

THE JAMS JOURNAL

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New JAMS logo unveiled

By WYATT BROWN

After a long process, JAMS finally has a new logo of the new mascot - the dragon.

The old logo, the norsemen, was a controversial mascot and a group of students who attended JAMS in 2018 wanted it to change. The argument was that the norsemen wasn't gender inclusive and also didn't reflect the school's diverse population since the norsemen originated in Scandinavia. So, the school eventually decided to change it.

Parents from the PTSA worked



with the company Fiverr, to make a new logo and mascot for only \$15 (yes, fifteen).

The company provides a platform for freelancers to offer services.

Students provided their ideas for the design of the mascot and these ideas were given to Fiverr. The company then started to receive designs from their network of freelancers.

It was a 4-5 month process for redesign, agreements, and approvals, and a final group decision. This design will be on new P.E. uniforms, school stationery, and website.

The Human Rights Problem in Afghanistan

By ILAN LARSEN

Taliban militants retook Afghanistan's capital almost two decades after they were driven from Kabul by US troops. Even though Afghanistan had a good military that was well funded, they put up little resistance. What is going to happen? Will it repeat from last time, or will they do something different? No one knows. But the bigger problem in wars is how the people of both sides are affected. According to CNN, "Taliban

fighters used whips and sticks against a group of women protesting in Kabul following the announcement of a hard-line, male-only interim government, in the group's latest crackdown on dissent in Afghanistan." Some of these women held signs that stated "no government can deny women". This is a big problem in the world where people are sexist and the people in

power don't do anything about it. This is a humanitarian problem that we cannot ignore.

Anton Suvac, a 7th-grader, said "It's really mean to be honest, women have the same rights. In most situations men

are the leaders and everyone has to listen to them."

Who are the Taliban? The Taliban are a group of people like any other who have taken over a country and its people. What is happening in Afghanistan right now could be happening

anywhere else, even here in the United States of America. Imagine all of our basic human rights freedom of speech, justice, equality taken from us and we can't or don't know what to do about it. This is why we need to make the change now and be informed so we are not forced into a situation like the citizens of Afghanistan are in right now.



Women protesting for equal rights in Afghanistan
Photo: ABC-news

Principal's Message



BY TESSA LEVINE

After over a year of distance learning, JAMS students, faculty, and staff are finally feeling a little normal as the new school year starts back on campus.

Dr. Steve Richardson, JAMS Principal, stated; "We have learned a couple of important things through this pandemic. First, I think that many of us realize how much we appreciate being at school and staying connected to peers and staff." Zoom fatigue kicked in months into distance learning. Many students didn't feel engaged in the class because of lack of connection with peers and teachers. It affected everyone socially and emotionally. "I also know that other students have done really well in a distance learning model. While this group is much smaller, I think we will continue to expand our Independent Study Program moving forward," Dr. Richardson said.

After all that has happened over the past two years, Dr. Richardson wants all students to remember to, "Be their authentic self. Each student has their own path."

With these enlightening words in mind, everyone need to remember that they have their own paths and that JAMS is a safe place so stay kind to one another, stay connected, and show compassion towards each other.

A "Normal" ASB Election

Students run for ASB office after a school year of uncertainty



Gelila Mihret and Isaac Mercado, Co-Presidents



Benny Hernandez, Vice President



Neelah Bell, Secretary



Isobel Carmichael, Treasurer



Theo Carlson, Historian

By CHARLIE COHEN

ASB has always been a part of JAMS, from activities to their influence over the school. With the events like Step It Up! and "Day of Awesomeness", students can have events to look forward to in the year. With the new school year, JAMS has new ASB officers that will bring back the school spirit.

On Tuesday, September 28th, students voted online for the ASB officers they thought to be the best for the job. There was not a lot of competition though, the historian, treasurer, and secretary only had one person, and only two candidates ran for president. Ms. Beeman, who's been teaching ASB for four years said, "It was hard to get ASB as much attention because of distance learning and quarantine."

The voting closed on September 31st and after two days of waiting, the winners were announced. The elected officials had extraordinary talents and paired with their great speeches, easily breezed through the competition. Even though there was a massive pandemic going on, students still got to experience a "normal" ASB election with videos posted on the social media platform "Flipgrid". Many students voted and decided what their school year was going to be like with their new leaders - leading them to an exciting school year.

"We are waiting for people to give us ideas of what to do for the year," Isaac Mercado stated, "we want students to have a voice in school activities." The Co-Presidents

made a "pact" in 6th grade that they would both run for ASB, since then they forgot about it until now. "We were not trying to win but just have fun," Gelila said. (she was the vice president last year) "I think I put in more effort in the election," she stated with a smile. "My friends wanted me to run for ASB," Isaac answered, "I am excited for school activities like Step It Up! and the Halloween parade."

ASB occurs during the officers' advisory time in Ms. Beeman's room. They plan events, activities, and fundraisers. To sum it up, ASB is a part of JAMS and teaches leadership, citizenship, and other important factors in becoming a good student and member of society.

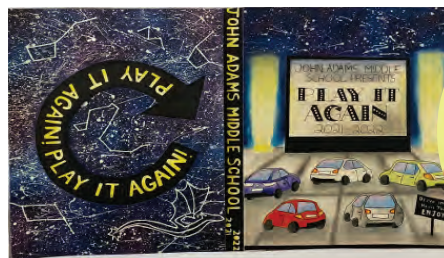
YEARBOOK COVER CONTEST WINNER

By GABRIELLE PALACIO

Yearbooks capture all of a school's fun memories. What's even better is that the students help make it! Yearbook class takes photos, design the pages, edit, write, and many more things unseen. Plus, they hold a yearbook cover contest for all students to enter.

This year, the theme was "Play It Again" and the winner was an 8th-grader Jasmine Martinez.

Her cover depicts an outdoor drive-in movie theatre. Jasmine said, "The theme was "Play it Again" and that reminded me of movie theatres, so I thought of



Jasmine Martinez's winning yearbook cover

Photo: Gabrielle Palacio

a drive-in movie theatre because that was what we had to do during the pandemic."

Contestants had about a month, to complete the artwork and submit them to Ms. Joyce, the art teacher.

Then, the yearbook class had a special way to decide on the winner. To put it short, they held a museum presentation, where the students walked around looking at all the covers. The names were hidden, and they'd all vote on their three favorite covers. After that, they have a class discussion, explaining which one they thought deserved to win and support their reasons. Finally, they all agreed on one winner.

The cover is just the beginning and the yearbook staff is busy putting their finishing touches on another JAMS keepsake to cherish forever.



The newness of the JAMS Performing Arts Center inspires a long overdue campus makeover.

By ADDY FIORE

This was a big year for school beautification. JAMS got new murals and a fresh coat of paint, greenery, modern classroom furniture, and a new Performing Arts Center.

Fresh Coat of Paint

After years the campus was splashed with a fresh coat of paint to match the bright white exterior of the new JAMS Performing Arts Center. Walls, railings, pipes, and doors were revived with spray paint, rollers, and strokes from paint brushes which makes the school very vibrant and more inviting. Seventy percent of the students think that the school paintings and touch ups look beautiful and makes it feel like a new campus.

Performing Arts Center

After four long years, the new facility is finished. It has big beautiful glass doors and the theatre can hold over 800 people. JAMS students think the auditorium is a great addition to the school.

New Furniture

This new furniture is absolutely stunning. It is helping many students learn better with seating options. "Flexible seating allows them to wobble, rock, bounce, lean or stand, which increases oxygen flow to the brain, blood flow and core strength." (Smith System.com). This shows that flexible furniture options are good to have in the classroom and very important for students to learn better and have a better learning environment. "Circulating blood supplies your brain with the oxygen and nutrients it needs to function properly." (Healthline). When you are rocking or bouncing your brain is more focused and it is easier to learn. The most popular furniture is the chairs with wheels.. "This furniture makes me comfortable and helps me learn better." said Imani Toler.

In conclusion the school feels much more inviting with the new revamp including furniture, fresh coat of paint and murals, and a new structure.

Butterflies, doves, and plants liven up the formerly dreary hallway in bright colors, bringing a sense of peace, joy and innocence on campus. Photo: Mr.Miranda

THE INCREDIBLE JAMS REVAMP



Exterior of the new JAMS Performing Arts Center and the 802 seats inside the facility. Photos: Mr.Miranda



Palm tree shadows against the bright white new auditorium. Photo: Addy Fiore



Favored by many, the new chairs with wheels are a preferred seat in classrooms. Photo: Addy Fiore



Bright green, blue, orange, and gold splashed all over campus. Photo: Mr. Miranda



New, colorful paint welcome students, parents, and staff. Photo: Mr. Miranda



New Performing Arts Center



Auditorium exterior caught in amazing mid-day light. Photo: Addy Flore



The new Performance Studio, across from the Performing Arts Center. Photo: Jake Bromell

*“We are very excited to make artistic history with the John Adams Middle School Performing Arts Center.”
- Ms. Woo*

By JAKE BROMELL

It has arrived, the monument JAMS has all been waiting for, after five long years... the Performing Arts Center has finally finished construction. Students and staff have all waited with baited breath as the majestic building was being built.

The auditorium took three years to build and it took two years to demolish the old

auditorium, and most of the time demolishing was dedicated to designing the new building. About 70% of people at JAMS have been inside the auditorium, and only 40% of the student body have classes inside. The auditorium is not strictly for students who are in band or chorus, many teachers have been permitted to give their students tours of the building interior.

The general design

of the auditorium is modern and reminiscent of the Getty Center. But it is not just the amazing architecture of the exterior, if one were to stand in the center of the room and look up, they could see a catwalk. A catwalk is a platform extending high up into a building. Catwalks can be used for many things and the JAMS auditorium uses it for lighting, sound, and quick stage access. Walking around on a four foot wide bridge sixty feet above the ground can produce slight vertigo. Along the catwalk there are dozens of spotlights and speakers for performances. Another interesting detail

is that the metal grates that line the sides of the interior walls have the same texture as the back of the seats.

In the auditorium, the performers have three dressing rooms, complete with mirrors on all four walls. Additionally there is a ‘star room’ where the star performer has their own private changing room. The stage of the auditorium has a front section that is on hydraulics so the performers can move from the aisle to the stage with ease. Students will be able to attend concerts by the band classes and assemblies by the administration in the new auditorium.

Family Meals

It’s not just a dinner, it’s a lifestyle.

By ISABELLA HILLIER

Parents make such a fuss over eating dinner together. But is eating together really worth it? Is it such a big deal if one wants to eat alone? It turns out eating dinner together is much more beneficial than many think. It has long term effects on health and can really set a positive mindset.

In the past 30 to 40 years the number of families eating dinner together has gone down drastically. In a JAMS survey, 32% of students prefer to eat with their family, 16% of students don’t like to eat together, and 52% of JAMS students prefer to do both. Based on this information many students eat alone on a daily basis. Anne Fishel is the executive director of the Family Dinner Project, she quoted, “Kids who grow up having family dinners, when they’re on their own tend to eat more healthily and to have lower rates of obesity.” It’s much more common when children eat alone and fast food every night to have higher obesity rates.

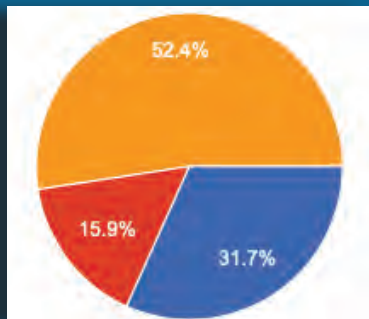
Fifty percent of students eat together every night. When

seventh grader, Stella Sears, was asked the question, “What do you think of family dinners?” she responded with, “I like them, but sometimes I can get a little annoyed especially when my family is arguing about something.” Sixth grader, Rex Pesapane, answered the same question and stated, “It’s nice when your family gets to chill and talk after a long day. Sometimes I get annoyed, but rarely.” Both of these students eat dinner together with their families nearly everyday.

According to The Family Dinner project, when families have healthy conversations during family meals, it helps children learn to be resilient. Kids learn from example. Overall, the psychological and physical benefits are astounding when it comes to eating together.

Sixth grader Aaliya Montaoya said, “I think that it’s very good to spend time with your family, and have nice meals especially for Thanksgiving or Christmas. I don’t see my family much, my dad has two jobs so I only see him at night time and he has to sleep in the morning. My mom I see everyday, but some times I don’t because she works too.” Families have the very common problem of not having

enough time together. Although this leaves a child to be more independent, they won’t have a very strong connection to family. It is recommended to try to plan when everyone has time to be together. Family meals are beneficial in building connections and making positive and healthy relationships.



Results from JAMS Student Survey.
Blue = Prefer to eat with family
Red = Prefer to eat alone
Yellow = Prefer to do both

The 4-1-1 on PBL

By ORLY WILKINSON

Students are hard at work, brainstorming, decision-making, researching and collaborating in room 85. Mrs. Mathews gently guides her students, assisting them in their research and all other aspects of their project. There is a guiding question on the board that links to a real world problem, and her students are working to translate that guiding question into the form of a project and, eventually, a public product.

Project-based learning, or PBL for short, is a style of learning that teaches students to collaborate in groups to solve in-depth problems or relevant complex questions. Students use organization, creativity, and critical-thinking skills to answer the question or come up with solutions to the problem by creating a project. However, PBL is not just about the final product. In fact, one very important thing to know about project-based learning is that it is just as much about the process as it is about the final outcome.

An easy way to think about PBL is as a “main course” in a meal. While projects in traditional learning are like the “dessert” following the structure of “teach, practice, test, project” for each unit, projects in PBL are the units. According to the George Lucas Educational Foundation’s website, Edutopia, project-based learning is important because, “The old-school model of passively learning facts and reciting them out of context is no longer sufficient to prepare students to survive in today’s world.” In other words, while traditional learning may have worked in the past, as our world evolves, more than ever we need people with strong communication skills, interpersonal skills, and decision-making abilities. These skill sets are the foundations of project-based learning. As an eighth grade English teacher, Mr. Saling said “Students are more engaged when they have some choice in what they are working on and can see a connection to the real world.” Moreover, project-based learning is essential to students’ education because it teaches them to work together to create a project that they can take pride in. By applying this way of learning, students will have a stronger ability to work with others as they get older as well as gain skills to organize, plan, manage and execute their work. While some critics say that students may not be able to research successfully on their own and, as a result, not have a sufficient understanding of the concept, supporters say that project-based learning creates an unbridled feel of creativity throughout the classroom, where kids can be free to express their thoughts and ideas through a project.

Project-based learning is so much more than a new “fad” in teaching philosophies. In fact, it was created over 100 years ago and has been gaining in popularity ever since. It is the learning of the future that adequately prepares students for their ensuing years in this ever-changing world.



Sa’Rai McLaurin and her group work intently as they assemble their project. Photo: Orly Wilkinson

Play a game of “two truths and a lie” to see if you really know PBL. Two of these options show examples of PBL, and one is just a “dessert” project, can you tell them apart?

1. After a two-week unit on the history of the 1960s that ended with a test, students spend two days staging a mock protest and hippie gathering, with costumes, props, and music.
2. Students consider the driving question, “Why did civilizations fall from their Golden Ages, and what lessons can we learn from what happened?” As they research various ancient civilizations and create museum exhibits to share their answers.
3. Students investigate how waste in local waterways contributes to the problem of plastic in the ocean. They propose solutions to the problem and present them to city officials.

Full quiz, [click here.](#)

Answers: 1. Not PBL 2. PBL 3. PBL

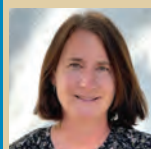
How Has PBL Improved Your Curriculum?



“It empowers the student. It allows them to demonstrate their understanding of skills and concepts through their own way of learning.”
Mr. Miranda, 7th-grade English

“PBL has improved my curriculum by giving students a voice and choice in what they learn about.”

Mrs. Mathews, 7th and 8th-grade English



“PBL allows for increased student engagement.”
Ms. Jurewicz, 8th-grade science

DESSERT “DOING A PROJECT”	MAIN COURSE PROJECT BASED LEARNING
An add-on to the traditional instruction; at the end (or alongside) of the unit	Instruction integrated into the project (The project is the unit!)
Follows direction of the teacher	Driven by student inquiry
Focused on product	Focused on product and process
Often unrelated to standards and skills	Aligned to academic standards and success skills
Can be completed alone and/or at home	Involves collaboration with students and in-class guidance from teacher
Remains within the school world	Has a real-world context and application
End result of project displayed in the classroom	Results of project shared beyond the classroom with a public audience

Photo: PBLworks

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Ridiculous TikTok Challenge Gets Teens Arrested

“Devious licks” cause damage to schools across the country

By VIOLET PARR

On September 1, 2021, TikTok user jugg4elias uploaded a video where they showed off disposable masks they had allegedly stolen from their school. Little did they know that they had just created a trend that would get teens arrested.

“In two school years unlike any other, this is absolutely the last thing we need to be dealing with,” says Jeffrey Haney, a spokesman for the Canyons School District in Salt Lake City. The “devious lick” challenge on TikTok encourages students to steal everything from soap dispensers to whole desks. Students have been smashing mirrors, ripping turf, and intentionally clogging toilets. Middle and high school bathrooms have been hit hardest by the trend, with some schools even having to close their bathrooms entirely.

However, school districts are

cracking down on the challenge, with many opting into a zero-tolerance policy or pressing charges on students caught stealing. Many places have already taken action, like Boone County, Kentucky, where several students have been charged with theft or vandalism after participating in the devious lick challenge.

TikTok has been removing videos and redirecting hashtags related to the devious lick challenge. TikTok claims that it “(does) not allow content that promotes or enables criminal activities”. However, Senator Richard Blumenthal said in a letter to TikTok CEO that the actions TikTok has taken “(are) too little, too late and do not make up for the damage to schools across the country”. Several students have called the challenge

“stupid” and “annoying”. But, as social media continues to grow as a platform for both entertainment and communication, many people feel pressured to get likes and followers. Seventh-grader Zoey Jaffa echoed this opinion when asked why she thought people participate in these challenges saying “I sadly think people follow these challenges to get attention or to gain more followers”.

Teenagers have been acting out since the beginning of time, only now it’s magnified by social media and the internet. Social media allows people to share and show off their teenage rebellion by turning it into a challenge. This rebellion, however, is costly to schools. To many people, a soap dispenser or fire extinguisher is just an item but to administrators and staff it’s a whole lot of time and money, so think twice before participating in the ‘devious lick’ challenge.



TikTok challenge encourages students to vandalize school bathrooms.

Photo: WFTV



Students have been stealing and damaging school property.

Photo: Orlando Sentinel



Several teens have been arrested after participating in the “Devious lick” challenge.

Photo: Citrus County Chronicle



Haeliyah H. shows off her anime-inspired outfit.
Photo: Mr. Miranda



Dia De Los Muertos altar in the library. Photo: Mr. Miranda

HALLOWEEN HISTORY

By KARAH ALCALA

Last Halloween JAMS was a ghost town. JAMS students were learning remotely and they couldn't do in person activities. They also weren't allowed on campus. So this year, JAMS was filled with Halloween spirit! "I like Halloween! My favorite part of Halloween is the candy," said 7th-grader, Solís Perez-Armendariz. Two thousand years ago the Celts, who were a collection of tribes that originated from central Europe, celebrated what was their own version of Halloween. On the 31st of October, it is said that the Celts believed that the border between the spiritual world and our world became blurred, and that spirits would return from the afterlife. When this happened, the Celts believed it would be easier for the Celtic priests to predict the future.

The Celts would build huge sacred bonfires and would dress-up in costumes, attempting to tell each other's fortunes. Much has changed since then. "I'm going to do a group costume with my friends as Monster High characters," said 7th-grader Bella Gulko. The most popular costume is predicted to be a character from "Squid Game," or an anime character, while the most popular Halloween activity is to trick or treat, or hand out candy. "I'm going to a haunted house for Halloween," said 7th-grader, Imani Toler. Students and teachers at JAMS will get to celebrate Halloween this year in many ways, some of the ways will be ways the Celts celebrated their version of Halloween. Thanks to the Celts we have a spooky holiday to celebrate every year on the 31st of October.



Emme F.K. brings a magical vibe to JAMS in her homemade Cinderella dress.
Photo: Aislin Gutierrez



Sam M. awes the crowd with his stunning costume.
Photo: Karah Alcala



Eighth graders Isabella C. and Monserrat S. show off their "people who got away with murder" costumes.
Photo: Aislin Gutierrez



Sixth graders Rohan S. and George T. getting into the Halloween spirit. Photo: Eitan Puchalt

Mikhail A. Curtis D.M., and Conrad L. enjoy their Friday dressed up as hot dogs. Photo: Wyatt Brown



Julia N., Anna C., and Arianna C. express their different outfits together. Photo: Isabella Hillier

AND THE WINNER IS...

MOST CREATIVE



Malia Duppel (nachos)
Athena Burton (candy)



SCARIEST



Sabrina Glasser
(Video game character)

FUNNIEST



Rossi Calanni
(DJ Lance)

BEST GROUP



Elle Guggenheim & Jojo Glasser
(70's Music Reborn)

Pets Get Into the Halloween Spirit

By AISLIN GUTIERREZ

They can be big, medium, or small, but our pets can do it all! During Halloween time students enjoy dressing up their pets in cute, and spooky costumes. Seventh grader Lily McGrath says that her favorite part in dressing up her dog is probably taking the photos, and that more people should dress up their pets (if the pets don't hate it). According to CanineJournal.com, the top five pet costumes are the pumpkin, hot dog, superhero, bum blebee, and last, but not least the ghost costume. Seventh-grader Izabell Ramirez said that my favorite part about dressing up her pet is my dog being able to run around, and for her to be able to reward her after. She also said that she believes the popularity of dressing up one's pet has definitely increased over the years. The tradition of dressing up pets for Halloween is fairly new, but over the years has become very popular in all types of animals from dogs, guinea pigs, and reptiles!



Mr.Pickels dressed as an adorable triceratops. Photo : Lily McGrath



Auggie poses for the camera in his charming pumpkin costume. Photo: Addy Fiore



Frankie showing off her dazzling devil costume. Photo: Izabell Ramirez



Bud sits patiently in his spooky clown Halloween costume. Photo: Ayush Chandra



Crisco stuns everyone with his Sebastian costume from the Little Mermaid. Photo: Cameron Dyckhoff



Bella trots around JAMS in her gorgeous Harley Quinn costume. Photo: Katherine Barba

What to Wear

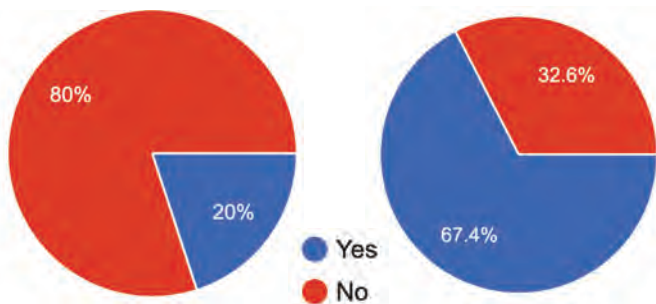
Insight on the controversy surrounding the JAMS dress code.

By TESSA LEVINE

The dress code has been around for decades and while over the years it has become more progressive, certain aspects of the dress code are relatively outdated. A good policy would hold onlookers accountable for their reactions rather than punishing girls for wearing shorts that are a “bit too short” according to the dress code.

Have you ever been dress coded?

Do you think the dress code is sexist?



What do you think about the JAMS dress code?



Deva Bardach, Grade 8

“I think it’s really messed up that adults are the only ones caring about student bodies when we’re minors. Adults should really just keep focused on what they’re supposed to do which is teach instead of keeping students from an education because of what they’re wearing.”



Luke Shimahara, Grade 8

“There are really no limitations on boys - there are only limitations on girls.”



Olivia Heinzle, Grade 7

“I think the dress code is super sexist because if a girl were to wear a crop top that showed two inches of her stomach she would automatically get dress coded, but it’s just a stomach, everyone has a stomach, and it distracts no one.”



Calliope Kirschbaum, Grade 6

“The dress code doesn’t really make sense, we can’t wear short shorts, but some kids can get away with it and some kids can’t.”

Fresh Faculty Faces

By SENAM TURNER, KATHERINE BARBA, and KARAH ALCALA



Dr. Thompson has been teaching math for 12 years and this year she is teaching Math 8 and Algebra. Math is a very hard subject that many people struggle with, and Dr. Thompson wants to help make math easier for students to understand. She loves learning new things and believes that one should never stop learning.



Mr. Stauffer is the new P.E. teacher who has been teaching for 22 years. Mr. Stauffer has been teaching different kinds of subjects like English, history, English Language Development, and other electives. He wants students to know he is firm but fair, his expectations are the same for everyone and he does not like to repeat himself.



Ms. Hernandez is a new immersion teacher and has been teaching for 10 years. When she is not teaching, Ms. Hernandez enjoys being with her husband and children and her perfect day is simple - relaxing with an iced coffee in hand and watching a funny movie at home.



Ms. Rattan is a new science teacher at JAMS and she has been teaching for nine years. Ms. Rattan spent a decade working as a researcher for Amgen, a biotechnology company. She has taught middle school science and most recently 3rd grade at Grant Elementary.



This is **Ms. Alexopoulos’s** first year back at JAMS after being home with her kids for eight years but it’s her third year teaching. Her adoration for math is what inspired her to teach it and hopes to inspire others to feel the same way. “My favorite thing about JAMS is how inclusive and non-judgmental the students are,” she said.



Ms. Peterson is a 6th-grade teacher. She teaches SAI Social Studies Ancient History 6, Collaborative Math 6, SAI SEAD. She loves the fact that JAMS is committed to addressing equity for students of color, LGBTQ+ students, and neurodivergent students. She thinks it is very important that students are represented and able to have the option to be in clubs or communities.



Mr. Alcalá is a sixth-grade humanities teacher. He enjoys traveling and snowboarding, as well as playing and watching sports. His favorite part of teaching is the students and the supportive community. He identifies as an Indigenous Person, and is of Mayan descent.

Hello, Middle School!

How sixth graders feel about the transition to a new environment

By EITAN PUCHALT

Many 7th and 8th graders know how hard it is to enter middle school. Most students think it is a very big change from elementary school. School subjects are harder and it's more difficult for many to cope with all of the transitions. At the same time, it's exciting and fun to start a new school with new students and new teachers, especially after a year of distance learning. In sixth grade, students learn how to navigate through multiple classes, change in P.E. and meet many more students from different schools. Sure, 6th graders may have many challenges, but they will rise to them this year.

Generally, there are many tough parts of middle school which may cause many roadblocks along the way. Sixth grader Riley Cocco said, "The hardest part of middle



Sixth graders Gus Schreiber and Matteo Tinti having a good time at lunch.

Photo: Eitan Puchalt

school is having to stay on top of six different assignments for six different teachers." Many 6th-graders agree with this statement.

In elementary school, students had one teacher for the entire year. On the one hand, it didn't involve as much moving around on campus and they had less chances of being in a class with their friends. Also, students had an opportunity to select a music elective, But there are many more choices



Sixth grader Kayla Takeda working in Ms. Posner's advisory class. Photo: Eitan Puchalt

in middle school. Students can choose between music (band, orchestra, choir), art, engineering, journalism, ASB, or year book. They're more likely to find something they like.

In addition, academics were definitely easier for some students. Now they are getting more work and they are starting to take tests that are more difficult. Not every one thinks that there is such a big change, however, because elementary school could be dif-

ficult too. For example, some teachers gave a lot of home work even for kindergartners!

Teachers also see how sixth graders behave on a daily basis. "I believe the hardest thing that 6th-graders have a difficult time adjusting to is having multiple teachers instead of just one teacher. I also think getting used to our different school schedules is a difficult one too." said Ms. Fernandez, a sixth grade math teacher.

Adjusting to their new school, sixth graders' opinions vary on what is the hardest part. Some people are okay with changing into P.E. uniforms, others don't. Some people like the multiple class system, while others still don't. Aija Kadish, who came from Will Rogers Elementary School "I like it. It gives time for you to talk with your friends during passing periods."

To conclude, 6th graders are still finding the transition to middle school difficult, although many are also starting to get used to it. There are many changes but they will now meet the new ups and downs of middle school.

The Bookmark

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

By ADDY FIORE



Neve Nugent, 6th grade

Merci Suarez Can't Dance
By Meg Medina

Merci is trying to figure out her 7th grade problems. The Suárez family returns in a touching, funny story about growing up and discovering love's many forms, including how we learn to love and believe in ourselves.



Arealia Adera, 7th grade

Fantastic Failures
By Luke Reynolds

In his teaching career, Luke Reynolds saw the stress and anxiety his students suffered over grades, fitting in, and getting things right the first time. *Fantastic Failures* helps students learn that their mistakes and failures do not define their whole lives, but help them grow into their potential.



Arata Sakamoto, 8th grade

Goodbye Stranger
By Rebecca Stead

Bridge is an accident survivor who's wondering why she's still alive. Emily has new curves and an almost-boyfriend who wants a certain kind of picture. Tabitha sees through everybody's games - or so she tells the world. The three girls are best friends with one rule: No fighting.



Ms. Jarvis, Librarian

The Inheritance Games
By Jennifer Lynn Barnes

Avery is a poor girl living out of her car with her older sister, Libby. One day she gets a call to go to the Hawthorne mansion, she inherits 46.2 billion dollars from a complete stranger. From there, there are twists, turns, chaos, and many puzzles.

Dear Journal

By AISLIN GUTIERREZ

Dear Journal,
I'm trying really hard to make it through every day, but I'm really really struggling mentally and my teachers seem to think it's an excuse. I'll leave class for a really long time because I'm incredibly overwhelmed, but they think I'm skipping because of laziness. I don't purposely act out, but I get in trouble with my teachers for accidental distraction and getting upset at the students who tease me. They view me as incredibly visibly "not like them" in the way I comfort myself and often pick on me because of my perceived mental ability.

Sincerely,
Distressed

Dear Distressed,
 If you are having trouble with your teachers in class you could perhaps talk to them privately about how it's hard for you to focus, and stay calm in class. If you know it's not your fault, and you can't help yourself then try not to worry about it too much. You can also talk to a trusted adult at home, or at school, and ask for support.



Dear Journal,
I can't seem to get myself to do any work or homework that I'm not being guided through, and I know it's just me being lazy and unmotivated, but it's just annoying and my mom doesn't make it any easier and it's really hard for me to pay attention in class without spacing out.

Sincerely,
Stuck

Dear Stuck,
 An idea to solve your problem is when you are doing your work or homework at home, try working with a friend. If you are stuck, then try watching some online videos to help you with your homework. In class you could ask your teacher to help you individually so you are less likely to space out or get distracted.

Bob's: The Pick Up Joint

By KATHERINE BARBA

When 3 o'clock hits, lots of JAMS students make their way to Bob's Market. Across the street from John Adams Middle School, there lies Bob's. Mostly food items are sold there but Bob's Market is used for more than just grocery shopping. Even though this might not be the safest option, students gather around the three tables in the parking lot and wait to get picked up.

"Yes, Bob's can get very crowded and noisy to the point where employees have to tell us several times to lower our voices or there's even some students who yell at each other to get out of the way" explained 8th grader, Milana Espalin. It's possible that students can forget that they are in a public space with shoppers around them, so reminders from employees to be a little more quiet are helpful. "I don't mind having the students around, it doesn't really bother me, just as long as we supervise them and make sure they are being safe," explained a Bobs employee, who wishes to remain anonymous, "it's totally okay for them to hangout here."

Some students, including myself, may live far away from campus so it's difficult for parents to arrange pick up time depending on what time they get off work. Students are very lucky with the options they have of where to be picked up since there are so many different locations around or close to campus such as Virginia and Clo

ver Field Park, Fairview Branch Library and of course, Bob's Market. Because Bob's Market is so close to campus, it's an easier option for students to just take a five minute walk there and wait for their parents. Waiting at Bobs can have pros and cons.

Pro: If one remembers to bring their money, they can treat themselves to buying a snack or candy from the market. Students can also walk there with friends and hangout.

Con: In the Bob's Market parking lot, there are three tables that practically get taken over by students and their belongings. The area around the tables can get so crowded that students have to stand around in the parking lot or on the sidewalk where there's a busy street. Sometimes, students bring their scooters or skateboards and practice tricks wherever they find open space, again not the safest option since there are so many cars.

Bob's Market is a very welcoming community to the JAMS students and all the students who go there should show appreciation by respecting their property. Yes, it can get out of hand sometimes since most of the time the students are with friends so they tend to get crazy. But it's important that everyone follows the simple rules given by the staff and cherish the welcoming "hang-out" in the community.



Eighth graders Nico Flores and Nicholas Molina hang out at the Bob's Market tables after school. Photo: Katherine Barba



Shopping carts in front of Bob's market filled with backpacks as the students shop. Photo: Katherine Barba

Motivation in Music

By WYATT BROWN

Music is a part of life. It is well known all over the world and it brings joy and happiness to mankind. At JAMS, music is just as important for many reasons.. Whether it's used in class, during lunch, in band/orchestra, it's a necessity in our daily lives

In a school-wide survey, 76% of students listen to music every day and 80% of students say that music gets them into a good mood. Some teachers regularly use music in their classroom. "I like when the teacher plays music in class." said 8th-grader Cameron Rowe, "It helps me with blocking out the other distractions." Also, music can motivate students to keep working on their homework or assignments. Rock, rap, and pop are the most popular music genres. Those are also the three most popular for middle schoolers around the country.

JAMS is known for its excellent music programs. Over 300 students are enrolled in band, orchestra, and choir. The new JAMS Performing Arts Center has also contributed to the popularity of music at the school. Recently completed, it is one of the grandest middle school auditoriums in Los Angeles. In an interview



JAMS Concert Band student Luka Cvetkovski calmly plays his flute during first period. Photo: Orly Wilkinson

with the JAMS Instrumental Music director Ms. Woo, she said, " Music helps our students at JAMS by being connected to a community that enjoys playing music together. We are very similar to an athletic program that works as a team – we support and celebrate each other, we inspire one another, we learn from each other, and bottom

“ Music is the universal language of mankind.”

- Henry Wadsworth Longfellow

line: we have A LOT of fun!” This means that not only This means that not only does music help get you into a good mood but it is also fun to play. “Many years of research have shown that music can make students stronger academically! Music can also help students express their feelings and cope with stress. It can be a source of relaxation and meditation. It provides a backdrop for doing homework or household chores. It can help student athletes get “pumped up” for a game.” Music has a big impact on students academically, emotionally, and it can help you in doing everyday things. Music is something to look forward to and it has a positive impact on students.

Music influences almost everyone from all over. It brings people together, like at lunch when the speakers are out and everyone starts dancing. It brings happiness, excitement, and joy. It is very important and it will be important for a long time.

WHAT'S TRENDING?

By JACK SEGAL

Music, fashion, and social media have had a strong impact on the students at John Adams Middle School. Students participated in a survey about the most popular brands, music genres, and social media platforms.

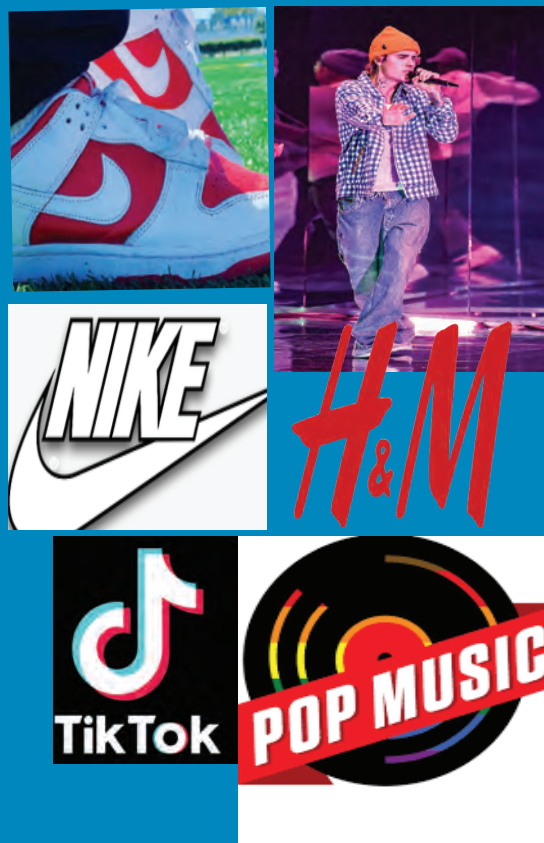
Celebrities have a large effect on trending brands. Sometimes all they need to do is wear a certain clothing brand, be photographed wearing it, and fans will look into purchasing that item. Celebs have also had an influence on middle schoolers because students look up to them as role models.

H&M is a very popular clothing store. This store is trendy because it has very fashionable clothes at affordable prices. The most popular pair of shoes is Nike. Nike is very hot because they have a variety of shoes for different needs. For ex

ample, they have basketball shoes, tennis shoes, streetwear shoes, cleats, and more. The most favored music genre is pop. Pop continues to be the number one type of music played on the radio. Some of the trending pop artists are Justin Bieber, Maroon 5, and Rihanna.

In addition, social media has increased in popularity. For example, before Covid in 2019, there were 381 million users on TikTok and there are now 1 billion! During Covid-19, kids didn't have much to do, so they tended to go on social media to connect with others. The three most popular social media platforms, according to the survey, are TikTok, Instagram, and Snapchat.

The coolest things trending at JAMS are H&M, Nike, pop music, and TikTok.



Caring Companions

Learn about how our furry friends help people every day

By GABRIELLE PALACIO

Service animals are pets that are trained to help the disabled with their specific needs. According to ADA requirements, "Beginning on March 15, 2011, only dogs are recognized as service animals under titles II and III of the ADA." (ADA.gov). Service dogs can do jobs like guiding people that are visually impaired, alerting seizures or when blood sugar is low, mobility assistance, and more! They do all of this using their enhanced senses.

Even though they are two separate and different things, people often confuse service animals with emotional support animals. Emotional support animals can be many different animals, unlike service pets which can only be dogs. Written in the AKC article, "Service Dogs, Working Dogs, Therapy Dogs, Emotional Support Dogs: What's the Difference?" By Jan Reisen, it states that, "Emotional support dogs are not considered service dogs under the ADA. They may be trained for a specific owner, but they are not trained for specific tasks or duties to aid a person with a disability, and this is the main difference between ESAs and service dogs."



Rorschach is always by nurse Gottlieb on campus. Photo: Isabella Hillier

In summary, emotional service animals handle their duties by soothing anxiety by being a kind companion, while service dogs help with their owners with other specific needs. Both are helpful nonetheless.

Our caring companions make a huge impact. With their wagging tails and slobbery smiles, they save people's lives, and make people happier everyday.

At JAMS, there is a service animal ready to help its human. One that's very cute, and very big.

JAMS school nurse Ms. Gottlieb has an adorable seven year old Great Dane named Rorschach.

Rorschach is a smart pup, and is trained to help Ms. Gottlieb with her disability. Ms. Gottlieb needs rescue medication for her medical conditions, and Rorschach is ready to help. Rorschach helps by alerting Ms. Gottlieb when she's going to be sick, she does this by using her sense of smell to tell if there's a chemical change happening in Ms. Gottlieb's body. This alerts Ms. Gottlieb to take her medication or anything else to stay safe.

These animals are not just caring companions, they truly are life-savers.

Historical Figures JOSEPHINE BAKER



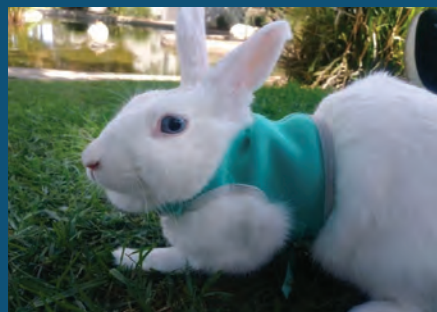
By TESSA LEVINE

Josephine Baker was born on June 3, 1906 in St. Louis, Missouri. She was originally from the US but left to France at the age of 19 because of racism and segregation. She became one of the most prominent French performers of all time, not only because of her phenomenal singing and acting abilities, but also because she aided the French resistance during World War II. Baker passed messages through her music while performing in front of the enemy, she also hid resistance members in her residence. After World War II, she didn't stop fighting for freedom. Baker returned to the US to protest segregation. Later in 1975, she died and was buried in Monaco, but she was later re-buried in the Pantheon in Paris, making her the first woman of color to be buried in the Pantheon.



EMOTIONAL SUPPORT BUNNY

Eighth grader, Victoria Browne has a fluffy little helper. Although, she isn't a support dog, but a support rabbit. Meet Snow White, the fairest of them all! Victoria got Snow White as she was suggested by her therapist, and since then, Snow White has been by her side for a year now. Snow White is two years old, a little baby, and she helps Victoria calm down by just being there for her, being generous with her hugs and kisses, and comforting Victoria whenever she's feeling sad or lonely.



Enter Snow White, the fairest rabbit of them all! Photo: Victoria Browne

DIVERSITY IN SPORTS

INJURY REPORT

By MATEO MELIS-BEHRENS

A diverse world of sports was not common in the past, but in modern times, has society done anything to break the cycle? It's come a long way and now many different sports have welcomed more people (of diverse backgrounds) to play. Serena Williams is one of them. Serena Williams, an African-American female tennis player has dominated the sport. Tennis has been considered more of an upper-class sport, where players usually belonged to (mainly white) clubs and organizations, so it has been very exclusive for many years. In the past, the women's tennis league has not had a variety of players because of segregation in the 50s and 60s. Serena Williams has won 39 grand slam titles, the most out of any player in the women's or



Serena Williams, top
Bubba Wallace, bottom right
Naomi Osaka, bottom left

men's league. Serena says her inspiration is Althea Gibson. The first African-American player to win a Grand Slam in 1956. Bubba Wallace is an African-American NASCAR driver who recently won the title of the first African-American driver to pass the victory lane since 1963. Although NASCAR has lacked behind other sports in terms of diversity, Bubba has made history for NASCAR drivers around America. Naomi Osaka is a African/Japanese professional tennis player who was the first Japanese-born player to win a women's league Grand Slam. She was also the first Asian to be ranked No.1 by the Women's Tennis Association after her Debut at only sixteen years old. Naomi represented Japan in the 2020 Olympics. These athletes and their diverse backgrounds has elevated each sport to new heights.



Aidan Tomlinson was skating at the Venice Bowl when a skater challenged him to air over a cone. He hit the cone while attempting to clear it, and broke his ankle. Photo: Mateo Melis-Behrens

Manny Lopez was goofing off with his friend after P.E. at the basketball courts, and a student pulled him back by his backpack and he fell, breaking his wrist.



Photo: Mateo Melis-Behrens

Why Sports At School Is a Game Changer

By DESMOND BRENNER



Kean Stoll gets "mossed" by Mateo Melis-Behrens. Photo: Desmond Brenner

School is starting in person for the first time since March 2020, and it's the first year without C.R.E.S.T. However, Compete Forever has replaced C.R.E.S.T. as the sports organization for many students at different schools in the district. Whether it's C.R.E.S.T or Compete Forever it is important that students at John Adams Middle School have access to an athletic program.

In sports, cooperation and teamwork are key to being one strong team. Athletes are a whole when together, and because of this they form strong bonds and

friendships Dylan Barba, 7th grader said, "When CREST was at school that's where I made most of my friends through sports and I'm still friends with them. Sports at school really brings a social aspect to it."

There are a lot more good things that come from having sports at school besides making friends. Students get a chance to exercise and be healthy with all of their friends. Students practice and play sports that they love instead of sitting around after school and playing video games. But when all of their friends join C.R.E.S.T or Compete Forever there is a very good chance the kid would join the team and participate in exercise and excellence.

Sports also helps with discipline and respect, from getting to a weekly practice on time to respecting authority by listening to instruction. For example, athletes have to be on time, ready to work on the field, just like students get to school ready



Wyatt Brown sets up for the pass on the field during lunch. Photo: Desmond Brenner

to learn. Also, athletes have to be respectful to the person in charge or else they will get into trouble and face consequences. Kean Stoll, 7th grader, said this "Honestly, sports really helped me with listening and respect, I would want more play time so I would listen to the coach and follow instruction. It's the same thing in the classroom.

Having sports at school really helps with a lot of things inside and outside of class. From health to discipline, sports at school provides students with skills to succeed personally and academically.

Sudoku

		2	6		7		1	
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7	3		1	8				

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Does it sound complicated? As you can see from the image above of an actual Sudoku grid, each Sudoku grid comes with a few spaces already filled in; the more spaces filled in, the easier the game – the more difficult Sudoku puzzles have very few spaces that are already filled in. **Use your math skills and try it!**

HAUNTED HOUSE CONTEST WINNER



Lillian's detailed haunted house that took the prize. Photo: Mr. Miranda



Lillian Wolitzky, a 7th-grader, won the Cardboard Haunted House Contest with her spooky submission equipped with a skeleton, tree stumps, moss, and miniature pumpkins.

Out of all the entries, Lillian's entry received the most votes and won a Halloween bucket with a variety of treats and bragging rights. Voting was done in the library using paper ballots and JAMS students voted during Halloween week for their favorite design.

“It took about three days to complete the haunted house,” Lillian said. A creative at heart, she made the house and decorated it with pieces she bought at a craft store. Lillian stated, “I do a lot of arts and crafts and when I found out about the contest, I decided to enter because I thought it would be a fun project.”

The contest requirements were simple - at least 90% of the materials needed to be recycled cardboard and no taller than 18 inches.

Ms. Jarvis said, “What I liked best about the contest was the thought and effort that was put into each house. All the houses were completely different. It was hard for me to pick a favorite since each house had something I loved about it, from flying ghosts to a fun Frankenstein, and handmade pumpkins.”

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3rd row: Aislin Gutierrez, Kate Barba, Addelyn Fiore, Violet Parr, Karah Alcalá
Bottom row: Gabrielle Palacio, Isabella Hillier, Eitan Puchalt

ADVISOR: Mr. Miranda

Do you have news or ideas to share with The JAMS Journal staff?
Email us at JAMSnews@smmk12.org

Stayed tuned for the **winter recycling contest** where students will be creating gingerbread houses!

Check the JAMS Library page in Google Classroom for more details.

Class code is p2e6wed