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will have you
chatting



Holiday Gift Guides
will help make the season
bright

THE BVMS BARKER

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News Briefs

Bet You Did Not Know

by Cleo Paul

Today when we think of the school at 200 South Elm Drive we think of Beverly Vista Middle School. However, it was not always this way. In fact, it took almost a century for it to get to where it is now. So, what journey did that school take to become BVMS?

On October of 1913, a few months before Beverly Hills officially became a city, the Beverly Hills Elementary School District was formed. At first, this school district was composed of only one school, the Canyon School, the future Hawthorne School.

As Beverly Hills grew over the next 14 years, so did the desire for a good education. To comply with the city's demands, two more schools were developed: Beverly Vista (built 1924-1925) and El Rodeo (built 1927).

In 1924, the arduous creation of Beverly Vista School began, led by architect Francis J. Cotton. Over time, five buildings and an auditorium were constructed on 200 South Elm Drive. In 1933, an earthquake occurred and the buildings and auditorium were improved and rebuilt.

In 1994, the buildings of Beverly Vista School were again weakened by the mighty Northridge earthquake. Because of this, the buildings were again reconstructed. On September 29, 2005, a groundbreaking ceremony occurred to commemorate the rebuilding of the Beverly Vista School. In 2007, its restoration was complete.

In the school year of 2019 - 2020, the Beverly Vista Middle School we know today first opened its doors. For this first time ever, there would be a school exclusively for middle schoolers in Beverly Hills, no matter how long it took for it to get there.



Stress While Living in Quarantine

by Emily Song

As quarantine gets longer, online classes are the norm. As a result, the time that we are spending on electronic devices has increased this year and we are feeling more stressed. We are spending more than seven hours a day on our electronic devices.

Having to learn and study online can be very challenging because there are lots of distractions like watching YouTube, answering texts, and playing video games. Because of attending school in this manner students are getting more stressed out about school.

Having stress can lead to headaches, stomachaches, insomnia, depression, and other issues. One way to make stress less is to exercise. Something as simple as taking a walk and breathing in fresh air can help improve your mood and calming down your feelings. Another way to get exercise is to watch exercise videos.

We sadly can not change our situation right now but we can do things to make our stress levels go down.

Letter from the Editor

Dear Bulldogs,

If you are reading this, then you are showing an interest in our student newspaper. This newspaper is entirely written by students from the journalism elective and newspaper club at BVMS. Since we are not physically at school we have had to be creative about what types of articles to write and publish. Our OP/ED page reflects the opinions of the writers and is intended to be informative. Although you may disagree with what has been written, expressing opinions is part of our First Amendment. I hope that you enjoy our newspaper, and I look forward to publishing more in the coming semester.

Happy Holidays to all of you and most of all a Happy 2021.

Sincerely,
Mrs. Taylor (Editor in Chief)

Gift Giving Advice

Gifts Galore

By Madeleine Giorgio

Do you need help figuring out what to get your friends this holiday season? Do not know what they like? Can not seem to think of anything to get them? No need to worry any more! Here are three great gift ideas to get for your friends and family this holiday season.

If you are looking to find something that adds a little glamour to your gift, a Sephora gift card is the perfect way for either a man or woman to personalize their look. From the many different makeup products for women, and the variety of colognes for men, it is the perfect gift for someone who loves to look their best.

Secondly, if you are interested in looking for something that you can use daily, whether it's in the shower or working out, a Vibe Bluetooth speaker by the Amped & CO is the way to go. This speaker is portable and can provide many hours of usage. It even has LED lights that can be dimmed to match the mood of your music!

Lastly, if you have friends that love to entertain, definitely be sure to check out the Rad Monopoly California Dreaming game. This game is a special Kathleen Keifer edition, with "custom-touched" designs, such as the Beverly Hills Hotel and the Sunset Boulevard. This board game is fit to represent the perks of Los Angeles, and I can assure you it will not fail to entertain you.

I hope that you have found these few gift ideas useful. You now have three different ideas as to what to get your loved ones for the holidays; whether it be a Sephora gift card or portable speaker, I promise they will not let you down. Happy holidays!

Generating Gift Ideas

by Crystal Clinton

The holidays are right around the corner! You know what that means: PRESENTS!

However, when you are buying someone a present, you may struggle trying to figure out what to get them. In that case, I am here to help.

When figuring out what gift you're going to buy someone, the first thing you should think about is the person's interests. What does this person like? Do they like art or perhaps, they like clothes. By knowing a person's interests you can easily figure out what to get them.

Another thing you can do to figure out what to get someone is by asking them to create a list of items they would want as in a wish list. Ask the person you're buying for if they can write down a few things they would want and choose how-ever many you want to get them from the list.

Remember, the holidays are not all about gifts or presents, it is about spending time with family.

Holiday Entertainment

Must See Holiday Movies

by Crystal Clinton

It's December! It's now that time of the year again to start rewatching holiday movies favorites. There's a ton of great movies to choose from this year. However, stop scrolling through netflix! Here's a list of the top 5 holiday movies you need to see.

The Grinch-The 2018 animated version of The Grinch is directed by Yarrow Cheney & Scott Mosier.

This movie is based on The Grinch by Dr. Seuss. The Grinch is a grumpy old man who despises Christmas. He and his dog, Max, form a plan to steal Christmas from the Whos for once and for all. Does he succeed? You'll have to watch and see.

Available on YouTube, Vudu, Amazon Prime, and Google play.

Noelle-(2019) and directed by Marc Lawrence.

In this movie, Santa's son, Nick, must now take over his family tradition and become the 23rd Santa Claus. However, Nick is failing at his training. Nick's sister, Noelle, tells him to take a break and clear his head. However, after Nick's "break" he never returns available on Disney+

Tim Burton's The Nightmare Before Christmas (1993) directed by Henry Selick.

This thrilling movie tells the story of Jack Skellington, the king of Halloween Town. Jack is getting bored of Halloween and decides to go for a walk. On his walk he stumbles across and is sucked into a portal which takes him into Christmas Town. He becomes so intrigued and obsessed with Christmas that he decides to take it over. His efforts end in disaster. Available on YouTube, Google Play, Disney +, Amazon Prime, and Vudu.

Home Alone (1990) directed by Chris Columbus.

The first movie is about a bratty boy called Kevin, who is naughty the night before a big family trip. His mother makes him sleep in the attic for his bad behaviour. Kevin tells his mom that he wishes he didn't even have family! The next morning Kevin awakes to an empty house after his family accidentally left for the airport without him. Although he enjoys being home alone all that changes when two thieves try to break into his house. Available on Disney+ and Amazon Prime.

Elf (2003) directed by Jon Favreau.

This adventurous movie is about an elf named Buddy who was accidentally sent to the North Pole as a kid. He grew up from a kid to an adult, among Santa's elves. However, Buddy doesn't feel that he fits in. He decides to travel to New York in search of his real father. As an elf in New York he has lots of humorous situations to overcome. Available on Amazon Prime, Hulu, FuboTV, and Sling TV.

Holiday Baking

Sugar Cookies and Fudge

by Vivienne Rader

Since it is almost the holidays, I am going to be sharing some of my favorite holiday recipes! Both of these recipes are super easy to make, and they are delicious!

Christmas Sugar Cookies

(Preheat the oven to 350°F)

Ingredients
 1 cup sugar
 1 cup unsalted butter
 1 ½ tsp vanilla extract
 ½ tsp. Salt
 3 cups flour



1. Start by mixing 1 cup of sugar, and 1 cup of unsalted butter for about 2 minutes
2. Next, mix in 2 eggs one at a time.
3. Then add 1 ½ teaspoons of vanilla extract and ½ teaspoon salt.
4. Slowly add in 3 cups of flour and mix until fully combined.
5. Take the dough out of your mixer and place it in plastic wrap, shape it into a disc, let the dough chill for at least 1 hour.
6. Remove the dough from the refrigerator and roll your dough into a thin sheet.
7. Using 3-4 inch cookie cutters, cut the dough into any shape you would like.
8. Place the cookies into the fridge for 20 minutes before putting in the oven. Bake for 10-15 minutes or until the edges are brown.

Decorate however you would like and enjoy!

Christmas Fudge.



Ingredients

2 ¾ cups chocolate chips
 1 (14 oz.) can sweetened condensed milk
 4 tbsp of unsalted butter
 1 tsp of pure vanilla extract
 2 tbsp heavy cream
 ¼ tsp kosher salt

1. Start by adding 2 ¾ cup of chocolate chips, 1 (14.oz) can of sweetened condensed milk, 4 tbsp of butter, 1 tsp of pure vanilla extract, 2 tbsp heavy cream, and ¼ tsp kosher salt into a medium saucepan on medium heat.
2. Stir until the mixture is smooth.
3. Line an 8x8 baking pan with parchment paper and pour your mixture in.
4. Top with festive sprinkles of your choice.
5. Let chill in the refrigerator for 2 hours and cut into squares to serve!



Michelle (Robinson) Obama
by Aaron Artal



Michelle LaVaughn Robinson was born in Chicago, Illinois, January 17, 1964. Her parents were Fraser C. Robinson III and Marian Shields Robinson. She had an older brother named Craig Robinson who is currently a men's basketball coach in Oregon State University. Michelle grew up admiring former baseball player, Jackie Robinson. She was always a good student and was often found reading and studying a lot in her bedroom.

When Michelle was seventeen-years-old, she started her college education at Princeton University and graduated with top honors in political science, psychology and law. While an undergraduate, she decided that she wanted to be a lawyer. She applied and later attended Harvard Law School.

Michelle graduated from Harvard Law School with top honors. Following that she took a job at a law office back home in Chicago where she met her future husband, Barack Obama. They were married on October 3, 1992 and had two daughters: Sasha and Malia Obama.

In 2008, Her husband Barack became the president of the United States, which made Michelle the First Lady. She is believed to be one of the greatest First Ladies in American history.

In addition to being first lady, a lawyer, and mother, Michelle is also an author. Some of her books include: *Becoming*, *American Grown*, *Farewell Speeches*, *Be Vigilant But Not Afraid* (which she wrote with her husband Barack), and others.

Donald J. Trump
by Elijah Berliner



Donald J Trump was born on June 14, 1946, in Jamaica Hospital Center in New York as the fourth child to Mary Anne Trump and Fred Trump. Fred was a New York real estate tycoon and as a result the Trump family was very wealthy. Trump was sent to the New York Military Academy and thirteen where he became a star athlete.

After attending the academy Trump entered Fordham University in 1964. He transferred to the Wharton School of Finance at the University of Pennsylvania two years later and graduated in 1968 with a degree in economics.

Trump has been married three times. First to Ivana Trump from 1977-1992, then to Marla Maples from 1993-1999, and then to Melania Trump whom he married in 2005. He has five children from three different women.

In 1999, his father died followed by his mother in 2000. From 2004-2017 Trump participated in a TV show called The Apprentice.

In 2016 he ran for president in 2016 against Hilary Clinton as a republican. He won the election and became the president. After a hard fought election he lost to former vice president Joe Biden. With his net worth currently at 2.5 billion it remains to be seen what he will do next.

Joseph Robinette Biden
by Yeonseo Song



Joe Biden was born at St. Mary's Hospital in Scranton, Pennsylvania. He started his career as a lawyer in 1969 and became a public defender because he felt ashamed to be on the side of a powerful person. Although his grades were not good-to be 76th out of 85 at the time of graduation- Joe Biden, who had been highly trusted by professors since his college days, got a job at Delaware's biggest law firm, Freaket, Ward, Burt & Sanders, right after graduation on the recommendation of professors.

Because he couldn't make a living as a public defender, he ended up being re-employed at a local law firm, where he joined a forum dealing with reform within the Democratic Party. He was also invited to run for the position of councilman for the Delaware Newcastle County. At that time, Newcastle County was a strong Republican district. Biden, a Democrat, ran for the office and became a county council member of Newcastle County in November 1970 by a margin of 2,000 votes. On December 18, 1972, his younger brother Jimmy and his family were in a car crash at an intersection, which killed his wife Nillia and his eldest daughter Naomi(at the age of 1).

Biden was a senator and married Jill Tracy Jacobs, an English teacher, in 1977. (Both were remarried.) In 1988, he was the second youngest person ever to run in the Democratic presidential nomination race. Though he was one of the leading candidates with the support of the baby boom generation for his young image, allegations arose that he plagiarized a speech by Neil Kinock, leader of the British Labor Party, and eventually gave up during the race. He later served as a federal senator for Delaware for 36 years until 2008.

In 2008, he ran for president of the Democratic Party, but there were signs of early elimination and eventually declared an end to the race after losing the Iowa caucuses to fifth place. But to attract moderate white votes, Barack Obama nominated him as vice presidential candidate, and Biden accepted.

On November 7 (U.S. time), the election was confirmed as the 46th U.S. president of the United States, defeating Republican Donald Trump. Coincidentally, he won his first Senate election on the same day 48 years ago. Joe Biden will be the longest-serving president in U.S. presidential history once he enters the presidency in January 2021.



2020-21 NBA Season Predictions

by Noah Shirazi and Adir Hakimian

The Los Angeles Lakers came out victorious after beating the Miami Heat in the NBA play-offs. What can we expect for next year? Who's going to be finals MVP? Who's winning it all? The regular NBA season is usually 82 games but due to the pandemic the 2020-21 season will be cut down to 72 games. Many teams will not travel as much and will play in their home courts throughout the week. The expectation is that teams play the same teams every week. Due to this schedule players will be playing back-to-back games. Usually, the players have longer break between the championship and the new season beginning, however, due to the shortend season they now only have a month off instead of eight or nine months.

What teams will have the possiblity of advancing into the playoffs for the eastern conference for the new season? The team that will surprise the viewers the most are probably going to be the Brooklyn Nets. They have bsuperstars like Kevin Durant and Kyrie Irving as well as an amazing coach. In the second seed for the east, it would be the Toronto Raptors, even though they have not ever one a championship since Kawhi Leonard had left the team. They are still major contenders with a huge strong and confident team as well as an amazing coach (Nick Nurse). The 3rd and 4th seed would be the Boston Celtics and Miami Heat. The Celtics haven't changed anything but we know that they are an outstanding team who can hold their own against strong teams in the conference. This past season the Miami Heat shocked the world by making the playoffs, and we expect them to try even harder to make it to the championship.

The top seed in the west most probably will be the Los Angeles Lakers since they still have their star players Lebron James, Dennis Shrouder, and Anthony Davis. The second seed in the west would go to the Los Angeles Clippers since they have a new coach and are setting up a new team which should be able to help them reach the top. The third seed would probably be the Portland Trail Blazers because all the players are officially healthy and they just acquired a new player, Robert Covington, who is a great defensive player.

These are our Top 4 predictions for this year. What an amazing off season and post-season it's about to be!

Our Choice for Point Guard and MVP

by Adir Hakimian and Noah Shirazi

This year we are expecting to see many ups and downs for this new NBA season. The question is who will be the best point guard and who will be MVP?

The best point guard will probably be Steph Curry due to his athleticism and him having to carry half of his team and put them on his shoulders to raise them to the top.

In the number two spot, we would have to go with Damian Lillard. He is one of the best point guards in the league and always puts his best effort forward; he averaged 44 points in The Bubble almost every game, and he has announced that he wants to start shooting from half-court more.

Now onto the MVP candidates. In the number one spot would have to be Lebron James. We say Lebron because he always puts his players on his back and can get huge stops and is good at dunks at layups.

For the second spot we would have to pick Damian Lillard. Damian Lillard is a new category because he has really improved and if he at least averages over 30 points every game expects the NBA to give him a chance.

In the third spot would be Luka Doncic. Luka Doncic could be another candidate because he had an amazing performance not just in The Bubble but for the whole season.

Free Agency

by Adir Hakimian and Noah Shirazi

Free Agency is one of the most competitive and interesting in the NBA. Free agency is when an NBA player's contract is over with their current team they get to choose to go to any team & sign a contract with them. For example Anthony Davis on the Los Angeles Lakers is a free agent you can choose in the NBA. Anthony Davis is planning on going to a different team to get a higher income because he is getting paid \$26.3 million for one year. Anthony Davis wants to go on a hire contract and start making \$40 million a year. Some players can get traded but that's based on the team, Players can ask their team to be traded even though they're not done with their contract and it will be forwarded to the other team and the other team will pay them. One all star that wants to get traded is James Harden on the Houston Rockets. He wants to leave the Houston Rockets and go to the Brooklyn Nets joining Kyrie Irving and Kevin Durant. This will make the Brooklyn Nets a team with the potential to win a championship.

The NBA Draft

by Dylan Moradzadeh and Nikita Kochnev

The NBA draft

Okay! let's talk about how the NBA draft went this year. So if you do not know what the NBA draft is, it is when they recruit more college players to come and play in the league. There's around 60 picks, so 60 players get to play in the NBA. The players get announced by the owner of the NBA and they come up and shake his hand.

The first pick this year was Anthony Edwards who was drafted to the Minnesota Timberwolves, which in my opinion they could use a guy like him, this team really needs some strong guards to help the centers out. In my opinion this was a solid first pick.

Now the second pick was James Wiseman, he is a center from Memphis University and was drafted to the Golden State Warriors. Which he will help the team score in the paint more, this was a good pick in my opinion. The Warriors have good guards in Stephen Curry and Klay Thompson and good forwards, but all they needed was a center, so this was a perfect draft pick for them.

The third pick in the NBA draft was Lamelo Ball, we remember him playing high school basketball as if it was yesterday. He is very famous for his basketball because of his father lavar ball and his publicity stunts. He was young and a very good shooter. Everyone loves watching him to this day. He got drafted to the Charlotte Hornets which I think was a good pick since they did not perform well last season. We think that he will help them make far and possibly even the NBA playoffs.



Athletics During Covid

By Nikita Kochnev

Some of you might be wondering what a student athlete has been doing to stay fit during the pandemic? I am a student athlete whose main focus is basketball. Although so many sports have been shut down, I have found ways to practice basketball because my coach was willing to work out with me to keep me in shape.

It was challenging to find a place to work out since gyms and outdoor courts were closed. We managed to overcome this issue by working out at the beach or in parks. Luckily my coach was always prepared with equipment. He managed to not only keep me in shape but get me stronger and better. While practicing we always made sure to keep at least six feet distance from others and we always wore masks. We also started up team practices not too long ago, and it has been going great. Before coming to the first team practice everyone had to be Covid tested and approved by our coaches to attend practice. While at practice we avoid physical contact as much as possible and all try to maintain a safe distance. I have been luckier than most kids to be able to continue to work out and have the opportunity to practice with my coach and get better at my favorite sport despite all of the restrictions around me.

The Champions League

By Noam Wrobel

Bayern Munich is the best team in the world for now since winning the Champions League last year, but are they going to do it again? That is a big question, if you ask a Bayern Munich fan, of course they are going to win, but if you ask someone else, like me who is not a Bayern Munich fan, the answer might not be the same.

According to Fbref.com, they score 2.30 goals a game, that is just astonishing! They are first in the German league with 23 points in only 10 games. We know that they play as a team, but they also have players that can change a game by themselves like Coman, Gnabry, Lewandowski, Davies, and many more.

This summer they didn't sell one player and bought a whole bunch of really good ones, Sane, Costa, Sarr, and Choupo Moting. They don't only have a team they consider their teammates as brothers, they are strong, really strong, they kept the same team that won last year but upgraded it even more, and I think this year there is no debate, Bayern Munich is going to win again.

**Who is the Best Soccer Player?**

By Noam Wrobel

There is a lot of speculation about who is the best soccer player in the world. Is it Messi? Ronaldo? maybe even Mbappe? According to a journal called Lequipe Mbappe scored 7 goals out of 6 games, which means he scores every 1.17 games, as well as delivering 4 assists.

However, Messi only scored 3 goals out of 6 games, which means he scored every 0.43 games and had 1 assists. Ronaldo, on the other hand, has impressed from the start of the season, 6 goals in only 4 games, he scores every 1.5 games with 1 assist which is understandable because he is a striker.

If you look at the stats of Ronaldo, he is clearly the front-runner with Mbappe not far behind. Unfortunately Ronaldo and Messi are getting older so their stats are not what they used to be. Mbappe is only twenty-two years old and he already has been a part of a team that won the World Cup. Clearly he has a bright future ahead.

Right now Ronaldo is the best soccer player in the world, but Mbappe is the future of soccer.



This is the surfer

Nazaré 2020-2021

by Ivri Maman

Surfing is one of the most exciting extreme sports in the world with a lot of fans. The big wave season occurs between December and March in various spots in the world. One of the most desired surfing locations is Nazaré in Portugal. Nazaré is a popular surfing destination because of high breaking waves that form due to the presence of the underwater Nazaré Canyon. The canyon increases the incoming ocean swell which, in conjunction with the local water current, dramatically enlarges wave heights. Just last week Nazaré posted 50 foot waves which will only get bigger as December approaches. Surf pros Kai and Ridge Lenny and maybe even Garret McNamara, who surfed the biggest wave ever recorded (84 feet unofficially), and Maya Gabeira who holds Guiness Book of World Record for the largest wave of 73 feet ever are getting shipped out to Nazaré for this years competition. Maybe a new record will be broken.

Nazare is possibly the most beautiful and entertaining extreme sport contest in the world but attending comes with a cost. At this year's competition health officials closed the big surf spot because 20,000 people grouped together to watch the surfing on November 4. As I stated Every surfer that rides these massive waves is risking their lives because if you wipe out you have a 1,000 ton wave to worry about.

Every person who surfs here undergoes breath hold training aerobic stamina safety systems are required if you feel like surviving. This wave is not a normal wave that you can paddle onto like at your local beach a Jet Ski tows you onto the wave at high speeds your feet are also strapped into the board similar to snowboarding. The rescue guys on the Jet Ski are also responsible to collect them after every wave or tow them back to shore if they get injured.



Are Video Games Bad for You?

by Sofie Fouladi

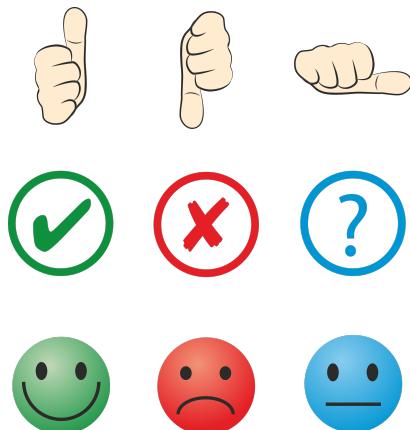
Most people, parents especially, believe video games to be bad for people, including their kids, but this might not be necessarily true. When the first video game Pong was released in 1972 kids became obsessed with playing it.

We have come a long way since then. Today, more and more people (mainly kids) have been obsessing over more popular video games such as Minecraft, Roblox, Fortnite, and recently, Among Us. All these new video games have formed a question in many people's heads, "Are video games really bad for you?" The answer is "Yes" and "No".

It can be argued that Video games might be fun at first, but it can lead to, well, addiction. Just like a little bit of junk food is fine, but having it everyday is not healthy. This goes the same way. Some video games might be way too silly for children and can kill brain cells. Before all of the parents read this and say to your kids, "I told you so," I think you might be interested to read on.

Now, you might be surprised to see this heading above, but hear me out on this! Some games might not be designed for educational purposes, but they could end up teaching you something. Just like some schools, use Minecraft to boost creativity, and this was the game that taught me that glass was made in a furnace and was originally sand. There are even some types of games that are made to challenge kids and adults and teach them something.

I know that video games are in fact very fun, but go outside and breathe some fresh air in your lungs and take a break from all that blue light, which can damage your eyes, and play a game of catch with your mom, or your dad, or your brother or sister.



The Election

by Elijah Berliner

What happened in the election. We all know Joe Biden won but lets discuss what happened in the election and why there is controversy regarding voter fraud.

On the first night of the election, it appeared that Trump was winning by a few electoral votes but all of the ballots had not been counted yet. By the end of the night several states had not been called yet and it would be several more days until the election was called.

As soon as Biden was declared the president elect, Trump said there was voter fraud and as a result filed lawsuits in several states to appeal the vote count.

So far there has not been any indication that voter fraud has occurred despite Trump's allegations.

Furthermore, several state supreme and lower courts in key states have thrown out lawsuits brought by the Trump administration. It waits to be seen how all of this plays out by January.

Sports and The Pandemic

by Noam Wrobel

Because of the pandemic participating in sports has become very difficult, however, I think sports teams should be able to resume with specific rules in place.

As we know the pandemic is forcing us to not go out a lot and not see all of our friends which I know is really hard. During quarantine all kids had a moment where they didn't feel good or they were upset because they couldn't go outside and not see their friends. Some could easily fall into depression. If sports resume then kids could see their friends and play a sport that they love, which could help kids avoid falling into a depression.

When kids stay home all day, they have nothing to do other than playing video games and attending online classes. So many kids are involved in organized sports and not having them has been really difficult. For many kids sports offer an outlet for their energy and an opportunity to interact with other people. Having sports back in their life would help manage through it and stay healthy.

Overall I think sports should restart since it will keep children away from being unhealthy, it will keep kids happy, and the third and last reason is that it would prevent the sports clubs from losing money. If we put some new restrictions and if all of those are respected, sports should restart.

Catchy

by Aaron Artal

You probably know that professional sports leagues including the NBA, NFL, MLS, and other leagues have reopened. I do not agree with this decision.

We are in the middle of a pandemic and putting lives at risk just for entertainment purposes is wrong. People's lives are at stake everyday due to COVID-19. These athletes who are playing can easily catch the virus especially since they engage in physical contact and do not wear masks while doing so. Even though they are tested before playing this does not ensure that they may not be contagious. Those who admire these athletes don not see them wearing masks so they do not believe they need to wear one either. This in turn may expose others to the virus. Obviously, it would be hard to wear a mask while playing but doing so would help to not expose the players, or be dangerous and risk lives. Once again, I do not think it appropriate and considerate of the athletes to risk their lives just for entertainment.

Take It Seriously

by Ruby Matenko

Currently, in the United States, there are an estimated nine million cases of coronavirus. According to the CDC (Centers for Disease Control and Prevention) nearly three hundred thousand people have died from this virus. The main reason is that many people aren't following the mask-wearing rules or the social distancing guidelines as strictly as they should be.

Some claim that they "can't breathe" when they wear masks or that they "don't work." Others say that it is "their body, so, therefore, it is their choice." Each of these statements is false. Health care workers wear masks nearly all day and can breathe just fine. Additionally, scientists advocate mask-wearing since they create a barrier between yourself and those around you. Masks prevent the spread of germs and therefore limit the exposure of the virus to other people. Since some people are asymptomatic, meaning that they display no symptoms of the virus, they could be spreading it to people who could be more vulnerable than them. Show some respect and wear a mask.

In addition to wearing masks, practicing social distancing is critical. People should remain at least six feet apart from one another outside of their household. Those who do not follow these guidelines do so due to government leaders' mixed messages and their own political beliefs. They argue that defying these rules makes them feel more in control; they don't think the virus is as nasty as people are saying it is; or that they can't stay away from their friends and people outside of their own house during this pandemic.

People who do not follow the CDC's social distancing guidelines will continue to perpetuate the virus's spread. I don't think that they will realize how serious our situation is until they catch the virus or someone they love becomes ill. People have to think about other people; that is the only way for this virus to stop spreading rapidly. Think about it this way; once the pandemic ends, there will be unlimited time to go out with friends, attend parties, and engage in activities that don't involve staying home and wearing a mask.

We must wear masks and practice social distancing if we don't want more people to catch this terrible virus that causes death and suffering to those who contract it. Everyone in our community, city, state, and the country has a role to play, and that role is to do their part in making sure that they are keeping themselves, their family, their friends, even strangers happy, healthy, and safe.

Study Tips

by Ruby Matenko

Studying is not an easy task, and for many students, it is something that we do not even know how to do. But, studying is a crucial part of learning; by definition, it is devoting time and attention to acquiring knowledge on a subject. It's the way you absorb information and then put it to the test (literally). We all need to know how to study. So, here is how to study, in just six steps!

Step 1: Lay out everything you will need

This does not just include laying out your textbooks, notebooks, paper, pens and pencils; it also includes grabbing a bottle of water and a snack to have by your side, seeing as energy is something you need to have while studying. Try looking for a snack with caffeine in it, but not too much; a piece of chocolate would be a good idea. Just make sure that you have everything and anything you would need; otherwise, on the way to grab a snack or a note card you forgot, you could get distracted! Also make sure to lay out a study schedule; you want to study just a little each day, not pack your brain full of millions of facts the night before! Review the study guide and make a plan to tackle each section bit by bit. Aim to start studying at least one week before the quiz or test or exam; do not wait until the night before!

Step 2: Review what you already know.

It is like getting into a pool; you should not just jump right in. First, slowly emerge yourself in the shallowest part of the water, and then make your way to the deep end. If you just jump into a whole new topic that you have to study, it is going to make it very confusing for you. So, for example, if you are studying for an English test, and you need to put a paragraph together that includes five of your vocabulary words, you are going to need to go back and review the words you have already studied so you do not leave any out! The overall idea: make sure to do a recap of what you have already learned so that you do not forget that information!

Step 3: Start studying!

When someone says the word *study*, what comes to mind? Well, studying should involve at least a few of the following: reading and taking notes, memorizing and practicing, repeating terms out loud, taking info and making new problems (like with math; create your own equations!), reviewing old assignments, or asking your teachers for help.

Another important part of studying is establishing a routine. Figure out if you need background music or if you need absolute quiet; see whether or not flashcards work for you; try having someone else test you; figure out how many breaks you will need to take (because taking breaks is very important!). Basically, just determine what works best for you when it comes to studying, and then do it!

Step 4: Use special study tricks.

Special study tools that you could use are the following. Try chewing a piece of gum or eating a certain snack when you are studying, and then chewing that same flavor of gum or eating that same snack when you are taking the quiz or test; there is something about your mind's receptors and taste buds that connect, making it easier for you to remember the information. Another study tip is to create acronyms. For example, if you are trying to memorize the order of the planets. Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune; MVEMJSUN; My Very Excellent Mother Just Served Us Nachos!

Step 5: Chill out the night before the test.

Studies have shown that late-night cram sessions and trying to pack all the information that is possible into your head actually makes you remember less and do poorly on the test. By not giving your brain a chance to rest and relax, you are going to have a harder time remembering the information that you have studied and learned. So, that means chill out! Watch your favorite television show, eat a good meal, take a hot shower, meditate, read a book, write in a journal, take a walk, and get a good night's sleep! This will actually make you more likely to do well on your test! You know more than you think! So, relax!

If you use those six steps any time you have to study for anything, whether it is a quiz, test, exam, midterm, or final, then you are almost guaranteed a great grade. And a lot of the time, it's not even about studying; it is about having the right attitude. If you believe that you have studied enough, and you know everything you are going to be tested on, then I promise you that you will get the grade of your dreams. Hope this helped!



Photo: Chloe Etheredge

What's Hot in Girl's Fashion

by Crystal Clinton and Vivienne Rader

Fashion Tip #1

The soft style is more of a girly look. Here are some things that you can wear to rock this style: skirts, cardigans, tanks, headbands, and shoulder bags. Colors are also a big part of this style. Some examples of soft colors are pastel/ light colors, light pink, sage green, light blue, and light purple.



Fashion Tip #2

Casual/ street-wear style. This style has a comfy, casual, and every day attire. Some things you can wear for this style are: oversized tees, graphics, loose/ baggy jeans, sunglasses, sweatpants, sneakers, and more.



Fashion Tip #3

Indie style. Indie is a very vibrant aesthetic/ style. To create an indie look: jeans, bright colored shirts, and some cute accessories pair well together! Thrift stores are a great place to find vintage clothing.





Horrorstör

by Alex Kush



Horrorstör is a new comedy horror book created by Grady Hendrix, who has also written *The Guide to Slaying Vampires*, and *My Best Friend's Exorcism*. It's a horror story set in an alternate Ikea. The main character, Amy, transferred to a new facility that has a store manager she loathes. The manager, Basil, has found furniture damaged, signs of a break in, and evidence of someone besouling the store on a nightly basis. Additionally, employees have been getting weird messages from different numbers saying "help". Forbye, the facility was built on top of the remains of a prison made by a deranged warden. Basil asks Amy and a few other employees to make a search around the store that night, what could go wrong?

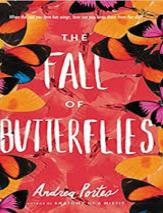
Although the book is an entertaining read, there are countless writing mistakes such as an overuse of said, and a few misspelled words. Additionally, there are a few parts of the book that might be inappropriate for some including curse words.

Nevertheless it seems the author wanted the vibe of the book to be that of a young adult. Therefore, this book is a fun yet thrilling book to read at night.

The suggested age to read this book is 13 and up.

The Fall of Butterflies

By Chloe Etheredge



The Fall of Butterflies by Andrea Portes is a great book. I totally recommend it for more mature middle and high school students. If you like books that portray a slice of life that can also make you laugh and cry, this is the book for you. The protagonist, Willa, a high school senior, meets Remy who shows her how fun life is. Unfortunately Remy becomes addicted to drugs. Willa tries to help, but sadly she is unsuccessful. If you're sensitive to topics of drug abuse, depression and curse words, this book is not for you. What makes the book even more interesting is that the author, Andrea Portes, has an experience close to the book. I really love *The Fall of Butterflies* and I hope you will too.

Wings of Fire

By Irene Oh



Wings of Fire by Tui T Sutherland is a nice book because it is adventurous and in the fantasy world, some characters are young dragons and the book has fulfilled prophecies. The main characters are Clay, Tsunami, Glory, Sunny, and Starflight. Clay is from the Mudwings, Tsunami is from the Seawings, Glory is from the Rainwings, Sunny is from the Sandwings, and Starflight is from the Nightwings. There are more groups but that's a secret until you read the book.

I recommend this book because of its plot which centers around five dragons who were friends. They were known as the "Dragonets of Destiny" they were stuck in the mountains. First, the dragonets do not know where they were. Second, they do not know where their parents are. Who do you think collected the dragonets eggs? Not the parents, it was dragonet guardians, Dune, Kestrel, and Webs. Dune, Kestrel, and Webs took the eggs and got hatched. After some time, the dragons want to meet their parents. The rest of the book centers around their journey to find their parents. If you enjoy fantasy and adventure, please go and pick up this book. You will not regret it.

The Harry Potter Series Rocks

By Aarav Savani



The Harry Potter series by J.K Rowling, a British author, are seven sets of amazing books that will make you think that you are actually a character in the story! If you love reading fiction stories then these seven books are the ones you should read. The books in the Harry Potter series are, *Harry Potter and the Philosopher's Stone*, *Harry Potter and the Chamber of Secrets*, *Harry Potter and the Prisoner of Azkaban*, *Harry Potter and the Goblet of Fire*, *Harry Potter and the Order of the Phoenix*, *Harry Potter and the Half-Blood Prince*, and *Harry Potter and the Deathly Hallows*.

Throughout all the books Lord Voldemort is the Antagonist and Harry is the protagonist and they have a couple of battles against each other. Harry, Hermione, and Ron are all friends throughout the entire series and have had a couple of fights throughout the books but have fixed the problem. Harry Potter was a baby when Voldemort was very powerful in the wizard world. Voldemort came to Harry's house and tried to kill him. Even though he tried he could not. James and Lily (Harry's dad and mom) both died trying to protect Harry. On Harry's forehead, there is a lightning scar from the event when his mother and father died. Even after Voldemort disappeared when Harry was a baby, there were still many followers of Voldemort. In the end, Voldemort was defeated for good and many characters in the Harry Potter series died in the battle and throughout the books.

Virtual Dancing is Better Than You May Think

by Ruby Matenko

Have you ever had to point, leap, jump, or dance in front of a computer? Probably not, but this is the new reality for students in schools where dance is offered instead of P.E. Being a dancer at BVMS, I feel that students who take dance have all adapted very well to the dance class on Zoom or Google Meet. Even though it is online, it feels as though we are in the dance studio at BVMS.

When it's time to log on to dance class, we are supposed to "dress out" or get into our dance clothes beforehand so that there is more time to spend dancing in class, and no one has to turn their cameras off to get dressed. Our instruction varies. Most of the time, we dance, but some of the time, we work on dance history projects or instructional videos that teach us, for example, how to stretch correctly or what we are doing right or wrong.

What typically precedes dancing is a warm-up. Its length varies, depending on how much time we have to work out in class that day. Most of us will "pin" Ms. George's camera to the screen so that we can follow along with the warm-up stretches and moves. Expectations include having a reasonable amount of room for the warm-up and dancing. For the class's duration, everyone follows along with the dance moves that Ms. George leads them to do.

While it is a little upsetting that Ms. George can't be there to help correct a wrong move or to adjust our mistakes so that we are dancing to the best of our abilities, she takes the time to watch each of us on the screen perform our dance moves to make sure we are doing them correctly. Then she will usually offer some verbal adjustments to improve our dancing.

I encourage you to take advantage of the opportunity to take dance at BVMS. Although the pandemic persists, having this option is everything.

Child Actors Who Have Gone South

by Elijah Berliner

I am guessing all of you have heard of how child actors often do not make good choices as adults. The following are actors where this was the case.



Jeremy Jackson Dunn (born 1980) starred in the TV hit show BayWatch as Hobie Bunacnan from 1991-1999. His life continued its downward spiral after Jackson's then-wife was divorcing him because of repeated physical attacks. However, his lowest point occurred in 2015, when he was handed a custodial prison sentence after he attacked a woman with a knife while trying to steal her car. He was sentenced to 270 days in prison with 5-year probation. Today he has faced his addiction and has admitted to being bipolar.



Jake Matthew Lloyd played Anakin Skywalker as a little kid when he was ten in Star Wars: Episode I - The Phantom Menace (1999). On June 17, 2015, he was arrested for reckless driving, driving without a license, and resisting arrest since he failed to stop for a red light, which initiated a high-speed police chase. After his arrest and spending ten months in jail the family revealed that he suffered from paranoid schizophrenia and is currently receiving treatment for that.



Next, Lindsey Lohan born in 1986 is most known for playing in the movies Mean Girls, The Parent Trap, and Freaky Friday when she was young. From May 26, 2007-March 18, 2013 Lohan is in and out of jail due to several arrests for driving under the influence and possession of cocaine, and a misdemeanor hit and run. By January 2018 she seems to have cleaned up her act.

Should teachers still teach cursive?

By Emily Song

When your parents were growing up, learning to write cursive was almost as common as learning to read or add. Though many schools have stopped teaching cursive, it is making a comeback in some places. There are two views about why cursive should or should not be taught.

YES: Writing in cursive requires a very different skill-set from print writing. It requires using the muscles of the hand in a particular way. In addition, it stimulates a distinct part of the brain than does normal writing. These skills can be very useful in encouraging the growth of motor skills at around 9 or 10 years old.

NO: Many people say writing cursive is important but teaching cursive to students in class is not a good use of time at school. Time is something that most teachers do not have enough of, so not having to teach cursive really helps. Print writing is not only easy to write, it is easy to read.



Desserts from Latin America
by Jose Fernandez



Brigadeiro

Oi! For my first dessert we are going to Brazil, a country with a very rich culture, delicious food, and most importantly outrageous dessert. We are making extremely easy and delicious Brazilian Brigadeiros. They are little chocolate balls with sprinkles that melt in your mouth. Delicioso!

Ingredients

1 tablespoon of butter.
14 ounces of condensed milk
1/4 cups of any cocoa powder (depends on how sweet you want it)
1 tablespoon of sugar (Optional)
And for some aesthetics, some chocolate sprinkles.

1. Put a pan on low heat and add the butter. Once it's half-melted, add the cocoa powder and condensed milk to the butter, stir it until you get a very thick fudge.
2. Scoop the mixture out of the pot and add it to a greased plate.
3. After that refrigerate it for 40 minutes to 1 hour.
4. Remove from the fridge and let it warm up for about 5 minutes.
5. Roll the mixture into tiny balls and add your sprinkles around the outside.



Arroz con Leche

Hola! Next we are going to travel to my birthplace, México, a country known for its delicious dishes and extraordinary desserts. We are making one of my favorites ever, Arroz con Leche. It is known to America as rice pudding and it is delicious.

7/8 cups of rice
1/2 cups of condensed milk
One cinnamon stick
3 cups of milk
1 whole can of evaporated milk.
One tablespoon of sugar optional.

1. Start by putting your pan on medium.
2. Add the milk and wait 3 minutes until the milk boils gently.
3. Add rice to the milk, cook for 15 minutes until the rice is soft.
4. Then, add the condensed milk and the evaporated milk.
5. Add a stick of cinnamon in the mixture.
6. Turn the flame to low and cook the rice for about 25 minutes stirring it every 3 minutes until the rice is soft.
7. And it should be ready, then you serve and enjoy!

Yummy Treats
by Morgan Wyse

Are you ready for the holidays? If you are then put up your tree, decorate, find a warm blanket, fuzzy socks, and make hot cocoa! The idea of sitting down in front of a fire with the cup warming up your fingers is just unimaginable. Sit back, relax, and enjoy some hot cocoa. Just a quick reminder that this confection drink can also be used for Hanukkah and other holidays.

Chocolate Bombs

Ingredients

1 packet, any type of cocoa mix
1-2 cups, any type of chocolate (chocolate chips, Hershey bars, etc.)
8 ounces of milk or water



Supplies

(any shape) Silicone molds
Measuring cups
(medium-large) Bowls

1. Start off by taking a few spoons worth of chocolate. This will depend on how many molds you would like to make. Place the chocolate in the microwave until melted. Stir till you get a paste.
2. The chocolate should be melted by now into a paste. Spread a layer of chocolate into the molds. Do not fill the molds you need them to be hollow. Be careful about any weak spots as those could break. You need a thick enough layer that the mold will not crack. But thin enough so the mold can dissolve.
3. Place your molds in the freezer for a few hours. Try to check on them regularly as you want them to be frozen solid. This way you will be able to fill your molds later on.
4. Once frozen, carefully flip your silicone molds inside out as it will be easier to take out the chocolate. Some pieces will break so try your best and always make extras!
5. Now that the chocolate is out of the mold you should have what looks like half of a circle.
6. Take the hot cocoa mix, and pour the powder till the mold is filled. (Marshmallows are optional.)
7. Take another empty half of the chocolate and melt the edges of it. Quickly place the two halves together. One should be filled with the mix, while the other should be empty. Repeat that same process with the number of molds to your liking.
8. Put your mold back into the freezer and let the edges harden for a few minutes. While that is going, heat up milk or water for 2-3 minutes.
9. Your molds are finished! Take one of the bombs or more and place them into your drink.
10. Watch as then cocoa powder spills out and the chocolate seal break!

Candied Lemon Treats

A famous decoration treat turns into the top quarantine snack: Sugared lemon slices. This simple snack is a joy to make and has a delicious flavor bringing back memories from a candy store.

Preheat your oven to 200 degrees fahrenheit.

Ingredients

3-4 lemons (at least)
1/2 Sugar
1/2 Water



1. Use a mandolin to slice the lemons (remove the seeds to get the best quality).
2. Get a saucepan and pour in equal parts water and sugar. Stir regularly until the water and sugar boil. Turn your stove to medium-low heat and wait for the sugar to dissolve.
3. Place the lemon slices into the pan making sure they are not overlapping one another.
4. Cook for about 30 minutes making sure to flip the slices after 15 minutes until the lemons are slightly translucent.
5. Remove from heat and place on a non stick baking tray leaving plenty of space between the slices.
6. Bake for 30-60 minutes making sure to check on them regularly until they are golden brown.
7. Remove them from the oven and let them cool.
8. Next place your slices in the freezer for 2-3 minutes. They will not need much time because they harden very fast. This will give the lemons a hard candy-like texture. Take them out and done!

Songs to Brighten Your Day

by Ameenah Huntoon

"Golden" by Harry Styles

Golden is a hopeful song about being vulnerable, being in love and moving on from heartbreak, but it is also an upbeat song that is perfect for singing out loud.

"Sofia" by Clairo

Sofia is a slow and trendy song that Clairo wrote about having a crush. It is an emotional, but happy song to listen to.

"Heather" by Conan Gray

Heather is a song about being jealous of that one perfect person. It is honestly a beautiful song that everybody knows the words to. It's perfect for being in a mood, which we all know happens.

"Lemonade" by Internet Money

Lemonade is a trendy song that started blowing up on TikTok. It is an upbeat song that everyone knows. If you want to get in a better mood, play this song.

"Backyard Boy" by Claire

Backyard Boy is a cute song that is happy and easy to dance to. It is a very visual song that can give you that spark of serotonin that everyone needs.

"Trainwreck" by James Arthur

Trainwreck is a heavy and beautiful song about a trainwreck going on in someone's life. He prays to a saviour that can "Unbreak the brocken, unsay these spoken words" said by James Arthur.

"Lovely" by Billie Eilish

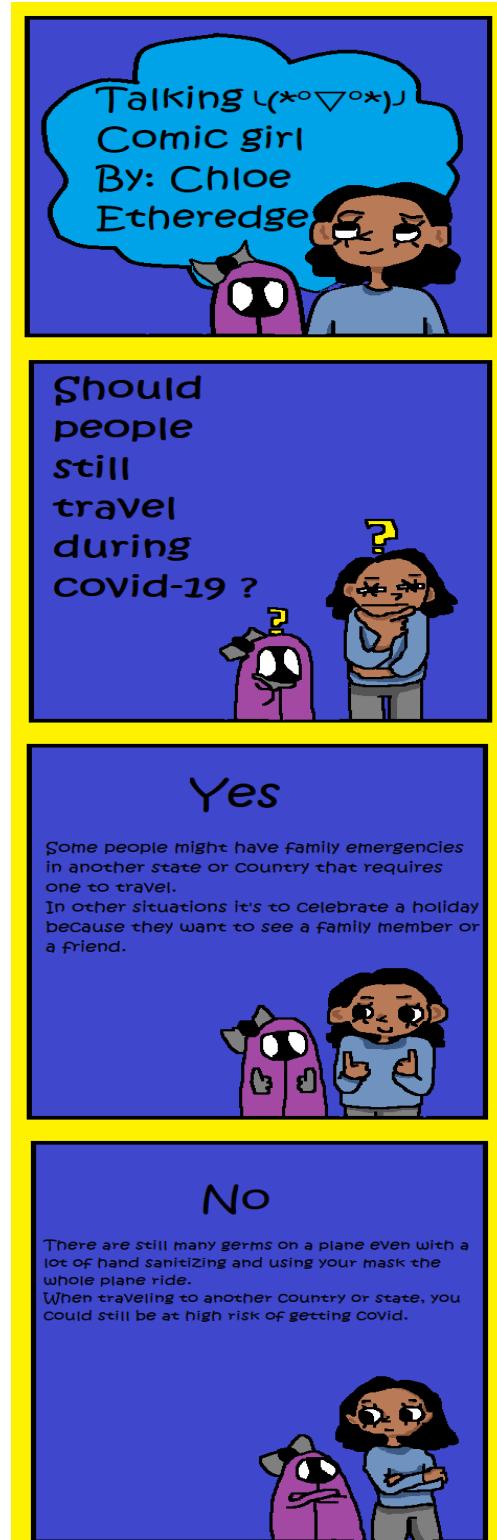
A less recent, but pretty song featuring Kahlid. It is soft and literally lovely. Billie hits all the right notes in this song. If you are feeling calm, play this calming song.

"Watermelon Sugar" by Harry Styles

The song that is always stuck in your head. Another upbeat song that is pure happy vibes.

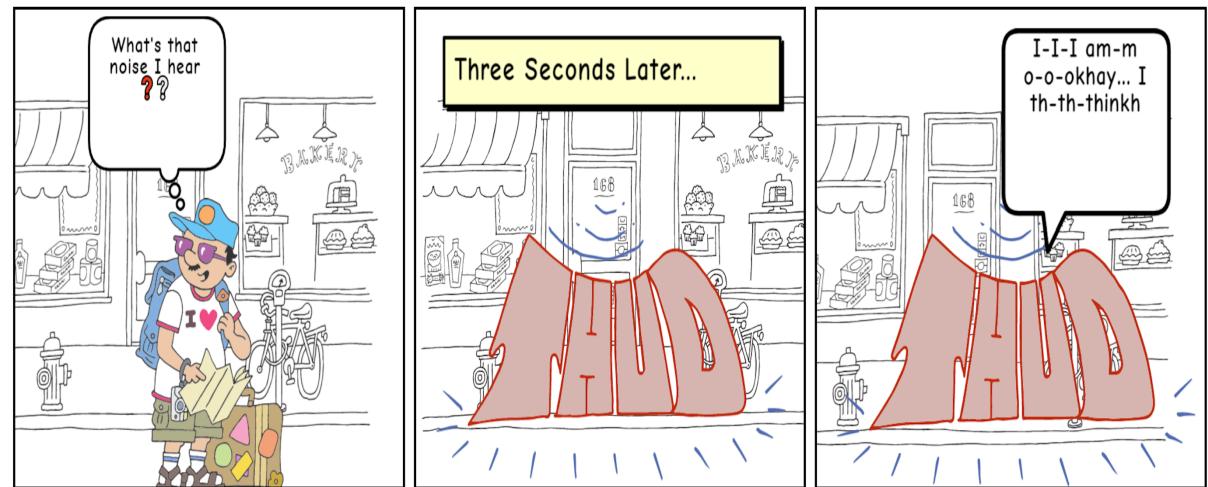
"POV" by Ariana Grande

POV is a song that can mean many things, one being wondering what it feels like to be seen from a different point of view. POV is a pretty song that is now a part of the TikTok community, too.



Bulldog Bloopers

by Aarav Savani



Obituary for Dave Prowse

by Aaron Artal

Dave Prowse, the famous British actor and bodybuilder who physically played Darth Vader in the original Star Wars trilogy, has died at eighty-five on November 28, 2020. Doctors say Prowse died in London, United Kingdom, near his hometown in Bristol. The hospital or exact location of where this tragic incident happened has not yet been confirmed.

Officials say Prowse died of complications, but have not been more specific about the manner of death of the actor. Most believe the bodybuilder died of normal old age, others think it was something more serious. Nevertheless, everyone can do nothing but mourn about this tragic incident.

The death of another celebrity among many others has caused some to think that year 2020 is cursed. No one can deny that this has been an awful year. Nearly millions of people worldwide have died from COVID-19.

Other actors from the cast of Star Wars such as Mark Hamill and Harrison Ford have shared their condolences. While all mourn the death of Dave Prowse, a wonderful actor, bodybuilder, and especially person, his family say he is now resting happily in heaven.

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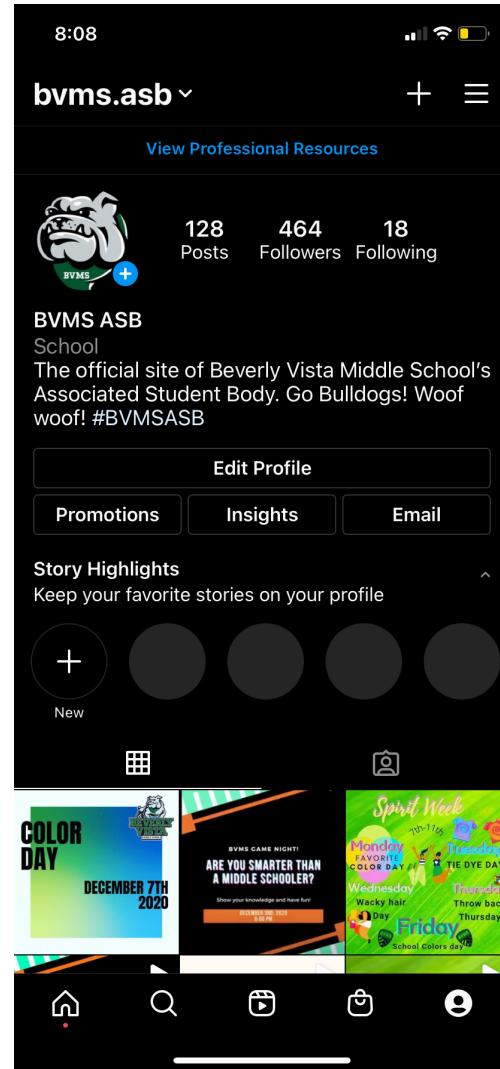


hoodie is available on the website for \$35.37, sizes go from YXS-3XL.



This T-shirt is also available on the website for \$15.83, sizes go from YXS-4XL.

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