there is none left. Red pandas should not become extinct because will impact the world if they do go extinct.

Save the Turtles

by Andrea Rodriguez Alfonso

Do you know the chances of a variety of marine animals going extinct? This could happen due to threats from humans. Marine life eats the plastic in the ocean, called plastic pollution, which is primarily single-use plastic. Our ocean depends on these sea creatures, and they need our help. The greatest threats aren't just from all-natural predators; they are from humans. According to *oceantoday.com*, accidental fishing and boat strikes are one of the most severe threats to sea turtles, blue whales, sea lions, sharks, and even dolphins, as well as destruction to their habitats. Also, sea turtles are killed when they choke on plastic in the ocean and be washed off the sea's shore. According to the article, "Warming climate Leading to Changes in the Sea Turtle Population" in The Washington Post, climate change affects sea mammals and fish. Scientists think that as the Earth gets warmer, fewer eggs will hatch. If you think about it, this is a problem to their survival.

Based on what I read, conversation groups work together with local communities to help change fishing practices and transition income away from sea animal harvesting and tourism. A healthy ocean depends on the sea population. "Weather events, resulting in loss of nesting beaches, can cause other alliterations to critical natatorial habitats and basic oceanographic processes. To help prevent sea pollution, bring a reusable bag when you go to the grocery store instead of bringing a single-use plastic bag. Next, go straw-free. At restaurants, when they offer you a straw, say, "No, thank you." You can carry your reusable straw in your purse.

Another thing is to avoid products that contain cosmetics, like household cleaning and care products that contain microplastics which eventually make their way into the oceans and marine life. Another hazard to turtles is balloons. *Oceanicsociety.org* claims a sea turtle was found tangled in balloon strings at the shore of a beach. Also, you should recycle your plastic instead of throwing it away in the trash. Finally, you could participate in a beach or river clean-up. Help remove plastics from the ocean and prevent them from going into the sea.

In conclusion, we should be more thoughtful in using single-use plastic and how we can harm our environment, an animal's natural habitat, and its nesting. Though numerous groups try to help, we have found that marine life is disappearing due to environmental and human threats; however, we may change the future for these species if we act now.

Social life Today

by Tiffany Abi-Jaoude

Being social is the primary goal of teens these days. Hanging out with friends, following trends, and playing sports are the best way to be socially engaged. Being shy, awkward or anti-social, will affect the chances of a teen making friends. A teenager's dream life is to make thousands of memories and live their best teenage years. However, social anxiety gets in the way and prevents them from doing that. Symptoms of social anxiety include shivering, a fast heartbeat, standing awkwardly away from people, or having difficulty breathing. It is something that can not get cured in a short time. Since most teens spent a year in quarantine, their social anxiety has been worse than ever. However, with the opening of schools, there is hope that fewer teens will suffer from this type of anxiety.

Should Kids have Credit Cards?

by Katie Gleeson

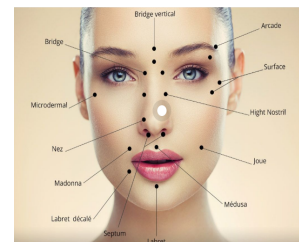
Have you ever thought of having a credit card? Well, if you have, this is the article for you. You are technically not allowed to own a credit card in your name until the age of 18, but what if some kids need to have a credit card for emergencies and track their spreading.

There are many responsibilities and rules that come with owning a credit card. Many people wonder if kids can follow the rules and responsibilities of having a credit card. I think you can. If you give kids a credit card and explain the rules and responsibilities of having one, they will understand and use it reasonably and responsibly.

Kids might need credit cards for emergencies, shopping online independently, and to track their spending rates. Kids can benefit from having a credit card in emergencies because if they get lost when traveling alone and need to pay for transportation, they can do so. They can also use their credit card to make purchases of food and anything else they might need.

Credit cards can help kids in the future since they help kids establish credit scores. A good credit score helps you with future purchases, getting a loan, and getting a new credit card. Credit cards also provide financial training for kids because they need to learn to budget.

In conclusion, kids should have a credit card. It will help them later in life, in emergencies, and teach them responsibility. Do you think kids should be allowed to own a credit card?



Peculiar Piercings

by Grace Thorpe

Have you ever thought about getting a piercing on your face? Well, you can get a piercing almost wherever you want, with whatever type of jewelry you want. There are many more piercings than people who don't have any or that many think there are. You can get piercings on your nose, eyebrows, lips, back, cheek, tongue, and many more. You can also have different themes with your jewelry, like silver or gold and crystals or metal. You can also get various designs and acrylic colors or charms. An example of a unique type of piercings is the bull-ring piercing with piercings through the septum of your nose. There is also the industrial piercing that pierces through both the outer upper ear and the inner upper ear that attaches with a barbell. You can also stretch almost any piercing. Stretching is when you stretch out your piercings by putting bigger gauges or plugs overtime in the hole. Piercings are a form of body modification and self-expression. The types of piercings you can get with many different types of jewelry designs and colors. If you are into piercing, think about which one will suit you best.

Amazon Finds by Ameenah Huntoon

Do you ever find yourself scrolling on Amazon for hours but can never find something to buy? If you do, then I got you! Here are some must-haves that can be found on Amazon for a reasonable price!

Don't you hate it when you are drinking something warm, and it gets cold quickly? Here is a cup warming coaster, so you can keep your drink warm without having to use a high-quality thermos! To find, search "Misby Coffee Warmer for Desk Mug Warmer."

This one isn't necessary, but it makes your room nice and fresh, and even a nice scent boost! It is an air diffuser that takes water and some essential oils into a refreshing air mist! It also is a light that can change any color. To find, search "Essential Oil Diffuser."

I don't know about you, but I am always struggling with my toothpaste, and I end up wasting some in the tube. To solve this, order a toothpaste dispenser that sticks to your mirror! You put your toothpaste tube on the inside, and it dispenses the right amount of toothpaste on your toothbrush. It also serves as a toothbrush holder! To find, search "Automatic Toothpaste Dispenser Wall Mounted."

Do you love ice cream and fruit? This product is the best of both worlds. It is an ice cream maker that turns frozen fruit into soft-serve ice cream. I don't think I have ever purchased something as fast as I did this. To find, search "Yonanas Classic Original Healthy Dessert Fruit Soft Serve Maker."

In quarantine, we spend a lot more time in our rooms. If you want to spice up your room a bit, I recommend a photo collage to match your aesthetic or favorite color. You stick the photos to your wall arranged however you like! To find, search "Aesthetic photo collage kit."

We have all learned that we need to be more cautious of our plastic usage, so this water bottle is the perfect thing! It comes with a reusable straw, the cap is made from bamboo, and is very aesthetically pleasing. This water bottle comes in 40 different colors and at a surprisingly affordable price. To find, search "Tronco 20oz Glass Tumbler Glass Water Bottle Straw Silicone Protective Sleeve Bamboo Lid - BPA Free."

It's a stuffed animal; it's a pillow, it's adorable! Squishmallows the softest, most comfortable animal pillow. Squishmallows are a trend right now, so hop on the trend and enjoy! To find, search "Squishmallows."

Want to improve your note-taking? One way is to buy these highlighters. They come in a pack of five in a variety of colors. You can get pastel or neon, and they are super cheap! To find, search "ZEYAR Highlighter."

Fun fact, if you are losing focus in school, mints and gum help you focus. You can buy gum and mints anywhere, but to stay safe at home, you can order them for around five dollars! To find, search "Gum" or "Mints."

Lastly, a plant terrarium is a terrific option. We have a lot of extra time now, so why not take care of a plant? To find, search "Desktop plant Terrarium."



How to Prepare for High School by Ruby Matenko

Graduating middle school and moving onto high school is very exciting but scary at the same time. High school is an unforgettable experience for all teenagers; you make lots of new friends, you meet new teachers, you join clubs and sports, you go to sports games and dances, you learn a lot, and you prepare for college there, too. In just about eight months, the eighth graders at Beverly Vista Middle School will be doing just that: moving onto high school. Since it can be very scary, this article provides tips on how to make sure that you are prepared for high school in just five steps, so that you can be reassured and know what you need to accomplish before you go through the doors to your first day of high school.

Make a 4-year plan

I know what you're thinking: "I just started preparing for high school, but I already have to think about the next four years?" But, if you think about it, planning ahead can actually diminish stress faster than ever. By taking the time to write out what classes you think you will take each year of high school, figuring out how many AP classes you're going to take (if you're taking them at all), and what clubs and sports you think you will sign up for, you are providing yourself with a roadmap to an easy, stable high school experience. And make sure to be realistic about how much you can handle; remember, you want to give yourself the opportunity to get as high a GPA as possible. Balance out the hard classes with some fun classes. For example, take an AP English class, but also take a cooking class. However, keep this list open for updates; you never know if your interests in classes or activities might change in the next four years.

Get to know the campus.

Most of the time, high school campuses are a lot bigger than middle school campuses, and it will be really hard to navigate the new high school campus if you haven't even seen it before. If you are able to go to a high school orientation, or just take a walk through your new school before the first day, do it. You will definitely feel a lot more comfortable when you arrive at the high school on the first day.

Buy your school supplies.

It's important to be prepared with the basic school supplies from day one. Your teachers will probably give you lists with more specific supplies that you'll need to get, but make sure to come on the first day with the basics: some loose-leaf paper, a couple pencils, pens, and erasers, a glue stick, maybe a calculator or a notebook. It's better to be over-prepared than underprepared.

Review some of what you've learned from the core subjects in middle school.

This pretty much applies to starting any new school year, since over your summer break, your mind might still be focused on sleeping in and your friends and the beach and the warm sun, rather than algebraic equations and writing essays. Especially before starting high school, it's important to sit down a couple days before school starts and brush up on the basics: review some of your old notes from middle school on subjects such as math, English, science, and social studies. It will get your mind back on school so that you don't saunter into school on your first day with your brain still stuck on surfing.

Set your goals for the year.

These goals can be anything from getting straight A's for the fall semester, getting involved with the sports and clubs at school, making connections with new teachers and friends, improving your study skills, doing all of your assignments and homework by their due dates, or anything else that will make you feel like an improved person by the end of your first year of high school. Write them down on a piece of paper with checkboxes next to them. Then fold up that piece of paper and tuck it away somewhere where you won't forget where it is. At the end of the school year, open the paper and see if you can check off the boxes, see if you accomplished your goals. I bet you will have.

Those are the five steps that it takes to be prepared for high school. If you still don't feel prepared, even after doing everything in this article, just remember: high school is about having fun, too! If you let your stress eat away at you, high school will be over before you know it, and you'll look back with only memories of stress, not memories of having fun. Yes, please take high school seriously, and make sure to prepare yourself for it as much as possible, but remember that letting yourself relax and have fun at times will be just as important for having a complete high school experience.



Unorthodox: A Book with a Message by Ruby Matenko



Unorthodox by Deborah Feldman is an autobiography. Feldman relates her life as a young woman born and raised in the incredibly orthodox Hasidic community of Satmar in Williamsburg, Brooklyn. It is about how she grew up being repressed, unable to do things such as read secular (non-religious) books or eat non-Kosher foods, show her actual hair instead of wearing wigs, or do more with her life than get married and have a family. She describes how she rose and rejected her Hasidic roots and found a path to freedom and happiness for herself and her son.

First, I will explain some things that may be confusing. A rabbi, saved by a man named Rudolf Kasztner during World War II, immigrated to America and gathered a large group of other Holocaust survivors. They formed a Hasidic sect (named after the rabbi's hometown). Other rabbis who had survived followed him, creating orthodox Jewish subgroups to preserve the memory of the many communities and people killed during the Holocaust. A Hasidic Jew describes those who willingly went back to a way of life that included dressing traditionally, speaking only Yiddish, and following many clear, strict orthodox Jewish customs. One of their main focuses was reproduction, seeing as they wanted to replace the many people that died during the Holocaust.

Deborah Feldman was born into a Hasidic community and raised by her grandparents. Her mother excommunicated herself from the Hasidic community. As a child, her father was diagnosed mentally disabled, so her grandparents seemed to be the best fit for raising her. Deborah describes how she led a life of restrictions. She is not allowed to read certain books, she is forced to keep almost every part of her body covered at all times, she is not allowed to pursue a career no matter how good her grades in school are, and she is pushed to marry and have children with a boy at the mere age of seventeen. She is made to think that anything she does outside of the orthodox Jewish laws would be a sin.

This book conveys a critical message to any person who feels repressed or restricted or controlled in any way. That message is that everyone should be free to be who they are, and they should be free to protest against anyone who tries to make them be someone they are not. She is a very prominent inspiration to young people, showing them how she rose from her oppressed community and followed her dreams to pursue freedom. *Unorthodox* became a New York Times bestseller and was positively reviewed by many popular newspapers and websites and made into a Netflix series. This book is worth a read.

Three Books Worth A Read by Andrea Rodriguez

They Both Die at the End by Adam Silvera



The story of Rufus Emeterio and Mateo Torrez, both from New York City, is told in Adam Silvera's novel *They Both Die at the End*. Since getting midnight phone calls from Death-Cast, a program that notifies users with fewer than 24 hours to live, they chat with the Last Friend app and intend to share their final hours. Over an eventful day, these young teenagers talk honestly and movingly about their destiny, their outrage at its unfairness, and what it means to be alive and want to enjoy their last day to the fullest. This is a novel that I would recommend to someone who enjoys science fiction.

Tuck Everlasting by Natalie Babbitt



Tuck Everlasting by Natalie Babbitt tells the story of a young girl who must choose between living forever and continuing her life as intended. Winnie Foster discovers the potential of a spring to grant people immortality, or the ability to live forever, after meeting the Tuck family. *Tuck Everlasting* follows Winnie Foster as she experiences growing up, humanity vs. nature, time and death, passion, friendship, and family in a tale that encompasses many of these themes. *Tuck Everlasting* is a beautiful story that would make you think a lot. It shows how living forever isn't the best choice. I recommend this book for anyone that likes reading about life lessons, and fantasy fiction.

Bridge to Terabithia by Katherine Patterson



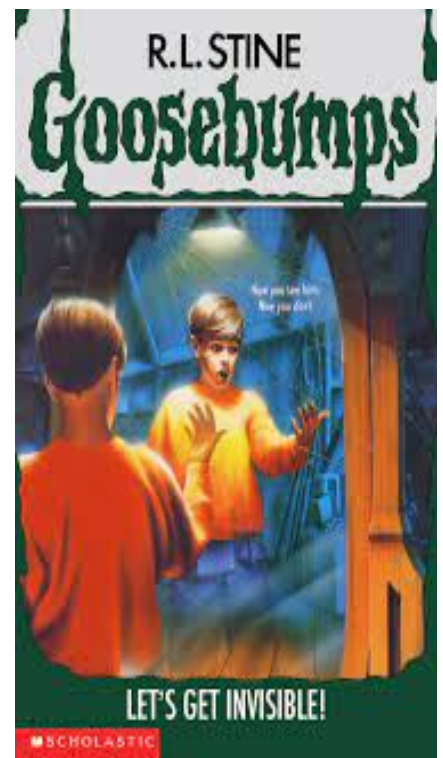
Jess Aarons is the central character of Katherine Patterson's novel *Bridge to Terabithia*. His ultimate goal is to be the top runner in his class. He's been training all summer and is looking forward to seeing the expressions on his classmates' faces as he defeats them all. On the first day of practice, though, a new girl bravely crosses over to the boys' side and outruns them all. While this isn't the best start for a friendship, Jess and Leslie Burke become inseparable. Together, they create Terabithia, a magical realm in the woods where they rule as king and queen, and their imaginations set only the limits. Anyone who likes reading about adventures, imagination, and friendship would enjoy this novel.

Being Invisible isn't always Good by Aarav Savani

Goosebumps is a series of horror fiction books and movies written by R. L. Stine, who always ends a Goosebump book with a twist. One of the books he wrote was, *Let's Get Invisible!* What makes this book unique are a few things. One is that the storyline is interesting. Two, it is highly engaging. Three, it is very well written.

The book is about a boy and his friends who discover a magic mirror. The mirror has the power to turn them invisible. Soon they start having contests to see who can be hidden for the most extended amount of time, but April, a character, says that it is hazardous, yet everybody ignores her. There is something they do not know about the mirror, though. If they are invisible for too long, they get sucked into the mirror, and their evil reflections come out and take their place in the real world. Although it is tempting to reveal the entire story, you will need to read it to find out what happens to the kids.

Based on these reasons and the summary, this is why I would recommend the *Let's Get Invisible* book mostly to sixth graders or kids who are not fond of reading.



Tips for Hybrid Learning

by Jillian Krevoy

After being at home for so long, it is easy to forget what you need to bring for hybrid learning.

The first thing to remember to bring is a set of headphones. It is essential to put a pair of headphones in your backpack because sometimes teachers require you to have headphones for their class. If you do not have any room for headphones in your bag, make sure you put them in a space at home that is easy to get if your teachers ask you to bring some.

Another thing you should bring is hand sanitizer or hand wipes. If you get a small bottle of hand sanitizer, then you can clean your hands in between classes. It is better to wash your hands before lunch, but it is much easier to pull out some hand sanitizer if you are in a rush.

Also, it is helpful to bring a charger to school, especially if you are using a school computer. The school computer's battery dies pretty quickly, and you do not want it to die in the middle of class. Most teachers let you charge your laptop during their course, but it will be pretty tricky to do that if you do not have a charger.

Lastly, do not forget to bring a pencil pouch with pencils, erasers, pens, and other supplies. In many classes, you need to use a pencil or pen, and it is so much easier if you have all of your materials together in one place. If you do not have a pencil pouch, you could put all of your school supplies in one pocket of your backpack, and that would help as well.

These recommendations and tips will help you be successful during in-person learning. More materials may be needed during hybrid learning, but these are the ones that students most often forget to bring to school!



Gift Ideas For All Seasons

by Elle Shim

Are you struggling to find the perfect gift for a friend? A family member? Finding the ideal gift for someone can be a struggle. Here are some gift ideas that will hopefully make gift shopping easier.

First, LED lights would make a great gift. These are strips of different colored lights that you can use in various ways, such as on the wall or around a TV. The person who you give it to could use it to decorate their bedroom. There are various colors on the remote, so the gift receiver can choose what color they prefer. At night when the lights are off, you can watch as the LED Lights make the entire room look pink or blue (or any other color you choose).

Second, if you are looking for a gift to use on a day-to-day basis, a portable charger would be a great option. It will recharge a phone in a concise amount of time, so you will never be in a situation when your phone dies and you can not charge it, even if there is no charging outlet. Furthermore, portable chargers can charge anywhere and anytime, which will come in handy, especially handy to someone who travels a lot or forgets to charge their phone at night.

Lastly, an Instax Mini Camera would be an excellent gift for someone who likes to take pictures. It is a user-friendly camera that will print out the image that the person takes in a few seconds. The pictures are relatively small, so many photos can be taken. Since the camera itself is comparatively small, it is easily portable and used to take some beautiful pictures on vacations and just day-to-day activities.

I hope these three gift ideas will make getting gifts a little easier. The best part is, they can be given in all seasons and still be equally valuable. Whether it is LED lights, a portable charger, or an Instax Mini Camera, they will be successful in making exceptional gifts.



Being Stuck at Home Does not Need to be Boring

by Andrea Rodriguez

1. Make a tie-dye outfit. Who doesn't like a wearable craft? It's stylish, cool, and fashionable. Paint an image. Relax with a DIY drink and some paint. YouTube has a variety of painting videos.

2. Start a scrapbooking project. When you paste your favorite childhood vacations and memories together in a cool, customized photo book, relive your favorite childhood vacations and memories.

3. Make jewelry that complements your personal style. It's incredibly simple with the right DIY jewelry package.

4. Learn how to style your hair in a new way. Anything requiring scissors should be left to the pros, but French braids, half-up ponytails, and space buns are all simple to learn.

5. Write a novel. Make an effort to be inventive. Make characters and a storyline fascinating by developing them. Write a story that relates to your life experience.

6. Download a new audiobook. Try audiobooks for listening on the go if you can't get out to the bookstore or want to lighten your load. The best of the best can make the time pass in a flash.

7. Listen to a Podcast. If you've never listened to a podcast before, you're missing out. There are a numerous podcasts to pick from, ranging from true thrillers to comedy.

8. Create a one-of-a-kind picture album. To make a memorable picture book, you don't need Michelangelo's talent. A number of online sites will assist you in assembling your pictures into a wonderful keepsake.

9. Change up your decor. There are a lot of ideas to help you give your home a simple and easy makeover. Rearranging your space will make your home look new.

10. Make a piece of wall art. Any of these fantastic wall decor designs don't need you to be a master painter.

11. Make an experiment with a new recipe. Stop opening and shutting the fridge in the hopes of finding new snacks. Take control of the situation and prepare your own delectable meal.

12. Make progress on your wishlist. Allow yourself to fantasize about your next vacation. Make a wish list of things (or experiences) you're interested in so you're not caught off balance.

13. Build a pillow fort. Fill it with all of your favorite things, including pillows, stuffed toys, and even books. Telling scary stories to your family, watching scary movies, playing board games, and doing a sleepover in your fort are all fun things to do.

14. Make a time capsule and wait ten years to open it. Fill a shoebox of souvenirs to remember the day. Load it with your beloved childhood things, tape it up, and bury it in your backyard with the help of your family.

Spring 2021 Fashion Trends Abide

by Eloise Behrstock

Being up on the newest fashion trends is very important for some people, and during lockdown, lots of people learned how to step up their fashion game and try new things. This spring is a perfect time to get on with the recent fashion trends and be yourself. Many different eras have been coming back and trending for the past year, including the 1990s and 2000s. Milan fashion week just recently ended, and Paris fashion week is just beginning. These shows will showcase some of the new fashion trends for spring 2021. Whether you land on the fashion spectrum, one of these spring fashion items will indeed work for you.

The first trendy clothing item this spring is a corset. Corsets have been trending a lot over the past month, and people are wearing them in many different ways. Some wear them over a dress, with a pair of straight legging or bell bottoms jeans, you can wear a corset in really any way. Another trendy item this spring is a bralette. Bralettes are made out of many different materials. From lace to cotton, satin, and more, bralettes are always other. Bralettes are a friendly, comfortable alternative to the traditional bra and could be worn under cardigans and blazers. Celebrities can't stop wearing them, along with plain back masks. Every celebrity wears one with their street-style outfit, and a black mask goes with anything as well. You can expect these three clothing pieces this spring and more.

Along with that, there are some trendy colors this spring, including bubble gum, pink and red. These colors would look perfect on any clothing item, from straight-leg pants to dresses, blouses, blazers, shoes, and more. When you see the color bubble gum pink, you immediately think of bubble gum you ate as a kid. This bright color proved to be one of the biggest fashion trends for new spring and summer collections. It is an excellent color to include in your closet. Red is a fantastic color in any material and clothing style, such as a satin dress or a light coat. Another addition to the spring collection is leather in various colors such as pink, orange, green, brown, black, and beige. Leather is a statement piece for the red carpet, runway look, and street-style fashion. Denim is also a statement for the whole year, but denim is super trendy this spring because it goes great with baby tees and crewnecks. Pleated skirts are another great way to step up your fashion this spring.

Accessories are significant fashion additions that make any outfit ten times better. The first must-have accessory is a colorful beaded necklace that will make any plain outfit pop. Another trendy item accessory is a baguette bag. A baguette bag is an adorable and fashionable shoulder bag that you can purchase in any color and wear however you like. This bag goes with any style outfit. Air Jordan sneakers in any color are also trendy. Matching your Air Jordan's accent color to your crewneck or the color of your shirt is very popular this spring.

"Say goodbye to the tiny-non functional sunnies of the 2010s; we're going big and bug-eyed in 2021," said ModernGurlz in their 2021 fashion trends and predictions Youtube video. I think oversized sunglasses and monochrome outfits will be a big trend in the spring and summer of 2021.

These clothing items, colors, materials, and accessories will hopefully be significant trends for spring 2021.



Gen-Z Fashion

by Sydney Sarraf

You might not have noticed, but the fashion trends have changed a bit over the years. Gen Z is making waves in the world of fashion, and there is no way to ignore them. Generation Z has created so many new fashion trends that everyone has to hop on. Kids are bringing back the early 2000s and late 1990s. As of last year, it has been announced that Gen Z is now the largest generation alive. "It may be wise to listen to youngsters as opposed to the elders!" Millennials are shocked that all of the crazy and ugly styles of the 90s, 80s, and even 70s are back in business. All though many clothing styles have been "canceled" from the late 1990s. Skinny jeans are out, and low-rise jeans are back in, baby.

You might be wondering what fashion trends have been brought back and created over the years? Many of these styles have been created and shared on Tik Tok. Just recently, kids have begun to make jewelry out of beads using a hair straightener. That's crazy if you ask me. Although I might have done it myself. Anyway, these trends have become very popular. Six hundred eighty-nine million people have downloaded this app. That means these trends have spread not only in the United States but all around the world. According to Google, the most popular accessory of 2021 is a "baguette bag" also known as a shoulder bag. Based on what I know and have heard, purses and bags are way in right now! Recently everyone is obsessed with them, including me. I will get back to that later. What follows are fashion trends created by Gen Z.

Number 1: Graphic sweatshirts/crewnecks. Personally I am in love with this trend and style. Usually with this crewneck you put a collared shirt or turtleneck underneath and stick out the collar. Everywhere I go I see one girl after another, all hopping on this particular trend. Perfect for an everyday outfit, if you can handle the heat. Rating: 9/10

Number 2: Pleated skirts. These skirts were top of the charts last year and now brought back in style. This whole look is going for a school girl feel, like a uniform. This trend messes me up because some of these skirts I see girls wearing are horrendous, but some can be cute on the right person. Rating: 6/10

Number 3: Long socks. This type of style was surely brought back from the 70s, 80s or 90s. I can understand why it came back because it's beyond cute. I imagine high schoolers back in the 80s with their long socks, short shorts, and crazy hair. These long socks are usually worn with chunky and bulky shoes but really go with anything. When skirts or shorts are worn the socks make you pop. Not only white socks but any color is fun. Rating: 10/10

Number 4: No skinny jeans. I 100% agree, skinny jeans are not it right now. If we are being honest I don't think they will be coming back for a long time. Like I mentioned before skinny jeans are out and low rise jeans are in. Not only low rise. Mom jeans, bell bottoms, boyfriend jeans, straight leg, flair and more. There is a big variety of jeans that anyone would choose over skinnies. Rating: 10/10.

Number 5: Strappy, cutout pants. Again with the pants. These pants are not my favorite but still a high level of cute. These pants focus on slits and cuts on the sides but mostly on the top. Certain types of these pants are really nice like yoga pants that have a little rap around string that goes around your stomach. But other than that, I wouldn't really go for it. Rating: 5/10

Number 6: Baguette bags. The most popular accessory of 2021. These bags really became a thing in the early 2000's but I'm glad they were brought back. I truly have an obsession with these bags. They are too cute. These bags rap up your outfit. They have just enough room for all your needs/essentials. According to other articles, these bags have fully returned back in style. If you owned one of these back in the early 00's, well it's time to hunt for it because you're gonna need it. Rating: 10/10+

Number 7: Platform shoes. Now platform shoes were definitely brought back from the 90s. Wow! Am I happy they were. These types of shoes are everything. The platform converse or the platform doc martens. I love it. The thick shoe and chunky heels give your outfit personality. A funky, fun and very cute personality. Many people are all over these shoes. They sell out like a light. Rating: 10/10+

Overall, all of these styles that were created and brought back from Gen Z are amazing and very stylish. I love every single one of them and highly recommend them all to you!



Fast Fashion Frenzy

by Ashley Lavi

Fast fashion clothing is wasteful and terrible for the planet. Fast fashion clothing is produced with materials that aren't recyclable, and most FF brands don't pay their employees a living wage.

Avoiding fast fashion brands is because it would be better for the planet. After all, buying from companies that use eco-friendly materials would significantly impact the ecosystem and reduce the amount of nonreusable trash.

Another reason to rid ourselves of fast fashion clothing is that it will be better for your skin. There are many brands out there that produce materials that are harmful to your skin, like Shein, that don't double-line their clothing. This lack of double lining can lead to rashes, infections (if worn in sensitive spots), and in some cases, causes acne.

According to Modern Gentlemen last month, statistics show that globally, the fast fashion market was estimated at \$35.8 billion. Additionally, according to The New York Times in 2019, "fast fashion brands use open-loop production cycles that pollute water and land."

Some people might argue that shopping with fashion is much cheaper and that eco-friendly companies cost more money. While this might be true, eco-friendly brands are only more expensive than fast fashion brands because eco-friendly materials cost more to produce; however, eco-friendly brands also want to pay a fair wage to their workers. There are also different ways to shop eco-friendly that aren't too expensive, which is thrift shopping. Yes, clothes at the thrift store have been loved by other people before, but you have a good chance at finding quality clothing from any brand with the correct information and location. Pretty much any use of reusing and passing down clothing is better than buying new from fast fashion brands.



Top Three Worst Movies Based on Book

by Aaron M. Artal

Many people enjoy reading beautiful books full of their favorite genres: action-adventure, romance, fantasy, realistic fiction, and science-fiction. They probably get even more excited when there is a new movie coming out based on their favorite book. But then they might get disappointed after watching the movie to find out that it is nothing like the book. It didn't follow the correct context, information, or barely anything that the author included in the novel. As you read on, I will tell you the top three worst movies made from beautiful books.

The Cat in the Hat (2003)

Almost everyone is familiar with American author Dr. Seuss, as he grew in popularity in 1940 for his constant rhyming children's book, *Horton Hatches the Egg*, and then in 1957, *The Cat in the Hat* (Seuss's most famous book). Then the film was made, and it was a horror. It made an entirely different version of the children's book. As great as an actor that Mike Myers is, this movie was made for children as it was highly inappropriate as it turned from a silly rhyme for children to a PG-13 film with many scenes that young children should not witness at such an age.

Percy Jackson and the Olympians (2010)

The thrilling, exciting, action-adventure series of Percy Jackson caught the attention of most who enjoyed reading Harry Potter. The Percy Jackson series is about a boy named the son of the Greek god of the sea, Poseidon. There is much action in this book, as well as tons of education about Greek mythology. I would know, as I have read the novel series myself. But then, the film came out for the first book of the series, *Percy Jackson and the Lightning Thief*, and it was an even bigger disaster than *The Cat in the Hat*. This was not just because it had almost nothing to do with the book (as the author, Rick Riordan, had no say in the film), but it was just a bad movie. No one would pick this film to watch if it was their turn on movie night. Nothing to do with the book, lousy context, bad actors, and it is disgraceful how they made a character Grover, who in the book, is a peaceful, intelligent, sensitive, paranoid, and good friend to Percy. But in the film, he is the opposite, uses foul language, and loves to party rather than go to school.

The Hobbit Trilogy

The Hobbit is an extraordinary book with tons of advanced literature and context as well descriptive commentary. Most high school English teachers may assign their students to read this book, not because of the fantastic fantasy genre with elves, wizards, dragons, dwarves, and other creatures. Still, because of the way the book was written, that has educated thousands of readers and made them much better writers. But as necessary to admit, the genre and theme made it great as well. These epic *Lord of the Rings* prequels were amazing. But then the film was made, or should I say films. This one book was made into three very long films that fell way below the standards set by their predecessors. I will admit, these movies were fun to watch, but they did not reach or even come close to their means once again.

K-Pop Rocks

by Iana Ahn

Most people listen and like K-Pop. K-Pop (Korean pop) is pop music made by Korean music idols. K-Pop is like pop music but in Korean. Many famous K-Pop groups include BTS, Straykids, Exo, Blackpink, Twice, Monsta X, and more. There are also solo artists like Jessie, IU, Zico, Loco, Crush, Zion T, Heize, and Chung Ha, who are hugely popular. As most of you know, BTS is a K-Pop group that debuted in 2013 through Big Hit Entertainment. It is the most famous K-Pop group of all. The band has seven members Jin, Jungkook (JK), Jimin, Jhope, Rap Monster (RM), Taeyoung (V), and Yoongi (Suga). There is also a very old K-Pop artist named PSY, who became famous worldwide with his song "Gangnam Style." Usually, K-Pop bands recruit people at the age of twelve, but the earliest you should be training is ten. There are also collaborations/collabs where artists create a song with other artists, not only Korean but also American. K-Pop has many varieties of languages that they sing in, so I think you should try listening to K-Pop and learn Korean. K-Pop was only famous in Asia, but now it is worldwide for people to enjoy.

Barker Bloopers by Aarav Savani



Percy Jackson the Movie? Not So Much

by Hayley Chechel

Rick Riordan's *The Lightning Thief*, is the first novel in the Percy Jackson series and follows a twelve-year-old boy (Percy) who learns that he is a Greek demigod in modern-day times. While Percy is at Camp Half-Blood, Zeus, the king of gods, finds that his Master Bolt has been stolen. He accuses his brother and Percy's father, Poseidon, of the crime (which he did not commit) and claims that he will declare war if the Bolt is not returned to him by the summer solstice. Percy and his two loyal friends, Annabeth and Grover, are forced to go on a quest and find the real Lightning Thief. This book is an entertaining read and very hard to put down. In addition, it also teaches readers about many of the Greek gods and even some ancient legends.

Five years after its release in 2005, 20th Century Fox bought the rights to make a movie based on the successful novel. Unfortunately, the film did not deliver and was a hot mess for lack of a better term. Many changes were made to Riordan's beloved story, most strikingly: the main characters were sixteen and did not look like they were described in the book. The plot was altered to the point that it was almost unrecognizable, and even small props, like Percy's magic ball-point pen, were changed for no reason. The movie could be a complete stand-alone film, yet it would still be horrible because both the acting and dialogue were so bland, it was hard to watch. When Riordan commented on the movie, he said, "... it's my life's work going through a meat grinder..." The one thing that can be said for this train wreck of a movie is that they did consider the audience's criticism when making the second movie in the series. In the second movie, the actress who played Annabeth dyed her hair blonde to more accurately fit her character's description. Other characters that had not appeared in the first movie, like Clarisse La Rue, were added. However, these changes don't make up for the apparent failure of the original film.

If you're looking for an excellent book to read, I recommend it, but it is a hard pass on the movies

The Juicy Celeb Drama of 2021

by Diana Walters

We all know how addicting social media is. With one buzz, we are hooked. Ten minutes of endless scrolling and liking follow. At one point, we see a post about celeb drama and want to know more. Before you know it, you are reading about The Talk's former host Sharon Osbourne being accused of making derogatory slurs to some of her previous co-stars. According to a report, Sharon would constantly use offensive language when talking about host Julie Chen. There have also been allegations of Sharon talking badly about Sara Gilbert, who is openly a part of the LGBTQ+ community. Our favorite couple, Kim Kardashian and Kanye West have recently had a divorce. After six years of marriage, they have decided to split up due to Kanye West's erratic behavior towards Kim and her mother, Kris. They have had four children together and have agreed on joint custody. There still is not much to know because it seems as if they're keeping it quiet. Tiktok is another way to watch 60-second videos for hours on end about celebrities. Two celebrity couples Nessa Barrett and Josh Richards and Mads Lewis and Jaden Hossler, have broken up. Nessa and Jaden got together after writing their new song, "La Di Die," and performing it on various TV shows. Even though there are some bad to social media and celebrities, there are some good ones. Matthew Morison's wife Renee announced they are expecting a baby after multiple miscarriages, and Christy Tiegna is back on Twitter after a three-week break. Gossip is always good when it is juicy and social media provides that daily.

Stranger Things is Worth a Watch

by Gunnar Walmsey

Stranger Things is an action/mystery/horror show on Netflix created by the Duffer brothers. Season 1 is mostly about getting to know the characters and the story. The first couple of episodes mainly establish how Hawkins and the people usually act. Hawkins is a small town in Indiana where nothing extraordinary happens. The main characters include Mike, Will, Dustin, Lucas, Nancy, Jonathan, and Eleven. A strange laboratory is introduced, which is the source of all the strange happenings in Hawkins. This season also shows most of Eleven's back story. Season 2 helps us get to know the characters better in their everyday lives. A few new characters are introduced, such as Max, Billy, and Bob. The characters create new friendships and new rivalries as well. Also, a new enemy comes into the story. In the latest Season 3, the characters are back to normal (again) but with a few minor changes. A new prominent antagonist, the Russian military, who is up to no good, is brought in. Overall, these three seasons show how the characters evolve and how new mysteries come and go.

Avocado Toast by Sophie Fouladi



Ingredients

Avocado
Bread (Rye and sourdough are recommended)
Lemon or lime (Juice)
Seasoning (Salt, pepper, garlic powder, and everything but the bagel seasoning.)
Veggies Ex: Spinach, Cucumber, parsley, cilantro, and/or arugula
OPTIONAL Egg

Step 1

*Grab a slice of bread and put it in the toaster or toaster oven.
*While that is toasting, grab a bowl and all of your ingredients.
*Then, wash the avocado and the lime/lemon.

Step 2

*Cut the avocado, pit it, and with a spoon, scrape the insides of the avocado and put it in the bowl.
*After that, cut and squeeze a lemon or lime into the bowl with the avocado so that the avocado will not turn brown. (You can also use juice made from concentrate in a bottle.)

Step 3

*Pour some seasoning into the bowl. Example: Salt, pepper, garlic powder, and paprika.
*NOTE: Everything but the bagel seasoning has garlic powder in it, (which we will be using at the end) so you do not need to add both). You can also substitute salt, pepper, and garlic powder for garlic salt and garlic pepper.

Step 4

*Cut up your veggies on a cutting board, and put them in the bowl.
*RECOMMENDED: Parsley is probably the best choice, but you can try all sorts of combinations *from the ingredients list*.

Step 5

*Mix everything together inside the bowl, then gently spread it on the toast. Gently sprinkle everything but the bagel seasoning. Then enjoy!

Step six (OPTIONAL)

*Put an egg on top.

Bingworthy Brownies by Katherine Gleeson

Preheat the oven to 325°F

Ingredients

1 1/2 cups granulated sugar
3/4 cup all-purpose flour
2/3 cup unsweetened cocoa powder
1/2 cup powdered sugar
1/2 dark chocolate chips
3/4 tsp. sea salt
2 large eggs
1/2 cup canola or olive oil
2 Tbsp. water
1/2 tsp. vanilla



1. Spray an 8x8 baking dish with cooking spray or line it with parchment paper.
2. Combine the sugar, flour, cocoa powder, powdered sugar, chocolate chips, and salt in a bowl.
3. In another bowl, combine eggs, oil, water, and vanilla.
4. Sprinkle the dry ingredients into the eggs mixture and stir until combined.
5. Pour the batter into the pan and use a spoon to smooth the top of the brownies.
6. Bake for 40-48 minutes, or until a toothpick comes out clean.
7. Cool before slicing.

Easy Snack Recipes by Abigail Baldwin

Have you ever considered some snacks that would be good to try and make at home? Well here is where I can give you some easy and simple snack recipes to make at home! Over quarantine, people have gotten bored, and even though we aren't really quarantined anymore, baking or cooking simple food at home is really fun and productive. You could probably make breakfast for your whole family if you have the time! Here are some good recipes.

Frozen grapes



First you put as many green grapes as you want into a bowl (any color grape works green is just the best in my opinion). Then you freeze for about 2ish hours. After that amount of time you take them out of the freezer and drizzle lemon and a little bit of sugar all over. Enjoy!

Crepes



First grab a bowl and mix 2 cups of flower, 3 tbsp of sugar, and a pinch of salt together. Next mix in 3 eggs and add 3 cups of milk and 1/4 cup of melted butter. Mix well. Then butter your pan and start flipping it over a hot stove and cook for a minute, flipping each side. Now take it out of the pan and top it with whatever you want like strawberries, Nutella, sugar, cinnamon, Enjoy!

Cucumbers with Tajin



First grab a cucumber and cut it into pieces. Next add Tajin and maybe a squirt of lime. This is a very simple, easy, and short snack to make but it is overall really delicious. Enjoy!

Garlic Bread



First Mix a stick of melted salted butter, 2-3 garlic cloves, and 1 tbsp fresh parsley. Then paste on cut up baguette bread and add mozzarella cheese and put in the oven for 30 minutes. Enjoy!

Chocolate Chip Cookies

Ingredients

2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 cup (2 sticks) butter, softened
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 teaspoon vanilla extract
2 large eggs
2 cups (12-ounce package) Semi-Sweet Chocolate Morsels
1 cup chopped nuts (Optional. If omitting, add 1 to 2 Tbsp. of all-purpose flour.)



1. Preheat oven to 350°F
2. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.
3. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Queen Elizabeth II by Yeonsoo Song



Queen Elizabeth II was born on April 21st, 1926, at 2:40 am local time, the eldest daughter of Prince Albert, Duke of York, and Elizabeth, Duchess of York. She was born in Mayfair, where she had her mother's house.

Elizabeth met Prince Philip of Denmark in 1934. The two were also related to Christian IX, his seventh cousin, and Queen Victoria's eighth cousin. Princess Elizabeth, who was thirteen in 1939, was in love with Prince Philip, and they exchanged letters until their engagement on July 9th, 1947. Her engagement sparked some controversy, as Prince Philip had no financial foundation to support her as a member of the royal family. Elizabeth Bowes-Ryan, Elizabeth's mother, opposed their marriage.

After a year of marriage, she gave birth to his first child, Charles Philip Arthur George, on November 14th, 1948. In 1950, she gave birth to her second and eldest daughter, Anne Elizabeth Alice Louise.

She joined the British Army as a subaltern in 1945 before World War II and was promoted to lieutenant. The mission was to operate supply vehicles. For this reason, the queen was a driver during World War II. Since the war ended shortly afterward, she was active for about three weeks, but Elizabeth II is the only one who has fought in World War II among the surviving heads of state as of 2017.

She is now ninety-four years old and has been in office for sixty-nine years, the longest and longest reigning monarch in British history.



Jeff Bezos and Amazon by Eloise Behrstock



When Amazon was founded on July 16th, 1995, everything changed for the online shopping industry. Jeff Bezos, the founder of Amazon, originally founded Amazon to be a bookstore with Earth's Biggest Bookstore slogan. Bezos originally wanted the company to be named Cadabra since he liked the magical-sounding name. He changed the name because his lawyer told him that it sounded way too similar to cadaver. Eventually, he decided to call his company Amazon because he liked how it was named after the biggest river in the world.

In the original Amazon office, they had a bell that would ring every time someone made a purchase, and all the workers would gather around to see if they knew who the purchaser was. After just a couple of weeks, they had to turn the bell off as it was ringing too frequently. The company was very understaffed in 1998, and every employee had to take graveyard shifts to make sure everyone got their orders.

In the late 1990s and early 2000s, facilities would shut down for hours because of system outages. Piles of products would sit around, getting ignored by the workers, and there was no preparation for new product categories. As the business grew, so did the products offered. Today Amazon is the go-to for anyone who hopes to buy something quickly and for less money.

Today Amazon prime is a lifesaver to many people. If you need something quickly, Prime provides that conveniently. Amazon has almost everything a person could need and is easy to access.



Amazon Headquarters, Seattle, Washington

Malala Yousafzai: Courage Under Fire by Abigail Baldwin



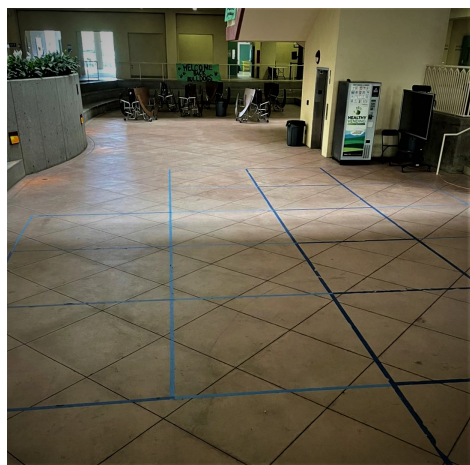
Is receiving an education worth dying for? It was for Malala Yousafzai. Malala is a Pakistani activist who spoke and fought for girls' education against one of the world's most dangerous gangs. She is the youngest woman ever to receive the Nobel Peace Prize. Malala changed the future of girls' education around the world. She was born on July 12th, 1997, in Swat Valley, Pakistan. She is one of three siblings. Her father was a social activist and inspired Malala to be just like him. She followed in his footsteps all her life and was a kind, brave, and determined little girl. During her early life, the Taliban invaded and took over all of Swat Valley. The Taliban is one of the world's most dangerous and cruel gangs in the world. They took away many rights for girls, such as their education. Malala was horrified, as was his father. Her father protested and even set up secret learning for girls where Malala joined, which was extremely brave of her knowing what the Taliban could do to her. She had experienced and learned a lot during her early life, just before making so many accomplishments.

Malala changed and made advancements to world society. She accomplished girls getting to go to school being more important in some parts of the world, especially the middle east. She got shot in the head by the Taliban, brought down, etc., and she still fought, which shows her determination. She is now a famous activist, just like she followed in her dad's footsteps. She had autobiographies about her, contributed money to girls' education rights, and even was the youngest person to receive the Nobel Peace Prize, which is her most significant accomplishment. She had many achievements for what she did.

In conclusion, Malala's work, effort, and bravery have changed the value of girls' education around the world. She has faced many challenges but has done what was best. Malala is a true hero who fought for a worthy cause to our world and almost lost her life doing so.



Photos by
Elle Shim, Andrea Rodriguez, and Jillian Krevo



Let's Dance



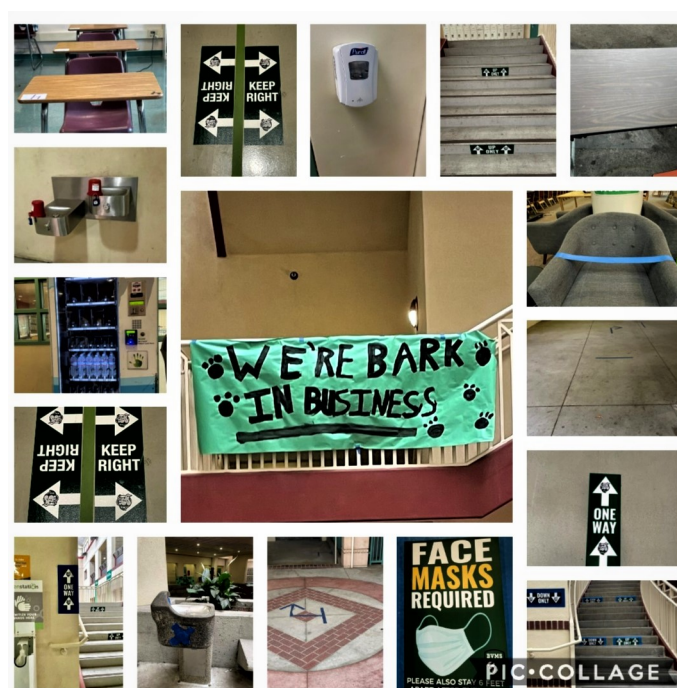
Woof! Woof!



Mouths off!



School Remnants



Bark in Business

BVMS
Beverly Vista Middle School

HEALTH SCREENING

YOU MUST COMPLETE AND SUBMIT THIS FORM EACH DAY BEFORE REPORTING TO CAMPUS. IF THE ANSWER TO ANY OF THE FOLLOWING QUESTIONS IS YES, YOU MUST STAY HOME.

- ✓ In the last 14 days, have you or anyone in your household had close contact with someone who has or is suspected to have COVID-19?
Yes
No
- ✓ In the last 24 hours, has the person entering campus experienced any of the following symptoms?
• Fever over 100.4 °F
• Headache
• Cough
• Sore throat
• Shortness of breath/ Difficulty breathing
• Chills
• Muscle aches
• Loss of taste or smell
• Gastrointestinal symptoms (nausea, vomiting, or diarrhea)
Yes
No
- ✓ Has the person entering campus traveled outside the State of California in the last 10 days?
Yes
No

QR CODE

Don't Forget



Would not Live Without This



We Can Go Here, Too



The Perfect Pod Recording

PHOTOS
BY YEONU SONG



Empty Terminal



Bagless Carousel



No One to Check Through



No Customers at the Westfield Mall



Invisible Foe



Quiet Streets