

THE JAMS JOURNAL

JOHN ADAMS MIDDLE SCHOOL

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STEPPING UP FOR CHANGE

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LEPRECHAUN SCAVENGER HUNT

In honor of St. Patrick's Day, locate the
leprechaun image on every page of the newspaper.



EMOJI EVOLUTION

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FREEDOM TO READ

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SKINCARE S.O.S.

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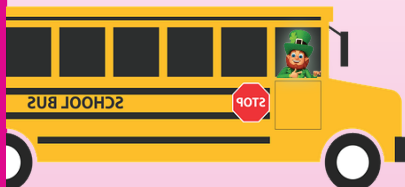
“The message is positive, the music is great, the dialogue is hilarious - we knew it would be a really fun show for the cast as well as the audience,” said, Ms. Beeman, musical producer. A recent announcement has put the schools of JAMS and SMASH into a state of excitement and most students have been waiting for this moment to come. The announcement, naturally, revealed that this year’s school play would feature Mean Girls. The production promises a two-hour spectacle filled with abundant drama. The iconic movie ‘Mean Girls’, released in 2004, is a masterpiece that has stood the test of time and continues to captivate audiences with its realistic view of high school, witty humor, and relatable characters. Recently, a new Mean Girls musical was released and it is getting the excitement it deserves. Parents who enjoyed the original movie as kids can now relax and let their children experience the same delight they experienced years ago.

Chad Scheppner, director of the JAMS SMASH Theater company, and Amy Beeman-Solano, producer of the JAMS SMASH Theater company and English teacher at JAMS, has been working hard all year

A CAUTIONARY TALE

By BENJI KOVEN

A behind the scenes look at the school musical Mean Girls



with Ms. Blanchard, choir teacher, to make the story of Mean Girls come alive. They are working with a group of parent volunteers to make the magic happen. But they are not the only ones working hard to execute the play, the students have a bigger role to make this play as real as possible. The cast has been practicing their lines and songs to create a surreal experience for the viewers and also to have a lot of fun while doing it.

The JAMS SMASH Theater company has an amazing cast with the lead character, Cady, played by Lia Duarte and Mina Lotan, art freak Janis played by Billie Shulman, and Catherine Casas, funny best friend Damian played by Lorenzo Borgia, and Benji Koven, queen bee Regina played by Dylan Treacy, and Mia Negrete, secret keeper Gretchen played by Gigi Aimonetti, and Kalkidan Dessa, and not the smartest but still funny Karen played by Hazel Kavar, and Charlotte Avedian. Every role is paired with another student who acts as its counterpart. The initial student performs in the first two performances, while the counterpart takes over for the final two. The backstage crew is working non-stop to make the performers



Rehearsing for the musical, students dedicate hours to perfecting their musical numbers and lines. Photos: Benji Koven



look good and sound good. They also are in charge of the lighting and scene setting, making it feel like a real five-star Broadway show. They attach the microphones to the actors’ heads, they move props the size of cars, and they keep everyone in order and are responsible for cleaning up the actors’ mistakes. The costume teams along with a few parent volunteers, work backstage to prepare every single outfit from a suit and tie to a tank top and shorts in a matter of seconds. They practically make the entire cast look good. It’s like multiple wingmen or wingwomen.

Everyone is working hard to make every single second of the play as good and realistic as it could possibly be. Every tiny detail is on purpose to make it feel like you are actually witnessing high school drama. The dates of the performances are April 26 at 7 pm, April 27 at 2 and 7 pm, April 28 at 2 pm, In the Performing Arts Complex, there will be snacks, stickers, and candy while the musical will provide a generous serving of love, hate, double-crossing, cheating, and getting hit by a bus.

MEET THE CAST

Janis



Billie S.



Catherine C.

Damian



Lorenzo B.



Benji K.

Regina



Dylan T.



Mia N.

Gretchen



Kalkidan D.



Gigi A.

Cady



Mina L.



Lia D.

Karen



Charlotte A.



Hazel K.

Unmasking The Shadows

From Hurtful Words to Digital Wounds:
Understanding the Impact of Bullying
and Cyberbullying

By MARIAM BEDER

Are you labeled as mean, but want to change? During challenging periods, individuals often resort to mistreating others as a means of boosting their self-esteem. The person perceived as a “bully” might simply be seeking acceptance. It’s worth considering offering them an opportunity to transform and gain positive regard from their peers.



I think bullies might have too much pride.

Yaneisy Ramirez
8th grade

There’s a common belief that pushing others down can make one feel more powerful and loved by those around them. However, this idea is incorrect; in fact, it is the opposite of the truth. If someone wants someone else to see them as a kind person, they need to quit being a “bully” and try to understand people the way they are trying to understand the other. Most of the time students think if they are mean to the bully, then the bully would understand the meaning of “Treat people the way you want to be treated”. Mrs. Asaban said, “When a person who

bullies gets help, they can improve their behavior and make healthier choices.” To address someone who bullies others, first, demonstrate understanding. Bullies often showcase pain by putting others down. To counteract this, everyone should show their humanity and demand respectful treatment. Rather than responding with negativity, respond with kindness to counter their behavior.

Mrs. Cowgill stated, “I believe that kids become bullies because someone in their life has made them feel less than. Bullying others is a way for the bully to regain power and feel more than.” If someone is disrespectful, determine if it’s due to a longstanding dislike or if they are a habitual bully. Before exposing a potential bully, verify their behavior and, if



I believe that kids become bullies because someone in their life has made them feel less than.

Mrs. Cowgill
8th grade counselor

confirmed, confide in a trusted person to handle the situation carefully. Bullying can result in serious consequences such as stress, anxiety, depression, academic struggles, and even suicidal thoughts. Whether intentional or perceived as a joke, it’s evident that bullying can have severe and harmful effects on individuals.

Bullying is not the sole issue; cyberbullying, especially through social media, is also a significant concern. The repercussions of cyberbullying in a school setting can be severe and lead to harmful consequences. It can lead to decreased productivity, increased stress levels, and even damage to one’s mental health. It’s important to create a safe and respectful online environment for everyone to thrive in. It’s best for everyone to stop these and start to understand each other so we can enjoy our social media in peace without anyone disrupting it.

Let’s remember that our words and actions have an impact on others. By choosing empathy over judgment, we can create a more inclusive and supportive environment. Together, people can make a difference and stop being mean girls or boys.

Chat with Ms. Chacon



Ms. Chacon
JAMS Principal

Now that we’re in second semester, what do you want to remind students?

“I feel like this semester has brought up some issues around language. It’s a huge issue right now that I feel like students are really struggling with. I don’t think we can be able to fix this problem but we can always talk about it. And we should always make sure of what’s coming out of our mouths and make sure it’s always positive.”

With all the grade level trips what do you hope for students to learn?

“The goal of science magnet and those trips is really to give an experience to kids that they wouldn’t otherwise have. Of course we want them to learn science, but we also want them to learn how to be in an environment away from home, for the students to get along and collaborate in the process. I want everyone to have access to go if they are able to go.”

What do you want to see improve this semester?

“A little bit of academic and social emotional. I would like to see improvement in language at JAMS and I would also love to see improvement in math.”

JAMS celebrated Black History Month with a diverse range of engaging activities that highlighted the achievements and contributions of the Black community. One standout event was the Black Esteem’s STEM-focused field trip to Sofi Stadium, providing students with an immersive experience in science, technology, engineering, and

Black History Month at JAMS

mathematics.

The celebration continued with artistic talents, featuring the JAMS Choir performing hymns and spiritual songs, the JAMS Jazz Band delivering soulful jazz tunes, and the UCLA EASA (East African Student Alliance) presenting captivating dance performanc-

es. These artistic expressions served as a powerful medium to honor Black history and culture, fostering a sense of unity and appreciation among the school community. Additionally, ASB organized a soul food walk, allowing students to savor the rich and diverse flavors of traditional African American cuisine.





Soleful Impact

Prince Africa Track Foundation Shoe Drive Update

By DELFINA CORDERO

Three hundred and fifty six children in Africa received new shoes as the Prince Africa shoe drive starts strong, and keeps gaining momentum. In the December issue of The JAMS Journal, the JAMS community was introduced to this inspiring program. Three months later, 7th graders Louisa Gubbins, Safiya Hart and Blake Kipperman are excited about their progress and the impact it has had on not only themselves, but on so many children in Zambia. Louisa Gubbins stated, "We are already planning for 2024 and plan to do the same hopefully on a bigger scale."

“

We are also grateful to the Grant Gecko community and the incredible donations.

Louisa Gubbins
7th grade

Louisa, Saifya and Blake are planning to expand the fundraiser to more schools in Santa Monica, such as Lincoln and Crossroads. They would like to provide shoes to as many children as they can, and keep the program alive for as long as possible. "The track foundation was started by someone who had very little who wanted to prevent others from having to go through that," said Safiya Hart.

Dr. J and Ms. Aguilar, JAMS assistant principals, are

helping Blake, Louisa and Safiya with the shoe drive. "The assistant principals have been very helpful and supportive, allowing us to put a donation box and helping to spread the word," said Blake Kipperman.

Last December, Blake, Safiya and Louisa had a packing party and stuffed six huge duffle bags full of shoes. Then, they drove Prince Mumba to the airport to make his way to Zambia. Once there, Prince Mumba gave the shoes to the Olympic Youth Development Center (OYDC). This center is committed to renovating track and field facilities for children's athletic

training. According to a recent Zambian publication, "Chief Executive Officer of OYDC, Dr. Fredrick Chitangala, thanked the Prince Africa Track Foundation for this donation and disclosed that the process of revamping kids athletics at OYDC Zambia has reached an advanced stage."

The shoe drive is set to extend into the next year, with additional schools in the community participating. One goal is to establish a collaboration with a major shoe company, aiming to contribute 1,000 shoes

356 shoes
donated to the foundation by
the SMMUSD community

1,000 shoes
donation goal for next year



PROCESSING Prince Mumba, Safiya Hart, Louisa Gubbins and friends, all help sort through and label the shoes donated by the community. Photo: Louisa Gubbins



IN TRANSIT Prince Mumba is dropped off at LAX with multiple bags of shoes by Ms. Gubbins and Louisa Gubbins, to deliver the shoes to Zambia. Photo: Louisa Gubbins



SPECIAL DELIVERY Zambian children line up to receive their shoes from Prince Mumba. Photo: Prince Africa Track Foundation

Scan this QR code for more information about the Prince Africa Track Foundation



Tim Ferriss once said, "Focus on being productive instead of busy." He

means that being busy is doing a lot and being productive is reaching goals. Busyness and productivity do not always go together, meaning effective and ineffective methods of studying exist. Bad habits are harmful, and there are many ways to change those habits. A simple change in routine could mean a world of difference.

Firstly, what are study habits? Study habits are a student's way of studying. It could be efficient, inefficient, systematic, random, etc. It is simply how a student works to accomplish their learning goals. There are lots of different methods for studying. Which ones are worth trying out? Which ones are not as great?

A recent survey showed that 49% of JAMS students reported they studied for 1-2 hours weekly. The top methods were Delta Math, Quizlet, and taking notes. Students reported self-testing was the best technique, but multitasking and cramming were the worst. But why? Delta Math

Different study techniques and their effect on overall school performance

FROM CRAMMING TO CONQUERING

By KAITLYN NOSHO

helps students learn through trial and error and provides explanations when needed. Quizlet has many options such as flashcards and testing, so there is something for everyone.

Taking notes allows students to retain new material better by allowing them to paraphrase information. In contrast, multitasking can weaken students' understanding of material and

reduce their memory of the lesson. Cramming is proven to increase stress and anxiety, which makes it harder to take in new information.

That being said, there are tons of methods out there. Finding the best one can be difficult. Reflecting on inter-

ests and preferred activities can help to find a learning method that aligns with an individual's learning style and goals. "Everyone has their own learning and studying style, and in middle school, it's important to start figuring out what's best for YOU."

The workload increases a lot in high school, and if you can figure these things out before 9th grade, you'll

be in good shape. If you don't know where to start, my first suggestion would be to make sure you keep up with the assignments as they are assigned. Teachers are very thoughtful about the sequence of lessons and assignments for a reason!" stated Ms. Alexopoulos, math

teacher.

Self-explanation is an active and effective study strategy. This technique is where students ask themselves questions such as "How?" and "Why?" about new material they learn. The goal is to generate more details about a subject to help them retain the information better. It helps to improve skills such as recall and comprehension. Additionally, students will learn to create connections between new ideas and their existing knowledge. Studies show positive associations between active studying and performance on tests.

Study habits are as important as ever in middle school. Correcting bad habits early and adjusting them to more successful methods will be very beneficial. Out of all the techniques out there, some will work while others won't. To discover what works, one must try. Active studying, self-explaining, and self-testing are a few places to begin. Start now and discover the study habits that will help you go from cramming to conquering!

What methods do students use to study?



"I like to use Quizlet over other programs because it has flashcards, learn, match and testing so you can have different options on how to study and choose what you prefer."

- Sophia Vintinner, 6th grade

"I use Gimkit and Quizlet because they are fun to use."

- Kirin Vasavada, 7th grade



"I like Delta Math because it allows me to learn through trial and error. I like taking notes because it helps me understand a subject better if I rephrase it."

- Anastacia Pham, 8th grade



AVID teaches students to take focused notes in all classes and to engage with them daily rather than just before a test or quiz. Students learn to make Weekly Subject Planners to organize their time and to keep track of important dates. These planners allow students to plan their daily work for all their classes. AVID students also learn techniques to break down assignments and how to study for tests so that all students can succeed academically.



AVID students listen to a lecture about careers. Photo: Kaitlyn Noshko

Recently, there has been an ongoing teacher shortage throughout the nation, causing cutbacks to programs like art, athletics, and music. In California, there have been more than 10,000 teacher vacancies across the state.

Teacher shortages are a real thing. There are many ways that this has been happening. One of the many reasons is because of the lack of respect in a classroom or outside of one. Not only from their students, but also from parents and administrators. Forty eight percent of teachers at JAMS believe parent pressure is making them feel stressed at times. Adding on to that statement, teachers also feel administrators pressure on them. Ms. Mathews, an English teacher, stated, "Sometimes, it feels like administrators forget or don't know how hard it is to teach five periods with over 30 children to accommodate."

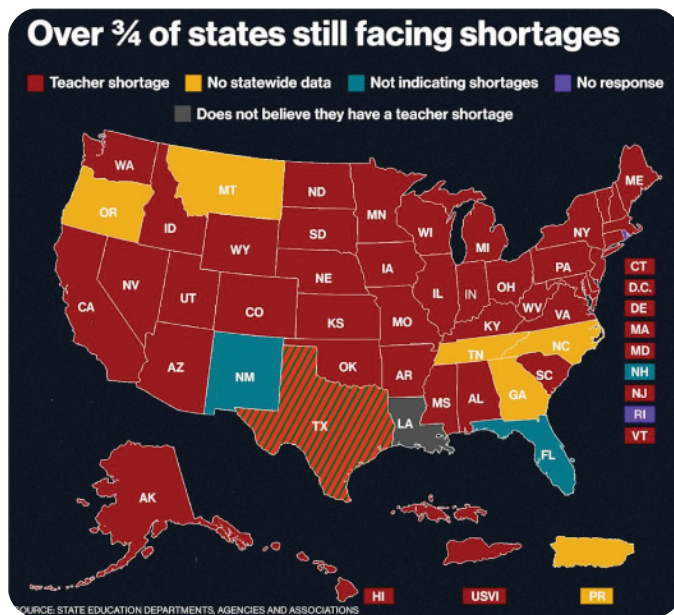
When a teacher gets overwhelmed, they enter a stage called burnout. Burnout is a state of emotional, physical exhaustion. It usually happens when someone feels overwhelmed, and when they are unable to meet constant demands of others, whether it be bosses, students, staff etc. In teachers, burnout may look like constant periods of forgetfulness, trouble concentrating, mood swings and headaches. Upsettingly, this can sometimes be caused by students.

However, burnout is not the only issue for the shortages, since salaries have been quite low. Forty eight percent of teachers are leaving their jobs because of

How Much Work Is Too Much Work?

Teachers are a necessity to schools worldwide. However, there has been an ongoing shortage of them in the United States.

By FEVEN BELAY



What do you think is the reason for teacher shortages?



"Most likely work conditions and the constant demand from parents and administration."

-Ms. Scotland, Humanities teacher

"I've always felt like teachers' compensation never quite matched up to the skills and importance they have."

-Mr. Saling, English teacher



the pay. Eighty percent of teachers at JAMS feel like the cause of teacher shortages is because of inadequate compensation, "In the last school I was working at, I was grossly underpaid. Sort of how a person does a job, and should be paid 100 dollars. Instead, though they get paid 20. Then, they get hired for a new job, and they get paid 80. They're still underpaid, but it was such a huge jump that you're still happy," said Ms. Ruvolo, an 8th grade math teacher.

Challenging work conditions is when a teacher struggles with the classroom materials. This could be technology, working air conditioner, unclean classroom, not enough materials. When a smartboard glitches, the lesson halts, causing wasted time. "Before the pandemic, teachers were usually accustomed to paper and pencils. When we switched, teachers were struggling to use online resources for the first time. Now, in a scenario where technology glitches, teachers don't have the papers and pencils they used for a lesson," stated Mr. Fitz, an 8th grade math teacher.

The complications revolving around teacher shortages are vast. Only some of the problems mentioned in this report barely cover the whole problem. Further into the future, this could affect students greatly. Not having a regular teacher in class, or lessons shifting everyday causing students to not take lessons seriously. Overall, this issue needs to be solved immediately, or it will get worse in the years to come.

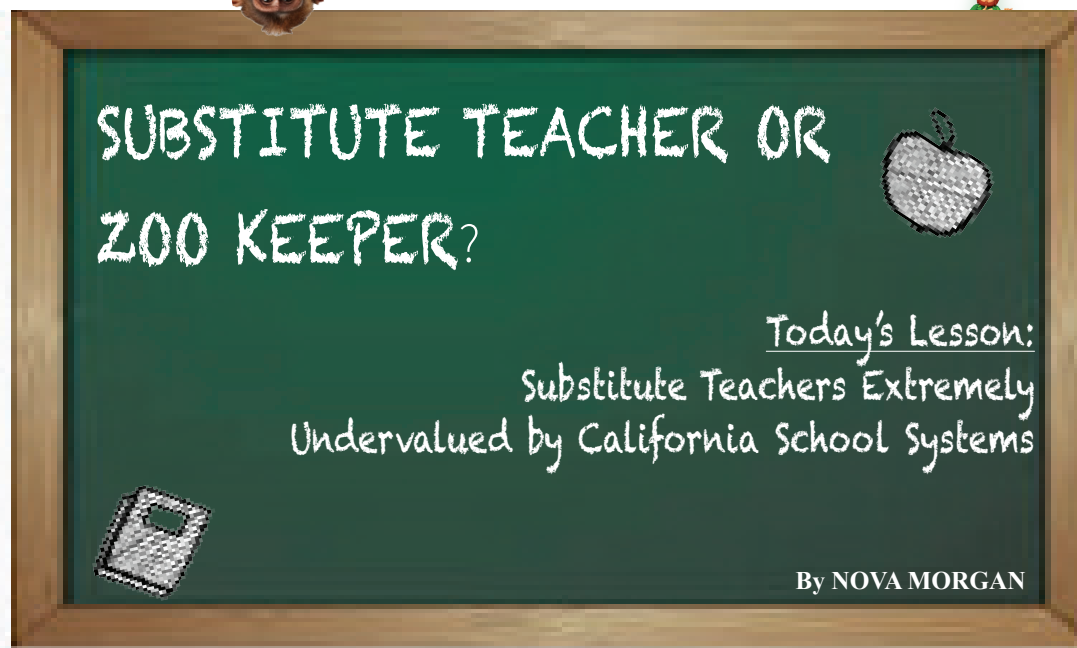
BY THE NUMBERS

Sources: National Education Association, 240 Tutoring, U.S Department of Education

15 years
the average teacher's career

50%
of new teachers quit within the first five years

66%
of teachers say their salary is inadequate



a substitute is an excuse to not try as hard that day. Mr. Mintz, a recurring substitute at JAMS, stated, “some days are better than others” when asked what it’s like being a substitute teacher. Substitutes are largely taken for granted and undervalued by students in California. In a student’s mind, substitute teachers are just an excuse to act up, but in reality it’s a much more important job. Substitute teachers have to learn the rules of every single classroom and navigate through various substitute plans.

Remember, a substitute is still a person, just trying to make a living. Some schools have such a reputation that substitutes refuse to work there, and sometimes, substitute teachers can feel like zoo keepers having to manage all of the children creating a ruckus in the classroom. So, the next time you have a substitute, show a little respect. You never know, it might just make their day.

A substitute teacher is something students take for granted almost every day— students walk in, see their teacher isn’t there, and shrug off the new adult. Recent studies show that about 56% of schools in America also reported an uprise in classroom interruptions from student delinquency and 48% of schools reported acts of disrespect to substitutes from students. Seventy-seven percent of schools in the U.S. have faced a crisis when finding substitutes, and 61% stated it was far more difficult after the pandemic. In other states, substitute shortage has been so severe some public schools have had to temporarily close. But why are substitutes in such high demand? And why are they so undervalued by the student body?

After the COVID-19 pandemic, demand for substitute teachers had never

been higher. In California, a school called Monte Vista High was 15 teachers short when staff and students began to integrate back into in-person studies from online Zoom classes. It was a miracle any teachers showed up at all due to the past few months.

Monte Vista had managed to pull eight substitute teachers together, although, they were still seven short. Since so many teachers were out, subs needed to cover each other. Teacher Hope Gorecki— a sub working that day— stated “I literally had to run across the campus from a biology classroom to cover for a special education teacher.” Unfortunately, this is not a once in a lifetime

occurrence. Countless schools in California suffer from substitute shortages. Mr. Miranda, a 7th grade English teacher at JAMS, stated, “I previously worked at a school known for its challenging reputation due to the behavior of students. The situation was so difficult that

we struggled to secure substitute teachers, requiring regular teachers to cover our classes during their preparatory periods.

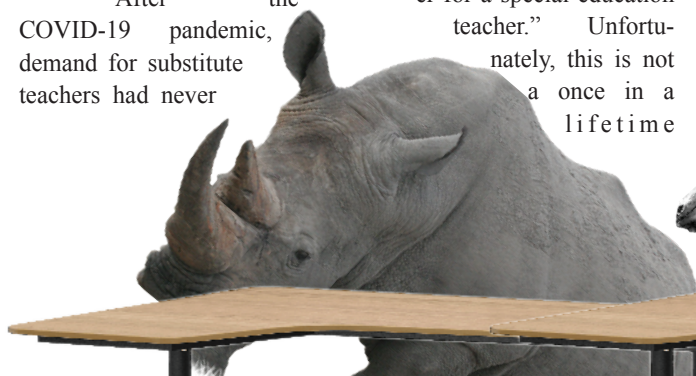
This caused the teachers asking for coverage unnecessary stress because they had to find different teachers to cover their classes.” In other words, whether a teacher is absent or there’s a substitute, both situations lead to equal levels of stress for them.

Student Fiona Faccini, 6th-grade, stated, “Having a sub is almost like having a day off.” This shows the thoughts of countless students at JAMS, that having

“

Some days are better than others.

Mr. Mintz
Substitute teacher





Gus R. explores probability, conducting a captivating science experiment with precision.
Photo: Calliope Kirschbaum



Benny A., Adoniyas Y., Julian G., and Austin M. captivated by *The Outsiders* in classroom viewing. Photo: Andrew Allen



Jenna and Mia discussing the latest news, bonding over shared updates and laughter.
Photo: Kahlan Roberts



Elle G. weaves diverse art, fusing creativity through an array of materials in unique combinations. Photo: Benji Koven



Nicolas M. impresses with a detailed one-pager, capturing the essence of *The Giver's* narrative.
Photo: Mr. Miranda



Jay V. and Ben C. meditate, finding peace on the football field's vibrant green expanse. Photo: Rohan Shah



Mr. Avedian explains a bridge experiment, guiding Jesus M. and Arlo H. through hands-on discovery. Photo: Rohan Shah

Recently, the SNKRS app, an app for shoe raffles, has gone off the hook. People are staying up late to take a chance to win the dream shoe. Famous shoes are getting remade, causing hype to overflow. Take a step into a world where sneakers aren't just footwear, they are stories, icons, and the staple of street style. Shoes go beyond comfort, they are a mix of fashion and function. Brands like NIKE, Adidas, Puma, and Jordan, constantly compete for the new greatest and most hyped shoe.

1920's-1940's

A new brand emerges in the Sneaker World, bringing a century of competition and collaboration. Converse released their first shoe called "The Rubberized Galosh for Men" which quickly became popular and the brand grew two times the size by the 1940s.

1940's-1960's

The forties were some exciting years for the converse family, as the signature "Chuck Taylor" was released to the public, with amazing results. Soldiers in the military also got Converse to issue special boots for long distance running, and physical training. In the 50's, the classic high heel was popularized by shows like "I Love Lucy" in 1951. This also got brands like Chanel to make many iterations of this silhouette.

1960's-1980's

In 1964, Phil Knight, a young businessman, created NIKE, a running sneaker company that struggles not to go bankrupt at first, but eventually makes it in the shoe biz. Their first release, the "Moon Shoes" are popular amongst runners. In the 70's Adidas released a chunky iteration of their popular "superstar" shoes. This was called the "Adidas Campus". People believe this was an early prediction about sneaker culture.

1980's-2000's

The 80's started the basketball shoe craze. The Jordan brand made their first shoe in '85 called the "Air Jordan" which retailed for \$65, a hefty price at the time. Jordan would go on to make 34 more models to this day. The 90's involved Jordan making several more shoes, each knocking it out of the park. A competing brand Reebok, makes NBA player deals, and creates a crazy shoe.

The Reebok Pump is a basketball shoe that fits to your foot by pumping air into the side and bottom of the shoe. Kids everywhere bought this shoe for an expensive \$170, an outrageous price, yet so many people gave in to the hype.

2000's-Present and Beyond

The 2000's became a very popular era of skating. People like Kyle Walker and Ryan Sheckler are creating the standards for the skater look. The NIKE dunk is a skate shoe popularized by skaters like Paul Rodriguez. Dunk collaborates with Stussy, Wu-Tang, Supreme, and MF Doom.

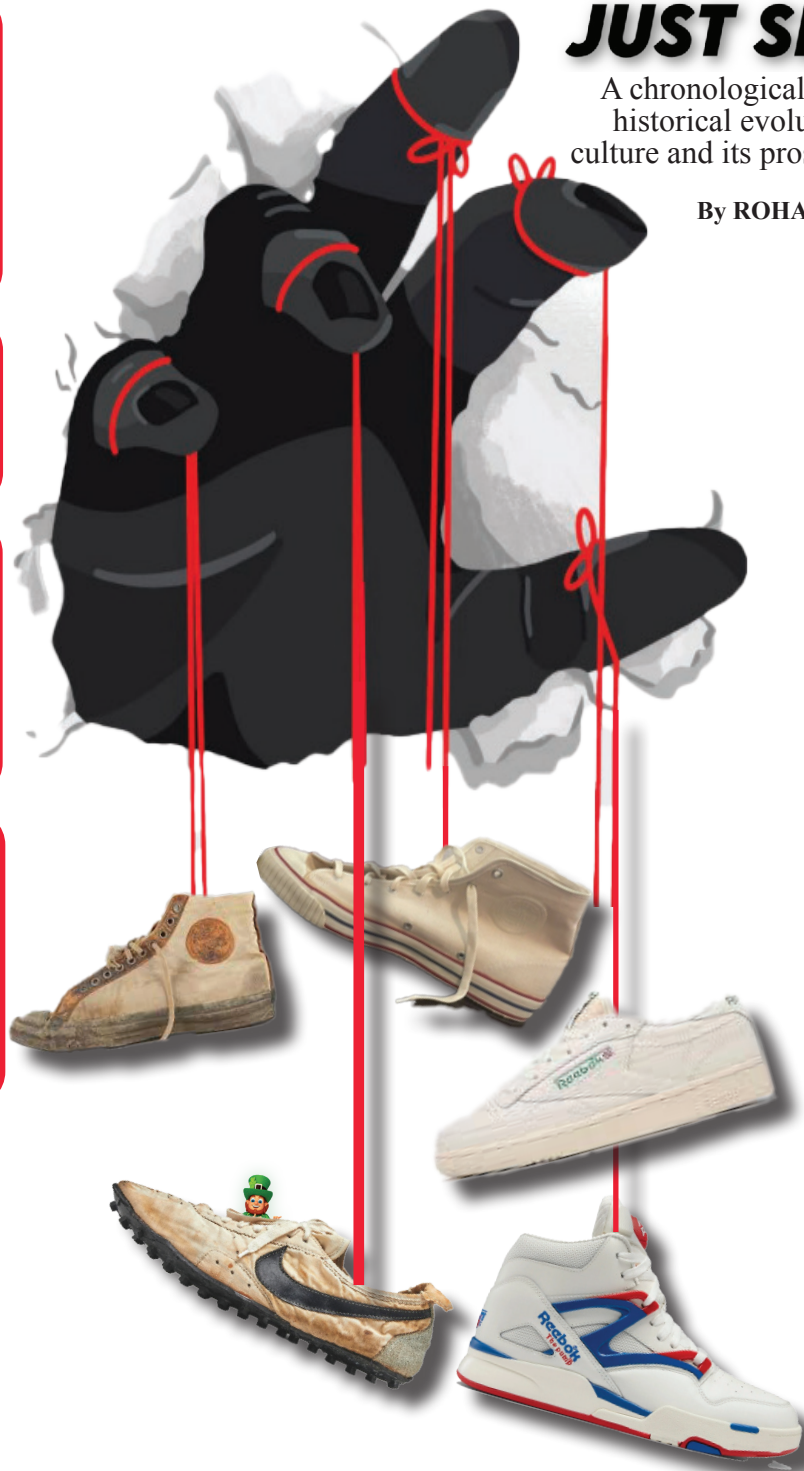
This makes it a staple for streetwear. At places like Venice skate park, people still wear dunks. In the 2010's Nike re-released their famous Back to the Future 2 collab, The Nike Air Mag. This shoe is a staple for many, and has now risen to the price of 32,000 dollars. The self-lacing is the first that Nike has done, which makes it so unique. The future is blurry for sneaker culture, as so many people have different opinions.

Lots of creators on YouTube think that brands will start only making casual and everyday sneakers, which will lead to everyone wearing the same shoe, and sneaker culture dying. Though this is an extreme prediction, it could be true as even designer brands like LV, Dior, Gucci, are making more casual sneakers that conform to the new sneaker trends.

JUST S

A chronological historical evolution of sneaker culture and its products

By ROHAN



HOE IT.

depiction of the
ution of sneaker
erspective trajectory.

N SHAH



NIKE, Adidas, and UGGs: Students keeping up on the latest fashion.

THE BIGSLANGTheory

By ARI OLSON

Slang has existed for over 500 years, and it is not stopping anytime soon. Even 80% of Americans have admitted to using slang, 20% use it in every conversation. So slang has a pretty big effect on language. But how has slang changed over time, and what do some of the modern slang words mean?

Some of the first slang words were developed by a type of language called “cant” which was used by criminals in London to talk about crime without being caught. Cant was used with code words that a person of authority who did not understand cant would think are a normal word. A lot of modern slang is based in political & social developments like the 1920s when women’s rights was gaining traction. A lot of slang by women was made about new rights. Though later a lot was affected by music with musicians needing to create new words to express themselves, the music would become popular then would become commonplace words. Also, in the more modern era a lot of slang comes from social media and the internet, with mass amounts of content a lot of new terms are needed to describe certain things on the internet or a content creator will make a new term that is popularized.

Some slang terms and words are making it into actual dictionaries. This action is called neologism. Terms that people may not think are slang like piece of cake, but words like “bussin” and “rizz” are in dictionaries as well. In fact, the word of the world for 2023 was rizz. Many people disagree on if these words should be in a dictionary or not, or if there should be separate slang dictionaries, but if a word is popular enough it most dictionaries will add it, because languages always evolve and slang is a big part of that. Just because slang is seen as informal does not mean it should not constitute as language.

Rizz: noun (R’iz)

The capacity to allure an individual through the utilization of one’s charm and charisma.

Example: “That man has unspoken rizz.”

Synonyms: Style, charisma, hella attraction, godly rizz

Many people do not know how much slang humans have had in the past 100 years and how much slang has changed and become part of dictionaries. In the 1900s “duck soup” was something easy, like the common day saying “piece of cake”. “The bee’s knees” was someone who was well respected or liked. Most slang originated in the 1920s because of the women’s rights movement. The 1950’s is when slang that we still use was created with words like “bash” which meant party and a “can” which meant a bathroom. A lot of slang was created in the 50’s because of economic growth and a time of prosperity. In the 1980’s common phrases we use today were made like “bogus” which means fake, “gnarly” meaning gross, “take a chill pill” which means to be less upset and “radical” meaning great. The 1990’s had lots of counter culture slang. Words like “booyah” meaning woohoo, “fly” meaning good or happy and “da bomb” meaning very good were popular, these words were used as a way to not use old terms and be seen as a new generation.

Different generations have opinions on new slang even though they all have it. It will always evolve to new societies, new generations and new cultures no matter what. Slang is a way every group of people express themselves and is an important part of any culture.

Caring about Campus

The collage features several photographs from a Chinese New Year event. The largest photo is of a young woman with dark hair, smiling and holding a red envelope with gold designs. She is wearing a red sweatshirt with white letters. To her left, there's a photo of a person in a red and purple costume performing a dance. Above them is a large red lion dance head. Below the woman is a photo of a lion dance head. At the bottom, there's a photo of a group of students, including a boy in a red sweatshirt and a girl in a black jacket, standing outdoors.



Valentine's Day at JAMS was an enchanting affair, made even more special by the thoughtful efforts of the Associated Student Body (ASB). The school was adorned with a burst of red and pink decorations, that created a warm and festive atmosphere. ASB orchestrated the exchange of affectionate gestures through the popular tradition of Valentine's Grams. Students eagerly participated by purchasing and sending these heartwarming messages and small tokens of appreciation to their friends, teachers, and even secret crushes. The air was filled with excitement as the Valentine's Grams were distributed throughout the day, creating a sense of camaraderie and spreading love throughout the school. This initiative not only adds a delightful touch to the Valentine's Day celebration but also underscores the spirit of unity and kindness at JAMS, making the day a memorable and heartwarming experience for everyone involved.

The introduction of food trucks at JAMS has revolutionized lunchtime, injecting an exciting and diverse culinary experience into the student body's daily routine. The school grounds now buzz with anticipation as a variety of food trucks roll onto campus, offering a delectable array of dishes to satisfy every palate. From gourmet tacos to artisanal burgers and international flavors, students are spoiled for choice, making lunchtime a much-anticipated highlight of the day. Organized by ASB, the food trucks not only provide a welcome break from the traditional cafeteria menu but also create a vibrant social hub where students explored different cuisines and enjoyed meals prepared right on the spot. Food Truck Days not only adds a dash of excitement to lunch but also fosters a sense of community as students and staff gather to savor delicious, diverse offerings from the food trucks at JAMS.



Astrocamp

The annual Astrocamp expedition has become a hallmark experience for 8th graders at JAMS, elevating their scientific curiosity and team-building skills to new heights. Nestled in the scenic mountains, this immersive outdoor adventure provides students with a unique opportunity to engage in hands-on science activities, fostering a deeper appreciation for astronomy, physics, and the natural world. From stargazing sessions under the clear night sky to participating in thrilling team challenges, the students not only expand their scientific knowledge but also forge lasting bonds with their peers. The Astrocamp experience at John Adams Middle School is not just an educational excursion; it's a transformative journey that cultivates a love for learning, teamwork, and the wonders of the cosmos, leaving 8th graders with cherished memories and a newfound passion for science.



Yosemite

The 7th graders at JAMS embarked on an unforgettable journey to Yosemite National Park, guided by the expertise and support of NatureBridge. This immersive outdoor education program transforms the iconic national park into an expansive classroom where students delve into ecological studies and environmental science. Facilitated by knowledgeable NatureBridge educators, the students engage in hands-on activities, interpretive hikes, and interactive workshops that deepen their understanding of the park's diverse ecosystems. As they explored the towering sequoias, cascading waterfalls, and meandering trails, the 7th graders not only gained a profound appreciation for the natural world but also develop a sense of environmental stewardship.



Camp of Campers

The Power of Language

Acquiring proficiency in a second language enhances not only your memory and concentration skills but also provides numerous other advantages

By LIZA HALL

In most countries learning languages is very important in schools. Many schools learn English so they can communicate with more people later in life. Others learn languages like Spanish, German, and French. So, why is this not as important in America?

One in five people in America or about 20% are fluent in another language.

That might seem like a big number, but in Europe around 40% of the population is fluent in another language. Also in schools about 20% of American students learn a second language while once again in Europe, 92% of students learn another language.

The significance lies in understanding why learning a second language matters to numerous people globally. Exploring the advantages of acquiring a second language is essential. Additionally, there's curiosity about why many Native English speakers don't speak another language. In many countries, especially countries that have very uncommon languages, learning a more common language is very important. In others, learning a language is sometimes mandatory. Countries like Belgium, France, Denmark, Netherlands, Luxembourg, Finland, Sweden, and Iceland are required to learn at least two foreign languages in school.

When looking at this information it seems as if the U.S. is falling behind especially when looking at all of the benefits of knowing two languages. According to the University of North Georgia, "A second language improves your skills and grades in math and English and on the SAT and

GRE, and Foreign language study enhances listening skills and memory along with many other benefits."

Eighty-one percent of students at JAMS want to learn another language yet 42% of students still only know one, so what keeps people from learning another language? It is shown that learning another language is hard because it challenges both your mind (your brain has to construct new cognitive frameworks) and time (it requires sustained, consistent practice). Victoria Caceres is a 7th-grader who from age five, was enrolled in a Japanese cram school. A Japanese cram school is a school where

Japanese kids who live in the United States learn the same things that kids in Japan learn throughout their school week, but instead, cram it all into one day of the week. She stated, "Learning a new language might be one of the hardest things in the world, and that is what you are challenging yourself towards. You will get better with time and you will reach your goal if you persevere."

Native English speakers know the world's most popularly-learned language natively which is lucky because then they don't have to learn other languages at all. The downside is since English speakers don't have to learn foreign languages, they generally don't learn any at all. Nylah Jones is a



It never hurts to learn a new language.

Ms. Cruz
Immersion teacher



Sophie M., an immersion student immerses herself in Spanish. Photo: Liza Hall

Most Spoken Languages Worldwide

According to Babble.com (native speakers)

1. **Chinese** (1.3 billion)
2. **Spanish** (485 million)
3. **English** (373 million)
4. **Arabic** (362 million)

6th grader who learned French and who now is learning Spanish for fun. She stated, "It took me about a year to learn French. It's hard to learn other languages but it is nice to have some diversity in the languages that you speak. Right now I am learning Spanish and it is a little bit easier because I already learned French." Once you learn a language and you see all the benefits of learning languages it seems easier to learn another language, especially Romance languages. Languages like Spanish and French are Romance languages meaning they have very similar words because they are all derived from Latin.

Learning a new language can be incredibly beneficial in many ways, from improving communication skills and cultural awareness to enhancing job opportunities and cognitive abilities. Learning a language is also extremely important because it allows you to talk to more people, be able to travel with ease, build better connections, and open more career options.

Language is one of the most important parts of any culture. It is the way by which people communicate with one another, build relationships, and create a sense of community. However, learning a new language can also be challenging and extremely time-consuming. It requires dedication, patience, and consistent practice. Nevertheless, the rewards of language learning are well worth the effort.

BY THE NUMBERS

Sources: U.S. Census Bureau, JAMS survey

22%
of Americans speak a second language

70%
of Americans regret not learning a second language as a kid

98%
of JAMS students think that knowing two or more languages have benefits

FREEDOM TO READ

Books that face challenges within the country but have been acquired by PTSA for JAMS students.

By ALEJANDRA CARRILLO

Books being challenged is a global problem. It affects schools, public libraries, and the freedom to read.

Ms. McLaughlin, JAMS librarian, ensures enough diverse books appeal to students in all grade levels. But ever since books started being challenged, finding a book a student could relate to has been more difficult. After a conversation with JAMS PTSA President, Zakiya, about how school libraries in other communities are faced with book challenges, or in some cases book banning in extreme situations, they both wanted to ensure it doesn't happen at JAMS. Ms. McLaughlin feels that these book challenges are serious threats to the American Library Association's belief that "the freedom to read is essential to our democracy". JAMS PTSA took action and donated funds to our librarian to purchase 24 age-appropriate books representing the diversity of thought and ethnicity in our



PTSA President, Zakiya, and Ms. McLaughlin, proudly display the newly acquired books for the JAMS library.

Photo: Connie Cohn

communities—especially those books that have been challenged, banned, or deemed controversial in other schools.

The 24 books that were bought with the money donated, feature titles that include *When Clouds Touch Us* by Thanh Hà Lai, *Efrén Divided* by Ernesto Cisneros, and *Booked* by Kwame Alexander.

PTSA President, Zakiya, stated "We want to make sure that not only does the library carry the classics and books that are deemed as "acceptable" by the loud voices out there, but that we have books that are a reflection of our school community as well. Books give access to knowledge and we all know that knowledge affords you the opportunity to explore and expand your options."

In the U.S. books have been challenged that are not only about LGBTQ+ but

also about/by people of color. This issue has caused a long debate because it reflects the tension between the principle of freedom of speech and concerns about potentially offensive or controversial topics. Libraries and schools all over the country often have to deal with people or groups wanting to remove books that have offensive language, explicit content, or a different perspective on certain topics. Ms. McLaughlin said, "I am grateful to be in a community where others are not questioning a librarian's professional decision to include books in their library, but rather supporting the funding of getting those books on our shelves!" She continued, "I think any rational parent/adult would appreciate it if their child took time to read a book, especially if others deem it controversial, that prompts a meaningful conversation at home."

Books being challenged is mostly found in schools because parents want to control what their children read and what they get exposed to but at the same time they have to find the balance between exposing them to different viewpoints.

JAMS PTSA President Zakiya aimed to expose us to diverse perspectives. She stated, "This donation aligns with the JAMS PTSA mission because we are first and foremost an advocacy group/organization that stands on the belief that we are here for 'every child. one voice!'"

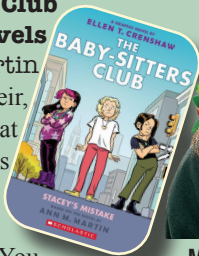
The Bookmark

JAMS students recommend these book titles that can be found in the school library. Check them out! - Alejandra Carrillo

The Babysitters Club graphic novels

by Ann M. Martin

Cartooned by Raina Telgemeier, these are fun, easy books that show middle school friends dealing with life. Each book in the series is realistic fiction - all in the JAMS library. You don't need to read them in order.

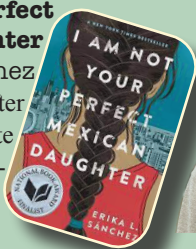


Makena Fiteze
6th Grade

I Am Not Your Perfect Mexican Daughter

by Erika Sánchez

Julia is depressed after Olga, her family's "favorite daughter," dies in a car accident. But Julia insists on being her own self, trying to figure out her Mexican cultural identity after this tragedy.



Tiffany Maisch
7th Grade

Maze Runner

by James Dashner

Centered around a teenager who has his memory wiped just like everyone else, Thomas needs to escape "the maze" which has huge unclimbable walls and shifts every single day. Every chapter is a cliffhanger.

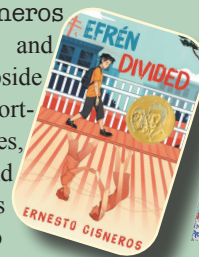


Max Hynding
8th Grade

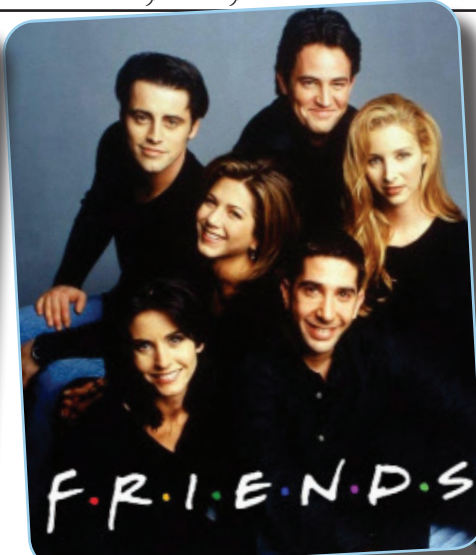
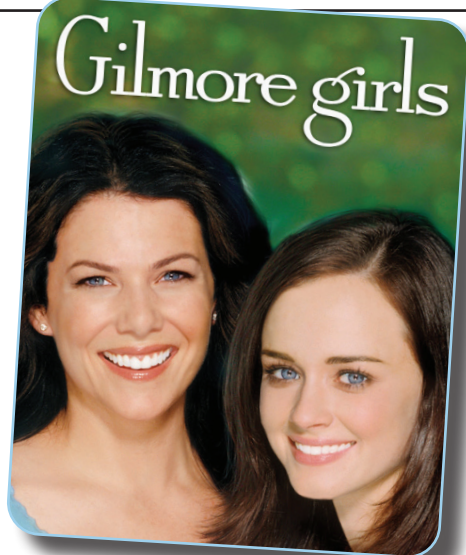
Efrén Divided

by Ernesto Cisneros

Efrén Nava's predictable and simple life is turned upside down when his Amá is deported. He sacrifices his studies, hobby, ASB campaign, and one true friend to help his family. Read this book to be inspired by Efrén and cultivate empathy for families experiencing separation at the Border.



Ms. McLaughlin
Librarian



THE F.R.I.E.N.D.S WE MADE ALONG THE WAY

Comfort movies and shows and the psychological reasons why we have them.

By CALLIOPE KIRSCHBAUM

Everyone knows those TV shows that create a warm and cozy feeling, as though it's a hug for the soul. These shows can be relied on for joy no matter what. Whether it's a classic sitcom or a childhood favorite, a comfort show is like a familiar friend who can always be turned to for much-needed relaxation and happiness.

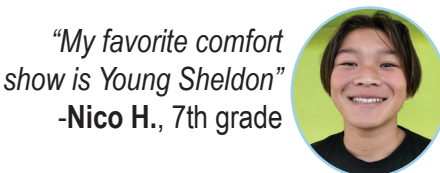
When we watch/re-watch these shows it brings back memories of simpler times and provides a sense of familiarity and nostalgia. According to an article written by In Vogue, "The neutral activity activated by rewatching a TV show that we like causes the release of feel-good chemicals, like dopamine, and we are left with that warm, soothing feeling in our bodies." So when somebody sits down for a comfort show, it may be due to a chemical reaction of happiness and comfort.

A survey that was sent out showed that the most popular comfort show is The Simpsons with 18%. The second most popular with 17% is Gilmore Girls, as well as FRIENDS in third with 9%. Perhaps these students enjoy these shows for the dopamine rush.

In particular instances, people can't let go of a show because it is a show they have streamed forever. "I enjoy watch-



"My favorite comfort show is *Parenthood*."
-Riley L., 6th grade



"My favorite comfort show is *Young Sheldon*."
-Nico H., 7th grade

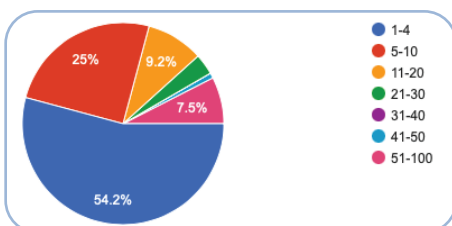


"My favorite comfort show is *The Office*."
-Luca H., 8th grade

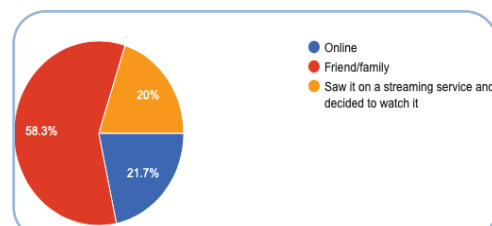
ing *Victorious* because it is a show that I've been watching since I was about seven and it is like a tradition to myself to watch it." says 6th grader Nylah Jones. Nylah gives a different perspective as to why she re-watched the show, "I think it is hard to start a new show because you get attached to one and can't let it go, I can't ever find a new one so I watch the same one over and over again". She agrees that an attachment to the show happens when you watch it really young.

Another type of comfort television is comfort movies. Some would say that comfort movies are better since they are at the most two hours long. Watching these films create an escape from reality with such genres as romantic comedies or an action-packed adventure, they are like old friends who can be relied on to lift one's spirits and bring a smile to someone's face. So the next time someone needs some cozy relaxation they should grab a blanket, settle in, and let a favorite comfort show or movie carry them away to a world of familiar characters and heartwarming stories. Make sure not to forget that it's okay to indulge in some feel-good TV now and then. After all, we all deserve a little escape and relief in our lives.

The amount of times JAMS students re-watched their favorite comfort show



The different places JAMS students discovered the comfort show.



Nursery rhymes are famous for being sweet, short, child-friendly, and depressing. Wait, what? That's right, many famous nursery rhymes have dark themes or are based on dark events. Nursery rhymes originated in the mid-16th century, and more have developed since. People interpret nursery rhymes in different ways, but almost all of them are metaphors based on real events. These include famous ones like "Ring Around the Rosy", and less so ones such as "Mary Mary Quite Contrary."

London Bridge

The nursery rhyme "London Bridge is Falling Down" was about the Viking invasion, and one particular event in 1014. It's possible that the Vikings even sang it as a taunt! They attacked London bridge in 1014, and the bridge was protected by a "fair lady," as in the song, which is speculated to be a child sacrifice. A recent survey showed that 50% of JAMS students thought that it was about London Bridge being bombed!

Ring Around The Rosy

Sixth graders know it as the black death, seventh graders as the bubonic plague, and eighth graders know it as that one unit they did last year. A terrible plague struck Europe in the medieval ages, and it killed over one-third of Europe's population. This event was remembered for hundreds of years, so it's no surprise that there is a famous nursery rhyme about it. Ring Around the Rosy, one of the most famous nursery rhymes of all time, is about the black death. The first two lines talk about flowers. This is because they used to think disease came from bad smells, so they carried flowers with them. Then it goes to "Ashes, Ashes, we all fall down" This is where it gets dark. They would have to burn the bodies to prevent the spread of the plague, which is where the first part comes from. "We all fall down" was the massive death that came with the plague.

Baa Baa Black Sheep

To stick with events in medieval times, the nursery rhyme "Baa Baa Black Sheep" was when King Edward I imposed a wool tax. The tax made people lose two-thirds of the wool! If somebody had three bags, one would go to the king, one would go to the church, and only the last would go to the farmer. In the original version, it also mentioned that none would be left for the shepherd boy who lives down the lane. It is black wool in particular because black sheep were considered bad luck, for their wool could not be dyed.

Nursery Rhymes



The Dark Side

These bright as day little songs are actually darker than night

By ANDREW ALLEN

Bloody Mary

Queen Mary I of England was the first queen of England to acquire the throne not from marriage, but from her right of birth. Previous to her reign, her father wanted to divorce her mother, but the pope refused to credit the divorce. Because of this, her father split from the Holy Roman Church, and established the Church of England as the new church. Queen Mary I did not like the decision. When she became queen, she tried desperately to reestablish the Holy Roman Church, in the process burning many people at the stake. Over 300 people, mostly heretics, but some of which were just her enemies, were burned at the stake. This led to her being known as "Bloody Mary," a name much more famous today than Queen Mary I. This name is the same one people say in a mirror three times.

The nursery rhyme "Three Blind Mice" is about Bloody Mary. When trying to reestablish the Holy Roman Church, certain people opposed her. This rhyme is about three bishops who were such people. They were kidnapped, tortured (including blinding, hence the name of the nursery rhyme), and then burned at the stake. This is not the only nursery rhyme about Bloody Mary. The rhyme "Mary Mary Quite Contrary" is speculated to be about her as well, however, there are plenty of people it could be based on. The garden mentioned in the song is England, and the mentioned silver bells and cockle shells are torture devices, used by her executioners on her protestant subjects.

On that happy note, maybe think twice before spinning in a circle singing "Ring Around a Rosy." nursery rhymes open up a path to the past that people hardly even know about when singing them. The past of these seemingly innocent songs is quite interesting. So in the end, people shouldn't judge books by their covers. Sometimes, sad seaming people and things are nice when they are better known, and happy rainbows can be quite dark upon closer inspection.

1014

The Vikings take London Bridge

1275

The Wool Tax

1347

The Bubonic Plague

1553

Bloody Mary becomes queen

RADIANT REVELATIONS

How skincare impacts the lives of young teens today.

By LAUREL COHN

Glowy skin, glazed donut, and glossy lips were all some of the most popular trends of 2023. Along with “skinfluencers” and skincare regimens more complicated than your math homework. Tweens and teens nowadays have multi-step skincare routines, whether that means spending time or money (sometimes both) is different for everyone. But is this really necessary?

As kids turn into teens, appearance and perception by others turns into a daily battle. Students are constantly concerned about their appearance and keeping up with the latest trends. Students use skincare as their way of therapy and self-care. Fifty-three percent of students said that they have a skincare routine because it makes them feel good. But why do teenagers need such excessive skincare routines? For a person in middle school, there’s not a lot of control one has over anything. It’s an awkward stage in which teens want more freedom, but are limited by their age. In a time where almost every aspect of one’s life is planned out and curated for them, people tend to grasp onto the small things they do have control over. In an interview with Glamour Magazine, Kelly Atterton (owner of the skincare brand Rile) explained what she has observed about the surge in skincare, “The confessional ‘get ready with me’ trend that took hold over the last year and a half - it’s a sign of teenagedom, it’s a sign of taking control of your life.”

While skincare can be used therapeutically, there are lots of tweens who cross the fine line between relaxation and excessiveness when performing skincare. After last year’s holiday season, parents

“

Skincare products with strong ingredients like retinol are not necessary for people our age. It can wreck your skin, especially if you use a lot of it.

Graciela Buccioni

8th grade

everywhere found out that what their kids - aging from anywhere between 8 and 14 years old - wanted more than anything was skincare. Mostly from the beauty brand Drunk Elephant. Founded in 2013 by Tiffany Masterson, the brand was created to solve Masterson’s own skin-issues. By 2019 Drunk Elephant had It-brand status, by 2023 it was a must-have for skincare lovers everywhere.

But why is it so concerning that young kids are using these products? Board certified dermatologist Dr. Anna Guanche says that the active ingredients in these brand’s products can compromise children’s skin barrier. “I have people coming into my workplace asking for samples of retinol... that are literally under 10 years old.” Says Alicia Anderson in a TikTok on how Drunk Elephant is not meant for kids (by the way, retinol is used for reducing fine lines and wrinkles). The brand is known for its minimalist packaging with bright and colorful lids. Which is what got people to go after Masterson, saying that she is specifically marketing towards the younger demographic. “I chose the colors and packaging because it happened to be my aesthetic. I

actually never considered targeting any demographic and that’s what made my brand so different from the start.” The founder wrote in an Instagram post addressing these rumors. Parents have also wondered if these products are really worth the bang for their buck. While the brand makes their kids happy, all of these products cost upwards of \$50. Another popular trend was the “girl mom Christmas”, which included mothers buying their daughters hundreds of dollars worth of skincare.

Skinfluencers (influencers who post only about skincare) have also played a large part in popularizing excessive skincare routines. Forty-three percent of students at JAMS said that they’ve been influenced by social media to buy a skincare product. Hailey Bieber is known for her clear, glowy skin and started the “glazed donut” trend. This included making your skin look “perfect” and glossy, like a glazed donut. Many people have commented on this trend saying that it promotes an unhealthy standard for what skin should look like.

The topic of skincare in recent years has reflected this generation’s pursuit of well-being, control, and self-expression. Elaborate skincare routines have become a means for tweens and teens to navigate the challenges of teenagedom and offer a sense of empowerment in a stage where control is limited. It is still important for teens to remember a balance between self-care and age-appropriate skincare. Skinfluencers and social media helping shape beauty ideals adds another layer to this narrative. Ultimately, as the glazed donut trend symbolizes the strive for perfection, this has promoted the conversation of importance in encouraging a healthy self-image among younger generations.



Hailey Bieber showcasing the trendy “glazed donut” aesthetic.



Social media ‘skinfluencers’ frequently receive complimentary products in exchange for promotional posts.



3 Simple Skincare Tips

DON'T POP PIMPLES

Popping pimples/picking ones face is what causes acne scars and can even cause more acne to spread on the face. It also won't necessarily get rid of the problem, popping a pimple can push bacteria and pus deeper into the skin which can cause more swelling and redness.

DON'T OVERDO IT

As noted in the last page, overloading the face with products and excessive skincare can actually do the opposite for ones face than what is trying to be achieved. Excessive skincare can cause damage to the skin barrier and create acne and a more hosts of issues. So keep it simple, cleanser, moisturizer, and sunscreen is all that is needed.

ALWAYS USE SUNSCREEN

Sunscreen is a necessity all year. It doesn't matter if the sun is bright and shining or if it's cloudy and cold. UV rays can still shine through clouds and damage the skin. Most skin cancer is caused from sunburns that occurred at a younger age due to not wearing sunscreen.

Don't worry, in the summer months you'll still get tan while wearing sunscreen.

3-Step Simple Skincare Routine

CLEANSER

A good cleanser is one of the most important steps in a skincare routine. While crucial these steps in a skin routine can also be cost-effective. A good cleanser doesn't have to be the most expensive one!



MOISTURIZER

Moisturizer is essential to a skincare routine. It helps hydrate and protect your skin-barrier and is especially important in the winter when the skin can get cold and dried out.



SUNSCREEN

Sunscreen is key step as it protects ones skin from harmful UV rays. Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks 97% of the sun's UVB rays. Wearing sunscreen can also help prevent uneven skin tone and texture.



Exploring Legal Concepts: Students Engage in Mock Trial

By LIEL TEWODROS

On February 6th and 7th, 8th-grade social studies and language

arts teachers collaborated for an 8th-grade mock trial, combining the short story of Harrison Bergeron with a civil case. Harrison Bergeron, a dystopian science-fiction

story written by Kurt Vonnegut was reenacted in the form of a mock trial and hosted by Ms. Murphy, Mr. Cierra, and Ms. Goldberg. Students took on various roles, including lawyers, bailiff, and jury, during a court case enactment. Witnesses played another crucial role, symbolizing characters in the story. The two groups

of lawyers were divided into defense lawyers and plaintiff lawyers. The goal of the plaintiff lawyers was to argue that Harrison's death was unreasonable. The opposing group however, had to prove that the death of Harrison was in fact reasonable. During a mock trial, a range of emotions can be experienced.

"My experience during the mock trial was fun. It was quite confusing at first, but as you go

further into it, it becomes more entertaining and engaging." said Michaela McCready.

Kerulos Ramis continued, "The mock trial was enjoyable. However, it was a bit unsettling because you

don't know what the opposing side would say. Overall, it was a great experience."

After participating in this mock trial, students should have acquired various skills. Ms. Murphy commented, "It is important that our students understand how the amendments to the U.S. Constitution ensure that all people living in America are given

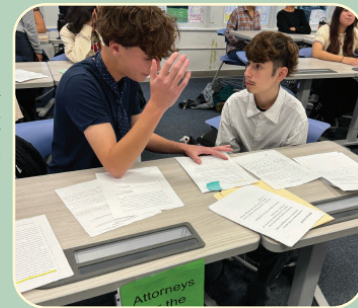
the basic rights of equality. They prepared arguments, dissected texts, found supporting evidence, analyzed authentic evidence and used high level, academic language."

These skills have the potential to unlock opportunities and contribute to success in various aspects of the justice system.



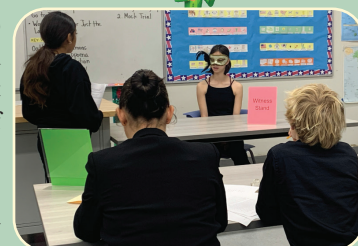
Ms. Murphy and "Judge" Aguilar prepare for a mock trial.

Photo: Connie Cohn



Matteo T. and Tayler L. strategize, preparing a strong legal defense.

Photo: Connie Cohn



Alhia M. interrogates witness Mailan M.; Jojo G. and George T. await cross-examination.

Photo: Connie Cohn

Each year millions of clothes are produced, worn, and thrown away, according to the Ellen McArthur Foundation. Many would be surprised about how much people spend on clothing just for them to end up giving or throwing it away. Clothing is something that everyone interprets and expresses in their own way. It is a category that many people spend a lot of money on and care much about. Ninety-two percent of students here at John Adams care about their clothing and what they wear. The average person spends around \$161 a month on clothing, this number has increased greatly since the 80s. But why is this happening?

There are many reasons that contribute to rising prices. One of the major contributing factors is inflation. According to JAMS students, 66% believe that inflation is the main reason these high prices are occurring. Inflation is a decrease in the purchasing power of money. This means the same amount of money can buy fewer goods and services than before and prices get higher over time. For example, in the early 2000s people would be able to

buy something like a hoodie for maybe \$20-40. Now, it is more common to find hoodies ranging from \$50-100. One main cause of inflation is rising labor costs.

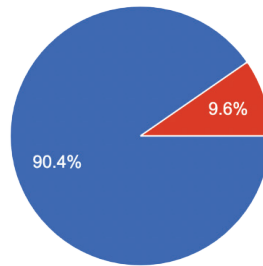
Rising labor costs mean that the pay of workers has gone up at their benefit. This is overall a positive thing because workers are getting paid more for their hours, but it does come with some cons. It can reduce companies' profits which will lead to them increasing their prices to make up that money spent

By EDEN ALCALAY

Inflation

A general increase in prices and fall in the purchasing value of money.

Example: If a soda costs \$1 and that rises by 5 cents compared with a year earlier, then soda inflation would be 5 percent.



Ninety percent of JAMS students prioritize their attire and personal style choices.

on paying their workers. Sometimes these high prices have nothing to do with these reasons and are simply because companies have the power to increase their prices so they choose to do so. Certain brands also have a reputation to uphold and are just overall expensive. Higher price and quality clothes can cost more because they take longer to make, use premium materials and have accreditations.

When asked what categories of clothing people have noticed increasing in price, 70% of students say all categories. JAMS 7th grader

Lillian Lipman stated, "I have noticed that prices have increased the most in the hoodie category. This is mainly because I have seen recently that hoodies have been very popular and trending online which has caused more demand for them. This high demand allows the brands to increase their prices." The way you dress can perceive people's first impressions. "Style communicates a great deal about a person. Clothing choices can signal a person's vibe, personality, and culture. This influences the way people interact with and perceive them in social situations." (The Synerg) At JAMS there are a vast variety of different styles and clothing choices. Student Lorenzo Borgia says, "I like the different styles I see here at JAMS, I think it adds mixture and diversity to each person."

Fashion is ever-evolving, bringing new styles and trends with it at every stage of life. Fashion has evolved so much overtime in style and in prices. Who knows what the future of fashion and prices will look like! contributors like Inflation among other things will definitely contribute to the outcome in the future. Learning about prices and how to navigate them is an important thing to help be more efficient and smart with your spending.

What significance do your clothing choices hold for you?



"I care about my clothing and what I wear because I like to look nice and presentable for school. I also really like designing and putting together outfits and looking drippy."

- Amara Taylor, 7th grade



"I care about my style because it shows who I am."

- Noah Kirchenstein, 6th grade



"I care about how I dress because it is a fun way way to express myself."

- Aubrey Houtz, 7th grade

Levi's jeans average price
\$50-70



2010

Levi's jeans average price
\$70-100



2024

Among many students there are many opinions that vary. One big one is fashion. Students of all ages care about what they wear. They stand in front of the mirror at early times of the morning sometimes just when the sun is rising. These people match their sweatshirts to their shoes and pants to their outfit. People complain if they don't like their outfit. Some might hear "my shoes aren't even the same color!" Or "my sweater is too big. It looks bad". So clearly fashion matters in middle school.

It's interesting to see all of the different styles and clothes to see people wear. From graphic shirts to plain hoodies everyone has their own opinion and style, and those opinions definitely vary. Many middle school students at JAMS like to have either flashy outfits or everyday outfits. Forty-two percent of JAMS students prefer baggy jeans to any other jeans. Sixty-nine

Walking Wardrobe

By ALENA COX



percent of students match their shoes to their outfit. A majority of students have shoes

that match the colors of their closet. If they have red shoes then they have a red shirt or pants, or just red. Then 50% of students who match their hair to their overall outfit. Maybe it's a complicated back of a shirt and

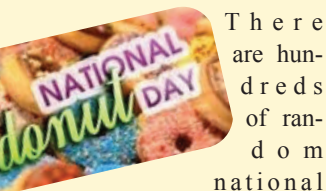
you put your hair in a ponytail so people can see the design.

Now it's interesting that through the grades people change and develop and not only in what they look and act like but also what they dress like. It's fascinating all of the ways people change and develop over time. The way people wear

things is interesting and influenced by social media. Some people can find ways to make pants that don't fit anymore, fit! Just with a hair tie. Just like magic. All these different styles and ways of fixing that have developed over the years are fascinating because it's helpful to people today. But some have other opinions. Some of the student body thinks that even if something is in style or if everyone likes it one shouldn't wear it just because it's in style. So there's many mixed opinions on style.

Overall a large handful of students care and think a lot about how they look and dress. If it's not in style some people won't even give it a chance. Some people follow the trends while others start them, some don't even know they exist and they don't care about the new trends. And its crazy how peoples mindsets change their sense in style. Its really fascinating.

Want a free donut? There's a day for that! On Friday, June 2, die-hard donut fans can enjoy a free classic donut of their choice with any beverage purchase at Dunkin Donuts. Why? Because June 2 is National Donut day. It's just one of the examples of all the random national holidays that exist even though they are not well known.



There are hundreds of random national holidays a year. People wonder why there are so many. Some random national holidays are celebrated to raise awareness of a specific topic such as World Health Day or World Autism Awareness

Beyond the Calendar

Exploring the Quirky World of Unusual National Celebrations

By MATISSE FAWCETT

day. These holidays serve a real purpose with the goal of bringing attention to people about a specific issue. Other holidays don't serve a serious purpose and are more about making money. These types of holidays are referred to as 'Hallmark

holidays' - so called because they serve the interest of the Hallmark card company since people buy cards to celebrate them. Some examples of "Hallmark holidays" are Boss's Day,

Friendship Day and Grandparents Day. According to Bergen Record "there are also lots of holidays on the calendar that exist because special interests — commercial or otherwise — were willing to pay a few dollars (for, say, a small non-profit) or a substantially larger sum (for a big multinational industry) to get their gala day on the radar." Other holidays are just for fun and add some humor into our daily lives - such as No Pants

National holidays are a fun way to make your day unique."

Rae Groth
6th grade

Day, International Talk Like a Pirate Day and Happy Mew Year for Cats Day. So how do all these holidays get created? Anyone can submit an application to create and register a new National holiday but there is no guarantee they will get recognized. There is no official body that approves these holidays in the US which is why there are so many of them.

What if somebody wants to start celebrating random national holidays? Where would they start? First, they could research the list of unofficial holidays in the U.S and see what appeals to them most. For example, do they want to celebrate with donuts, do they want to be

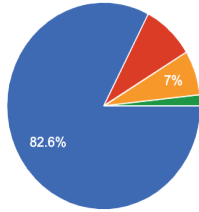


Continued on page 22

Dogs of JAMS

By LONDON CUNNINGHAM SNOOK

Fluffy, cuddly, adorable! These are just some characteristics that can describe the dogs of JAMS. Our furry friends are considered citizens of this school community, but what if someone told you they weren't allowed on campus? They are not causing any problems, right? Dogs make people happy and lower stress levels, but can also be a major distraction and health hazard for students.



82% of students think that dogs should be allowed in class.

Students at Western Michigan University conducted a study that explored the effects of dogs in the classroom. One of their main points was that "animals have been found to promote both mental and phys-

ical health benefits at a lower cost." JAMS students agree. About 90% of students surveyed said that dogs should be allowed in the classroom.

While some think they are distracting, Ms. Asiaban stated, "In my opinion, any person could get distracted by anything, even a fly!" This means that it wouldn't be any different if there was a dog, or ant, in the class, it would

still be distracting. Dogs have been known to lower stress, and raise dopamine. Dopamine is a chemical in the body that makes you feel happy. Some colleges and high schools even pay to bring therapy dogs to their campus

employees. This holiday started in 1995, and may have been a long overdue response to Boss's Day that was created back in 1958. So it took more than 40 years for us to realize that bosses aren't the only ones who deserve to be celebrated. Felix Carpenter and Rey Groth, think that national holidays are fun, funny, unique and interesting.

There are thousands of random - not-so-official - national holidays in the U.S. Serious, caring, silly, food-related, for good causes and just for fun - there is a holiday for every student at JAMS to enjoy. Whenever a student is bored they can research what special holiday it is that day and, who knows, maybe they'll end up getting a free donut. Who would complain about that?

around the time of big tests/finals to lower stress.

Although students love to see their

teacher's **Hailey Nosh** 6th grade

pets running around, there are some aspects of dogs in the classroom that are not in favor of pets in class. Fourteen percent of students surveyed at JAMS are allergic to dogs. This can be problematic for allergic students, for multiple reasons. To start they can't focus, and also they might have an allergic reaction. Sixth grader, Hailey Nosh thinks, "it would be problematic because some people are highly allergic to dogs and will break out/have an allergic reaction." This is a very reasonable statement because it shows how some students think that dogs are not the best solution to help with the learning at school. Some students can experience hives, runny/stuffy noses, itchy eyes, and more when they're near a dog. This can be very distracting not only to the allergenic students but to their classmates/peers.

While JAMS places a strong emphasis on addressing allergies, there are individuals who require dogs for health and safety reasons. JAMS permits its staff to bring dogs to school; however, certain oth-

I would think having dogs in class is a problem because some people are highly allergic to them.



Ms. Barrett's dog, Meyers plays with the extraordinary stick she found! Photo: Barrett Gottlieb



Ms. Asiaban's dog Romeo gets his picture taken along with students and staff on picture day.

Photo Ms. Asiaban



Ms. Lopez's dog, Dempsey, gets all the attention from her students and loves it!

Photo: Eden Alcalay

er schools may have restrictions on this practice. But there is one type of dog that is allowed no matter the rules,

this dog is a service dog. Service dogs are a vital part of the enabled community. At JAMS, a handful of students and staff have service dogs. But what is a service dog? Service dogs are specially trained dogs that can help people with disabilities. Not only do they help with physical disabilities but mental disabilities too. A common mistake made is that service dogs are only for people with a physical disability, for example having a wheelchair, being deaf, or being blind. However, it is common to have a service dog for anxiety, panic attacks, narcolepsy, and much more.

There are many positive and negative effects to having dogs in the classroom. Diverse opinions on this topic are crucial; considering everyone's ideas is important in forming one's own opinion. Within the learning environment, an insightful and intuitive investigation should be held to determine if dogs are disruptive or helpful to the goals that JAMS strives to reach.

Fortnite. A simple zombie defense game that was released in 2017 after years of development. Little did the developers at Epic Games know that this game would generate over \$26 billion dollars in revenue. But how did this come to be? Games at the time of Fortnite's release such as PUBG: Battlegrounds developed the battle royale genre in gaming, and due to a game like that being able to succeed, the developers at Epic Games decided to create their own battle royale gamemode alongside their original game-mode, Save the World.



Fortnite: Battle Royale started off as a simple map, having 14 locations, and a fairly small pool of weapons. The average season in Chapter 1 of Fortnite was 72 days, giving the playerbase enough time to test out the new content. This system worked fairly well for the 10 season stretch which was marked as Fortnite Chapter 1. The game gained extreme popularity with content creators which started playing the game during the early seasons. This impact brought millions to the game, and began the inspiration for games such as Apex Legends and Warzone. After a very unpopular recent season called Season X, A final live event happened, called "The End."

And so Chapter 2 began. The Chapter 2 Map was loved in the community, and the span was 8 entire seasons. This cemented Fortnite as a worldwide phenomenon as every single update became mainstream media dating back to even the early days in Chapter 1. Chapter 3 Season 1 released December 5th, 2021, and it was quickly loved within the community. Its intriguing content and refreshing new map made it an instant hit. However, Chapter 3 Season 2 began the downfall of Fortnite's quality and popularity. A stretch of bad received features and content resulting in the shortest chapter in Fortnite history. And so, Chapter 4 began.



FORTNITE FEVER

By RHYS CONDON



Chapter 4 was overall a flop. A mediocre map, mixed with an unpopular weapon pool brewed one of the least liked Chapters in Fortnite history. Due to this, alongside changes that made players even more unhappy, Chapter 4 Season 3 saw a drastic fall in the concurrent player base. Eighth Grader Levi Shank said, "I pretty much stopped playing completely once Chapter 4 started." about this, showing that the fall in the Fortnite player base was also happening within smaller scaled communities, such as the JAMS community. Due to this, Fortnite became desperate for an update that would bring back their player base to the community, and in this they succeeded. And so it happened, Chapter 4 Season 5, also known as Season OG came to Fortnite, and it brought alongside it millions of Fortnite players back to the game.



On the first day of this update, the concurrent player count record immediately shattered, reaching 44.7 million players in one day. It revitalized many players' respect for the game and the franchise behind it, which caused many players who came back for this update to continue playing afterwards. A revolutionary action by Epic Games which revived their game in an interesting twist, as Fortnite became trending again all across the USA. Fortnite continued peak activity throughout the month of the update, and now, with collaborations and a string of popular features, Epic Games has truly transformed Fortnite and made Fortnite, the 7 year old game with extreme ups and extreme downs, finally a game worth playing again.



The "OG" Fortnite Map which brought back popularity.

It's clear that recent updates have taken the direction of the game in an extremely more promising manner. Hopefully, Fortnite keeps up this trend and continues to listen to the community in regards to its updates. It is a worldwide phenomenon that affected gaming and several communities around the world, as well as growing many careers, and making Epic Games billions of dollars. Fortnite has influenced dozens of popular games, generating extreme revenue for several different gaming franchises. The game will not die anytime soon, and will continue its impact for years to come. It is truly a worldwide phenomenon that will not be matched in ongoing popularity for a long, long time. The OG season revitalized respect for the franchise allowing for millions of players to stay with the game. Epic Games has saved Fortnite.



SPOT THE DIFFERENCE!



1. Green arrow on truck changed to yellow; 2. There is an additional tree in the background; 3. The poster on top of the truck changed to a hippo; 4. Ms. Zhanna on the left has pink highlights; 5. Ms. Chacon's water bottle has a logo; 6. Ms. Chacon's glasses became clear; 7. Students in back-ground removed; 8. Dr. Shelton's key card changed to earbuds case; 9. Ms. Beeman is holding a kitty cat; 10. Ms. Warren has a new hat.

The JAMS Journal

VOLUME 6 : ISSUE 2



THE JAMS JOURNAL TEAM

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Bottom row: Kahlan Roberts, Matisse Fawcett, Delfina Cordero, Ari Olson, Kaitlyn Nosh, Alena Cox, Benji Koven, Feven Belay, Liel Tewdoros

Not pictured: Eden Alcalay

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WORD SEARCH

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Musical
Bullies
Zambia
Studying

Shortage
Substitute
Emoji
Shoes

Slang
Language
Books
Comfort

Rhymes
Skincare
Inflation
Style

Holiday
Dogs