

No Vaccine for Hate: A Current Look at Anti-AAPI

By NAOMI GAGE

If you've been paying attention to the news or current events, there's currently a lot of anti-Asian sentiment (or AAAP, Asian-American Pacific Islander), which has so far manifested in hate crimes, including but not limited to: the assault of elderly Asian pedestrians, the murder of six Asian women, and racial verbal abuse. One Filipino woman was attacked in front of a security guard, who merely turned his back as she was viciously beaten.

It is undeniable that the pandemic was part of the problem, the terror and confusion combining to create an ideal breeding ground for xenophobia, but what was the tipping point?

This outpouring of racism is not limited to America. Scottish lawmaker David Linden said that "victims were being punched, spat at and coughed on in the



street and even verbally abused and blamed for the coronavirus pandemic."

"I've always known that there is racism here and that people don't really acknowledge it," Thomas Siu, who was hospitalized for a week as a result of a racist attack, told CNN.

Susanna Ye, a Spanish journalist,

said that: "I think that people pick violence, verbal violence and physical violence because they don't expect us to react at all," she said.

Spanish comic book author Quan Zhou Wu said it perhaps the most succinctly: "We are invisible."

It is indisputable that there has long been a stereotype assigned to Asians, known as the "myth of the model minority". Asians are expected to be smart and quiet. We are not expected to be strong, and we are not expected to be loud.

This stereotype seems harmless, doesn't it? Why wouldn't one want to be seen as smart and well-behaved?

The following weeks have been nothing if not an effective demonstration of how harmful this stereotype can be. When

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LOOKING AHEAD: WHAT WE CAN LEARN FROM THE PANDEMIC OF 1918

By EMME FIELDS-KREMER

Through more than a year of the COVID-19 pandemic, the U.S. reached over 30 million cases, and almost 600,000 deaths. While the arrival of the coronavirus seems sudden and unexpected, experts saw some type of pandemic on the horizon.

The last time we've been in the presence of such a mysterious virus was the arrival of influenza, also known as the Spanish flu, in 1918, the outbreak lasting until early 1919. The flu still infects people seasonally in the fall, winter, and early spring each year, but now not as deadly as it was when it first originated. Most didn't think the disease led to death, but as we know now, that was incorrect. The outbreak of influenza killed over half a million people in the US from 1918 to early 1919, the population being what was only a third of what it is today. Luckily, now that Joe Biden is the United States president, running alongside the vice president, Kamala Harris, the coronavirus pandemic has been in more control. The Biden Administration

has encouraged taking proper precautions more than the prior administration. Biden also already took the right steps when invoking the Defense Production Act (DPA) to increase vaccine production. Most leaders have been trying to do everything they can to slow down the spread, but we need

"Those who do not remember the past are condemned to repeat it."

to stop and take a look at the past, it might even help us.

Texas State Governor, Greg Abbott, has yet to revisit history and has already made grand mistakes of his own. On March 2, 2021, contrary to CDC guidelines, the governor issued an Executive Order, lifting the Texas mask mandate and permit-

ted 100% occupancy of all businesses and facilities. Texas now has the second-highest number of coronavirus cases in the U.S.

During the 1918 influenza pandemic, Philadelphia, PA, had one of the highest rates of sickness, death, and disruption. Like Texas today, that city hadn't been cautious about posting measures that would have lessened the spread of the flu. In one event on September 28th, 1918, Philadelphia allowed a large Liberty Loan parade which raised money for the troops fighting World War I. Many who attended the event were already infected, and while the crowd wore ineffective gauze masks, thousands of the attendees came down with the flu and 12,000 people died.

The coronavirus spreads when we don't take the proper precautions and aren't patient, just like influenza. People need to take mask-wearing seriously because it is an easy way to stop the spread of the virus.

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WHITE HOUSE WATCH: A Look at the Biden Administration

A few months ago, Joe Biden and Kamala Harris won the 2020 election. Almost all of us held strong emotions for the election results. However, how much do you actually know about what he- and his administration - is doing in the White House?

In Joe Biden's inaugural address, he made many promises. He put an emphasis on unity- on being a president not just for the Democratic Party, but for the whole of America - and healing: healing the economy, healing the sick, and healing the vast inequalities. I think all of us, no matter our political affiliation, can agree: that sounds wonderful.

And yet, as promising as this sounds, we cannot sit back and trust in the power of our government anymore; if the past year has taught us nothing else, it is that negligence can result in injustice of the highest degree. With that in mind, let's look at what Biden's done so far.

Let's look at Biden's executive orders. While we can't cover all of them (spoiler alert: he's passed a lot), we'll try to go over the most important ones.

RE-JOINING THE PARIS CLIMATE AGREEMENT

For those who don't know, the Paris Climate Agreement is an agreement within the United Nations Framework Convention on Climate Change. Basically, it aims to involve many countries around the world to help prevent climate change. (Side note: whatever Ted Cruz may say, the reason it's called the Paris Climate Agreement is because it was signed in Paris. It has nothing to do with Paris, specifically.) Confirmation can be viewed [here](#).

RE-ENGAGING WITH WORLD HEALTH ORGANIZATION

Biden has reengaged with the WHO, after Trump formally withdrew the U.S. from it in July. This is very relieving, as it tells all countries that we are willing to cooperate with them on matters of health and the pandemic.

LAUNCHING RACIAL EQUITY INITIATIVE

Thirdly, Biden has launched an initiative to advance racial equality. The executive order states: "It is therefore the

By NAOMI GAGE

policy of my Administration that the Federal Government should pursue a comprehensive approach to advancing equity for all, including people of color and others who have been historically underserved, marginalized, and adversely affected by persistent poverty and inequality." TL;DR: The Government will pursue equality for all, including all minorities. Full text available [here](#).

PLANNING FOR THE PANDEMIC

Fourthly, Biden has passed an executive order about his pandemic plan. In other words, he is implementing a COVID-19 plan, which involves "coordinating a Government-wide effort to reduce disparities in the response, care, and treatment of COVID-19, including racial and ethnic disparities", "coordinating the Federal Government's efforts to produce, supply, and distribute personal protective equipment, vaccines, tests, and other supplies", and "coordinating the Federal Government's efforts to support the timely, safe, and effective delivery of COVID-19 vaccines". (TL;DR: The government will be trying to help minorities with COVID, distribute masks and other protective equipment, and try to deliver as many vaccines as possible.) Full text [here](#).

LGBTQ+ PROTECTION

Fifthly, Biden has launched an initiative to ensure that no one is discriminated against based on sexual identity or gender identity. "It is the policy of my Administration to prevent and combat discrimination on the basis of gender identity or sexual orientation." What does that actually mean? Well, the heads of government agencies and the Attorney General will be reviewing "all existing orders, regulations, guidance documents, policies, programs, or other agency actions" that have to do with sex/gender-based discrimination. Full text [here](#).

REPEALING TRANSGENDER MILITARY BAN

Sixthly, Biden has repealed the ban on transgender people serving openly in the U.S. Military. (For those who are confused, on January 22, 2019, the US Supreme Court allowed the former president's

transgender military ban to go into effect.) In his executive order, Biden stated: "It is my conviction as Commander in Chief of the Armed Forces that gender identity should not be a bar to military service." Full text [here](#).

LIFTING RESTRICTIONS ON ABORTION FUNDING

Seventhly, Biden has lifted certain restriction of abortion funding, saying that: "Women should have access to the health-care they need. For too many women today, both at home and abroad, that is not possible." Full text [here](#).

MAKING SCHOOLS SAFE FOR ALL

Finally, he is taking efforts to make sure that the education system will be safe and welcoming for all students, no matter gender or sexual orientation. "It is the policy of my Administration that all students should be guaranteed an educational environment free from discrimination on the basis of sex."

In the executive order, he directs the Secretary of Education to suspend/repeal actions inconsistent with the directive of equality, to review previous laws in search of discriminatory wording, etc. (TL;DR: Making sure schools will be safe for everyone is the main goal, and this will be accomplished by having the Secretary of Education review old laws and actions and make sure there isn't any discrimination in them. Full text [here](#).)

Biden's Cabinet is full of milestone nominations: the first black person to lead the Pentagon, the first openly gay person on the Cabinet, the first Native American Secretary of the Interior. Diversity does not automatically guarantee competence, but it does look pretty good so far. They're all very qualified, and it's great to see gender and racial diversity in high government positions.

Additionally, his executive orders are placing an emphasis on world cooperation, climate change, LGBTQ+ rights, COVID-19 control, and women's rights.

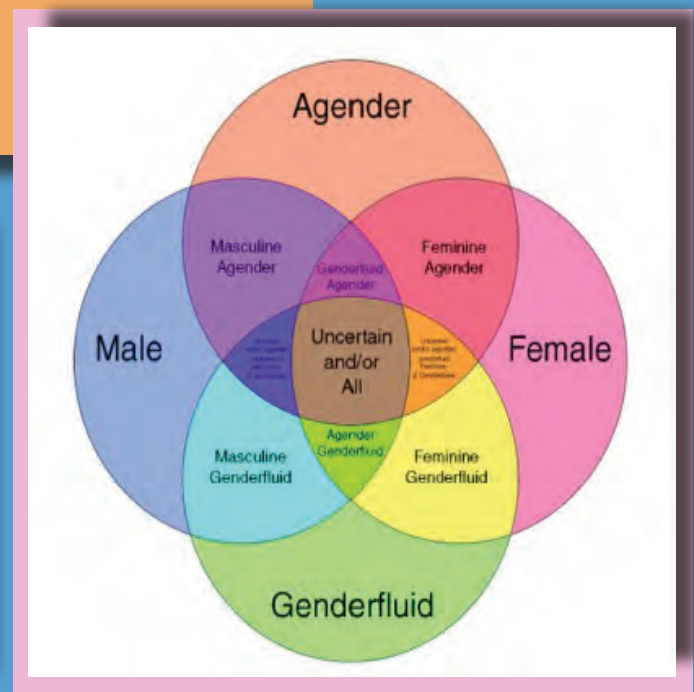
Although we must remain vigilant, the future is full of hope. In the words of Amanda Gorman: "*We will not march back to what was, / but move to what shall be. / A country that is bruised but whole, / benevolent but bold, / fierce and free.*"

Understanding Sexuality and Gender Identity

An informational guide to respecting and understanding the LGBTQ+ community

By ADINA FRID-MADDEN and WALDEN SULLIVAN

You don't need to understand everything about sexuality or gender identity to accept someone for who they are. You don't need to relate to someone in order to respect them, and you don't need to feel hurt to stand up for someone. So don't be afraid to speak up and use your voice for good!

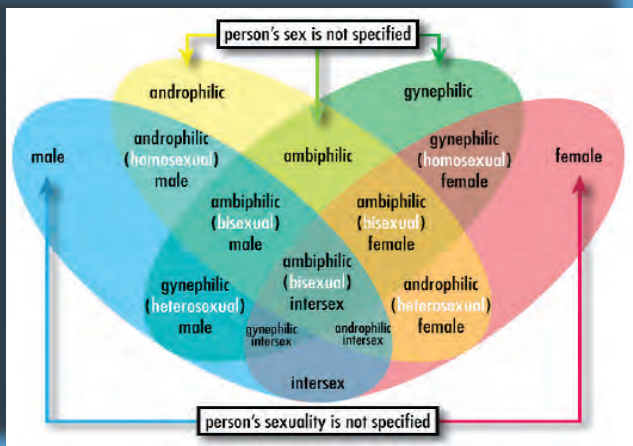


What To Say	What NOT To Say
<p> "Thank you for sharing." "Thank you for trusting me." "I am so proud of you." "Thank you for sharing, I just need time to process." "Cool!" "OK" "K" "Awesome!" "Same!" </p>	<p> "I'm sure it's just a phase." "I don't believe you." "Hahaha, you're joking!" "I already knew." "Can you be my GBF?" "Are you sure?" "Why didn't you tell me before?" "But you're so masculine/feminine!" "Wait, this doesn't mean you are into me...does it?" "You're just saying that because it's on trend." "No, you're not." </p>

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Misinformation and Myths:

1. "Bisexual people are more likely to cheat"
WRONG! Your sexuality has nothing to do with your moral compass.
2. Same-sex couples have one masculine and one feminine person.
WRONG! In movies there seems to always be one masculine person and one feminine person in the same-sex couples but that is a complete myth.
3. Person who is gay is always feminine.
WRONG! WRONG! WRONG!
4. Person who is lesbian is always masculine.
Also, WRONG! WRONG! WRONG!



Definition Cheat Sheet:

Gay	Identifies as a male that can be attracted to males
Lesbian	Identifies as a female that can be attracted to females
Pansexual	Identifies as any or no gender that can be attracted to people of all genders
Bisexual	Identifies as any or no gender that can be attracted to male and female
Polysexual	Identifies as any or no gender that is attracted to many genders but not all of them
Asexual	Identifies as any or no gender who does not or only experiences little romantic and/or sexual attraction
Transgender	Gender identity differs from the one that they were assigned at birth
Transexual	One who undergoes surgical or hormonal treatment to acquire the physical appearance of a gender
Nonbinary	Someone who identifies a gender that is neither exclusively man or woman, or is in between, or beyond both genders
Genderfluid	Someone who's gender identity shifts

Standing up for yourself and others can be frightening but to do so is to believe in equality for all, and to believe that everyone has the right to be whoever they want and love whomever they want.

*Standing
Up to Hate*

Pronouns

Making a mistake, pronoun-wise is not a big deal. The best way to move forward is to just correct yourself and move on because by saying "Oh no! I'm sorry, it's just so hard...." is implying that putting in a small effort to respect them is not worth it. You should also include your pronouns when introducing yourself to make the people around you comfortable to share their own.

Less Work, More Time

By HOLDEN KOPMAN

If you have been having trouble finding activities to do during the pandemic, or are looking to decrease the amount of schoolwork and activities you already take part in, you've come to the right place. I will cover the necessary steps to having the perfect amount of school time and 'you' time.

If you are lost in school work or trying to decide how to separate school and hobbies, just know a lot of students are in the same boat. COVID-19 has majorly impacted students and teachers daily schedules, so it can be very difficult to adjust to the current times. The longer we are quarantined, the longer we look back on distant memories, thinking about what we would be doing now if COVID had never happened.



trouble keeping your schedule balanced. One other way is to keep notes and to set reminders as to how to plan out your activities.

In a survey completed by over a hundred JAMS students, it is shown that schedules have majorly cleared up during the pandemic leaving room to try new things. There was also a big majority of students who have not considered taking part in school activities which may help fill in part of that gap. With the return to physical school, hopefully we can re-adjust to normalcy and possibly take part in the fun activities we enjoyed pre-pandemic. Time management can not only help you separate home and school life but also give you a sense of relief once your responsibilities are out of the way. At the end of the school day, all you want to do are your favorite activities or just simply relax, but it may be much more satisfying to get all of your schoolwork out of the way. When completed, you can spend the rest of the day doing the simple things that bring you joy. The result of keeping good vs. poor time management is a major difference and if you have not tried separating school and home life in an organized manner, I would suggest you try it.

The 8th grade counselor Ms. Cowgill states "I love keeping a to-do list. I have a space in my house that's just mine where I do all my work. I also have

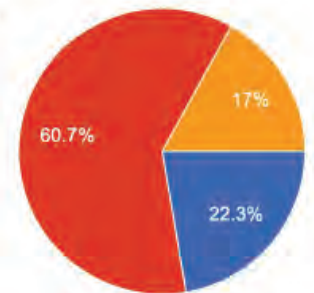
a mind set of - 'just get it done' ". These are great ways to stop procrastinating - by creating a place to relieve stress and creating lists to organize and plan out activities.

With all the different ways people organize their time, there is a wide variety of things to choose by just taking advice from others. If you simply follow one of these tactics that suits you, you may relieve lots of stress that has been filling up in your body. If you prefer to procrastinate but still finish your work on time, then there is no judgement there. All in all, there can be lots of ways to manage your time so if you ever feel overwhelmed with school work, know you can always create notes or ask for help.

Did you have more free time before or during the pandemic?

112 responses

● Before
● During
● Equal



JAMS students finally returning to the soccer field after a long awaited return.



The Communication Crisis

Now that students are learning online, friendships have also moved to a digital setting. Is this a sacrifice or an improvement? How has it changed things for students and people in general?

Everyone has been stuck at home for more than a year because of the COVID-19 pandemic, and it goes without saying that JAMS students are used to online learning. But how is this affecting students' friendships?

In the midst of this worldwide pandemic, students' friendships are the least of the world's concerns. But students care. They miss their friends. 12% of JAMS students stated that they had been slowly drifting apart from their closest friends, and now felt friendless. Another 31% reported that they still talked, but felt significantly less connected. During this time of self-isolation, feelings of loneliness are perfectly rational, but how are JAMS students supposed to fill the hole? Some of them say that online friends are a good substitute for real life connections -- one student saying that online friendships were better considering the lack of face-to-face interaction helped with their social anxiety, and another that online spaces made them feel safer from bigotry -- but a huge majority of students still preferred hanging out in real life.

"Online life isn't real. Hanging out online isn't life, it isn't even hanging out. It's fake. Nothing is real online," stated Woolf B. adamantly, when asked about their opinions on online communication. And it seems like many students would be inclined to agree. 70 percent of JAMS students prefer hanging out in real life. A huge majority of them seem to also feel disdain for online connections, believing that online spaces are more impersonal and

By MADDIE BRAUN

risky. Students are restless, they don't like having to tell their friends they're glitching. The pandemic seems to be ruining people's appetite for online friendships.

Now that it's all we can do, students are hungry for real life interactions. Plus, some students report that it's harder for them to navigate friendships when



conversations are typed. "Online social connections are significantly harder to have. Being in the presence of someone in real life allows you to pick up social cues, see body language, and read the other person's feelings. You might get closer to the friends you already had online but to make new friends is very difficult," stated Adina F.M.

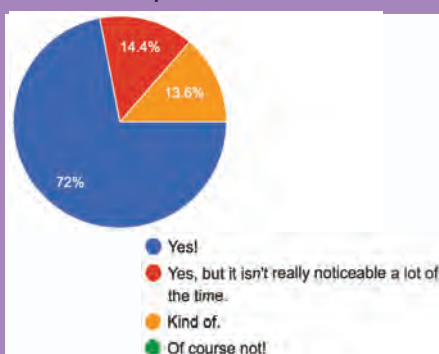
When asked if bigotry online was less intense, students said that they thought so, claiming that people online didn't really care about the details as long as they got to have fun. "People don't care who you are, they just want to play," Jonathan A.J. remarked, referencing an article they had read about girl gamers. Emme F.K. went with a slightly less lighthearted theory, saying that "if one was disabled in some way or was a specific gender, the other person online would be oblivious to it unless they shared it with them." Most students seem to be hopeful that bigotry will be less of a problem when we go back to real life school. "During quarantine a lot of equality protests have taken place so maybe it will be different now. More inclusive," said Callista H.

When asked about age, though, they showed more mixed responses. Some were perfectly willing to befriend adults - "I can meet 20 year olds and still have the same amount of fun playing a video game with them as a 13 year old," said Daniel H. - but others were apprehensive towards the idea of older friends, considering it can dangerous for many to form connections with adults as a minor. "It depends on the age gap. If it's like a forty year old man with grey hair and a bald spot, and he's hanging out with a bunch of teenagers, I think that's kind of concerning," Jimmy C remarked. Others even expressed discomfort towards friendships with older kids, proclaiming that "You can't have 6th graders talking to random highschoolers."

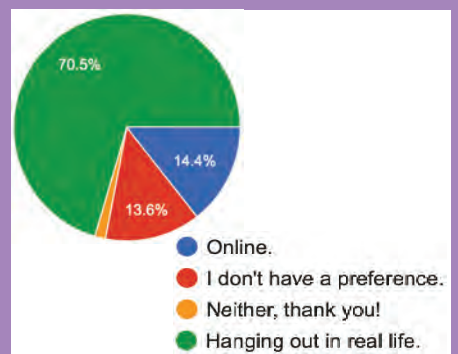
And of course students are tired of living life behind screens, but is that really a good reason to resent the online world? Many people say no. "Without online friendships, I likely wouldn't have ever discovered my identity, and would have kept pretending to be someone I'm not. Without my friends, I wouldn't be where I am today," said one respondent after being asked how online friendships had impacted her positively.

It seems as if JAMS students are all eager to go back to school, and their lack of real life connections has made them bored of the internet. However, that isn't a good reason to condemn healthy online friendships. Hopefully soon friendships will be organized again - the online life, and the real life.

Is there a difference between online communication and in-person communication?

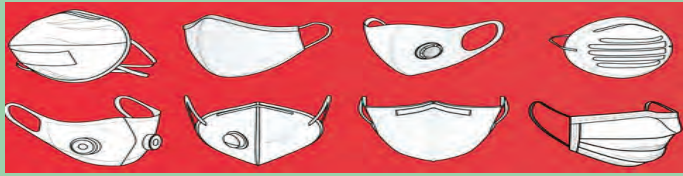


Do you prefer online or in-person communication?



The Clothes We Wear

By KINKADE SPENCER



Did you know that 56% of students at JAMS think that masks are now a part of everyday fashion?

Ever since COVID-19 started there have been many mandatory precautions that we now have to follow. These include daily temperature checks every time you enter a building, constant hand washing, and probably the most important/noticeable thing of all...the face masks.

Thirty-four percent of JAMS students own one to five masks while 28% of JAMS students own 6-10 masks. Given most of the world is now wearing masks, it makes sense that masks would start to become a part of the fashion industry. In fact, many t-shirts selling businesses are now producing masks. For example, OldNavy is also selling a wide assortment of masks that have different designs or pictures on them.

OldNavy isn't the only clothing store though that is now selling fashionable masks. Some of the bigger brands like Louis Vuitton and Supreme are now selling "exclusive" designer masks

that sport their logo on them, both of them costing more than \$350. You can also order masks online with anything you want on them. Want a mask with a movie reference from 27 years ago? They have them! (see Pulp Fiction mask)

In an article by Joseph V. Amodio titled "How Fashion Designers Are Adapting to the Era of Masks" fashion designer, Nicole Miller said, "If you have to wear a mask, why not have fun with it?". Miller created masks in camo, cheetah, fruit, lipstick, and evil-eye patterns.

Her message is "Make a statement."

In the end, humans like to be creative and customize things that they have to constantly wear. For example, shoes. In the beginning, early humans were wearing leaf palms on their feet. Not the most stylish thing back then but they helped protect their feet from their environment just like how at the beginning of COVID we were all wearing those ugly blue paper masks again not the most stylish but they helped protect us from the virus. Now just like shoes, we're customizing masks.



A Pulp Fiction mask

Student Masks



Emme Field-Kremer's mask



Calvin Brodtkin's mask



After months of distance learning, many people at JAMS were very excited about being back on campus. Students finally got to meet their teachers in-person and work in a classroom with their peers. Following the COVID-19 CDC guidelines and procedures, like wearing a mask and 3-feet of distance between desks in the classroom, has allowed us to make this move forward. Also, students were able to socialize with their friends during lunch and breaks, and play games on the field like soccer and ultimate frisbee. Although coming back to school might feel different, things are slowly going back to normal. - by Kinkade Spencer



Students line up in front of the school to get a campus tour. This was the first time many sixth graders stepped onto the JAMS campus.



Mr. Garnreiter and Ms. Woo greet their music students.



Ms. Beekman and Ms. Check greet guests in the main office.



Ms. Scotland meets some of her students in person for the first time. Those are all smiles behind the masks.



Ms. Duff introduces herself to students touring JAMS.



ASB students joined in the celebration by welcoming students.

A FASHION ACCESSORY THAT'S HERE TO STAY?

Masks can be a fun way to finish a look

By KATHERINE BARBA

Masks, masks, masks, they're something we can't go without! Whenever one wants to go out, a mask has to be put on. Whether it's going for a walk or going somewhere public, a mask is required to be worn. Facial coverings can be boring and plain sometimes, but if a little bit of spice and some of your imagination is added, masks can be something fun to think about!

Ever since the pandemic hit, not only have things changed, but so have the rules. Public spaces closed, needing to stand six feet away from others and having to wear a mask everywhere also became the two of many rules that started due to Covid. Although this horrible virus started a while ago, folks are still required to wear their masks for their safety and the safety of others. Many citizens disagree with the fact that they need to wear a mask out in public, and it's understandable. Masks can be very tiring, but that doesn't mean you have to give up. To make face coverings more fun, you can always try and make some yourself. For example, use an old soft shirt or materials from a craft store to try and make one to your liking. You can always buy a mask and design it yourself by using Non-Toxic markers, or adding those cool "Iron On Letters" that are available at craft stores as well.

"I am not worried about students not wearing their masks all the time, I think students may need reminders, as they can unintentionally bring them down to eat or drink water when on the yard and forget to adjust them back on. Inside the classroom, students will need to have them on properly as they walk in and so it will become so normal for them, it is very normal now to always have them on." Mr. Cierra, 7th and 8th grade teacher said. Going to school during these tough times is very difficult and counts as a big responsibility because students and staff have to try and stay safe and healthy while at the same time they work.

"Going to school really excites me because I can go see my friends and teachers, but I have to remember to keep my mask on and social distance because if something goes wrong, the whole school could shut down again." Seventh grader, Hiyab Getachew, said.

In other words, remembering to wear your mask at school can be difficult sometimes. Although students want to have a good time with their friends, having to wear a mask and social distance can get in the way. We at the JAMS Journal have a solution! Throughout the years, fashion has been something very important to teens. Does this match that? Or does that match this? Well, if you think about it, masks can be used as a fashion accessory. You can design them however you like and top it off with your outfit of the day!

Some students from JAMS were asked what they would wear to school and how they would match their outfits with their masks. Clearly, masks can be styled however you like, whether it's with color or the type of design on the mask. Keep in mind, the way you style your mask with outfits doesn't have to be perfect. When it comes to designing clothes, it's not meant to be the best of best, you can design an outfit however you wish. It can be wacky, cool or just plain simple. A helpful tip for those who have a lot of masks is to separate them into different categories such as plain masks, colorful masks, masks with certain types of designs, etc... That way, it's easier to arrange an outfit.

Every single person in the world is different and unique in their own way. A great way to express yourself could start with the way you dress. The last time a pandemic hit the world was in 1918. Now that the world has a new pandemic, I'm hoping that "mask fashion" could inspire others to wear their masks out in public for their safety, and thus help slow down the coronavirus cases.

MASK FASHION



Outfit sent in by Mr. Cierra



Outfit sent in by Milana Espalin



Outfit sent in by Aislin Gutierrez

How to Stop the Slump

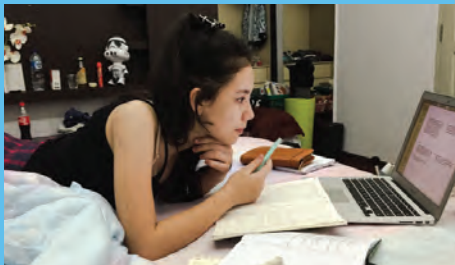
A guide on how to catch up on missing assignments

BY JACK NASH

During distance learning, many students have developed burnout from a plethora of school assignments. This has caused them to not turn them in on time, or not at all. Many students are getting low grades because they feel like they can't do the assignments that are assigned and lack the confidence to finish their school work. Teachers could assign less homework but students can't count on that saving their grade. What students need is a strategy on how to 'stop the slump' and start the succeeding properly enough to both turn in all their assignments on time, and have time to themselves not worrying about due dates. I have provided a couple of steps to help with students' with their school work. Hopefully, these strategies work for you and encourage you to improve your grade.



One important thing to do when in school is to listen to the assignment instructions. If you don't know what the assignment is about then it's impossible to get a good grade. So always make sure to listen to the instructions.



Another strategy used when working on your assignment is to do it as fast as possible, and not procrastinate. It's very easy to leave your work to the last minute, but in the end, it just piles up more stress on the assignment than needed.

There are many ways to improve your school work over time. It's important that students aren't afraid of their schoolwork and choose to take it head-on and complete it on time. Make sure to get a good night's sleep and pay close attention during class. Ask your teachers for help if needed, and try not to procrastinate. If you're ever feeling really stressed about school and need someone to talk to, make sure to talk to a parent, guardian, or trusted adult so that they can give support in the future.



Another strategy to help with your schoolwork is to pay attention during class to prevent any missed information. Whether it be from sleep loss or plain boredom, students have trouble paying attention in class. To be successful in school, students need to change this habit.



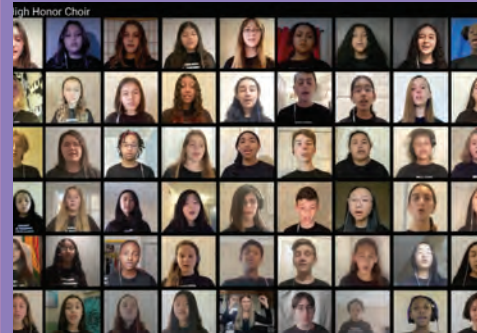
Lastly, one other strategy students can do to improve their school work is to talk to their teachers about how they can improve their grades. Students need to see their teachers as their friends, not enemies. Teachers are there to help their students learn and develop.

JAMS Singers Shine in SCVA Honor Choir

JAMS Choir singers performed with the Southern California Vocal Association 2021 Jr. High Honor Choir. These students auditioned and were selected to be a part of this prestigious ensemble made up of singers from various schools in Southern California:

- Charles Blanchard
- Karin Cervantes
- Ayush Chandra
- Daniel Hernandez
- Charlotte Moss
- Lila Subin

Listen to the beautiful concert by clicking on the link here.



JAMS in the NEWS

JAMS was in the local news for being one of the first schools in SMMUSD to open.



Mr. Richardson checks the temperature of a student arriving on campus, while Ms. Goldberg prepares for her class.



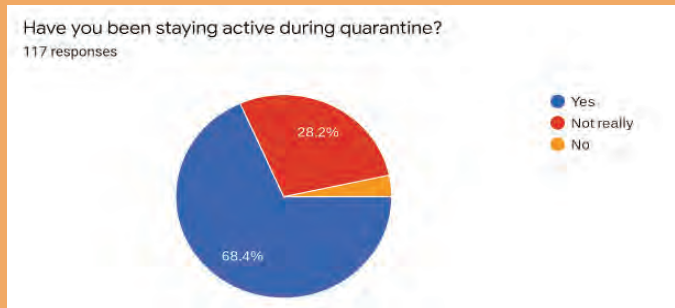
Quarantine Fitness

By TESSA LEVINE

Sitting on the couch, in pajamas, looking at a screen. For endless hours, days, and months. While at first glance, this may seem like the ideal way for a teenager to spend their time, but this quarantine reality turns not to be such a dream come true after all.

With team sports suspended for months, track, gyms, and pools closed, did teenagers just stop exercising or did they find new ways to move? Could online PE be enough to make up for the lack of options? According to a new student survey, the majority of kids did not stop moving and found creative ways to adjust to the situation.

With exercise playing such an important role in physical as well as mental health, it is reassuring to see that most JAMS students con-



tinued to stay active during the months of lockdown. Not only did 67% of surveyed students stay active, but 35% have become more active than before quarantine. This may be due to having extra time to spend, so it's a positive surprise to see so many of the JAMS students choosing to take advantage of the situation, and increase their physical activity instead of just adding more hours of screen time.

The fact that the sur-

veyed students are split evenly in their answers to the question of PE offering enough physical activity is not surprising, as that would be the expected outcome even during a normal school year when many students take part in sports outside of school.

It probably helps that our school is located in Southern California with its mild temperatures, but it was still surprising to see just how many different activities

everyone takes part in. In addition to the 36% of kids taking part in home workouts, students also surfed, danced, scuba-dived, mountain biked, played tennis, and went rowing, to name a few.

While the results of the student survey were overall encouraging, it is concerning that 15% of respondents did not exercise at all. This is different from the times when PE is held in person and every single student participates several times a week.

Of course, we are well on our way back to normal now with team sports in full swing and schools reopening. But looking back, it is great to see that we as teenagers didn't just turn into screen addicts. We do know how to take care of ourselves, and moving is part of it.

The Bookmark

By TESSA LEVINE

New Kid by Jerry Craft

Seventh grader Jordan Banks loves drawing cartoons about his life. But rather than sending him to the art school of his dreams, his parents enroll him in a prestigious private school known for its academics, where Jordan is one of the few kids of color in his entire grade.



Ms. Jarvis
Librarian



Ready Player One by Ernest Cline

In 2045 the planet is on the brink of chaos but people find salvation in the OASIS: a virtual reality created by James Halliday. Mr. Halliday promises his fortune to whoever can find the digital easter egg hidden in the OASIS.



Phoenix Vinar
8th Grade

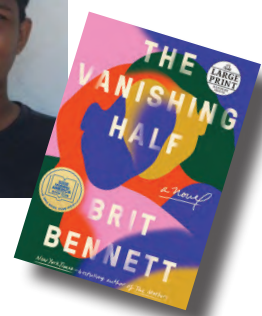


The Vanishing Half by Brit Bennett

The Vanishing Half is a historical fiction novel by American author Brit Bennett. It takes place during the 1940's and 1990's. It's about twin sisters Desiree and Stella who have to deal with family issues and issues concerning their racial identities.



Ayush Chandra
7th Grade



Long Way Down by Jason Reynolds

In 'Long Way Down,' The Ghosts Of Gun Violence Chill A Plan For Revenge Jason Reynolds' new book follows a 15-year-old who must make a crucial decision after the murder of his brother, all in the time it takes for an elevator to travel 60 seconds to the ground floor.



Tanner Guth
6th Grade

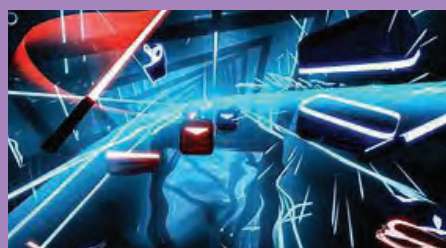


The VR Boom

Sometimes people ponder technologies that seem way too futuristic, like it is something ripped out of science fiction. For people today it may be self driving cars, AI, genetic engineering, or something else. For many people of the past, that technology was VR. But virtual reality today is looking more and more like a reality, and the VR market is on it's way to becoming a mainstream force. How did this happen? Who are the big players trying to become the hegemon of the VR market? What hit games are propelling the industry into stardom?

In 2012, Palmer Lucky and a group of friends in Irvine California founded Oculus, a company dedicated to the creation of VR technologies. Alongside it they announced a kickstarter campaign for the Oculus Rift, a VR headset designed for video games. With far superior to any before it, it could display a wider field of view. The kickstarter was originally asking for only \$250,000, but it managed to raise 2.4 million dollars instead. So Oculus got to work on their first VR headset.

Two prototype models were released to developers DK1, and DK2 (Development kit 1, and 2). Eventually Oculus was bought out by Facebook in 2014 for \$2.3 billion making them part of the company. For the next two years, Oculus continued their work on making their first consumer headset. From buying companies like Surreal Vision to help with 3D modeling. Or



Beatsaber Gameplay

partnering with Samsung to help with the VR tech in phones. Finally, in 2016 Oculus was ready. They released their first headset, the Oculus Rift CV1. The CV1 at first was definitely the first of its kind. With barely any games, and the need to use an Xbox controller, it was far from EmerSave yet.

But with the release of the Oculus Touch controllers, and the release of games like VR Chat, and Beatsaber, Oculus shot off.

But Oculus was not the only company trying to make it big in VR. Now enter HTC and Valve the other companies making it big in VR. The two partnered together to create the HTC Vive Oculus' big competitor. The Vive had great tracking, controllers in the box, and was only \$500, \$100 cheaper than the CV1. It was a tough competition, the two were very close so it was a divide in the VR community. Other companies tried to get into the fray, but many failed. Microsoft attempted to get in with their Windows Mixed Reality, but it



Oculus CV1. Oculus's first headset

flopped hard. Google attempted to get in with the Google Cardboard, a cheap cardboard headset that you would slide your phone into. It actually was kind of a success with many people trying VR this way.

However there was one other big player in VR, it was of course Valve. Valve is known for many things, mostly for the Half Life games, Team Fortress 2, Portal, and running Steam--it would not be crazy to say that they are one of the most important game companies in history. Valve was involved with VR for a long time. Helping HTC create the Vive before splitting away to create their own VR headset. Known as the Valve Index it is still today one of the most advanced VR headsets on the market. With full body, and finger tracking, a resolution of 1440X1600 (compared to the 1080X1200 on the Vive). Valve was also releasing another entry into the Half Life series on VR. Half Life Alyx. The only drawback for the Index is the price. It still is today around \$1000, and requires a high

Virtual Reality is on the rise with a lot of competition.

By ISAAC BOURDEAU

end PC to use.

But Oculus returned with their most popular headsets today, that being the Quests. The Oculus Quest 1 was released in 2019 and was a standalone VR headset. Meaning it did not need a PC. It was also cheap, only \$400. The OG quest didn't really kick off, but then Oculus released the Quest 2. To give people a context of how popular the Quest 2 is, it was released back in October of 2020, and it is already the most successful VR headset to date! The Quest 2 is so successful because of a few things. It's only \$300, that's \$100 less than the Quest 1. It's also more powerful than the Quest 1 with an increased resolution, and frame rate. It caught on and is now the most successful VR headset in the world. Now that we have looked at some of the Headsets let's look at some of the hit VR games on the market.

VR Chat

(Authors note. This game is not suitable for younger players. In public chat rooms you are bound to see inappropriate behavior.): I know that these days there is one thing people are all craving. We just want to go out and meet people, be able to talk to people in person, not through a screen. Well VR Chat and many other VR games like it kind of fill the void. The name is self explanatory, it's a chatting game in VR. But it's definitely more than that. There are so many things in VR Chat for people to mess around with.



Oculus Quest 2. Oculus's latest and most popular headset.

(Continued on page 16)

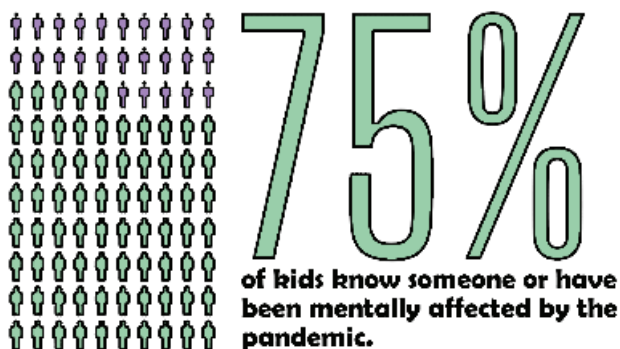
Mental Health While Quarantined

By MEYER BRUNO



Mental health has been overlooked in the past, and now needs attention more than ever. The pandemic has negatively affected mental health and created new barriers to get the help someone needs.

Los Angeles California has been in quarantine for over a year and mental health is still overlooked. One main cause of mental health decline is anxiety. This anxiety arises from concerns across the US about when life will go back to normal and fear about contracting the virus.



Days go by where people feel depressed, anxious, and suicidal during the pandemic. Quarantine has affected people's ability to get the help they need. In-person therapy was a great help to people suffering from mental health issues but when covid hit the whole system broke apart. Now it is very dangerous to visit a doctor's office even for a therapy session. Recently many therapy clinics have reached online therapy but the lack of improvement and it being less personal is key to why it is unsuccessful. According to CDC.gov "Representative panel surveys were conducted among adults aged ≥ 18 years across the United States during June 24–30, 2020. Overall, 40.9% of respondents reported at least one adverse mental or behavioral health condition, including symptoms of anxiety disorder or depressive disorder." JAMS students took a survey that shows 75% of kids know someone or have been mentally affected by the pandemic. These surveys showed how there was an increase in the number of people that suffered from mental health issues and many people need help.

While quarantined due to COVID-19, concerns about substance use and mental health have grown, which includes scares about suicidal ideation. There are many ways the pandemic has affected mental health, the main reason is social isolation caused by necessary safety measures.

Mental health should be not overlooked now more than ever with the number of cases that are rising and more people needing help. May is mental health awareness month. NAMI (National Alliance on Mental Illness) has started a message of "You Are Not Alone" to amplify that no one should feel alone in their struggle. Hopefully, this month can bring us closer as a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.



For more information click on the links below:

NAMI Website

NAMI Blog

NAMI Personal stories

NAMI Support group

ART STUDENTS AWARDED TOP HONORS IN COMPETITION

Thirteenth Annual Sustainable Santa Monica Student Poster Contest Winners Honored in Virtual Ceremony

By EMME FIELDS-KREMER

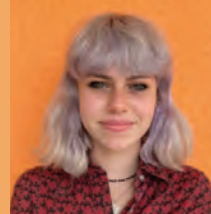
Recently, many students at John Adams Middle School participated in the 13th Annual Sustainable Santa Monica Student Poster Contest. This year's theme, "For Thriving a Planet, We Can Agree, Healthy Ecosystems and Diversity are the Key", educated students on the meaning and importance of ecosystem health and biodiversity through the discussion of Rights of Nature, composting, gardening, dune and kelp restoration, owl boxes, bees and more.

All students enrolled in SMMUSD were allowed to participate in this contest, but only the grand prize, second, honorable mention, and digi-

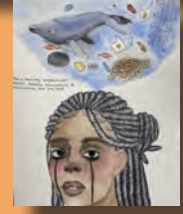
tal excellence winners, in the category of grades 6-8, went to students at JAMS. The grand prize winner is 8th grader, Abigail Metz, the second-place winner is 8th grader, Ruby Parr, the honorable mention winner is 7th grader, Sahana Lindsey, and the digital excellence winner is 7th grader, Maggie Martinez. "It is important to teach future generations about biodiversity. The more we can do to protect and preserve species from extinction, the more generations can experience all that Earth has to offer," said Amanda Grossman, with the City of Santa Monica's Office of Sustainability and the Environment.



Abigail Metz
GRAND PRIZE



Ruby Parr
2nd Place



Sahana Lindsey
Honorable Mention



Maggie Martinez
Digital Excellence



THE SOCIAL MEDIA DILEMMA

By CALVIN BRODKIN

Over a third of the earth's population uses Facebook and most people use some form of social media. Since technology has gotten so advanced, and nearly half the population uses social media, it has become unsettlingly easy for large corporations to not only take user data but also feed incorrect data for their own benefit.

This scenario has been seen before in a Facebook scandal, in which Facebook was believed to have been selling its users data. Facebook is also a platform where a lot of misinformation is spread and it has long been a home for anti-vaxxer and anti-masker groups.

The reason that these groups flourish so much is because the people that join the groups are seeing completely false information written by other anti-vax/maskers, but the new user is so headstrong on finding someone that is like-minded, that they'll believe any piece of misinformation that's thrown at them. That user then spreads it to their other anti-vax/mask groups and the false information is spread so much that people start seeing it as true.

In a student poll, only 3% of students said that they trusted Facebook, this goes to show that even among teens, Facebook isn't generally trusted. We asked a few students at JAMS, and they seemed to have positive opinions of social media. Sylvie K., a JAMS student said that they trusted social media to give them correct information on most topics.

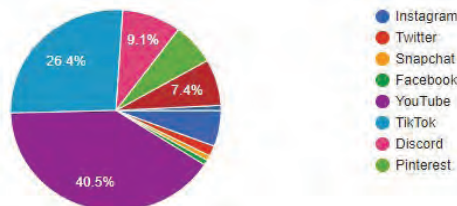
Sylvie also seemed to have a positive attitude towards social media saying, "I think social media is a good way to connect with friends and other people around the world." This shows us that even if students don't trust some social media, they can still enjoy different social media platforms.

Large social media platforms such as Facebook can be persuaded to push false information on users, for somebody else's or their own personal gain. This gives Facebook

power that no one should have because they know so much information about hundreds of millions of users. But it's not just Facebook. There are dozens of other large social media apps, and they all have the power to steal data or spread misinformation. Social media is entertaining, and it can be a good way of reaching out to friends, but social media can also be dangerous.

Social media can be a great way to connect with friends, but it can also be dangerous. The information spread on these platforms should be scrutinized and researched.

What is your favorite social media?



Power of Positivity

By AISLIN GUTIERREZ

Did you know that being positive can not only help you, but can also help the people around you? Quarantine has made a lot of people feel sad, unhappy, and depressed, but if only there were a way to help, wait there is, positivity!

Ways that you can help give positivity to others is by simply waving your hand as a signal to say hello. This can easily give a boost of happiness, and positivity to anyone around you. Quarantine has been hard on everyone, but you can still find ways to see the bright side of life. A few ways to brighten your day consist of blocking out any negativity in your life, practicing gratitude, and even keeping a journal to write down everything that you are feeling to make sure you can start your



day with a clear and positive mind. One last example is meditating, a way to be free of your negativity.

If you are unsure what practicing gratitude is, it is a part of being positive and appreciating all the good and happy things in life (primarily being grateful for everything you have). A quote by Jenni Young says “every situation in life is temporary . So when life is good, remember it will not last forever, and when life is not so good, remember that it will not last forever either, and better days are on the way.” As an example, let’s say you are about to go to bed and you remember something really fun you did that day. Practicing gratitude is a good way to harness that memory and remember all the good things that came out of it.

For the students that don’t know what meditating is, it can be simply closing your eyes and letting your mind relax and let go of all your worries and negative thoughts. Another way to meditate is placing down a blanket or yoga mat and playing/ listening to a soothing sound such as rain falling, the ocean waves crashing, or simply silence. Focusing on your breath, thinking about the relaxation it brings out of you.

Most students at JAMS seem to be very familiar with the practice of positivity, though some students don’t understand or know about it. JAMS student Maren.B says “using positivity has made me happier , and it makes my life much more fun”. A famous entrepreneur, author, and motivational speaker states Happiness is not chance by but by choice- Jim Rohn. If you notice that you or anyone around you is having a stressful day or feeling deep sadness, use these tools to help make your day better as well as someone else’s.



The New JAMS Auditorium: An Update

By LEUL BELAY

We all know the story. In 2014 an earthquake hit the auditorium and not long after, it was no longer able to function. Later that year, in August, the auditorium closed, and not much later they took it down. The district raised \$2M in 2015 to go to the budget of the new auditorium, and later that year they started rebuilding what is believed to be a fresh, new model.

The last time we made an update on the auditorium was in November 2020, and ever since then, some people have been wondering what the auditorium looks like now, since we’ve been off campus.

In an interview with Principal Richardson he said, “Having the auditorium closed has been hard in many ways. First, it impacts our performing arts programs such as instrumental music, choir and dance. It also makes it hard to



The new complex in progress.

communicate important information and build culture,” Mr. Richardson said.

“For example, if there’s a behavior I am seeing out on the quad that I would like to see more of (kindness/compassion) or less of (lack of consideration

and empathy) I can bring a whole grade level at a time the auditorium to talk and make commitments.”

“When the Performing Arts Center opens it will be amazing. It will provide a place for our JAMS community to share their gifts with one another,” Mr. Richardson continued.

Although we’ll miss the old, charming auditorium, the new one will change the school forever with the modern design.



Understanding and Treating Negative Body Image

Unhealthy body image can lead to eating disorders

By VERONICA GERLACK, RIYA KHATOD, AVA MEMARZADEH, and SOPHIA FALK from Girls Learn International

Around this point in our lives, many experience issues regarding body image and their relationship with food, which sometimes leads to a condition called an “eating disorder.” An eating disorder is classified as any condition that involves abnormal eating habits.

Eating disorders are very serious because of the imbalance of nutrients that many people with eating disorders suffer from. This imbalance can lead to medical conditions such as kidney problems, heart problems, etc. It is important to educate ourselves on the different disorders so that we can understand how people who suffer from an eating disorder are affected.

Four of the most common eating disorders are body dysmorphia, anorexia, bulimia, and binge eating. Of these, body dysmorphia is the most common eating disorder among teenagers. Body dysmorphia occurs when a person amplifies their “flaws” to the point where they believe that they are much larger than they really are. A person with body dysmorphia will often think of these uncontrollable negative thoughts regarding appearance for hours each day.

Anorexia is different, because it is not just obsessing over one’s body, but avoiding and restricting the amount of food a person consumes. People with anorexia often have body dysmorphia, and will often continue to see themselves as overweight, even when they are underweight to the point of danger because of the lack of food they consume.

Binge eating is a disorder in which an individual cannot control their eating habits and continues eating even after they are full, which can cause feelings of shame, discomfort, and guilt. Many who have this disorder gain weight due to the excessive eating. There is also a subset of binge eating disorder called binge-restrict disorder that is very common. People with this disorder tend to follow a pattern of anorexia for long periods of time (hours or days), where they will eat very little. Then,

that is often followed by a period of binge eating.

The last common eating disorder is bulimia. This is when a person who feels guilty for the amount of food they have consumed tries to make themselves throw up. It is important to keep in mind that these disorders are all temporary and can be treated with psychology, medication, nutrition counseling, and more.

You may be wondering why an eating disorder would be unhealthy if it makes someone appear thinner, which some people think is healthier. The answer is that this way of thinking is incredibly flawed. Everyone has a different body. If we all had the same exact eating habits we would still have different bodies because we are not naturally designed to look the

The stigma creates unhealthy habits, forcing many to adhere to “diet culture”.

same. In fact, many studies have shown that our bodies have a “set weight” that they will naturally revert to. This means that it’s really difficult to gain or lose a lot of weight from where our body wants it to be! Unfortunately, there is a stigma created by diet culture surrounding “health.” If someone is skinny and under a certain weight, they are considered healthy, no matter what they eat or how often they exercise. However, if they are over that weight, people consider their lifestyle “unhealthy” without any prior knowledge about their exercise or food habits. Weight and health are not equal!

The stigma creates unhealthy habits, forcing many to adhere to “diet culture” even though it has been proven time and time again, specifically by Healthline, that those who diet for the sheer purpose of conforming to society’s standards tend to restrict themselves so much that when they finish their diet they regain more weight than they originally lost.



Furthermore, the scale that is most often used to measure health is called the BMI scale, or Body Mass Index, which measures weight in terms of height. However, it doesn’t consider body type, muscle mass, or amount of fat in a person’s body. Most professional athletes are actually considered “overweight” on the BMI scale!

Sadly, there are still many people who believe that they need to change their bodies to fit societal beauty standards. It is important to remember that someone who is struggling with an eating disorder is in a very difficult time of their life, but it is crucial to not use common fatphobic language around anybody.

Topics that should always be avoided include making fun of people’s weight, or commenting on the amount that somebody is eating. It is also not okay to promote restrictive diets. People often brag about how little they have eaten that day, when in fact, that is very harmful for their health. Additionally, comments like these that can cause or worsen an eating disorder for somebody who hears them.

It is also important to be kind to anyone who is struggling. You can tell them that they deserve to eat, or even invite them to eat with you for support. You can also make sure to compliment their appearance regularly, and encourage them to follow body-positive influencers on social media platforms that post daily uplifting content. There are also many websites that encourage healthy eating habits, including Eating Disorder Hope and National Eating Disorder Association.

In conclusion, being happy and healthy should always be your first priority, and that means eating the right amount of food!



VIRTUAL REALITY

(Continued from page 11)

One of the main features is creativity. Basically anyone with a PC, and editing software, can make their own avatars and worlds. You will see many unique avatars customly created by an individual. These range from characters from books, shows, video games, or movies, to ones that will give you a chuckle. There are also the worlds. These are also customly created and are very unique from one another. Bars, comfy apartments, boxing rings, restaurants, games, etc. From my personal experience playing the game, I'd say it is definitely a must buy if you can get it. It's free, and available on basically all VR headsets. And if you don't have a VR headset, you can still play it on a computer. One of my favorite parts of VR chat is all of the unique individuals that you will encounter. People from all walks of life come onto VR chat to talk with others. It's really fun just to log on and have a nice conversation. But do be warned like with any public chat areas, you are bound to see some inappropriate behavior. Meaning hurtful language, topics, acts, or inappropriate avatars. So if you do go onto VR chat and you are sensitive to that kind of stuff, remember there are ways to block people. But do not let this diminish your experience.

BeatSaber

BeatSaber is a rhythm game where you slash blocks that come towards

you to the beat of a song. It's a pretty simple concept but BeatSaber has become one of the most massive VR games on the market. It could be considered as part of the rhythm game revival that started with games like OSU, Dance Dance Revolution, or Guitar Hero. But BeatSaber has become the biggest of the four. One of the main reasons is the gameplay. There is a satisfaction in slashing blocks to the rhythm of music, with an endless library of songs from famous musicians, and even more from games, anime, and movies through mods. This has caused a massive fan community to develop around the game. Beatsaber is also a great exercise tool. It gets your arms moving, and makes many people sweat. The game devs know this and have put a meter displaying how many calories you have burned.

Half Life-Alyx

(Author's note: I was not able to play this game myself. Half Life-Alyx requires a high end gaming PC to operate which I could not afford. Therefore, I needed to rely on video essays and reviews of the game. I highly recommend you watch a review of the game, or if you have all of the necessary things, play the game yourself.) This was Valve's big VR game. After years of silence, they finally came out with another entry into the Half Life franchise. And this game did not disappoint. Half Life-Alyx is seen as a genre defining VR game. The game takes place between the events of Half Life 1, and Half life 2 episode 1. You play as Alyx Vance, a member of a human resistance team in a world conquered by the

alien invaders known as the Combine. Your mission in the beginning is to rescue your father from the clutches of the Combine, but it eventually unfolds into a way bigger plot. The gameplay of Alyx is well just like the other Half Life games but in VR. It has great physics, and collision, and almost everything in the game is interactive in one way or another. Half life Alyx has a great combination of story, and unique gameplay. It is around a 15 hour campaign, so you will be occupied for a while. The game also draws back to plot points in past Half Life games so it is important to know what this world is about. Half life Alyx has been a love letter to all Half Life fans. With many elements like the weapons and the gravity gloves, pulling back to the past and mixing things up with the VR theme. This game is one of the first examples of a triple A company putting one of their flagship games on VR. It is a good glimpse into the future of VR gaming.

"There is so much more in the future. With new tech that many of us can't even comprehend. The future of VR is looking incredible, and it seems to be only going up from here. There are full length VR games coming out, something that I never EVER saw coming. Hand tracking is getting better and the new headsets are getting ready to run 144+ HZ." - Max Bernstine

VR is still in its infancy, and we have yet to see the full extent of what it will become. But people are definitely now more than ever seeing that VR is becoming a massive force in the gaming, and other industries. Even at our own school around 21 out of 91 people in a survey said they own a VR headset. Out of that, it seems like the Quest 2 is the most popular with 25% claiming to own one, then the Quest 1, Rift S, PSVR (Playstation VR), and finally, the Valve Index. As for games, most enjoy Beat Saber, with around 29%. VR is especially popular now partially due to the quarantine. People are desperate for real life connections, and experiences. Games like VR Chat, Boneworks, and others are great for that.

Cheating During Distance Learning

How will teachers stop their students from cheating?

By JAMES CORONA

Ever since schools and workplaces have have closed because of COVID everyone has been forced to quarantine and work from home for a whole year. And it's done a lot of damage in a lot of different ways.

Before covid hit kids would be in school doing work and being supervised by their teachers, but now with everybody at home classes are being taught through Zoom. One big problem with distance learning is that students can have their camera off during class, and lets the student do whatever they want without the teacher seeing, and that includes cheating. It's an even bigger problem when it comes to testing, teachers want their students to try their best and give honest answers, but if they have their camera off students can easily just get their phone and use google

for answers. And this brings up the question, How will teachers stop their students from cheating?

People think teachers can just tell their students to keep their cameras on but when teachers do that half the class doesn't even care. How can teachers fix this? One solution would be to call out students specifically, most of the time they'll turn their camera on. This strategy is very useful but there are those kids who still don't care, so what can the teacher do? Threaten them with a zero for the day, they don't listen, zero, simple as that. Also teachers should give at least ten seconds for them to turn on their camera. The key is to not bring it to the students attention, they should let them notice they're failing and when they come to their teacher to ask why that's when they tell them.

At the end of the day these rules are hypothetical and won't always work because there will always be those kids in class that just really don't care and there will always be cheaters, but all they can do is try their best to stop them, hopefully this has helped some teachers figure out ways to get their students to participate in class, because that's all they can hope for.

AAPI HATE

(Continued from page 1)

you are seen as someone who turns the other cheek, people will raise their hands to you. When you are seen as quiet, people think you will not use your voice.

In December, 2019, the first case of coronavirus was discovered in Wuhan, China. Within months, COVID-19 had taken over the world. Countries such as Taiwan immediately instituted stringent health policies, restricting travel and putting forth mandatory mask usage. In the end, Taiwan only had 10 deaths.

When you are seen as someone who turns the other cheek, people will raise their hands to you. When you are seen as quiet, people think you will not use your voice.

America's approach was quite different. "China virus," The former president called the coronavirus, shaking his head sadly. "Kung flu."

Here is the painful truth: it is our politicians and public figures who have made the environment safe for racists and violent discrimination.

Here is another truth: we are not invisible. These past weeks have brought wave after wave of protests against hate. Thousands of Asian Americans marched in protest of racism. We are here, and watching.

If you see something, say something. Call 911. If you are strong enough, step in. We cannot be invisible anymore. It is too dangerous.

1918 Pandemic

(Continued from page 1)

In spite of the warnings from public health officials, former President Donald Trump held an indoor campaign rally in Tulsa, OK, on June 20th, 2020. There were approximately 6,200 attending the event, many maskless and not social distancing. Because of this, a large number of attendees contracted the coronavirus within weeks of the event. One attendant included one of Trump's friends, Hermain Cain, who passed away from the virus.

If we didn't have vaccines, antibiotics, the ability of antiviral drugs, ventilators, etc, we'd probably still be riding this fourth wave right now. Though in this time we are more medically advanced than in the past, we should still socially distance ourselves from others, wash our hands frequently, and wear a mask covering our mouth and nose. If we want to slow the spread, we need to revisit history so we don't repeat history. As famous philosopher George Santayana, once said, "Those who do not remember the past are condemned to repeat it".

The JAMS Journal

VOLUME 3: ISSUE 3



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Fields-Kremer



Adina
Frid-Madden



Naomi
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Walden
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