

# THE JAMS JOURNAL

JOHN ADAMS MIDDLE SCHOOL  
MARCH 2023  
VOLUME 5 : ISSUE 2



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## Chat with Ms. Chacon

By ISABELLA HILLER

**What are your plans for the spring semester?**

Ms. Chacon: *"We want to create an environment and vision for the school, and district. A safe and nurturing environment where all kids can learn. We want to make a school where all kids can achieve academically and socially."*

**Is there anything you wish to change this semester?**

Ms. Chacon: *"I would love to see a little bit more mentorship, making sure that our kids that come to John Adams get a nice welcome, and our 8th graders get a nice send off, but are welcomed into high school. We are all part of a community whether we are at JAMS, Lincoln, or SAMOHI."*



**Ms. Chacon**  
JAMS Principal

**What's your advice to students?**

Ms. Chacon: *"Advocate for yourself, use your voices. You have voices and it's not about us giving you permission to use your voice, but use your voice to make sure you're being heard. Use the adults on campus to help facilitate that, but while being kind, connected, and compassionate."*

## Culture Club Conspectus

A new club focusing on providing students with a better understanding of different cultures.

By KARAH ALCALA

JAMS is a community with many different types of people. Some of the cultures here aren't as well known as others, and most people don't know much about the cultures they aren't part of. However, members of the JAMS community decided to create a club for everyone to learn more about cultures they might not have known about before. This has led to the creation of Culture Club.

"I was speaking with Ms. Cowgill, and she has an Asian Student Union club, and I thought that there should be a counterpart, to celebrate all the cultures we have on this campus," said Mr. Cierra, Social Studies Immersion teacher.

Culture Club was announced on November 10, 2022 and is advised by Mr. Cierra and 8th-grade students Sofia Santoyo and Mateo Peterson. These three wanted to make a club that celebrates all of the different cultures on campus, through engaging activities. Some of the activities include cuisine, art, fashion, films, holiday

traditions, sports, and traditional games. The main goal of this club is to spread understanding, awareness and appreciation of different people, foods, customs, traditions, and values. The club is important for students, since it properly represents them and their heritage. The current focus of the club is on the cultures in South and Central America. "It's important to talk about those areas because we're so close to them," said co-leader Mateo Peterson. Culture Club will meet at least once a month for the rest of the year and if successful, it will eventually be on the clubs list. If one wants to attend a Culture Club meeting, they should go to Mr. Cierra's room on the day of the meeting. All are invited!

Although it's only a few months old, the club has already gained popularity. There is an immense array of cultures at JAMS, and having a club that represents them can make students feel more connected with each other, which is a core pillar of the JAMS community.



**Mateo P. and Sofia S., co-leaders of Culture Club.** Photo: Karah Alcala



**Mr. Cierra, Culture Club advisor, celebrates with Mateo M.B. at a club meeting.**

Photo: Laurel Cohn



**Mia P. smiles proudly as she kneads the dough for the Arepas.** Photo: Laurel Cohn



**Lucas L., Sean M., and Athena B. make Arepas, a type of food made of ground maize dough stuffed with a filling.** Photo: Laurel Cohn



**Mouths to feed, Curtis D. and Teddy T. prepare and cook for the students in Culture Club.** Photo: Laurel Cohn



# Go Greased Lightning!

The journey into making this year's JAMS-SMASH musical: **Grease!**

By AUBRIELLE PARKER

**G**rease is the word! That's the phrase for this year's musical - Grease, a new twist on an old classic. A musical like Grease may not be appropriate for middle school, but with modifications to excellent songs and scenes, Grease Jr., will be born. Follow the hard-working actors and actresses through the journey of making a musical.

Grease is about high school students and their working-class lives and problems, making it very relatable for many teens. Producer Ms. Beeman-Solano stated, "It is going to be a modern show about timeless teen joys and conflicts."

In Grease, a new "good girl" Sandy Dum-browski falls in love with T-bird, Danny Zuko, but their summer love must end as they head to school. It turns out they now go to the same high school and drama ensues. The process of auditioning was very thorough ;the performers had to first audition in December, then go to callbacks to audition as specific characters. In the end, everyone had a role that featured their abilities In an interview with some Grease actors, Stella Harris said, "I'm very excited to be a part of Grease this year and very grateful that I get to act alongside this talented cast. I cannot wait for the show!"

The majority of actors said that their passion for singing and acting got them their roles. Sterling Intasugu said, "I've been doing extra rehearsals with other leads and taking time out of my day to practice and rehearse lines." Actors also emphasized that it was important to practice, and know all one's lines, dances, and songs."

The JAMS-SMASH theater company cannot give further comments about changes to the script, though they were able to speak about the dedication to Olivia Newton-John who has recently passed away at age 73. She starred as Sandy in Grease and had many other musical accomplishments around the time of the 70s and 80s. Chad Scheppner, the director said, "One of the reasons that we chose the play was to honor Olivia."

A musical, no matter which one, takes a lot of work to put on. All cast and crew members have to put in lots of effort, and time, to achieve perfection in a musical. Practices from 3:30 to 7:30 tire actors, but on opening night it all pays off. Performance dates are Friday, April 28th at 7pm, Saturday, April 29th, at 2pm and 7pm, and Sunday, April 30th at 2pm. Buy tickets when they're available.

## Meet The Cast

Danny



Sterling Intasugu



Ansel Brodtkin

Sandy



Stella Harris



Sloan Treacy

Kenickie



Billie Shulman



Mateo Peterson

Rizzo



Zoey Jaffa



Mia Pulido-Vila

## REVEREND JAMES LAWSON



By AUBRIELLE PARKER

**R**everend James Lawson is known today for being an American Activist and a leading theoretician and tactician of non-violence within the Civil Rights Movement.

Born in 1928, Lawson trained many of the future leaders of the Civil Rights Movement 1959 and 1960 he launched sit-ins in local stores and restaurants to challenge segregation. Lawson and some others got arrested, but it led to desegregation in some lunch counters.

In 1961, he helped develop strategies for the Freedom Riders, a civil rights group that rode interstate buses into the segregated Southern United States. Lawson and the Freedom Riders met with Robert. F Kennedy, and in 1961 President John F. Kennedy proclaimed that passengers be allowed to sit anywhere. He moved to Los Angeles, continuing his civil rights work in the labor movement, American Civil Liberties Union, movements for reproductive rights, and gay rights.

On February 6th, JAMS had the honor of hosting Reverend James Lawson to encourage students to stand up for what is right and be advocates for change. He wanted students to know that their voices matter, to recognize their own humanity, and respect others.



# The JAMS Campus... of the Future!

How will the JAMS campus look in the years to come?

By CHARLIE COHEN

It is no surprise that by now JAMS is becoming an exceptionally modernized school, with all the ongoing renovations JAMS is on the right track to becoming something all students can call home. From JAMS getting a colorful redesign, to its walls to the campus becoming an actual space station, there is no telling what the future will hold for JAMS and its community.

Seventy percent of JAMS students expect a moderate level of renovation to happen soon. This could be anything from a complete renovation of the cafeteria to a moderate tweak to the 90s, but no matter what, the school is still going to be changed in some way, shape, or form. Regarding the cafeteria, a large majority of JAMS thinks it should definitely be renovated in the next 10 years, and even more. About 78% think that the student restrooms should get an upgrade, which is a much-needed renovation. Forty-eight percent of students all think that the quad, classrooms, and gym should be renovated, and 56% of students say that the outdoor eating areas should be improved. All of these facts can add to the creative imagination of the future of the JAMS campus in the minds of many innovative students.

To think that 20 years ago students attending JAMS had an entirely different campus than the one today is bizarre to think about. Imagine in 20 more years, what the JAMS campus will look like, and how different it might be. Visualize what the campus will look like in the future. Is there a complete redesign of the classrooms, a rework to the gym, or an upgrade to the cafeteria, what is pictured when visualizing the future campus?

JAMS students are smart and perceptive, both factors that contribute to their creativity and imagination, so seeing

what they think the campus will look like in the future is going to be an awesome time. Eighth-grader Arlo Lamm is devoted to the idea that "JAMS will get renovation throughout its campus, including the library, gym, cafeteria, and a second floor leading to more classrooms, and a statue of

Dr. K (who is no longer at JAMS) which is 500 feet tall with a massive pedestal with gold engravings." Finally, ending with the JAMS rookies, 6th-Grader Mia Cohen assumes that "In 20 years, JAMS will be completely different, there will be electronic

windows that require no blinds, the cafeteria will be completely different, and the classrooms will be completely high-tech." All of these ideas are creative, fun, and entertaining, so there is no telling what the rest of the student body thinks their school will manifest out to be.

JAMS teachers have their opinions too, and for good reasons. JAMS teachers have been here longer than any student and they'll be the ones who get to use the future campus, so their opinions are very relevant. Engineering teacher Mr. Sato, who has been around since he went to JAMS as a student in the 70s, said, "The gym will be renovated and turned into an athletic facility with all types of sports, the 90s will get a second floor, the 10s, 30s, and 50s will be renovated, since they are the oldest buildings at JAMS, and the cafeteria will be expanded even more, to provide extra space for eating."

Unfortunately, it is impossible to know exactly what JAMS will turn out to be in the future. Whatever JAMS turns out to be, it's guaranteed to be great. So in the years to come, stop by and just look at the campus and see all the changes guaranteed to make it better for the next generation of students.



Campus Renovation Underway



JAMS in the 1970's.

## Campus Renovations

The Campus has seen some heat recently, it had a major renovation to its music rooms, with a completely different auditorium and freshly-painted walls, JAMS is on the right track to becoming a campus for the ages.

Recent renovations, like the upgrade of the center of the school, have shown JAMS and its students just how resilient it can be, nothing, not even a worldwide pandemic, can stop the progress of the school and its students.



*"JAMS will get renovation throughout its campus, including the library, gym, cafeteria, and a second floor leading to more classrooms, and a statue of Dr. K which is 500 feet tall with a massive pedestal with gold engravings."*

- Arlo L., 8th Grade



*"In 20 years, JAMS will be completely different, there will be electronic windows that require no blinds, the cafeteria will be completely different, and the classrooms will be completely high-tech."*

- Mia C., 6th grade





# Let's Taco 'Bout It

Cafeteria cuisine and how to make it taste even better.

By OPHELIA HARVEY

Cafeteria food can be easily described as 'meh.' As shown in a recent survey, it was usually ranked three out of five stars. There are some popular foods in the cafeteria, too. What is the most popular and overall favorite food in the cafeteria? Is it possible to mix and match the cafeteria food to make it just a little bit better than 'meh'?

Three-fourths of students at JAMS eat at the cafeteria whether it's breakfast, lunch, or just because the food was forgotten at home. But what is the most popular and overall delicious meal in the cafeteria? Some people may think that the most popular breakfast option in the cafeteria would be pancakes, waffles, or breakfast bur

ritos. However, in a recent poll, the fan favorite food for breakfast consists of coffee cake and conchas, which are traditional Mexican sweet bread.

An overwhelming number of people chose teriyaki chicken with brown rice as their favorite lunch option, slightly surprising considering the classic chicken strips w/ ruffle fries are delicious but often overlooked. Lunch consists of so many options that many people seem to forget about or are just sold out too fast to even keep up. The fruit bowl is a great choice of healthy vegetarian fruit and vegetables by having a wide variety. But how can it be better? How can cafeteria food taste better with things that are easily accessible?

## MORE "MAKE IT BETTER" TIPS

Hard boiled egg + mustard  
Baked potato + extra toppings  
Pizza + honey

Bring your own condiment packets such as ketchup, mustard, mayonnaise, or even just a salt packet.

# Before & After

Bagel with cream cheese & Hot Cheetos



Fruit bowl with Tajin



Pizza with ranch dressing



All photos: Ophelia Harvey

# AVID: ADVANCEMENT VIA INDIVIDUAL DETERMINATION

By OPHELIA HARVEY

By participating in tutorials twice a week, working with college-age tutors and cross-age tutors, college field trips, and guest speakers once a month, working on focused note-taking, organizational skills, and study skills and reading/writing, and community service, AVID's mission and purpose is to prepare all students for college readiness and success in society. **Contact Ms. Hale in room 86 to apply for AVID!**



# Santa Monica School Temporarily Closes, Leaving John Muir Community Angry

By EITAN PUCHALT

On June 8th, 2022, only four days before the end of the school year, John Muir Elementary School, a school within SMMUSD (and also one of the four that feeds into JAMS), announced that they would be closing next year due to many problems that made the campus unable to properly function. Its neighboring school, SMASH, had all of its students transferred to a different campus while John Muir students were separated into multiple schools, most of which transferred to Will Rogers.

This has been the subject of controversy since the shutdown started. Was it the right thing to close it down before people could get harmed by health problems or was it cruel to the students to get separated from their friends, to the parents who have a longer commute now, or to the teachers at other schools who automatically have many more students to deal with than before?

According to the Santa Monica Daily Press, "The local school district released a bombshell study detailing major water intrusion, rot, insect damage, and mold on the campus of John Muir Elementary and the Santa Monica Alternative School House (SMASH) in Ocean Park." Nineteen out of 21 classrooms were proved to be mold-infested and some students had unfortunate allergic reactions to the mold. There is a rumor that SMMUSD officials were aware of the water damage issue possibly years before the announcement of the shutdown since it was known to have been building up for around a decade. However, it is unclear whether this claim is valid or not, considering the fact it is not backed up by any solid evidence.

Many parents, students, and teachers are discontent with the school closing. This has led to many protests and rallies for its reopening. Parents are upset because they now have to make a longer commute to their children's school. Eighth-grade JAMS student and John Muir alumni, Elfi Book-Kastner, disapproves of the shutdown, saying, "I'm very sad about the John Muir shutdown because it is where I went to school for six years as well as made a lot of friendships. A lot of fun times and a lot of good memories were made there. I do not believe the school



Parents rally for John Muir to reopen in front of the SMMUSD offices.

Photo: Los Angeles Times

should have closed, because it was a really good one."

According to SMMUSD, it will likely be two whole years before John Muir and SMASH students are to return to their home campus.

Not long ago, John Muir parents and many others gathered around SMMUSD headquarters and rallied for the reopening of the school, hanging up signs saying things such as "Save Muir!", "Don't close our neighborhood school!", "You're dividing the community!" Christina Allen, the mother of JAMS students and John Muir graduates, Andrew and Thomas Allen, believes that the school should be re-



Sign in front of John Muir/SMASH former campus addressing how the campus is temporarily closed. Photo: Eitan Puchalt

opened. "John Muir students, teachers, and families deserve to be treated with respect and grace for circumstances outside of their control. With continued construction around Santa Monica, there is a need in Ocean Park for students, families, and neighbors to have a school they can be proud of and a place they can gather in celebration of learning, life, and culture. John Muir is truly a special place and community; the little, culturally and socioeconomically diverse Title 1 neighborhood school is reflective of the Ocean Park neighborhood," said Christina Allen.

All SMASH students went to a campus known as the "Michelle & Barack Obama Center For Inquiry & Exploration", which is not located far from their original campus. While most John Muir students were transferred to Will Rogers, some were transferred to other schools, which caused many friends to be separated, much to their dismay. Many parents thought it unfair that SMASH students got a new campus while Muir students were relocated to other schools. "I feel that this community is not being treated equitably," said fifth-grade John Muir teacher, Kimberly Griffin. Teachers at Will Rogers and other schools have had trouble dealing with the new swarm of students that have fallen into their lap, some saying it is too much to deal with. JAMS 8th-grader, Solis Perez-Armenariz said "I believe that if possible, the school should be reopened. I remember most of the kids in my class would all walk to school, myself included, and John Muir (as well as SMASH, a connected school) were the only walking-distance elementary schools in the area. Some families do not have access to transportation to take them to and from school, and so it is important to have schools within walking distance."

At this point, it is unknown exactly what will happen to John Muir students in the future. What is known is that it has been a complicated situation for the students, the teachers, and the John Muir community as a whole. Hopefully, lessons have been learned so that this unfortunate situation does not repeat itself in the future, and hopefully, the John Muir and SMASH students can return to their campus soon.



# THE LYING GAME

Commission, fabrication, minimization, exaggeration, deception. These are all different words for lying. Everyone knows what it is and does it almost every day. Fifty-seven percent of JAMS students tell at least one to two lies per day and 70% said that they have had a lie that snowballed into something bigger.

One little bend of the truth won't hurt anyone right? It's fine, it's just a little white lie! It's just to protect their feelings. These are things people try to use to convince themselves or other people that one little lie is ok. But sometimes little lies get out of hand, this is called snowballing. Snowballing is when a lie starts as something small and gets more and more complicated and the liar gets caught in a web of mystery that they have fabricated. The problem with snowballing is that once the liar is so caught up in trying to keep their story straight they end up getting anxious and scared. This is why it is essential to understand when it is alright to lie. Sometimes white lies are ok, and 75% of JAMS students say that in certain situations white lies are completely harmless. So when is it okay to lie? These are the two most common situations in which case yes, it's alright: if one or someone else is in immediate danger or to

## Lying and all the problems that follow

By LAUREL COHN

protect someone's feelings.

No one likes a liar. Here are some things that can help one figure out where liars get their lies, if they even care about the consequences of their actions, how they are so quick on their feet when thinking of a lie, and how to tell when one is being lied to.

*"I think lying is a coping mechanism, but not a healthy one."*

-Ms. Asiaban, 6th-grade counselor

Seventh-grader Sawyer W. said, "Usually if I'm trying to think of a lie I base it off of something true and just sorta twist it." The most believable lies are based on the truth, which is why it is like a reflex for good liars. Basing something on the truth is much easier than trying to come up with a whole different story. If one is wondering if liars

have a clear conscience, the answer is not really. Roughly 26% of JAMS students said that lying gets easier every time.

Lying is a lot easier than knowing when one is being lied to. Forty-two percent of JAMS students said that they can tell when someone is lying. Here are their tips. "Try to get as close to someone as possible and keep direct eye contact without showing expression until they start smiling and/or laughing. If they are lying they usually break eye contact and will feel uncomfortable," explained 7th-grader Juliet Golubistky. Body language and eye contact are the two biggest things that one can use when trying to figure out if someone is lying. If the suspect is fidgeting, acting nervous, or not keeping direct eye contact then they are most likely lying.

"Lying can be cognitively depleting, it can increase the risk that people will be punished, it can threaten people's self-worth by preventing them from seeing themselves as 'good' people, and it can generally erode trust in society," said Scott Wiltermuth from Society and Personality in an article about the consequences of lying.

Lying never turns out well and the consequences are never worth it.

## LA, LA, LA, LYRA!

JAMS Lyra a cappella group aims to be pitch perfect.

By LAUREL COHN

Lyra is an a cappella group run by eighth grader Zoey Jaffa, but it was actually founded in 2018 by four students. Zoey said, "I hope to spread the joy of music with others! I am so honored to be leading this group. It's a dream come true!" A cappella groups started forming in the late 15th century. A cappella is a form of singing without any other instruments or accompaniment. The word a cappella originates from the Italian word *alla cappella*, referring to non-instrumental choirs. The singers meet up once a week during lunch on Mondays. Their next concert is on May 31, 2023 with the other choirs here



Lyra students line up to grab their new sheet music. Photo: Laurel Cohn



Mia P. prepares for practice with her music and pencil. Photo: Laurel Cohn



Leader of Lyra, Zoey J. finds a note on the piano for their new piece. Photo: Laurel Cohn



at JAMS. The a cappella group at JAMS is specifically only girls, but a cappella groups can be formed with any gender.

*"It's beneficial to our school to have an a cappella group. As teens, it's important for us to express ourselves with just our voices."*

-Zoey Jaffa, 8th grader





**Arigato!** Members of the Pen Pal Club decorate envelopes for their Japanese pen pal, students from various schools in Kizugawa, Japan.  
Photo: Mr. Miranda



**Step It Up excitement,** students clamor around the event organizers for free gifts and cash at the annual JAMS fundraiser.  
Photo: Mr. Miranda



**Secret admirers,** Mia M., Rosa R., and Lianna S. get giddy as they write Valentine's Day cards for their friends and school crushes.  
Photo: Ms. Beeman



**"Greatness is determined by service",** Seth P. and Adrian G. advertise an AVID-led community service project. Photo: Ms. Murphy



**Rules of the game,** Bryce K. listens to the Cup Pong directions during an ASB event.  
Photo: Calliope Kirschbaum



**LACMA lamps light up lively art students** loving their museum field trip. Photo: Ms. Joyce



**Harmonizing homies,** Rey R., Ignacio L., and Oliver G.V. reach high notes in choir. Photo: Billie Shulman



**Science synergy,** Jasmine G.O. reviews measurements with Ms. Schwartz for her assignment. Photo: Zaria Bowser





Solving for x, Eva C. gets a little tutorial from Ms. Alexopoulos in answering a math problem. Photo: Isabella Hillier



Gallery walk, Principal Chacon inquires about sculptures made by creative art students. Photo: Isabella Hillier



One heart, Kai R. and Sam J. share a special love for P.E. class. Photo: Rhys Condon



Good vibes only, Marianna H. demonstrates positivity among her classmates during passing period. Photo: Genesis Buezo



Overjoyed! During Step It Up, Fidel D. can't contain his excitement after a win. Photo: Mr. Miranda



Year of the Rabbit, Ms. Warren gets into the spirit and passes out red envelopes to her students to celebrate the Lunar New Year. Photo: Jake Bromell



Together, Jacqueline C.R., Mayah B., Sofia A., Isabella C. and Santiago A. savor the last remaining minutes of lunch before heading to class. Photo: Genesis Buezo



# Handling the Canceling

Cancel culture and how it's affecting freedom of speech

By ISABELLA HILLIER



All throughout social media the comment “Canceled” has increased a significant amount. This is because of Cancel Culture. Cancel Culture is a form of protest against someone or an idea that was something that was socially unacceptable to some. Examples of those canceled are JK Rowling, Will Smith, Ellen DeGeneres, companies, politicians, and average American citizens.

Cancel Culture was originally created to weigh the justice scale when someone says something offensive, it's supposed to help those who don't have as much power in their voice. The term itself started from a film made in 1991 called “New Jack City” where a character named Nino Brown was breaking up with his girlfriend, he did so by using the term “we're canceled”. Soon afterwards it became more and more common everywhere.

The term Cancel Culture has existed all through time. An example of this is in Salem Massachusetts, year 1692. During this time period it was a felony to practice witchcraft because it was socially unacceptable, and described to be powers bestowed open by the devil. During this time period, thousands of European women were executed for allegedly committing witchcraft. This is a form of culture hundreds of years ago, by executing someone these days meets the same definition as cancel culture in modern days. The villagers back in those days thought that they were doing justice for their world, but they weren't, so how is that different from now? Today, Cancel Culture is seen to weigh the justice scale for those who are “empowered”. In an article, “Unpacking Cancel Culture: Is it Censorship, Civil Right or Something Else?” by Lata Nott, she interviewed a reporter named Aja Romano who stated, “To many people, this process of publicly calling for accountability, and boycotting if nothing else seems to work, has become an important tool of social justice — a way of combating, through collective action, some of the huge power imbalances that often exist between public figures with far-reaching platforms and audiences, and the people and communities their words and actions may harm.” Here, Aja basically explained that Cancel Culture allows a bridge for the world to celebrities

and figures. Whenever public figures say something that isn't appropriate, the world has that bridge to communicate with them. Cancel Culture has different effects on people. An example of this can be the bridge between celebrities and civilians. When a civilian is canceled it affects their private personal life, celebrities don't have as much privacy, and when it comes to being canceled for them, it statistically helps them to sell their products more. JK Rowl-

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*“Cancel Culture does allow for freedom of speech AND I believe that it inhibits freedom of speech.”*

**-Ms. Goldberg,  
social studies teacher**

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ing, author of the Harry Potter series, was canceled because she made trans-phobic comments. After she was canceled, she later revealed that she did have an increase in book sales. She benefited from the extra attention she was getting. Given the situation, fans have pointed out that although it's not easy to separate the author from her work due to her arguments, it is a fact that her reputation is damaged. On the other hand, when people who aren't celebrities are canceled, they are usually more negatively affected. In 2018 at Smith College, a student who was roaming the campus went into a hallway that was closed. When a janitor, who was on duty, asked her to leave and she didn't, he called security on her. The girl, upset thinking he was being “racially-biased against her”, posted her experience on social media. Her post went viral, and not long after, the janitor was soon canceled. He then proceeded to receive hate phone calls and hate mail. The college became informed of this and without asking the jani-

tor, they put him on paid leave. The janitor had much more backlash than a celebrity like JK Rowling. It affected his personal life and there weren't any positive effects to his “cancellation”.

In a student-survey, 56% of JAMS students believed that Cancel Culture does not allow for freedom of speech, while 44% of JAMS students disagree and think that Cancel Culture does allow for freedom of speech. Ms. Goldberg, an 8th grade social studies teacher, believes that Cancel Culture allows for freedom of speech, “Cancel Culture does allow for freedom of speech AND I believe that it inhibits freedom of speech. It allows for freedom of speech in that everyone has the right to say what they think,” she said. Freedom of speech has a limit, but sometimes that limit is passed and is considered hate speech. Elle Guggenheim, a 7th-grader said, “I think Cancel Culture allows for freedom of speech because even though some people might make something that a public figure said and take it to the extreme, there will still be many people who acknowledge and take into account, “Oh, it wasn't good that this person said/did this, and I don't think it's completely wrong to react like this other person did, but it's not necessary to shun them from society or ruin them just because they made a mistake.” I especially feel that if the person who could get canceled acknowledges that what they did was wrong and that they won't do it again, it shows the public that maybe they didn't realize that what they said wasn't okay until it was too late.” Elle explained that people know right from wrong, so in the end, freedom of speech will always be there.

Cancel Culture doesn't make us a better society. In fact it really doesn't have the effect we want it to have. On the contrary, everyone protests just for the person being canceled to benefit from the attention. Dissent strengthens us as a society and as people; we just have to learn to deal with differences. Cancel culture means to go against someone for not agreeing with another, instead respecting each other's ideals sometimes can help to create transformation and evolution. The truth be told, Cancel Culture isn't black and white.



Scan the QR code for more about Cancel Culture and those who've been cancelled.



# A SHORTCUT TO EVERY QUESTION

“Stereotypes are a form of shortcut, a way of summarizing a vast and complex reality.”  
- Malcolm Gladwell

BY BILLIE SHULMAN

“You can’t play sports, you’re a girl,” “aren’t boys supposed to be strong,” “but you’re blond you’re not an intellectual,” “aren’t you supposed to be smart?” These are all examples of stereotypes. Stereotypes are a widely held but fixed and oversimplified image or idea of a particular type of person or thing”. At JAMS students have problems with bullying and teasing most of these problems come from stereotypes. How do stereotypes affect students, and why isn’t this issue resolved?

When people think stereotypes, one they think of is that “boys are better than girls”. To prove that, almost 50% of kids at JAMS have seen or experienced gender stereotyping, and almost 40% of people in the world believe that boys are smarter, stronger, and less emotional. Each gender is equal to each other but because of certain elements there is controversy about emotionality because of girls being more sensitive or getting worked up about more things, does that really say that boys are better?

The former mayor of New York City even believes that stereotypes can affect men because of a standard that has been set for them. He states, “Why should men be constrained by antiquated stereotypes of masculinity? What does it even mean to ‘Be a Real Man’ anymore? Shouldn’t we all celebrate a wide range of definitions of manhood?”

Even siblings are judged and stereotyped. Some siblings fit these stereotypes: the youngest child in the family is spoiled, the middle child is always forgotten, and the oldest is always the favorite. Siblings are mostly different from what people may think and judging them by their stereotypes is no way to go. Eighth-grade counselor Ms. Check believes birth order can mean something especially because of how firstborns are fawned over and there is a sense of panic when thinking

about them. But with younger siblings, there is not as much attention given. Ms. Check also explained that in school, older siblings can affect how teachers think about their younger siblings and if they could be biased for or against the younger sibling because of the oldest’s actions.

Many popular books hold stereotypes within the character’s story such as the Hunger Games series which holds stereotypes within the characters of Katniss and Peeta. The fact that even though they come from the poorest and worst district, they win the Hunger Games and prove that they are strong and better than the wealthier districts. They prove that growing up with a “silver spoon” doesn’t determine victory.

Canadian author Malcolm Gladwell has his own definition and opinion about stereotypes he quotes, “Stereotypes are a form of shortcut, a way of summarizing a vast and complex reality.” In Mr. Gladwell’s point of view, this gives reassurance that stereotypes are not to harm but only to understand.

In a recent interview with vice principal, Ms. Aguilar, she stated that a lot of the reason why stereotyping can happen at JAMS is because of what someone looks like, what they wear, or even who they hang out with. This can affect students in a harsh way because at this age students are very scared about what others think about them and are afraid just to be themselves. This can be a message to students at JAMS. Don’t give in to stereotypes, be yourself. Stereotypes are harmful and, in some cases, they can cause or lead to bullying. But what some don’t realize is that they are an explanation for things that happen in the world and some can hide behind stereotypes to protect themselves. Stereotypes are dangerous, hurtful, and can lead to much worse. The time to end stereotypes is now.

## TAYLOR SWIFT THE ARTIST OF OUR GENERATION



Taylor Swift has achieved much in her career and has given our generation hope and happiness with her music which has helped many deal with heartbreaks and get out of dark places.

The “Queen of Powerful Songwriting”, Taylor Swift was the first person ever to take all top ten spots on the Top 100 with all of her songs and stayed there for a week. Additionally, her new album, *Midnights*, exploded and all of its songs hit the Top 100. She has made history in 2022 and all of her fans, “Swifties”, hope to see more.

Some of her accomplishments include winning 10 Grammy’s for best music videos, hit singles, and albums. Her reinventions and songwriting receive critical praise and wide media coverage.

The Taylor Swift Era’s tour in 2023 has caused a big conundrum for Ticketmaster and people around the world. When presale tickets to the Era’s tour went online, it blew up and sold out in a matter of minutes. A lawsuit was filed because Ticketmaster and its parent company were anti-competitive, imposing higher prices on fans in the presale, sale, and resale market.

Taylor Swift and her songs are the heart and soul of 2023 and the Eras tour is on the way. All of the Swifties will just have to wait.

# Camping on Campus



## Step It Up!



**LUNAR NEW YEAR** - Taking place in a land not so far away, Lunar New Year's day at JAMS is meant to celebrate the Lunar New Year holiday in many Asian countries. Student's got to participate in games like musical chairs and Bingo, and activities like drawing Chinese characters.

**YOSEMITE** - A time to be one with nature. Seventh-graders got to enjoy a fresh breath of air while exploring the depths of the Yosemite National Park, with no electronics allowed. It was quite an experience for some and was the first sleep-away experience for many.

**ASTROCAMP** - The second 8th-grade adventure of being out in nature, AstroCamp takes place in Idyllwild where many students got to participate in a sleep-away experience. Making sure to stay hydrated, students enjoyed activities such as rock climbing, launching rockets, and creating windmills.

**BERGAMOT STATION** - Art students witnessed the work of Chilean textile artist, Carmen Mardonez. The show, "Unspeakable Dreams, Smothering Desires", is all about people's dreams. She actually makes her own "yarn" from thread and hand sews all of her creations using recycled bedding.

**MUSEUM OF TOLERANCE** - A powerful trip for the 8th-grade student body, learning about the injustices that happened not too long ago spoke to many, and seeing what people had to go through just because of race or religion. Sparked anger in some and sadness in all.

**DODGER DAY** - Students dressed up in blue for Billy Gasparino, the head of recruiting for the Dodgers, he brought his baseball wisdom and shared the amount of analytics that comes with making the perfect team.

**STEP IT UP!** - Jumping and bouncing all over the place, students came together to create the "Day of Awesomeness!" G-Money came to JAMS to give a presentation containing golden tickets and prizes that students could earn by raising money for the school. Even though some students thought the whole experience was 'cringe' they could all appreciate the joy of being outside and playing with their friends.

PJ Day

DODGER DAY







**AstroCamp**



**Bergamot Station**



**Museum of Tolerance**



Camping in California

**Lunar New Year**





Physical books have been around for quite some time. It's what people used before we had access to the internet and electronics. With a world of platforms and distractions on these devices, they also included online reading. Online reading has many more features. From having an easy portable book, to having the words read by a recorded audio. But physical books are still used too, as some schools provide textbooks, and/or have their students read physical books. So what do JAMS students and teachers prefer?

Sixth-grader Ethan C. said, "I do prefer online books, but only because of accessibility. As far as reading goes, I would definitely prefer real books, because it's a lot easier to get invested in a physical book."

Seventy-five percent of JAMS students use physical books more often. Physical books have several features that allow a reader to enjoy a book aside from the story. Depending on what kind of book someone is reading, it makes having the book in one's hands a better experience. For instance, a picture book has pictures that might be harder to see on a screen. And with a physical book, one can point out details better.

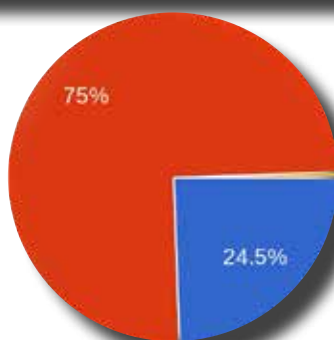
Along with pictures are covers of books. The covers of countless books are like an invitation, and capture a reader's eye, making them read that book. A lot of these covers and back covers sometimes have great artwork. The color, texture, and design of the covers usually give a book a distinctive look and identity, and give an idea on how the book could be about. Thirty-three percent of students at JAMS enjoy the artwork in a physical book. Some people also just like reading a physical book because it's calm and feels effortless. Sixty-nine percent of JAMS students enjoy the feel of a physical book. Some cons involved in physical books are that they aren't as portable, and take up space. Numerous books have long series, and it gets tough to have space for them, along with finding and collecting them. Sixty-seven percent of JAMS students like having the full series of a book together. Several books are also sometimes and almost always out of stock, or taken by someone else. Physical books aren't as economical as their electronic counterparts either.

Twenty-five percent of JAMS students use online books more often.

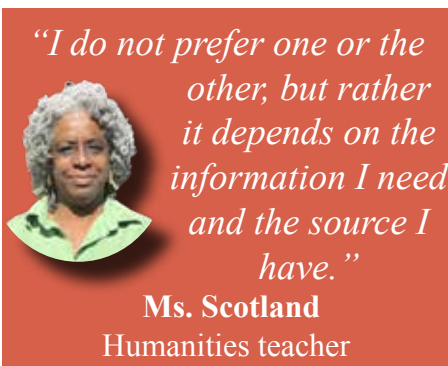
# The Book Beef

Online vs. physical books

By GENESIS BUEZO



A student survey revealed that 75% of JAMS students read physical books while 25% read online books.



With no doubt that a trip to a wonderful place like the library, one doesn't have to go far for e-books. With a device, one can look on many different platforms for a book. A preferred platform for school that 72% of JAMS students use for online reading is Sora. Another advantage to reading on a device is that they are more portable than physical books. Having a phone, tablet, or a computer, means taking a whole library anywhere, and reading at any time is easy. Forty-four percent of JAMS students like online books for being more portable, and 75% like having easy access. Some platforms for online reading also include an audio recording of the book one is reading. It's convenient for when one doesn't feel like reading off the screen, and prefers to listen. It's easier to multi-task with the audio. One can listen while cleaning, doing homework, or taking a stroll. Thirty-five percent of JAMS students use online more because of the audio books. But not all books are free, and sometimes the online ones are quite expensive, depending on the platform or book one is reading. People also need power, or in other words, WiFi, to be able to read online. One won't always have access to the internet, with several situations accounted for why one can't go online. Online reading is also known to cause headaches, and eye strain from staring at a screen for too long.

But what do teachers at JAMS think? Seventy-five percent of teachers at JAMS use both online and physical. Teachers could argue that each kind of book has their own great features and advantages, but they also want to better the experience for their students. Ninety-five percent of teachers prefer online books because of the easy access, and 30% like the immersive experience. Some books, like textbooks or class books, can also be found online, but they have their own features. Ninety percent of teachers mostly prefer physical books because students can't go off task, or go on other websites. It's also nice to be reading a physical book because students at JAMS use their chromebooks for nearly the entire day, so it doesn't hurt to have a little less screen time.

There is doubt that students and teachers will ever only stick to one type of book, because both have their own features that help in different ways. So the "vs." between physical or online books isn't all that controversial, because it's mostly what people like better.



**Text savvy, Sofia A. reads about light in an Amplify text-book in science class.**

Photo: Genesis Buezo



**Reading online, Nicholas S. stays focused when he uses his Chromebook.**

Photo: Calliope Kirschbaum



Memories are not always precise. They are often altered through time depending on the people around us and their opinions. The mind is influenced easily, meaning any piece of incorrect information can subtly impact people's memories, generate conspiracy theories, and cause what we know today as the Mandela effect.

"Memory is highly malleable. Input from other people can change memories, causing people to misremember events or remember events that never happened"-MedicalNewsToday

The Mandela Effect was first named in 2009 when writer and researcher Fiona Broome made a website about her recollections about former South African President dying in prison in the 1980's. The odd thing about her tale is that Mandela actually died in 2013. What's even stranger is that she wasn't the only one with these memories, many others thought the same-even recalling a news coverage of his passing, and a speech from his widow.

To put this effect to the test, a survey was conducted. There were six pairs of images and the participants were to choose between the two to distinguish which one was the original. Although most could distinguish the fake, there were two that fooled everyone- the Monopoly man's monocle with 60% picking the wrong one, and Looney Tunes two o's tricking 56% of participants. The Monopoly man in fact did not have a monocle and Looney Tunes was always spelled Tunes, not T-o-o-n-s.

## Wait, what?

### The Mandela Effect and its tricks to fooling everyone

By ZARIA BOWSER



Sixty percent of students got this wrong. The correct image is on the right, the Monopoly man doesn't have a monocle.

The Mandela effect can impact the learning abilities of students. According to Ms. Schwartz, definitely. She said, "When you're teaching science people think they know the sky is blue because it reflects off the ocean but when they are asked how they know this they can't come up with an answer."

This may come off as surprising since most people have heard this statement at least once in their life but it is not true. The sky is actually blue because blue light is scattered more due to its short, choppy wavelength, making it the color we see the most.

Mr. Avedian also had to add, "The Mandela Effect shows that memories are not as reliable as we think, even when we feel the memory is a strong one. That can have a negative effect on everything a per-

son does, even if it's a student who thinks they know something when they really don't."

The Mandela effect is a complex concept. People who have been studying this phenomenon came up with these three main conclusions.

One: **Confabulation.** To put it simply, confabulation just means the brain fills in gaps in memories to make more sense- adding details that never happened.

Two: **The Internet.** It's common knowledge that the internet influences us, but not all of the information there is true. That's why misinformation, (especially from a large platform) can really mess with people's brains.

Three: **Parallel universes.** As many as it sounds, this is a pretty popular theory. When Fiona Broome was questioned she described the Effect as "a clear memory of an event that never occurred in this reality" She then went on to explain that the Mandela effect occurs when our reality interacts with other alternate realities or parallel universes. Many people started to come out with their own knowledge even forming groups."

The Mandela effect is an interesting phenomenon that is changing things every second. We could show one day and realize that something is wrong with one of the characters, or even all of the characters. They could have different hair, clothes, or even their name. In the end, we still might know if the Mandela Effect really impacts the learning of students.

## The Bookmark

JAMS students recommend these book titles that can be found in the school library.

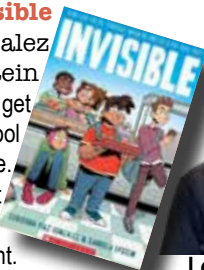
Check them out! - Zaria Bowser

### Invisible

by Christina Diaz Gonzalez & Gabriela Epstein

Five very different students get forced together by their school to complete community service.

. What they don't know is that they may just have more in common than they thought.



Lorenzo Borgia  
Grade 6

### The Fort

by Gordan Korman

Five 8th-grade buddies discover an abandoned bunker underground in pursuit of a hurricane and discover the only way to be true friends is to help each other out.



Kayla Takeda  
Grade 7

### Westing Game

by Ellen Raskin

An award-winning mystery in which 16 unknowing participants are tasked to compete to become the Westing heir and win his entire fortune through a puzzle.



Mariam Yebalih  
Grade 8

### Hello (from here)

by Chandler Baker & Wesley King

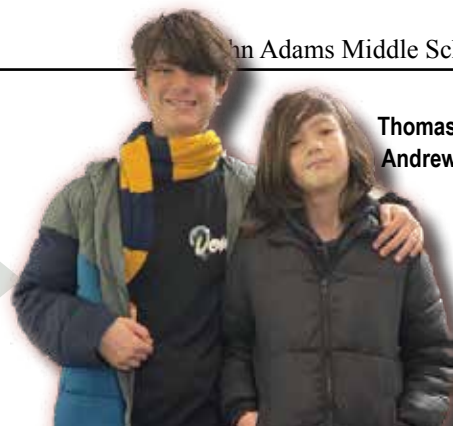
Hello (from here) is a sweet romance about characters Max and Jonah bonding in whatever way they can through the struggles of the pandemic.



Ms. Jarvis  
Librarian

Cameron, 6th  
Charlie, 8th

# The Sibling Situation

Thomas, 8th  
Andrew, 6th

Siblings have very mixed feelings about one another, but they all have one thing in common - they are stuck with each other, whether they like it or not.

According to a recent survey, about 8% of students at JAMS have twins, and 30% have siblings. Some of the students love their siblings, but more than twice as much gave them 1 out of 5 if they were to rate them. For example, when asked who he liked more, friends or his sibling, 8th-grader Jefferson Bieber responded quickly, "Friends... by a mile". Most people, though, gave a mid-rating.

Siblings and twins are very different scenarios. Com-

## Pros and cons of having siblings on campus

By ANDREW ALLEN

monly, twins have a closer bond than regular siblings because they're the same age, so they think of each other more like friends than people stuck with each other for life. On the other hand, as 8th-grader Bella Gulko puts it, "Since you're the same age, you have to spend twice as much time with them." If twins don't have the best relationship, that certainly wouldn't help.

There are two common types of

twins: identical and fraternal. Identical twins look exactly the same, while fraternal twins look much different.

There are more types of twins, like mirror or conjoined twins, but those are the most common. Most people have friends that are twins, or at least they have heard of or seen twins at JAMS before.

Siblings can be a little much. They have their ups, and they have their downs. They can be great, or they can "ruin" lives. So next time you and your sibling get into a fight, just think about how much they do for you every day.

Ethan, 6th  
Eva, 8thMaddy, 6th  
Teddy, 8thMalia, 7th  
Jolee, 7th

## Tech Tips with Ms. Areole



- **Never share your password or include your personal information within it** (birthdate, SSN, address, etc.)
- **Shut down your computer after using it for the day** (helps to conserve battery and fixes most software issues or glitches)
- **If in a public place, sign-out of your device** (this prevents people accessing your information when you are not near your device)
- **Always save your work**
- **Always have a backup of your work** (save to your Google drive and a flash drive or external hard drive as a second dry backup)

## PROS

### Siblings on Campus

## CONS

- **Helping Hands:** They can help with homework and projects.
- **Familiar Face:** Sixth grader Eva Ruezga stated, "It's nice because that means I can know more people."
- **Private Tour Guide:** They can show them around the school.
- **Emotional Support:** According to hsc.unm.edu, "kids may be more likely to tell their siblings things that they might not tell their parents." This means that certain issues can be handled and won't just go unnoticed.
- **ATM Machine:** Some students use their siblings as a source of money.
- **Convenience:** Parents only have one school to drop off their children
- **Constant Companion:** Sometimes a sibling can be a best friend and always by their side
- **Academic Assistant:** According to Yahoo News, "Kids can help boost their younger siblings' academic performance by being role models."

- **Snitching:** Siblings can snitch to their parents about what they did on campus.
- **Presence:** They are seen too often, or as 6th grader Mariem Chabbouh put it, "I have to see him, that's all."
- **Rejection:** Sometimes, one wants to be with their siblings, but their sibling just ignores them on campus as if they're invisible.
- **Expectations:** Some siblings are annoyed when they get the same teachers and have to live up to their expectations.
- **Embarrassment:** Most siblings can't pass up an opportunity to embarrass their siblings in front of their friends.
- **Non-stop Chatter:** With twins, they can be one minute older and not stop talking about it.

Adelaide, 6th  
Emilien, 8th



# TEENAGE SLEEPLAND

Naps are more necessary than we think. They can be beneficial for the well-being of students.

By CALLIOPE KIRSCHBAUM

Napping is one of the most important things that every human needs. We sleep every night and wake up in the morning feeling (hopefully) refreshed. In many cases, students feel tired during school and need a little shut-eye or they'll feel drained all day. That's why teachers should allow us to take naps during advisory, so we feel more attentive, happy, and productive.

"While a nap can't replace a good night's sleep, experts say, research indicates that it could help with learning. Studies show that after a 20- to 30-minute rest, you feel more alert and focused, and your brain does a better job of retaining new information" (junior.scholastic.com).

This means that if a student takes a nap during advisory, they will be more productive, more awake, and won't be half asleep during their last class of the day.

If a student takes a 10-30 minute nap during advisory then they will feel more awake, and will go to their last period feeling energized. And if someone's last period of the day is their most challenging class, then they might need the nap even more. For a student to close their eyes for a few minutes can change their entire performance in class. In a recent survey, 75% of students claim they get tired during the school day, while 55% believe naps would make them more productive.

In other countries, people take naps during the day. For example, in Las Cruces, New Mexico, some high schools have added nap pods and recliners with hoods that can be pulled down over a student's head to block out light and other distractions. An elementary school in China had their students set up tents to take naps instead of putting their head on their desks; so they don't have spinal health issues later on. What's keeping JAMS from following

these methodologies?

"I think naps are beneficial during advisory because let's be honest, usually students use advisory as a break during the day to like play games or read. Also, all of your homework can't be done in the 35 minute period. Additionally, they only offer naps when you are super young like in Pre-K or something, but everyone knows that the older you get the more you get tired and need naps. There should be the option of sleeping during advisory" said 7th-grader Ramona Bruno. As students age and have more responsibilities/homework, having a nap mid-day is the most relaxing and energy-refilling activity for growing students.

Imagine waking up after a nap and feeling mentally ready to take on the rest of the day. Imagine the difference that could make.

"I think there are many benefits to napping. Adults do it, kids in preschool and kindergarten do it. I think it sort of resets you, it allows you to regain some of

the energy you need for the remainder of the school day," said Mr. Cierra, social studies teacher. This attitude is also common among students which begs the question, "Why did school nap time stop when students reach middle school?" From all the stress and anxiety middle school causes students, they deserve naps.

Naps are a very important part of our everyday lives, without them, people would be tired and groggy most of the time and unable to focus on anything. Naps ensure students feel ready to take on whatever happens during the day. If a teacher had a bunch of tired and groggy students who aren't paying attention, they would be less eager to teach. Instead of sleepy students, teachers would have well-rested, attentive students who got some ZZZZs during advisory. Thus, both students and teachers would benefit from a little 'siesta' during advisory.



**Advisory students get some ZZZZs before their last period of the day.**

Photo: Calliope Kirschbaum

## Amazing Artwork



**Pirada Tae**  
8th grade



**Enrique Johnson**  
8th grade



**Solis Perez-Armendariz**  
8th grade



**Florence Fraser-McDuff**  
7th grade



**Ruby Krekelburg**  
7th grade



**Cecilia Fierro-Feinstein**  
8th grade

# ENTER TITLE HERE

Customization provides the feeling of creativity and individuality.

By ROHAN SHAH

Out in the world, people are drawing, sewing, and buying custom clothes and accessories. Customization is making changes to a product to meet an individual's specific preferences. It allows people to take control of their products and make them truly their own, and it has become increasingly popular in recent years as famous fashion icons demand more personalized clothing and accessories.

Videos on TikTok and YouTube are popular of people painting on their phone cases, on their computers, and even on their shoes! Large brands like Vans and Nike have sections on their site where one can use one of their silhouettes and make their own design on a shoe. Though these are very few examples of items that people customize, there is a whole world out there, especially at JAMS.

"Usually like, making something your own, sort of expressing what you feel on the inside, putting it on a canvas, putting it on something else. Sometimes it can be business related, but not just that. I feel like it is also just being yourself." Stated 7th-grader, Melina Martinez.

A large percentage of students at JAMS customize, and while they do so many different things, some stand out. Seventh grader, Gus Shreiber, customizes shoes using leather paints and the occasional paint marker. He stated, "I started when I saw my friend draw on his Vans. I thought I could do that! I have always loved to draw and eventually I realized that my drawing on paper could become drawing on shoes. So, I made some for my relative's birthdays, and then friends started asking me for some too. I have tried to turn this into a business, but I think that it is better off as a hobby."

Recently, celebrities and filmmakers found that custom clothing was a good idea to start as a trend. There have been recent fashion shows purely based on people who make custom clothing and products. Famous artist Eddie Van Halen is known for painting on his guitars. Some of them go for

upwards of \$100,000.

In a recent survey, while 53% of students do not customize, 47% do! The most popular form of customization is painting, and the most popular thing to customize is water bottles. Most JAMS students customize for personal expression, meaning they like expressing themselves through artwork.

Few people know the difference between customization and personalization. They sound similar and they are but have two different meanings. Personalization is the act of creating or changing an item using customer data to meet someone's needs. Customization when the customer manually changes the item or product to meet their needs.

Some customization is about psychology. "Feeling that you aren't getting something generic or run-of-the-mill makes you feel in control. That's because you are getting something that is different from the status quo. You're getting something created and tailored just for you, making you feel like you're in the driver's seat," (PensXpress.com.) This means that for some people if something

isn't customized, they feel like they aren't in control.

"Customization is not a luxury, but a necessity in today's world. It allows us to adapt and tailor our surroundings to fit our unique needs and preferences, ensuring that we can live, work, and play in an environment that is comfortable and conducive to our success. So let us embrace the power of customization, and create a world truly built for us" -Franklin D Roosevelt, 1944.

So many people love to customize everyday items and items that one might not think about when it comes to customizing. People who are famous and who influence trends and fashion are diving deep into customization too. In conclusion, customization connects everyone while branching out to new hobbies, businesses, pieces of personal expression, and overall fun.



**Gus S. shows off his new fly-high customized Jordans.**

Photo: Rohan Shah



**Ulises B.R. drops his jaw and hits a low note while warming up his tuba.**

Photo: Ms. Woo



**Andrew B. strokes his strings while practicing one of his orchestral pieces.**

Photo: Ms. Woo

## JAMS MUSIC PROGRAM



**Kai E. warms up his tubes for a band session.** Photo: Matis Gelinas



**Cellists in orchestra practice while staying perfectly synchronized.** Photo: Ms. Woo





**Art students visit Bergamot Station to view the work of Chilean textile artist, Carmen Maldonez** Photo: Ms. Joyce

# Color Chemistry

**T**he scale of colors that people can see have a stronger effect on minds than often talked about. What is talked about too often, though, is the connection between favorite colors and personalities. Statistically, science hasn't proven anything about a link between color and behavior. However, these last few decades have had scientific uprisings in color affecting mood. How deep does this idea of color go?

Some psychologists believe that color coding runs deep in our brains. "Colors express the main psychic function of man." -Carl Jung, Swiss Psychiatrist award winner.

There are many ways to talk about the effect of color on one's mind. Certain colors and what they mean, the patterns of affects the colors can have on people and the history of discovering color psychology, and advertisement techniques used by professionals. Usually, colors don't have an incredible effect on a mind, but there are some cases where they do.

A couple of years ago, a man posted a video on TikTok that went viral. He talked about a type of pink that made the mind calmer and happier. That shade of pink was painted onto prison walls, visiting team locker rooms, and childrens bedrooms. However, what the man did not mention was that while it would calm a person for about 15 minutes, after that time was up, it would start to make them angrier. Prisons now had angry prisoners, the visiting teams got more hyped up, and children got upset. That is one of the largest examples of color affecting a mind.

There's also some science and pattern to color. In 1942, Kurt Goldstein spoke about longer wavelength colors (red, yel-

## The effects of colors on the mind and the body.

By DEVYN HAMILTON CHEAH



**In her element, Ms. Joyce sorts through her art supplies for her favorite paint colors.**

Photo: Calliope Kirschbaum

low, orange) and shorter wavelength colors (green, blue, purple). He said that longer wavelength colors can have more exciting and warm effects on the brain while shorter wavelength colors can have cool and relaxing effects on the mind. An easy way to think about this is to assume that all 'cool' colors are shorter wavelengths and therefore would usually have relaxing effects on one's mind while all 'warm' colors are longer wavelengths and therefore would usually have exciting effects on someone's mind.

Ms. Joyce, JAMS art teacher, commented on the colors that make her feel calm and comfortable. She says that deep blues and purple-pink colors make her feel

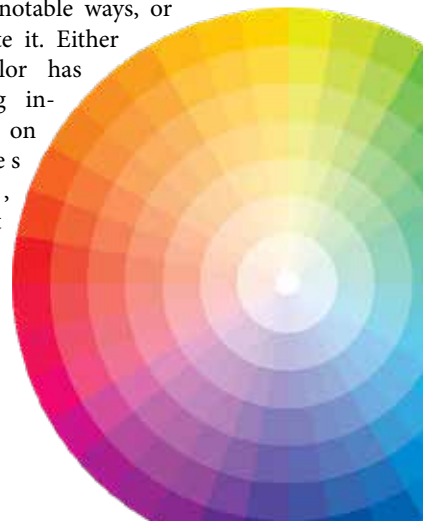
at ease. Ms. Joyce has also commented on color psychology. She says that she majored in color theory in art school, and learned that color theory can directly affect mood, and even temperature! "When I lived in a cold climate, I used to paint my walls in warm hues such as yellows and oranges or whites that were more towards the creme end of the spectrum. When I moved to California after a few years my preferences for decorating turned more towards blues, greens, and cooler/crisp and clean colors in general."

JAMS students also have opinions about color, especially color in context. Eighth grader, Jay Martinez, said, "Green can be used in many ways, as its shades can represent multiple feelings. Soft light greens can remind someone of peace, while dark green can be used to show envy."

Color can also affect one's body. Red can make a body more alert, especially when waking up. Certain shades of blue and green can make someone feel soothed, and there's one certain shade of green that aggravates a headache significantly less than other colors. Dim, muted colors can make somebody feel tired.

Color psychology isn't just a theory, it's a method. Advertisers and directors use color psychology too. If an advertiser wants a person to buy something, they'll use a bright red color and a bright and happy overlay or background. Thriller movies use green or yellow overlays to make people feel queasy or nervous for the characters.

Color can have a large impact on the mind and body. The brain can be manipulated into wanting things simply because of their color. Color can activate the mind in very notable ways, or deactivate it. Either way, color has a strong influence on choices made, without any consciousness about it at all.





# Out of This World Real Estate

*"Growing up in space may be different, but I believe it will be an adventure of a lifetime. I can't wait to see what the future holds for humanity as we expand our reach beyond Earth."*

*-Tanner Guth, 8th Grade*

By JAKE BROMELL

Space, the final frontier. For centuries, humans have gazed up at the stars and wondered what lies beyond our own planet. With the advent of space travel and the establishment of NASA, we have been able to send people and spacecraft to explore and learn more about the vast expanse of the universe. From the first moon landing in 1969 to the International Space Station orbiting Earth today, space exploration has come a long way. But there is still so much more to discover and learn about the cosmos, and the potential for future space travel and colonization is endless.

Children from all over the world are interested in space. The youngest person to ever reach sub-orbit was a Dutch boy by the name of Oliver Daemen, who was only 18 years old when he launched into an 11-minute suborbital flight in Blue-Origin's first manned New Shepard 16 (or NS-16) spacecraft. In this short excursion, he was accompanied by the likes of Jeff and Mark Bezos, and an American spacecraft pilot: Wally Funk.

The JAMS Science Magnet's 8th Grade trip, called AstroCamp, is a unique educational experience designed to deepen students' understanding of science and technology. The trip takes place over the course of a weekend in the San Jacinto Mountains, offering students the opportunity to immerse themselves in a natural environment while participating in a variety of hands-on activities and lessons. The 80-acre grounds of AstroCamp are equipped with a range of science-related laboratories, allowing students to explore and experiment with a wide range of topics and ideas.

During the trip, students participate in a variety of exciting activities, including night hikes, where they can observe the stars and learn about astronomy. They also had the chance to participate in a

rock climbing simulation of a Mars trench, helping to deepen their understanding of geology and space exploration. In addition to these hands-on experiences, students will also participate in many physics lessons, learning about the basic principles of motion, energy, and matter. These lessons were taught by experienced instructors, using a combination of lectures, demonstrations, and interactive activities.

Living in space presents a number of challenges and requires a high level of adaptation and resilience. The lack of gravity, exposure to radiation, and isolation from Earth can have significant effects on the human body and mind. One of the most significant challenges of living in space is the lack of gravity. These changes can include muscle and bone loss, fluid shifts, and changes in the immune system. Another challenge of living in space is exposure to radiation. This can increase the risk of cancer and other health problems. In addition to the physical challenges, living in space can also be isolating and can have a significant impact on mental health. Astronauts are often isolated from their families and friends for long periods of time and may not have access to the same support systems that they have on Earth. This can lead to feelings of loneliness and isolation. Despite these challenges, many people are drawn to the idea of living in space and are willing to endure hardships in order to experience the unique opportunities it offers.

NASA has a number of telescopes that are specifically designed to search for exoplanets, which are planets that orbit stars outside of our solar system. These telescopes use a variety of techniques to detect and study exoplanets, such as the transit method and the radial velocity method.

od. The transit method looks for the small dip in a star's brightness that occurs when a planet passes in front of it, while the radial velocity method measures the wobble in a star's movement caused by the gravitational pull of an orbiting planet. Some examples of NASA's exoplanet-hunting telescopes include the Kepler telescope, TRAPPIST, and the James Webb Space Telescope.

The TRAPPIST-1 solar system, located 40 light-years away, has been the subject of much interest due to the presence of several Earth-sized planets orbiting within its habitable zone. The habitable zone is the region around a star where temperatures are neither too hot nor too cold for liquid water to exist on a planet's surface. Liquid water is considered to be a key ingredient for the potential existence of life as we know it. Further research and study will be needed to determine whether or not the TRAPPIST-1 system could truly be a home for human life sometime in the future.

Space travel is about more than just going places. It's about changing the way we see the world and our place in it. It's about pushing the boundaries of what is possible and inspiring the next generation to dream bigger and reach higher. It's about exploring the unknown and making the impossible possible. Living in space is a unique and challenging experience, but it is also a deeply rewarding one that allows us to see the world in a different light and to be a part of something greater than ourselves. Today, space exploration continues to be an essential field of study and a source of inspiration for people around the world. Many countries and private companies are actively engaged in space exploration, to understand more about the universe and our place in it.





## --MILE RUN-- LEADER BOARD --MARCH--

### 6th grade

**1. Surafel Degefu & Matteo Davilla (tie) 6:12**

2. Seth Boyd 6:48

3. Josua Weil 6:54

### 7th grade

**1. Balen Hundessa-Wade 5:22**

2. Exjani Rojas 6:19

3. Benito Quezada 6:36

### 8th grade

**1. Nicholas Youssef 5:41**

2. John Gereau 5:59

3. Addy Fiore 6:42

# TELLING

By RHYS CONDON

About 20% of children 12-18 report being bullied nationwide. Could this be prevented by telling or would it only make it worse? School bullying is one of many problems that may be prevented if students don't hold back on telling a teacher. However, would it only make it worse?

Students face several problems when going throughout their normal school day. However, little of these students actually report these problems. The reason for this is a schoolyard mentality of "no snitching." Is this mentality a legitimate claim or is it based on the needs of not getting in trouble. Shown through a schoolwide survey, it shows that 55% of students believe that telling an adult might make the problem better, with 30% saying that it will make it better. Therefore, it's clear that the majority of the student population believes telling will help.

#### TELLING IS NECESSARY

Telling a teacher about a problem may have a chance of not resolving the problem, but it depends on the severity. Some students worry about their 'reputation' and not wanting to be known as the snitch, as well as some students not trusting the teachers. Telling should be normalized in school, and this is why. While teasing friends is harmless unless taken too far, consistently teasing random students is not okay. Some could feel stuck in this. A possible release from this by speaking to a teacher or an adult is needed in a school setting. Seventh grader, Andrea Campos, stated, "Being able to talk to someone is needed no matter what."

#### SHOULD YOU TELL?

Another problem is the possible retaliation from the student you told on. They could feel spiteful that you went against the 'school code' and potentially create a whole different problem. This is why

Does it help or will it make a problem worse?

sometimes you need to figure out the problem yourself, given that it's not too severe. If you have a single argument, it can be settled on your own. Fifty percent of students believe you should begin talking to an adult if that person is spreading rumors, while resolving it yourself with anything less severe. Telling on another student when it's not necessary can cause a larger problem, and it might be something where someone may need to raise their voice.

In conclusion, being able to speak to an adult about a problem is a fundamental part of school, and must be respected if we want a peaceful time on campus. The overlying constant threat of getting in trouble when doing something wrong prevents most problems, however, some will still do these problematic things, and that is where telling is necessary to further prevent the problem, but it must be done so carefully. Telling is essential to school life, whether it be the risk of being told on, or directly being told on.



*"I feel that a student should have a trusted adult at home and at school to be able to speak with about any matter."*

**-Ms. Asiaban**  
6th-grade counselor



*"A student should tell an adult about a problem any time they are not sure of what to do, especially if they or other students are being harmed, either physically or emotionally."*

**-Ms. Check**  
8th-grade counselor

## Middle school students prepare early for earning and learning the value of money.

By MATIS GELINAS

**W**e all want things- lots of them. Sneakers, T-shirts, jewelry, clothes, we want them all. But how can a middle school student purchase these items if they don't get an allowance? Many students work and have to earn money. How to manage and spend money is a good lesson for students to develop before they reach adulthood because once they work for it, they truly appreciate it more. Saving up money to get a desired item gives it more value because of their hard work.

A hobby is an activity that can be pleasurable for people. Seventh grader, Xi-



**Displaying her creations, Ximena S.R. earns a little extra cash by making and selling handmade bracelets.** Photo: Mr Miranda

mena Sandoval Ramirez, turned her hobby of making jewelry into a business for her friends and classmates. "I figured it would be best to sell my jewelry at school," said Ximena Sandoval Ramirez, a 7th grader, "my friends gave me recognition and then told others about my bracelets," Xime-

na stated that she chose to sell jewelry at school which is a good place to expand further. Most of her sales come from word-of-mouth advertising. Word-of-mouth is the process of telling people you know about a particular product or service, usually because you think it is good and wants to encourage them to try it.

Money talks and some students are listening. They are mostly all alone with not much inspiration to keep them going. Some lack the necessary tools to properly do the job or do not know crucial information to keep afloat. This puts many students at a disadvantage and could cause them to quit. A solution could be a club at JAMS that guides and informs students about the helpful tips and tricks that are necessary to earn money and balance a budget. Students need to learn the value of a dollar and it should start now.

## BAKING TIPS: MAKING BREAD AT A YOUNG AGE

With school being a full-time job, students need to make time to make money. Going to school, keeping good grades, and socializing all are factors that reduce the time to be able to work. Kids have ways to make money but how often they work reflects on how much they earn.

### Time Sheet

Percentage of students	Days worked per week
34 %	less than a day
28 %	1-3 days
16 %	every day
11 %	4-7 days
10 %	once a month



**Lights! Camera! Billie S., who works as an actor, prepares to record for an audition.**

Photo: Billie Shulman

### Most Common Job

Cleaning or doing chores	Percentage of students
	30 %

Other popular ways students earn money is by baby/dog sitting at 13%, buying/reselling items at 9%. Some students earn a little extra cash by investing in the stock market, umpiring (baseball), making jewelry, and drop shipping. In addition, there are countless creative ways that students do to earn more money.

## Money Matters

Percentage of students	Income per week
50 %	\$ 10+
31 %	\$ 20+
13 %	\$ 50+
5 %	\$ 100+

The most common side hustle is doing chores/cleaning which pays an average of \$10-20. Followed by baby/dog sitting with a large percentage of people making \$20+. And lastly, buying and reselling items, which has a wide variety of incomes based on what they sell. One additional hustle is umpiring which can pay up to \$50-\$100+ dollars but experience and knowledge are needed.



**Rohan S. uses POSCA markers to customize shoes. "I customize because I like to make money while doing something I love. But when friends saw my shoes, they all wanted some," he said.** Photo: Rohan Shah



# WHAT'S HOT WHAT'S NOT

## Are these new trends bussin' or sussin'?

Trends are constantly changing at JAMS. From 2018, where students were sporting Supreme gear and Jordans, to now, where students have adopted old styles from the nineties such as flannel shirts and big jeans. Trends come and go and styles are always changing because of influences in the media, but some have better staying power.

By MATEO MELIS-BEHRENS



**Big jeans:** Formed by the style of the 90s and the late 2000's, big jeans have been a part of rap culture along with skate culture.



**Low rise jeans/skirts:** Low rise jeans were popular with men and women since the 60s, but in the 90s is when the fashion item boomed among women.

**Oversized hoodie:** oversized hoodies never seemed to have gone out of style since the 90s. In the past 20 years, you'd always catch someone wearing these.



**Carhartt:** Since the early 20th century, Carhartt has been a huge company in the labor work clothes industry. But in the nineties is when Carhartt started to make a lot of sales.



**Edges with bun:**

Very popular among African-American culture, this hairstyle originated in the early 1920s.



**Curtain bangs:** The curtain bangs started in the 60s but never really went out of style.



**Fitted Hats:** fitted hats came in style when New Era, or "59/50" made hats for baseball teams in the '40s. Then in the 80s gangsters and rappers like 2PAC and Chance the Rapper made them popular.



**Dreadlocks:** Popular mostly from rap culture and Jamaican Rastafarian culture. Dreadlocks have been part of history for a long time.

**Middle part:** Going back to the 90s, teenage male celebrities such as Leo DiCaprio, Brad Pitt, and Johnny Depp drove this hairstyle to the top of popularity, where it stays today.



**High waisted jeans:** Very popular among anyone over the age of 55. Not so popular among anyone younger.



**Skinny jeans:** Teens like comfort and these are not it.



**Leather jackets:** Leave the leather jackets for the dads. And no, putting spikes on the jacket does not make it cool.

**Old English flat cap:** Even by the name, it is clear why this is not in style. This is not England, students are not old, and this style was left back in the sixties.



**Hair dye/side swipe:** The late 2000's was the era of faking depression and covering your face with makeup and hair dye. The side swept hairstyle should not even be talked about.

**Skirts/dresses:** It's clear to everyone that dresses are never and should never be worn casually. Skirts are generally worn for school uniforms or a formal gathering.



**The Bob:** The "Bob" hairstyle has never really been "it" with teens. Nevertheless, some lawyers, Karens, and fashionistas who make supersuits for the Incredibles wear this do. "Nuff said."



# BEWARE: CULT FOUND ON CAMPUS

By EITAN PUCHALT

“Boat.” The word that is rapidly spreading through JAMS in the past few weeks. Founded by seventh graders, Tiffany Collazo and Lia Duarte, in January 2023, the Boat Cult has become a phenomenon at JAMS. Recruiting almost 48 members, it has already infiltrated Will Rogers Elementary and a middle school in Highland Park, with the potential to spread further. To some it is an exercise, to others it’s spiritual or necessary camaraderie, but to most it is just a harmless, pointless, and random way of enjoyment. Alexis Segura exclaimed, “I don’t understand any of it. What is it about? What is the point? I don’t get it.”

There are many unanswered questions, leaving many students bewildered.

## Boat Cult Mission

According to co-founder Tiffany Collazo, “We don’t really have a purpose although our mission is to spread the boat everywhere. We also annoy people.” The other co-founder of the cult, Lia Duarte, said “Boat.” That’s literally all she said.

## “Boat” Tutorial

The proper way to do the “Boat” is by bobbing up and down and repeatedly saying the word “Boat.” The most effective way to do the “Boat” is to chant it with others and bob simultaneously. Anyone can do the “Boat” if they put their mind to it. These steps might be difficult to follow, so review the 3-step tutorial carefully.

Follow these steps and chant “Boat” (and repeat)

### STEP 1 “Boat!”



### STEP 2



### STEP 3



## The JAMS Journal

VOLUME 5 : ISSUE 2



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



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## Procrastination Situation

by Graciela Buccioni



## Peanut Butter Facts

The Secret Life of Peanut Butter

+ How to make delicious peanut butter cookies

Peanut butter is an interesting specimen of food for human life

By MATTHEW DONALDSON

**N**ational “Peanut Butter Lovers Day” happens every March 1st to celebrate the handsome history of peanut butter. Many think peanut butter makes people gain weight and is unhealthy for one’s body. This myth needs to be corrected. Scientists have proven that peanut butter can be healthy for people. Instead of gaining weight, peanut butter does the opposite. Peanut butter also helps with sleep. It is an excellent source of valuable proteins that support people’s immune systems. Peanut butter also helps one relieve stress. That’s why it’s so addictive. Peanut butter is delicious and famous nationwide. The use of peanut butter goes on and on. There is even a peanut butter coffee. One can spread peanut butter on toast and have a crunchy, creamy treat. Peanut butter holds its flavor longer in the mouth, making it a top-tier item for people’s taste buds. Malnutrition in some places causes plenty of health issues and financial burdens. Peanut butter can also be a substitute for the nutrients people get from not having access to proteins. In conclusion, peanut butter has many benefits that prove why it’s a food favorite.

## HOW TO MAKE PEANUT BUTTER COOKIES

Peanut butter getting added to a bowl for peanut butter cookies.

1. Preheat oven to 350F. Sift flour and baking powder together into a large bowl then whisk to combine.
2. Cream butter, granulated sugar, and brown sugar in a stand mixer fitted with a paddle attachment. Add peanut butter and mix until incorporated.
3. Mix in the room temperature egg and vanilla extract then scrape the bowl down and mix once more.
4. Add flour mixture and beat on low until just incorporated.
5. Roll the cookie dough into one-inch balls and place on baking sheet lined with parchment paper.
6. Flatten the cookie dough balls with a fork in a criss-cross pattern. Bake cookies for about 8 minutes. Allow cookies to cool completely on baking sheet, they need to set up before being transferred.