

VOLUME 3 : ISSUE 4

ICYMI: The GOP

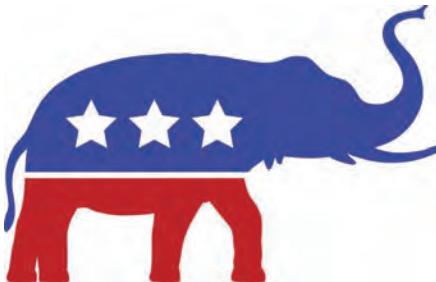
A Look at the Republican Party of America

If you're familiar with American politics at all, you know there are two main parties: the Republican Party, affectionately nicknamed the GOP (Grand Old Party), and the Democratic Party. (There are, of course, other fringe political parties, but hardly anyone pays attention to them.)

The concept of these two parties is simple. Every four years, the country votes on a new president. Generally, the hope is that there will be a pretty even mix of Democratic and Republican presidents. Generally, the hope is that both candidates are competent, and all a voter has to do is pick the one whose policies they agree with most.

The hope, in short, is that each party will represent a diverse mixture of interests, and that leaving the country in the hands of either candidate would be reasonable.

Opinion by NAOMI GAGE



Let's take a look at the current GOP situation.

The Republican Party's values are clear-cut: they lobby for a more limited government, lower taxes, a strong national defense, and fiscally conservative policies. In a perfect world, one could understand these and vote for them: who doesn't understand the allure of lower taxes? And isn't America the Land of the Free?

However, in the recent years, the GOP has taken on a radical shift.

A key element is young voters. Most young voters these days are Democratic, choosing to vote for liberal candidates. In the recent election, 61% of voters under 30 voted for Biden. This isn't sustainable for the GOP- surely, every party, in order to flourish, needs a healthy supply of devotees young enough to keep voting for decades to come?

One would think the solution is simple: change the policies. Admit that, perhaps, we might need to introduce stricter gun laws and that there is an issue of police brutality with people of color.

Perhaps the Republican Party indeed would have done some in-party

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The Truth About Animal Testing

By MEYER BRUNO



It is estimated that each year more than 25 million dogs, cats, monkeys, rats, mice, and other animals are forced to endure painful experiments in the United States.

for inessential products like Clorox, which usually result in killing the animal. Center for Alternatives to Animal Testing is a company that is trying to end animal testing.

They were founded in 1981 and are part of the John Hopkins University Bloomberg School of Public Health. They promote humane science by supporting the creation, development, validation, and use of alternatives to animals in research, product safety testing, and education.

Recently, researchers from the Hebrew University of Jerusalem submitted a drug that was tested by high-tech research tools and no animal testing. This was a major breakthrough for the world of medicine and it should be.

There are many ways you can help. Please try not to use these brands listed on [this link](https://crueltyfree.peta.org/companies-do-test/): <https://crueltyfree.peta.org/companies-do-test/>.

If you would like to learn more about animal testing visit this [link](#).

Now, animal testing is being used

Dear Eighth Graders,

By ADINA FRID-MADDEN

Almost every article during the past year has started with: "In these troubling times" or "In a time of hardship" or something relating to that. Why? Because how else are you supposed to say "in times where people are dying left and right, kids are failing their classes, and suicide and depression have been at an all-time high" nicely? How are we supposed to find the light at the end of the tunnel if people don't believe in the same light? The answer is: we don't. We don't chase the light at the end of the tunnel. Instead, we can make our own light, find our own way until we can rise better than ever.

Even though we've always had quite a troublesome year, COVID brought most of our problems. We had a pretty normal sixth grade - it consisted of cringey photos and unexciting fistfights. But seventh grade started out great, excited for a new year and filled with hormones; we trudged on to see what Mr.



Miranda would assign us but abruptly, the school closed. It was almost like an adventure and mystery, something out of a movie. I remember going back and seeing the empty school on the Friday afternoon after the school closure. Like a ghost town, the field was filled with dew, and Ms. Hale's car awkwardly parked in the middle of the quad. The mysterious shut-

down soon turned into worries when we realized what had happened. People were building shelters, supermarkets were empty, and people started injecting themselves with Clorox. Everyone seemed distracted on ZOOM and teachers struggled to manage the simple technology. Everyone's parents begged them to create a schedule asking them to please refrain from getting depressed, I wonder why that didn't work.

After a gloomy summer with way too much

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Consumerism and Sustainability

By TESSA LEVINE

Consumerism began in the 1600's in Europe. Eventually in the 1920's it spread to the US. Then during the great depression of the 1930's consumption rates dropped, as did the amount of money Americans spent. When the advertisement industry took over in the 1950's and 1960's con-

sumerism spiked once televisions became more popular, it became easier to advertise.

Over the decades consumerism has increased so much that it has begun to take a toll on the environment, it has created a seemingly endless cycle of consumption and pollution. When asked

How COVID Affected Us

By WALDEN SULLIVAN

There have been so many negative effects on children's mental and physical health throughout a full year of distance learning.

But as we are slowly returning to normal life, we will need to get rid of our bad habits (especially for school). Not paying attention and zoning

"But kids are starting to realize that these bad habits are not sustainable."

out during class has become way too easy to do when we have access to our entire house around us. Some people were treating online school like a podcast: Having it on in the background while making breakfast, watching the news, and even sleeping.

But kids are starting to realize that these habits are not sustainable. We interviewed a few teachers at JAMS about bad student habits and they have very different opinions;

"For some subjects, students are more prompted to cheat, like math. If I was a stu-

dent during this time, I would use those strategies and those tools to my advantage," said Mrs. Cruz

"In math, because it's a building block for the next thing, if they don't have it really well and they have to cheat to get the answers, then

they're not going to be able to get through Algebra 2. I feel like there are some students that really needed to be

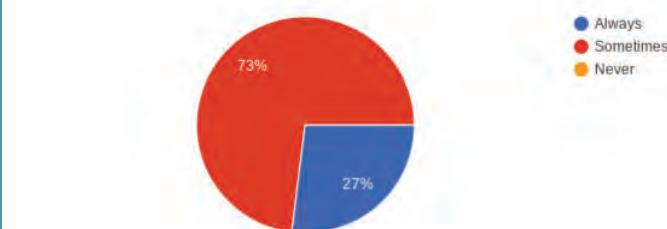
in class and would have been dynamic, but sat at home and watched television. In class, there was a student that had a book in their lap and said that they understood the lesson, but then they got to practice, and they didn't know how to do it. And then the teacher has to stop and reteach a topic that they're expected to already know," explained Mrs. Warren.

But our survey showed that over half of

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How environmentally friendly do you try to live?

89 responses



whether or not living environmentally friendly is a priority, 27% percent of students said "always" and 73% said "sometimes". While it is reassuring that no one said

"never", the difference between sometimes trying to be environmentally friendly and

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The Perks Of Pets On Campus

Exploring the positive effect that dogs have on mental health of students on campus

By MADDIE BRAUN

The JAMS students that are choosing to return to campus have been pleasantly surprised by the addition of some new furry friends to their everyday life. To some people, these dogs may just seem cute, but having them at school may have a few surprising benefits. Some people may not understand why anyone would even think of bringing messy, distracting animals into an educational setting. Seeing school counselors and even several teachers willingly welcome any animals that aren't specifically

meant for service may confuse them. After all, why are pets necessary for students to learn? But in actuality, the dogs aren't just here for fun, especially not after a global trauma such as the COVID-19 pandemic. Dogs have been found to have a surprisingly positive effect on students' mental and even

physical health. They can help calm down mentally ill or vulnerable students during breakdowns, helping them function more easily and learn better. According to an article by Sarah McKibben, "Petting a dog for even a few minutes can positively affect our

brain chemistry, according to research, increasing oxytocin levels and reducing the stress hormone cortisol." They can also relieve blood pressure, stimulate memory, help build bonds between school counselors and students, provide relief to grief or stress,

and even help with reading skills. It almost seems too good to be true, but it isn't! The pandemic has had a negative impact on everyone, especially more physically, mentally, or financially unprepared students, and returning to campus so suddenly can be stressful and scary.



Students having a great time getting to know Ms. Lopez's friendly furry friend, Dempsey.



Ms. Lopez and Dempsey

Ms. Chacon and Tux



Ms. Asiaban and Romeo

Ms. Goldberg and Bella



Art in a Pandemic

How art helped JAMS students cope during the pandemic

By EMME FIELDS-KREMER

Art will forever be an important part of humanity. The endless forms and tools used to create have helped and inspired people in so many ways. When at a loss for words, art has always helped us communicate, no matter how big or small, it's always there for us. One may walk down a street and see a mural, or maybe just a simple flower escaping from the cracks in concrete. Whatever is around us, it is the curiosity in us that sparks our imagination.

During this time of uncertainty, the arts have helped us guide our way through. Artists around the world have continued with their art during the coronavirus pandemic, and it has even helped many to cope. Art has made a big positive impact on JAMS students during the pandemic, many saying that it helps them stay calm, and a way to keep busy while stuck at home, art also being an extraordinary form of self-expression. Many students during the pandemic have had to deal with a mental illness, or know someone that went through that situation; some even used art to help others cope during difficult times. One anonymous artist said "creating art can distract you from all the unfortunate things happening in the world. It can take you away from your negative thoughts and let you be able to relax and be at peace for a while."

Not only has art helped people cope with the pandemic, being stuck at home and feeling bored has encouraged JAMS students to try new things, such as the arts! While SMMUSD schools have already fully reopened, and we don't have to remain in our homes, we should still try to get creative and use the arts as a way to express ourselves. Especially for one anonymous student, "art has helped me express my feelings in ways I can not say."

Summer (Almost) Back to Normal

Summer camps prepare to reopen during the COVID-19 pandemic

By KINKADE SPENCER and ISAAC BOURDEAU

Do you miss the feeling of being outdoors in the woods or doing a fun activity in the middle of nowhere? For many, the option would be to go to summer camps. Summer camps have had a rough time during the pandemic and many have had to shut down due to lack of funds after temporary closure. But now that the pandemic is lessening and people are going back to their routines, what is the plan for summer camps?

"Youth and summer camps can play an important role in the lives of children, including supporting their social, emotional, and physical development." CDC Summer camp was a special experience. Going into the wilderness for around a week was very fun. But during the pandemic, people were unable to attend. But now that Covid-19 cases are decreasing, and more people are getting vaccinated, summer camps are starting to



Summer camps can play an important role in the lives of children.

Photo: Google Images

reopen. Now summer camps are implementing new policies so that people can go to them again. For some summer camps, they are putting in multiple policies in order to prevent an outbreak. For example, they are cutting back the number of kids who can go by half and are isolating them into groups inside cabins. They also have to be

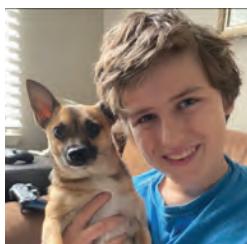
absolutely certain that no one has COVID, for a single exposure would be catastrophic for the camp. Kids will also have to wear masks when they are around people who are not part of their cabin, though this seems to be the case with other summer camps as well. The CDC released a document relaying some of the things summer camps should do in

order to remain safe. They also relay that group activities should always be outdoors and not have scenarios where kids are close together. The campers also have to make sure that they do not interact with any other people who are from outside the camp during their time there. Campers should also test for COVID before going to the summer camp. And when they return, should test again, and if not fully vaccinated should self-quarantine for up to a week.

"My whole goal is to make sure camps can remain open and that outbreaks don't occur," Director Dr. Rochelle Walensky told House lawmakers Wednesday (CNBC)

Although summer camps will be different and will have new policies due to COVID-19, the people running the camps will still do the best they can to ensure the safety of the campers, and to also have a great time during the summer.

JAMS Journal Staff Pets



Frankie is an adorable brown Chihuahua who shows me lots of affection! I adopted him in November and could not think having a dog would be so much fun! I am very proud of how he has changed since I've gotten him; learning not to go to the bathroom indoors and improving social skills with other dogs.

-Holden Kopman



Oso Frid-Madden is a 5-year-old brown Labradoodle. He knows how to high five, spin, go on his stomach and much more! He loves my mom so much that she regularly forgets to bring a leash because he won't leave her side! Oso also eats a wide variety of foods, his favorite foods are probably boiled chayote (a Mexican squash), artichoke, and sweet potato."

-Adina Frid-Madden



My quarantine puppy's name is Brontë. She's a rescue dog, named after Charlotte Brontë, my favorite author. She's sweet, quiet and affectionate. Her favorite activity is napping. I've only had her for a year, and I can't picture my life without her!

-Naomi Gage



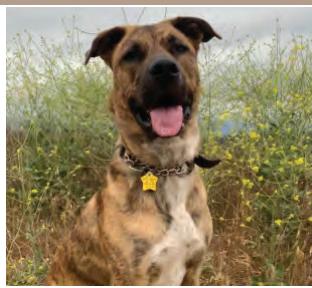
These are my two fluffy white dogs, Lolo and Chico. Lolo and Chico enjoy going on walks and they absolutely love their treats. Chico is more of a calm dog who likes to sleep all day and cuddle, but on the other hand, Lolo is always in the mood to play tug of war with his toys.

-Katherine Barba



This is Echo. I adopted her from the LA guinea pig rescue. Echo is an American Shorthair, and she is shy. She loves being petted on the head, and once in a blue moon she gets a little watermelon treat which she loves over all fruits and vegetables.

-Aislin Gutierrez



My dog's name is Wilbur and he loves hikes.

-Meyer Bruno



Mr. Bates and me wearing my Boston Terrier sleeping mask. I rescued him from the Northeast Boston Terrier Rescue in New Jersey. -Mr. Miranda

School's Out! What Now?

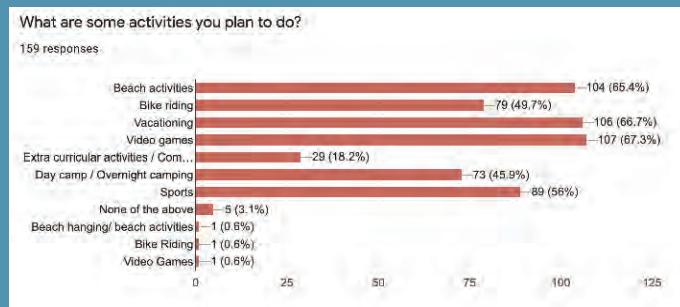
By HOLDEN KOPMAN

With the drop of COVID restrictions, many more questions are being asked inquiring about the reopening of day and overnight camps, and activities you can now participate in during break. This will hopefully make summer break a fun time to look forward to once again for teachers and students. There are many different activities to choose from such as bike riding, beach activities, sports, video games, reading, and vacationing; this could once again be a summer with more fun and less worries.

First and foremost, exercise is a must during summer break as it allows more room for lounging activities and relaxation. Luckily, many students at JAMS already participate in a variety of sports or physical training so they can hopefully continue that with many types of sport camps and beach activities. Even if you do not enjoy exercise, feel gratified doing things you enjoy in-doors such as reading, watching TV, or playing video games. This summer will hopefully provide the neces-

sary enjoyment that was sorely missed last summer break.

In a recent survey, it shows many students already have a general idea of what they will be doing over the course of summer, whether being packed with activities, planning as they go along, or all relaxation. Summer is also a time to do what you please, taking time to travel, hanging out with friends, and finding fun activities



you usually do not have time for during the school year. Over the course of 2020 we could never have thought to see a

finish line to this pandemic, but now there are many high hopes of normalcy, giving you the chance to once again be able to find the activities you love without distancing yourself. With last summer being the heart of this pandemic, it doesn't mean one has to be a disappointment as well. Do the things that truly bring you happiness and that will be a good summer alone. So, I encourage you to have as much fun as you possibly can, and always try new things that you may enjoy. Have a wonderful summer break!

Contact Tracing on CAMPUS

By JACK NASH

Should students go back to school and risk being contact traced?

Since in-person school started, many people have been worried about the spread of COVID-19. To stop the spread of COVID, our school has developed a system called 'Contact-Tracing'. If a student shows symptoms for COVID-19, the student and the people in their vicinity have to quarantine for 10 days. This raises the question, Is it worth being on campus at risk of having to quarantine for 10 days, or is it safer to stay at home and participate in distance learning?

Contact-tracing seems to be an ef-



Students contact-traced are notified immediately if they've been exposed.

fective way to limit the spread of COVID-19, yet it still has some issues. You see, to be contact-traced, the person in question does not

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Get to Gardening

By AISLIN GUTIERREZ

Gardening is simple, yet very fun; it can be a nice way to relax, and to add a little green pop to any space. There are a wide variety of plants from succulents, (one of the easiest plants to take care of) all the way to tropical plants which require a little more care, if dedicated.

First, make sure you use a pot; then make sure the pot is the accurate size for the plant for the seeds you are using. Next, you're going to get your seeds, and according to the type of seeds you are planting, you most likely should be poking a hole at about an inch deep (but make sure to check the package first). Now once you're ready, you can plop about one to two seeds in that hole. You can then cover it up with some soil and lightly pat the dirt to make sure everything is secure. Be sure you water your plant often by putting your hands around the top of the soil. If you feel moisture, it won't require water, but if dry, you should probably add water. Finally, place your pot in any spot that attracts sunlight, and watch your plant grow.

You may not know this, but gardening can help with many things! One of the benefits is that gardening reduces stress. This is because it gives you a

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Leah Onodera-Brasel keeps her garden healthy and happy.



FOND FAREWELL

By KINKADE SPENCER

After 33 years, one of our P.E. teachers, Ms. Tarpley, is saying goodbye to JAMS. She started her career at our school in 1988 when things were a lot different back then. Over the years, gang involvement has dramatically decreased in the neighborhood. "When I first started at JAMS, it was not uncommon for me to spend time trying to talk students out of joining a gang. I congratulate the creation of PAL, CREST and a very close Boys and Girls club. All three were very helpful in helping students choose positive activities to be involved in," she said. "Thank goodness there is a lack of interest in gangs now."

Since working at JAMS, Ms. Tarpley's favorite moments are the completion of the amazing Science Labs in the 70's and the amazing turf on the PE field. She said, "Students at JAMS should recognize

they are very fortunate to have amazing labs and amazing Science teachers that go to the trouble to create labs to do in those rooms. Also, our PE facilities, tennis courts, soccer, football and baseball fields are amazing as are the PE teachers that go to a lot of trouble to bring students completely different curriculum every year."

Ms. Tarpley feels forever connected to John Adams and has always loved bringing interesting and demanding curriculum to students. Now that she's retiring, she has more time to pursue other interests. "I have always been very passionate about being physical. My children who are now in their twenties have often complained I was out playing beach volleyball or surfing instead of cooking. Now that I am retiring, I am hoping to cook tasty home cooked meals and, of course, keep playing at the beach!" she said.



Ms. Tarpley has been teaching at JAMS since 1988.



The GOP

(Continued from page 1)

cleaning if it had not been for Donald Trump.

In order to understand just how successful Donald Trump has been, we need to look at the almost fanatical loyalty of his voters.

When Liz Cheney spoke up against Donald Trump, saying that no, he did not win the election and that, as a party, they needed to move on, she was ousted immediately.

According to the Washington Post: "Cheney is more dedicated to the long-term health of our constitutional system than she is to assuaging the former president's shattered ego, and for her integrity she may well pay with her career."

Seventy percent of Republican voters believe the former president's "alternative facts" (what some might call "bald-faced lies") about the election. Seventy percent is a staggering number. That's hundreds of millions of people who believe utterly in a complete falsehood. It's a number that is large enough to justify the GOP's current stance, because, from their point of view, lying works.

Washington Post put it best: "Ladies and gentlemen, this is your contemporary Republican Party, where today there is no greater offense than honesty."

Let's move on. What, you might be wondering, could be done? If this is the current state of the GOP, how will it be fixed?

Well, in the words of Republican Liz Cheney, there are three things for Republicans to do. "First, support the ongoing Justice Department criminal investigations of the Jan. 6 attack." These riots were unacceptable, and completely violated the terms of peaceful protest.

Secondly: "We must support a parallel bipartisan review by a commission with subpoena power to seek and find facts; it will describe for all Americans what happened. This is critical to defeat the misinformation and nonsense circulating in the press and on social media." In other words, we need to provide for the public a clear, and, most importantly, factual report of what happened. Misinformation is a virus.

The last thing? "Finally, we Republicans need to stand for genuinely conservative principles, and steer away from the dangerous and anti-democratic Trump cult of personality."

If we as a country are to move for-

ward, we need to move on from the Trump era, from the ruthless attacks on democracy and truth, and from misinformation. No party is blameless. If we are to protect the people of America from dangerous falsities and preserve our rights, we need to start from within.

Gardening

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chance to focus on something and possibly, help you escape from the real world. Another great benefit about gardening is that it doesn't always have to be outside there are many different plants that love being inside such as pothos, the monstera, and the snake plant. Adding on to the fact that there are plants that enjoy being housed inside, some can even purify your air like spider plants, and aloe vera plants. One final benefit is that gardening can boost your creativity with all the colors, shapes, and size of plants. You can arrange them in any way you want

Gardening is an activity that all students can try. So, what are you waiting for?

Virtual Spring Concert

By MS. WOO and MR. GARNREITER



WELCOMING THE GUESTS, Ms. Woo and Mr. Garnreiter introduce themselves and the musical performances in a virtual environment.

The JAMS Instrumental Music program invited the community to attend the Virtual Spring Concert – from the comfort of their homes!

On Thursday, May 27th at 7:00pm, the JAMS Instrumental Music celebrated the musical accomplishments of the band and orchestra students during a most challenging year...but with an in-

spiring and uplifting month of in-person music-making! The community enjoyed the performances of nearly 300 musicians in the three orchestras and three bands: String Orchestra, Symphony Orchestra, Philharmonic Orchestra, Symphonic Band, Concert Band, and Wind Ensemble.

Congratulations to all of the JAMS musicians on a wonderful performance!



Ms. Woo and the JAMS Orchestra



Wind Ensemble (above) and the Concert Band (below)



Campus Newbies

By LEUL BELAY

Newcomers to JAMS, the 6th graders, had to experience most of their middle school year online. A couple of 6th grade students expressed their opinion of being on campus for the first time after many months away.

One student, Elijah, said "I like it a lot. It's a lot smoother, and it's a lot less

occupied so I can play instruments like clarinet, etc. In a way, yeah, the transition was different than I expected, but not a lot.

Another student, Thomas, said "I'm enjoying it. It's a lot nicer, and I get a lot of exercise on my walks. The transition is not that much, my mom keeps me informed on everything."

Although this year was not ideal, we're hopeful for a better year next year and the this class will experience middle school as it should be.



To get ready for the reopening of JAMS, ASB made welcome posters to greet the 6th graders stepping foot on the campus for the first time.

Finally Taking Off

By JAMES CORONA

Finally, this school year is coming to an end. But once it's over, we will conclude our middle school journey and open up a new chapter of our academic career, high school. I can't believe it's been 3 years since we first got here, time really flies. The transition from middle to high school is going to be pretty drastic. Here in middle school we only have to go to 3-1 hour class periods a day, but when we arrive at high school we will have to take all 6 of our classes, every day. There are definitely going to be some challenges along the way.

One big thing that has been mentioned before is all 6 classes everyday. Homework probably everyday, tests, essays. Let's not even get started on projects. It's going to be a pretty big workload, especially when we compare it to the work we get now. In middle school, classes aren't that challenging, you don't get tests very often, and big projects only really come at the end of the year. Another thing to take into consideration is if you take honors or AP (advanced placement) classes. This all sounds like a lot of change and probably a little scary, but there are some upsides to having 6 periods a day for us athletes out there.

If you are an athlete going to pretty much any high school they will most likely have a sports team for you. Soccer, football, basketball, baseball. The list goes on and on. Instead of sitting in 6th period science class learning about physics we could be out on the field or gym being active, working out, and most importantly having fun. No more having to run miles every month, and having to do fitness tests like in middle school PE. You could be out on the baseball diamond hitting bombs. Again, this is probably the best change that some of us are looking forward to going into highschool.

To summarize everything that has been said, yes, its classes are going to be harder. Yes, it's going to be a lot of work. We're probably going to have to stay up till 1:00 AM some nights but it's not that bad. We've kind of been training for things

pretty much our whole lives, since kindergarten. We just have to be responsible and take care of work, get stuff done and everything is going to be fine. Teachers will always be there and sometimes it might be hard to find them on these huge campuses but they're there. Let's not be scared of the bad things that come with high school like essays, projects, and bigger compositions. Instead we should be excited for the positive things like playing sports, and meeting new friends.

Contact tracing

Continued from page 5

have to have COVID-19. If they have a slight headache, the student and any other students around him/her have to quarantine for 10 days, making it very easy to become quarantined with just slight contact. Contact tracing-related quarantines have happened already twelve times this year, with eight of those twelve being negative, the student not even testing positive for COVID, thus far, making contact tracing unreliable at times.

To put it simply, students should not participate in on-campus learning if they don't want to feel the risk of being quarantined. Even with the gift of returning on-campus in these last weeks, it may seem too risky for students who have plans outside of school. It really depends on the students and parents to make that choice. Whether they would prefer to stay home, or take the risk and go to school. The choice is theirs.

Curative vaccinations on campus.



Vaccinations Among Us

By CALVIN BRODKIN

Many students have been attending online classes for most of this year, but now, schools are reopening. Not everyone, but many students are overjoyed that they can attend a physical school again, because even though it is school, now kids can talk to each other during lunch, and get the socialization we've all been missing while stuck at home. But why can schools reopen? COVID still exists and is killing people. Almost all teachers are fully vaccinated, and in recent weeks students are becoming vaccinated too. With the arrival of vaccines, comes the end of this global pandemic we've all been suffering through, but how do students at JAMS feel about vaccines? In a student poll, 84% of students said they wanted to get vaccinated, 26% of those students only trust the Pfizer vaccine. One 8th grader said that they "don't trust the COVID vaccines because they are new. Vaccines that are new usually have issues and this one came out within just a year. This vaccine may have long term side effects as well as short term." Although most JAMS students are willing to be vaccinated, 10% of students didn't trust the COVID vaccine to be safe. Even if around 10% of students are not vaccinated, thanks to herd immunity, if everyone else is vaccinated, those 10% will likely be safe, but we aren't there yet. According to the CDC, people who are fully vaccinated no longer need to wear masks, unless required by state laws or business rules. If one wants to get vaccinated, Curative is providing free vaccinations on the JAMS campus. With vaccines becoming more readily available, and mask mandate policies lifting, we may be seeing the end of COVID this summer.

8th-Grade Goodbye

(Continued from page 2)

screen time, riots and protests crowded the streets, and the fight for social justice, even though necessary, still caused more anxiety. The new school year began, we returned to school with a little more organization but still, many students still felt like they were stuck in 7th grade. With no transition between the grades, students struggled with the change. We cursed distance learning even if we could sleep in late and watch TV while the teachers talked. It took time but soon we were able to get used to ZOOM classes and Google classroom assignments.

The elections brought a smile to most faces and the world seemed to calm down -cases dropped, the sun came out, and Tik Tok dances seemed to never end. We were able to find a balance with the chaos, the new normal didn't seem strange or unfamiliar. We returned to school and everyone with a new case of awkwardness.

Finding our way back into a rou-

tine school didn't end up being so hard. The occasional outbreak of COVID kept us on our toes but vaccinations arrived like a soothing blanket.

But even after the sweat and tears and losses we endured, and the possible field trips we lost, we were left with one thing. One important factor that this quarantine has given us: the ability to love from afar. To still feel connected to one another through a screen and to feel empathy for our peers without knowing them. We have lived through a time that will always be remembered. When our children ask what happened in the year 2020, we can say how the experience allowed us to reflect on who we have become and gain a deeper understanding of what life means. How people affect us, how social interactions affect us, and how when they are gone we are still united as one.

So, goodbye to the graduating class of 2021 so matter where your path will take you this year, 8th grade will stay with us forever.

Ms. McGrath Says Goodbye

After two decades at JAMS, Ms. McGrath looks forward to retirement



After over 20 years at JAMS, Ms. McGrath is saying goodbye to JAMS. Looking forward to retirement, she wants to spend more time with her family and especially her three grandsons. She hopes to be outdoors a lot, travel, ride horses and garden. Ms. McGrath has witnessed a lot during her time at the school. "There are so many memories. What I enjoyed the most is witnessing the growth in students from 6th to 8th grade, to see their confidence and maturity blossom is remarkable," she said.

Although she's looking forward to more free time, she will miss her JAMS community. She said, "I will miss the daily interaction with all the amazing people, students, staff and parents. For me every day at JAMS is a different day. I will miss the laughter and excitement of the middle school environment."

COVID Affects

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making it a priority is significant. There are several ways to create a more sustainable future for future generations, for example reducing one's carbon footprint by using less electricity or eating less meat. Doing this will reduce the amount of greenhouse gases produced by our actions. With all this information in mind students need to start being mindful about how much they consume so they can make better decisions on their consuming habits in the future.

For more information about your carbon footprint visit this [link](#).

JAMS students feel that they are ready for high school. Why is that? Well, if we view it in a more positive light maybe students thought the same thing Mrs. Cruz shared with us, "Even if my students cheated and they built bad habits, at the end of the day, they will grow and learn to be better even with these obstacles". So possibly even if students didn't consciously realize this but having experienced such a difficult time in history allowed us to assess ourselves and become better. We will overcome the obstacles that befall us and the ones we have created ourselves so in the near future we can look back on 2020 and see how it has changed us for the better.

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