

THE JAMS JOURNAL

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The chess takeover and factors that contributed to its success worldwide and on campus.

By CHARLIE COHEN

Chess, a game that has been around for over 1,000 years, has only just recently taken control over JAMS and fortified its position as the new hot topic on campus. The game itself has countless possibilities for how to play and so much to choose from, for every move being life or death. So with all of these factors, why has a game like chess recently taken over the school and the world?

Although some JAMS students play chess in-person, the main focus of the chess uprisings comes from the online versions of chess. In just the last couple of months, Chess.com has reached over 10 million concurrent users in its player base with many more expected to join in on the hype.

Chess has taken over the world, and as a result almost every student has at least heard about the game and knows how to move a few pieces. Eighth-grader Pietro Reidy, who is rated 728 Elo, said, "Chess is a way for me to relax and calm down after a long day of schoolwork, and it's a way for me to connect with my fellow classmates and just have some fun." With a different perspective, a new chess learner, 7th-grader Sydney Docter, said, "I'm enjoying learning and playing the game of chess with my fellow classmates, it's a fun way for me to connect with others who might be in a different classroom digitally."

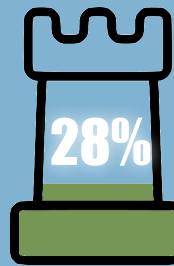
JAMS is not the only place chess has taken over, all around the world there are millions of people who have just recently started playing the game, and because of the exposure it has obtained, the stakes are higher than ever. In the 2023 World Chess Championship, the prize pool went up to 2 million euros or about 2.2 million USD, with that being split between the champion, Ding Liren, and the runner-up, Ian Nepomniachtchi.

But perhaps chess coming is a



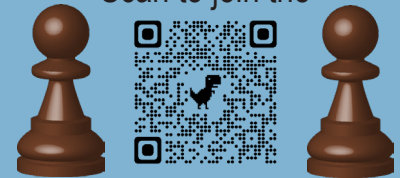
Students keep their concentration as they play chess with boards brought from home.

Photos: Charlie Cohen



of JAMS chess players have used Stockfish to win an online game.

Scan to join the



JAMS Chess Club!

miracle, out of any game that could have risen in popularity, chess being the one at JAMS is a mystery. Healthline.com, claims that chess improves many important factors for people of all ages, like cognitive memory and auditory memory, which is the ability to greatly remember information heard from others. In children though, chess improves critical thinking and problem-solving skills over time which greatly helps develop children in a positive way, and along with other factors like creativity and perspective-viewing. Chess has countless benefits along with being a fun way to engage against others from anywhere in the world, and because of this, many therapists and counselors play chess against their patients to cool the mood and relieve stress.

As for the reason chess has become so popular, streamers and influencers are posting about it all over social media, which has hooked most, another being COVID boredom, shows like Queen's Gambit, which has reached many and intrigued them to join in on the fun. The accessibility of the game, online and offline, makes it easy.

To conclude, chess has become an icon at JAMS, and almost every period there is at least one student playing chess on their Chromebook. Social media, friends/family, and isolation all contribute to chess becoming a worldwide phenomenon, a strategic game based upon complex movement of pieces has taken over JAMS and every student's computer.

DING L.

BOBBY F.

IAN

MAGNUS C.



Rydell High's Reality Show

By BILLIE SHULMAN

“A WOP BOP A LU WOP! A WOP BAM BOOM!” JAMS - SMASH Theater's performance of Grease took the stage in every way possible this year. The acting, dancing, and hilarious physical comedy we got was the play everyone wanted to see. Eighth grader, Athena Burton, put it perfectly, “The

2023 school year definitely is ending with a bang.”

Grease, released in 1978, is an iconic movie but only 62% of people at JAMS have seen the 60's classic. This movie and musical have multiple, enjoyable and catchy songs to sing along which is part of the reason this movie has withstood the test of time. One of the most popular Grease songs is “You're the One that I Want”, a the finale song in Grease where all of the characters reminisce about their days at Rydell High.

The summer nights cast Sandy, Stella Harris, expressed, “Being part of the JAMS/SMASH Musical Theater Program is not only

a great opportunity for everyone in it to perform a fun play for many people but the overall experience and connections we make throughout the rehearsals are what really make the musical worth being in. I am so thankful for this program and so glad that I can be a part of it.”

JAMS - SMASH theater put on the production with over 100 people, 2 casts and 30 tech crew, and amazed the SMMUSD community in every way possible. This musical would not have been possible without the help of Tracy Lewis, Carolina Pulido-Villa, Christina Allen, and the rest of the astonishing costume team who provided and helped with wardrobe for

Grease as well as the generous parent volunteers for providing meals for the cast and crew.. Danielle Rosario, the choreographer, brought energy to the musical with her fancy footwork. Patrick Newall provided most of the props and set pieces for Grease. Producer and teacher, Ms. Beeman has worked on JAMS-SMASH theater for many years and the cast and crew are very thankful for her commitment.

The sold-out show was a memorable performance. JAMS - SMASH Theater was happy to keep the legacy alive with this classic. Now the only thing to wait for is what amazing show they will produce next year.

Photos: Keira Bretsky and Kei Rowan-Young

A spirited musical extravaganza brings the 50's to life in the musical, Grease.



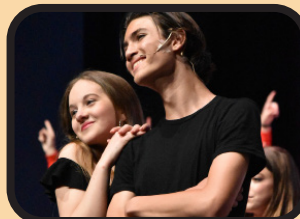
Mateo P. greases his hair back in front of his magical car.



“You're the One That I Want”, both Ansel B. and Billie S. dance the night away during the hit song.



Sloan T. sings her heart out during “Sandra Dee” reprise.



Stella H. and Sterling I. sing make up after singing a duet.



“Beauty School Drop Out”, Lia D. decides to head back to high school.

Into the MATRIX

By RHYS CONDON

Forty-percent of people online are talking to people they don't know. Gaming has taken the younger generations by storm ever since Mario came out in 1985. Since then, gaming has developed to a much higher status. The effects of this are both positive and negative, and an outlying question remains - is communicating with strangers online dangerous?

Gaming is common within the JAMS community. Several not only game, but talk online with their friends and even strangers on websites such as Discord, Twitter, and Reddit.

This has an inherent danger, though, as students cannot be immediately aware of the information of the people they are talking to. They could be talking to a person their age, or a person the age of their parents, which could be potentially dangerous as there is little way to figure out if their intentions are good or not. They could partake in illegal activities, one of which is grooming.

Grooming is when a person over the age of 18 establishes a stable and personal relationship with a minor in attempts of sexual abuse. Four-percent of children aged 11-17 worldwide have experienced groom-

ing in some shape or form. "I want other young girls to know that they need to be careful. What happened to me could easily happen to you." from an anonymous grooming victim, showing it can happen to anyone. This is the danger of the Internet, and one of the risks to students. A positive outcome of gaming and online chatting is providing emotional support. In a school-

w i d e

"I've seen first-hand the effects of adults developing relationships with children online."

-Ansel Brodtkin, 8th-grade

survey, several students expressed that talking online shows the same type of support and validation as interacting in real life, face-to-face. This shows that the internet has pros to balance out the cons. The ability to have emotional support 24/7 cycling between online and real life friends is an incredibly amazing asset.

Gaming, however, has several pros. Cultural diffusion via interaction of people across the world. It also provides international emotional support. The network can decimate feelings of loneliness as people are usually always available to talk,

The Benefits and Drawbacks of Online Communication with Strangers.

or even just play a game. There are still cons to this, as younger children may be exposed to foul language or even harsh topics such as gore videos or sexual content. This provides a sense of security needing to be established within the internet, while still holding the freedoms of it.

Engaging in online conversations with strangers has its share of advantages and disadvantages. On one hand, it can offer emotional support, validation, and entertainment. However, on the other hand, it carries potential risks, including grooming and inherent dangers. Gaming and online chatting can be a valuable asset, but it is essential to approach them with utmost care and seriousness. Exercise caution and maintain a rational mindset for your own safety.

JAMS Art Exhibit

By MATTHEW DONALDSON

The Advanced Visual Art Exhibit showcased masterpieces by JAMS students who used the oldest form of communication - art. Art is a form of comfort, skill, and can be used to express things inside a beautiful new art piece giving everyone the meaning. This exhibit provided support for young and talented JAMS advanced visual art students. It was free, open to the public, and a great way to celebrate the succeeding program.

On April 26, in the Performing Arts Center, the artwork at the particular exhibi-



Parents and families view the artwork of the Advanced Art students at JAMS.

Photos: Ms. Joyce

tion was all created at the JAMS visual art studio. They were specific works from various lessons, workshops, and competitions explored this school year. Most of the materials that were submitted were pencil, colored pencil, and/or watercolor or gouache.

Ms. Joyce is often surprised by innovative and thought provoking solutions to design challenges. "Art is what makes one human and is also directly connected to people's academic and social emotional development," she said. Human beings are the only animals that create art independently (an animal can be taught to create a painting, but a human will feel compelled to create it on their own). Humans will try different things to make life pleasant and easier.

How to Put Out the Fire

Gaslighting. What it is, how to spot it, and how to stop it.

By KARAH ALCALA

The amount of mind control that goes into gaslighting someone is astounding. Over time the victim begins to doubt themselves and their reality. Many people use the term gaslit to say that someone is lying to them, but that isn't the real meaning of the term.

Gaslighting is when someone puts self-doubt and confusion into their victim's mind. The term comes from the 1938 British stage play, *Gas Light*. Gaslighting is the act of convincing someone that their point of view on something is wrong.

Commonly Misused Word

When a word is repetitively misused the meaning becomes unclear. This can cause a word to have multiple meanings. Some people incorrectly use the word gaslit to make someone do something they don't want to do. For example, if someone wants to go swimming and another person disagrees, they might say that person is gas-



Examples of gaslighting

lighting them. This isn't at all what gaslighting means, and therefore is incorrectly used.

How to Identify Gaslighting

There are a few ways to identify gaslighting. Someone who gaslights others may; say that others did or said things that they didn't actually do; deny or scoff at other's memories of events; express doubts to others about their feelings, behaviors, or point of view; and twists events to make it seem like it's the victim's fault.

If someone is being

gaslit there are many different options they can take to stop it. The victim can talk to someone they trust about the issue, address the gaslighter, or distance themselves from the individual. If the victim is unable to distance themselves from the gaslighter they can ignore what is being said to them.

Distorted Echoes of Gaslighting

Some commonly said phrases that are gaslighting are; "you're just being paranoid"; "you're overreacting"; "that never happened";

"you're making that up"; and "everyone agrees with me". A couple of examples of the word gaslit being used are;

- Stop gaslighting me, I know what I saw was real
- I'm not gaslighting you, you're just crazy
- Why do you keep gaslighting me?

Emotional Experience of Gaslighting

When somebody is being gaslit they begin to doubt themselves, question what is right or true, and feel a sense of self doubt. Being gaslit can also make the victim feel confused, anxious, or like they cannot trust themselves. The victim feels this way because they are forced to question their memories, experiences, and feelings, even though they are all valid. Being gaslit is more common than people think. It happens in many situations and relationships and it is very important to be able to recognize it. It is important to not become a victim or perpetrator of gaslighting because it can have many detrimental effects on a person's well-being.

AVID NOTES

The AVID program is a highly regarded initiative that focuses on equipping students with the skills and support they need to succeed academically and prepare for college.

One of the notable activities organized by the AVID program is the "shadow day." During this event, AVID participants had the opportunity to spend a day following a SAMOHI AVID student, experiencing firsthand the daily

routine and academic challenges they face. This immersive experience allowed AVID students to gain valuable insights and inspiration from their peers.

Through such activities, the AVID program strives to empower students and foster their academic growth while encouraging them to set ambitious goals for their future.

For more information about the AVID program, contact Ms. Hale in room 86.



Photos: Mr. Miranda

It All Starts With a Smile

Being kind is indeed important, but it is crucial to know when to draw the line.

Students and people everywhere are constantly interacting with others they may or may not know. From ordering a drink to seeing a classmate in the hallways, sometimes these everyday interactions aren't always kind. Negativity can sometimes feel like the only option because it is all around us. But positivity and kindness can and will continue to be the best option when greeting or interacting with someone you don't know. "Kindness is giving hope to those who think they are all alone in this world." - The Random Acts of Kindness Foundation. This means that giving kindness helps to bring joy to others' lives. Being kind can be as easy as smiling. Like yawning, smiling is contagious.

Kindness, Connection, and Compassion are the pillars of character at JAMS. "Those are our values and that's what we strive to do. I think there is a lot of effort that is put into being kind, but we can always improve," said Ms. Chacon.

At JAMS, kindness holds significant importance, with 56% of students expressing that they consistently embody kindness. Another 41% acknowledged that their kindness varies from time to time. Additionally, a substantial number of students reported receiving acts of kindness from

By AUBRIELLE PARKER

others, emphasizing the prevalent culture of compassion within the school community.

In light of the possibility that some individuals may exploit the kindness of others, it becomes essential to explore preventive measures and methods

"Those are our values and that's what we strive to do. I think that there is a lot of effort put into being kind, but we can always improve."

- Ms. Chacon, principal

32% felt they had been taken advantage of for their kindness

for identification. How can one effectively safeguard against such circumstances and recognize when they are occurring?

Furthermore, students shared their experiences of negative impacts within relationships. Twenty two percent expressed a desire to end their relationship but felt trapped and unable to do so. Additionally, 24% reported feeling a sense of sadness and

depression due to mistreatment. Although the majority of students did not encounter such situations, it was acknowledged that a portion of students had faced these challenges. Some sure signs of this is when someone is only friendly because they want favors or money, or they went to someone to take care of their problems but they don't care about others' problems. Also, people who are using kindness to their advantage may only reach out if they need something or if they don't want to compromise their "image" by being around someone. If this occurs, there are some easy steps to take.

First, set boundaries, strengthen those boundaries and be kind, but firm. A good thing to always remember is you are the only one who has the right to say no and you can reserve your kindness for people who deserve it. Take these steps and repair friendships with people who may have been using kindness for their advantage.

We can all hope for change and a kinder community. Things like holding the door open for others or asking how someone's day is going can spread positivity and kindness. If we live our lives as examples of kindness we can influence others since kindness can be contagious. After all, it just starts with a smile.

FROM OLD.....TO.....NEW!!

By AUBRIELLE PARKER

The JAMS campus hallway has gotten a real glow-up! The renovation of the main hallway (AKA the 30's and 50's classrooms) was completed just before students came back on campus from Spring Break. The campus renovation has transformed the main hallway into a vibrant and interactive learning space, complete with trees, turf, benches, and even bleachers. This revitalized environment now serves as an innovative setting for students to engage in their studies. Teachers are readily avail-

able outside, utilizing the main hallway as an alternative classroom space. It has become a bustling hub of learning, accommodating students during nutrition breaks as well as before and after school. The positive feedback from students is unanimous - the renovated main hallway has greatly enhanced their educational experience.



Hello, My Name Is...

Exploring the Advantages and Challenges of Unique Names:
Embracing Individuality and Diversity

By EITAN PUCHALT



Names are a key part of a person's life. It defines who they are, and gives them their identity. Some people have very common names like Sophia, Jacob, Emily, etc., but some people have more unique names that are from a certain culture, or parents being creative. These names tend to stir controversy, as opinions vary among individuals. Some embrace the uniqueness of their name, relishing the attention and sense of distinction it brings. Meanwhile, others express discontent with their unique name, fearing potential mispronunciations or misspellings by others.

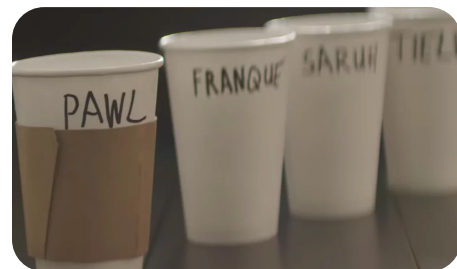
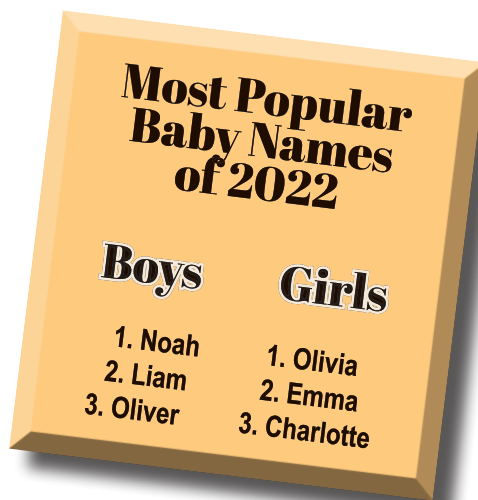
Possessing an uncommon name can set an individual apart, creating a distinct presence. It gives them a sense of individuality, or a feeling of being truly exceptional.

For individuals with common names, it's common to be identified by their first name and the first letter of their last name to avoid confusion with others who share the same name. Some opt for nicknames instead. On the other hand, those with unique names generally don't face this challenge. Additionally, it can be a delightful surprise when two people with the same uncommon name cross paths, making the encounter feel even more special.

A lot of these people with unique names have them because of culture. This allows people to connect to their family backgrounds and take pride in their heritage.

Even though it can get frustrating when people constantly mispronounce one's name, sometimes mispronunciations are funny. Seventh grader Avalon Purdy had her name butchered in a hilarious way. "One time in 2nd grade my PE teacher had been eating an avocado, so instead of calling Avalon during roll call, he said 'Avocado?'"

While, yes, sometimes mispronunciations can be funny, they can also be quite annoying as well. Sixth grader, Kirin Vasavada said "My name is Kirin and people call me Karen like 75% of the time." However, this happens to a lot of students. Over 67% of students at JAMS say they have had their name mispronounced by a substitute teacher or regular teacher. Kerolus Ramis, a seventh grader, said, "I remember one time a teacher kept call-



Misspelled names on cups at Starbucks.

Photo: Popsugar

ing me a koala because they couldn't pronounce my name. I'm also called by a lot of different names because people couldn't say my name. I also remember a couple of subs just don't even dare to say it and just say my last name (they even pronounce that wrong). I also remember a time when a staff member couldn't say my name so instead they just called me by the first letter in my name."

Starbucks, and other cafes, are famed for getting names wrong on drink orders. Some say it's on purpose so they can get mentioned on social media. If someone has a more unusual name, they are more likely to get their name misspelled on drinks. Depending on the way one looks at this, it can be either funny or infuriating.

In our existence, a name is a thread that weaves through our lives, shaping our experiences and interactions. The statistics reveal that a significant number of individuals desire a different name, acknowledging the profound impact it holds. Twenty-five percent of the student population at JAMS would change their name if they could.

While uncommon names may present both advantages and challenges, they embody individuality. Ultimately, it is owning and embracing these distinctive names that students make a deeper connection with their identities, leaving a mark on the world around them. So, celebrate the beauty and power of unique names, for they are a testament to diversity.



"My dad named me after a famous Mexican president in the 1800s named Benito Juarez."

- Benito Q.



"Both of my parents love jazz music."

- Jazz S.



"I was named after a family member who passed away at a young age."

I like my name because it's usually a boy's name so it's unique."

- Joey W.



"The reason I got this name is because Nasir means supporter/ helper."

- Nasir S.



"My parents like the comedian George Carlin and decided to name me after him."

- Carlin J.



Alexis S., Charlotte A., and Abigail G.A. huddle together under umbrellas, finding refuge from the rainstorm. Photo: Devyn Cheah



Daniel G. diligently writes down his answers during a class activity. Photo: Matis Gelinas



With a splash of creativity, Jacqueline S. transforms her assignment into a masterpiece, using pencils and markers. Photo: Mr. Miranda



Defying gravity, Lorenzo B. makes an electrifying leap, captivating the audience in the school musical *Grease*. Photo: Kei Rowan-Young



Under the warm embrace of sunshine, Teddy T. basks in the joy of food truck day, relishing delicious bites. Photo: Jake Bromell



Passionate minds collide as students delve deep into a Socratic Seminar, exploring the implications of cancel culture, fostering thoughtful dialogue and critical thinking. Photo: Mr. Miranda



With meticulous care, Jaicob M. polishes a classic car, adding an authentic touch of nostalgia to the set of the *Grease* Musical. Photo: Kei Rowan Young



Friends united in celebration during a vibrant luau, hosted by the AAPI Alliance, to honor AAPI Month and embrace the rich cultural tapestry of our community. Photo: Mr. Miranda



Three brilliant minds of 8th grade light up the room as they present their groundbreaking invention idea in Mr. Saling's class. Photo: Charlie Cohen



Focused and determined, Izzy B. immerses herself in her work and strives to complete her assignment with excellence. Photo: Calliope Kirschbaum



Inseparable and forever bonded, Michael C., Christian F., and Jacob L. redefine the meaning of friendship. Photo: Andrew Allen



Victoria C. shines as Teen Angel, bringing celestial charm and electrifying vocals to the iconic role in Grease. Photo: Kei Rowan-Young



Ella K. and Layla C. share joyful laughter and enjoy a playful piggyback ride during their lunchtime. Photo: Isabella Hillier



With precision, CJ Roman uses glue to put the finishing touches on his project. Photo: Rohan Shah



Fueling his mind and body, Andrew W. enjoys a nutritious snack in class, setting a healthy example for his peers. Photo: Mr. Miranda

Two Heads Are Better Than One...Or Are They?

Collaborative Chaos and Creative Fusion: Unraveling the Ups and Downs of Group Projects.

By DEVYN HAMILTON
CHEAH

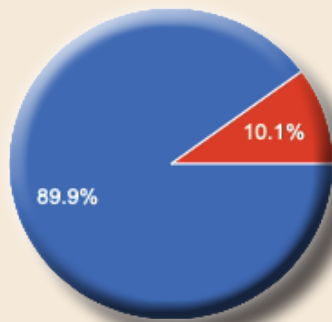
Group projects are either a great experience or a horrible experience in any teacher's class. According to JAMS students, there are many components to creating a good space for a group project. Group projects can be enjoyable, but students complain about many aspects that teachers implement. From not being able to sit with friends, to getting a D+ because a teammate didn't do their share, there are clearly some opinions on how to manage group projects, and students have much to share.

Time management is something that many people struggle with. Group projects help build that skill. With lots to do and many people to communicate with (and sometimes handle), group projects make everybody in the group responsible for their work, and doing it on time. The pressure from other classmates to get work done on time is usually stronger than the pressure from teachers. "I usually try to do my work at a quick pace but I'm motivated to do my work faster whenever my peers are struggling," said Jay Martinez. In group projects, everyone is in the same situ-



Mariana H. and Maya B. chat about their project.

Photo: Devyn Hamilton Cheah



90%

of JAMS students say they've been in group projects with an unhelpful teammate.

The Perfect Group Project

(According to JAMS Students)

"Don't do presentation-based group projects for a grade and forcing, like, 4 kids to talk about something. It ends up not going well!!"

- Erin Lau

"Let the students communicate and, if anything, make it easier for them to do so."

- Hazel Kawar

"Teachers should assign specific roles and responsibilities to specific people."

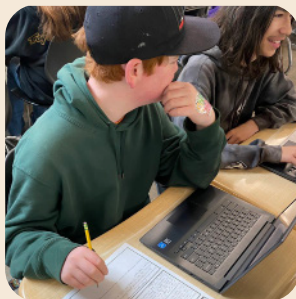
- Kirin Vasavada

"Let kids pick their own groups because being paired up with someone they don't get along with could prevent focus and get less work done."

- Charlotte Avedian

ation. This mutual understanding of one another gives students more pressure to deliver on time.

Group projects are also great for team building. It motivates communication and collaboration among everyone. Good ideas are often built when they have multiple people working on them. "When students work alone, they don't get to hear other students' ideas and perspectives. They can't share a hypothesis with another student before performing an experiment,"



Henry H. and Cruz A. work together on Literature Circles.

Photo: Mr. Miranda

said Ms. Guirguis, 7th grade JAMS science teacher. Collaboration encourages inclusivity, which builds onto ideas, creating a higher chance of success.

These collaborative works aren't all good for students,

though. About 90% of students at JAMS have been in group projects where at least one team member slacks off, or doesn't do their share of the work at all. There are also many times where students won't agree on the artistic parts of their proj-

ect. "Not agreeing with your partner can lead to chaos, lots of times I won't agree with a font or background that my partner chooses and in the end the project may look really bad," said 7th grader, Hazel Kawar.

Another issue with group projects is getting a group grade. Sixty-four percent of JAMS students believe that getting a grade for work they didn't do is unfair both ways. On one hand, if all team members did their share of work and did it well, then of course a group grade is completely fair. However, most of the time, that isn't how it goes. One teammate slacks off, and the others might not want to do that teammate's work. Now, everybody has a lower grade because one person was unable or unwilling to contribute.

Group projects have their ups and downs, but overall, they're a good source of teamwork skills and time management. Although many would agree that the idea could use some improvement, overall, the effort is there. Group projects can be interactive, interesting, and fun, but they can also be upsetting if there isn't any teamwork or good attitude. They're a balance, and some people have found it.



Yaritza P. and Katia C. discuss design plans for their class project.

Photo: Devyn Hamilton Cheah

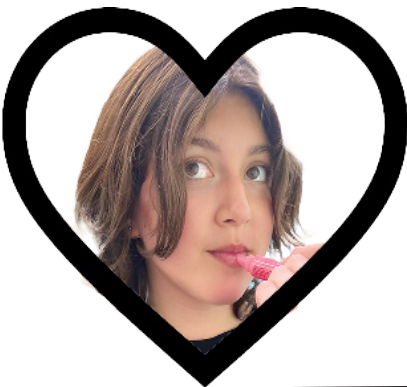
Makeup for Dummies

Makeup crossing gender lines, affordable brands, styles, tips and more.

The world of makeup has witnessed a shift in gender boundaries, changing traditional expectations. Historically, makeup has predominantly catered to females, but this is evolving. Now, we explore the most suitable brands for teenagers that are both budget-friendly and gentle on the skin. Additionally, we get into the insights and techniques shared by young makeup professionals, offering you insider tips and tricks.

Reasons for makeup

Makeup is a rite of passage. From the second one becomes a teenager, makeup is a part of their life. It isn't the same for everyone even though most started wearing makeup in 6th and 7th grade. Learning the best tips as they go. But why do kids want to wear makeup? It might be for many reasons nonetheless, as little girls and kids grow up watching women putting on makeup looking beautiful and classy wanting to be grown up enough to use the same tools. Makeup is about expressing yourself and having fun no one should tell you otherwise.



Devyn C. puts on pink lip gloss to not only combat the dry air, but also, to keep lips fresh.

Photo:
Ophelia Harvey



Pocket Essentials

Makeup on the go
Mascara, lipbalm & lip gloss



Bucks and Brands

Makeup is expensive. But playing the game without falling into the traps of overpriced tools is the hard part. Many makeup brands can be low-cost yet still as good. The first is Essence with their never-ending options that are on the cost-friendly side. Mascara at an essence rate of \$5 USD per tube while the running rate is \$15 USD. Another brand is E.L.F with their high-end skincare products that blow you away. The world of makeup is a complex overwhelming experience but it is easier with a guide.

Makeup tips for students, from students

Use eyeliner in your water line and under your eyes to make them pop.

Always use a setting spray

With eyeliner, you should start with 3 lines on your eyelid, then connect ,to make a clean, winged line

When using mascara, brush left to right at the start of your lashes, then swipe up

Less is more

Use highlighter on your cheekbone to make it look like you have a glow and line your lips

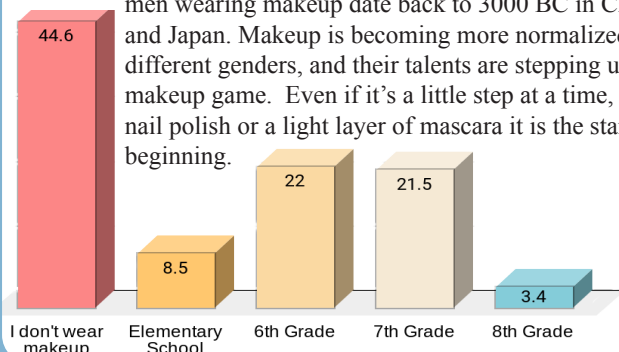
Make sure everything is blended in Mascara is applied smoothly without clumping or causing black dots on your face, and eyeliner stays neatly in place without smudging.

Be yourself. I'm a boy and I like wearing makeup. If you like the look, go for it.

BEFORE and AFTER

Makeup crossing genderlines

Makeup is for anyone, an opinion that is becoming more and more popular. However, this is not the beginning of men wearing makeup. The earliest records of men wearing makeup date back to 3000 BC in China and Japan. Makeup is becoming more normalized with different genders, and their talents are stepping up the makeup game. Even if it's a little step at a time, a dab of nail polish or a light layer of mascara it is the start of the beginning.



Cecilia F. before and after the makeover. Photo: Ophelia Harvey

Caring on Campus

Hot Wheels



AAPI



Food Trucks



HOT WHEELS - In Hot Wheels Club, led by Ms. Rattan, students engaged in hands-on learning by engineering intricate tracks for their Hot Wheels cars. They construct loops, ramps, and curves to observe the principles of motion and understand concepts like inertia and gravity. As they released the cars on the tracks, the students witnessed firsthand how velocity and acceleration affected the movement of their vehicles, sparking their curiosity and fostering a deeper understanding of the laws of motion.

AAPI - In celebration of AAPI (Asian American and Pacific Islander) month, and hosted by AAPI Alliance (aapialliance.com), students immersed themselves in the art of origami and a luau, embracing their cultural significance. With nimble fingers, they folded vibrant paper into delicate cranes and other intricate designs, symbolizing peace, beauty, and tradition. In the spirit of aloha, students engaged in a lively luau and learned the graceful art of Hawaiian hula.

FOOD TRUCKS - JAMS students eagerly lined up at the food trucks parked on campus, excitedly explored the diverse culinary offerings. With an array of delectable options like burgers, ramen, pizza, and indulgent snow cones, the students savored the flavors and enjoyed a memorable lunchtime experience.



Congratulations, it's Graduation!

Congratulations, 8th graders, on reaching this monumental milestone in your academic journey! As you bid farewell to the corridors of middle school and step into the thrilling unknown of high school, take a moment to reflect on the memories and friendships you've cultivated along the way. From spirited lunchtime chatter to unforgettable field trips, your middle school years have shaped you into the remarkable individuals you are today.

While memories tug at your hearts, let the excitement of the future sweep you up, for the adventure that awaits is filled with boundless opportunities.

Embrace this next chapter, armed with the knowledge, resilience, and zest for learning you've developed. As you embark on your high school journey, remember to cherish every moment, to laugh and dream, for the memories you create now will be the nostalgic stories you share in years to come.

Congratulations, dear 8th graders, and may your future be as bright as the twinkle in your eyes!

"Eighth-grade promotion time should include an end of the year teacher vs. students football!"
-Mason M.

What is your favorite memory at JAMS?

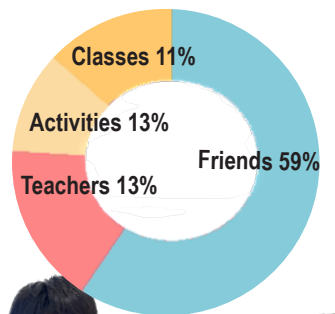
"My favorite memory at JAMS is working on different science experiments in Mr. Avedian's class"
-Lara P.



"My favorite memory at JAMS was going to the Museum of Tolerance because it taught me a lot more about what happened, it was inspirational."
-Jay M.



What will you miss most about JAMS?





CLIMATE CHANGE: WAKE UP IT'S HERE!

Climate change has become a reality, and there are numerous ways to contribute to its prevention.

By LAUREL COHN

Climate change has been an issue since the late 19th century. Many people feel hopeless like there is nothing that they can do to help stop climate change, but in fact, there are many little things that can make an impact.



Composting Food

Composting food is a great way to help the environment. Instead of wasting extra food like banana peels or apple cores they can be composted and put in soil for gardens. Compost helps give nutrients to plants. By using compost it depletes the need for chemical fertilizers which are not good for the environment. When food waste decomposes in landfills, it emits methane gas, a powerful greenhouse gas that contributes to climate change. Instead of throwing away food, one can contribute to a happier, healthier planet.



Eco-Friendly Fashion

Thrifting started in the early 2000s but has become very popular in recent years. While buying clothes from cheap, popular stores such as Shein, Cider, H&M, Zara, Adidas, Forever 21, and ASOS may be easy, it is not environmentally friendly. These stores all fall under the umbrella that is fast fashion. What is fast fashion? Fast fashion is cheap, trendy clothing that is mass-produced and usually made in sweatshops by underpaid workers. Since these clothes are also made with cheap materials it forces customers to keep coming back after the clothes fall apart or fade, which they then have to throw away. That is why thrifting or renting clothing instead of buying new clothes from these fast fashion companies can help save the earth and reduce one's carbon footprint.



ROBOTICS GO TO REGIONALS

The JAMS CyberDragons are going places!

The JAMS robotics team accomplished a lot this school year. They built two robots named King Bob (named after the minion from Despicable Me) and Marvinette (the female version of Marvin from the novel A Hitchhiker's Guide To The Galaxy by Douglas Adams). The robots competed in over 20 matches across California and Marvinette ended up making it all the way to Regionals! They were also in the top 15% percent in California. There are currently 14 students on the JAMS CyberDragons team, 7 work on King Bob and 7 on Marvinette. They meet twice a week, after school on Wednesdays and Saturdays. "If I had to describe the JAMS robotics team in three words I would say community, teamwork, and dedication. I love being able to work with other people and learn more about robots and all the things that go into programming and building one." explained 7th grader Cameron Dyckhoff. The JAMS CyberDragons Robotics team is a great way to learn coding, problem-solving, building/technical skills, public speaking, and much more.



The JAMS CyberDragons pose for a post-win photo.

Photo: Michelle Martinez

Back to The Past

By ISABELLA HILLIER

The journey of memories starts in the brain, and there is a start to each memory, including having a first memory. We all have a first memory in life. Many of them described their first memories to be joyful and loving, but how are these memories made and what do they mean?

How do memories start to form?

Memories first start to form around two and a half, this is when the long term memories start to take their role. For long term memory, the Hippocampus takes control, there are three stages of memory making. First, sensory registration takes place. This feeling only takes place for a course of a few seconds and this is when your brain registers a sensory detail; an example can be a smell, touching something, or hearing something, then, short term memories form. Secondly an emotion has to be attached to the memory. Finally it has to be thought about multiple times, then a long term memory forms.

What do first memories mean?

Fifty-three percent of students at JAMS described their first memories to make them feel joy when they think of their

first memory. Seventh grader Michaela McCready shared their first memory, "My first memory is when I was three and I went to the beach and sat down on the sand while the waves hit me and as the sun was going down. I saw a whale pop up from the water from really far away and then go back into the water and I ran to my mom and told her about it and said she wished she recorded it. This memory makes me feel serenity". This memory has grown to have a different feeling to her overtime. The meaning of first memories matter because they reveal personality traits, and could show a more intimate perspective of people's lives.

How did scientists discover where memories form?

In 1953, a man named Henry Molaison had epilepsy and wanted to get rid of it. In order to get rid of his epilepsy he had his Hippocampus surgically removed. Even though removing his Hippocampus allowed him to live 55 more years, Molaison could no longer remember long term memories, or memories of skills, but even without remembering long term memories Molaison still held his motor skills. This helped to

SANTA MONICA SUSTAINABILITY POSTER CONTEST WINNERS

JAMS proudly had two of the four winners in the grade 6-8 category for this year's Santa Monica Sustainability Poster Contest. This annual poster contest is open to all children residing in Santa Monica and this year's theme was "Together Let's Create A Community Full Of Kindness, Dignity, and Equity".

1st Place



Pirada Taeapanicharoen
8th Grade



Honorable Mention



Sofia Arteaga
8th Grade

prove that memories rely on the hippocampus, basal ganglia, and cerebellum. This experiment proved to scientist what parts of the brain are used to create memories.

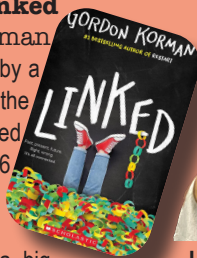
The Bookmark

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

Linked

by Gordon Korman

A remarkable tribute was made by a student to honor the victims of the Holocaust. The student, named Link, created an awe-inspiring 6 million-link paper chain, with the school and internet community onboard, this project became a big deal for his small town

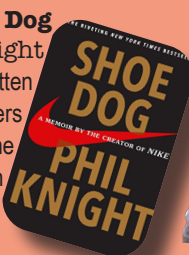


Liza Hall
Grade 6

Shoe Dog

by Phil Knight

Shoe dog is a memoir written by one of Nike's co-founders Phil Knight. It explains the starting of Nike, the evolution through the times, and the challenges faced. Shoe Dog shows the start of one of the most known companies in the world.



Kaeli Horwitz
Grade 8

In the Time of Butterflies

by Julia Alvarez

In the Time of the Butterflies (1994) is a work of historical fiction based on the lives of the four Mirabal sisters, who participated in underground efforts to topple Rafael Leonidas Trujillo's three-decade-long dictatorial regime in the Dominican Republic.



Genesis Cotzajay Mendez
Grade 7

Six Crimson Cranes

by Elizabeth Lim

Shiori searches for her brothers, and uncovers a dark conspiracy to seize the throne. Only Shiori can set the kingdom to rights, but to do so she must place her trust in a paper bird, a mercurial dragon, and the very boy she fought so hard not to marry.



Ms. Jarvis
Librarian

Class and Style Are Worth the While

Classroom decorations and how they impact students' learning experiences

By ZARIA BOWSER

Decorations are a form of expression and personalization used by billions of people around the world including the teachers here at JAMS. Whether noticed or not, many teachers have personalized decorations in even the simplest of classrooms.

Think back to preschool and elementary school classrooms. Colors in every corner, bright, lively, and fun. In middle school, they tone down those visuals—less decoration, but enough color and simplicity. Moving on to high school and college, there is less focus on classroom decor and the classrooms are more stark.

Though this may seem like an odd progression there is a reason for it. According to Sciencing.com, younger kids remember colors more than visual cues due to their still-developing eyes so by stimulating the brain with colors and design, kids will learn better. Middle school students still need some color as their brains are still developing. High

school/College students' brains are developed enough so that they can still learn without unnecessary color.

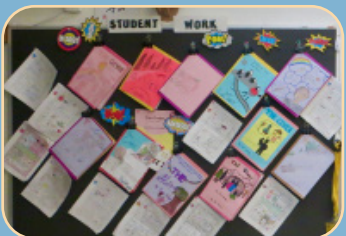
A decorated classroom can have a significant impact on students. According to a study that was done by Carnegie Mellon University, a well-decorated classroom can create a positive and welcoming environment that can capture students' attention and encourage them to participate in classroom activities.

In a recent JAMS survey, students were asked how decorated classrooms make them feel and which decorations made them more comfortable. Sixty percent of students said decorated classrooms made them feel cozy, 76% of students like classrooms with flexible seating and dim lighting, and 50% would like to see more drawings and art in classrooms.

In conclusion, even though students seem to like decorated classrooms, too much of it can bombard students with visual information interfering with their ability to focus but it can also help in many ways.



Mr. Cierra's classroom is alive with colorful posters. Photo: Zaria Bowser



Student work decorates Mr. Miranda's room. Photo: Zaria Bowser

SOWING SEEDS: JAMS ALUMNUS REFORESTS

Makena Parker, a distinguished JAMS alumni and current SAMOHI junior, is leaving an indelible mark on the world by passionately spreading awareness about tree planting and embodying the spirit of aloha, deeply rooted in her Hawaiian heritage. With her TreeSteps site, Makena educates people about the vital importance of reforestation and its impact on the environment, fostering a greener and more sustainable future. Inspired by the aloha spirit, she instills values of love, respect, and unity in her endeavors, inspiring others to embrace environmental stewardship and cultural appreciation for a better world.

More information on Makena's TreeSteps, scan the QR code.



Tech Tips with Ms. Areole

DOs

- * Keep your computer in the case and make sure to put your name in the ID tag slot
- * Place your computer on a flat surface while you're using it.
- * Check for objects on your keyboard before closing your computer
- * Be aware of where your things are.
- * Keep your computer clean

DON'Ts

- * Do not keep the computer in a backpack full of books, the weight can damage it.
- * Do not walk around with your computer open, close it.
- * Do not slam your computer closed (or other students' computers), it can damage the screen
- * Do not draw on your device.

Should students be rewarded for their achievements in the classroom?

According to experts, students receiving achievements for their work will show interest and raise their participation in everyday classroom tasks, responsibilities, and learning.

But do JAMS teachers and students agree?

Do you give rewards to students for their achievements/work?

"Sometimes I give stickers but I don't feel it motivates students to do work."

- Ms. Warren



Do classroom rewards motivate you to do better in school?

"No, because some rewards aren't useful which makes me feel unmotivated."

- Neve G., 7th grade



"Yes, I do. Usually snacks or treats so they feel motivated and good about themselves."

- Ms. Cruz

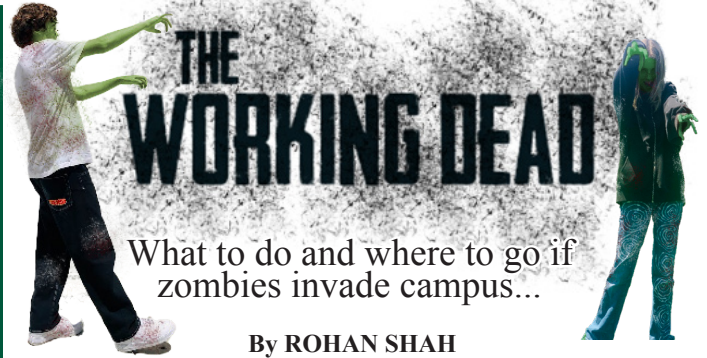


"Yes, it makes me feel noticed and appreciated."

- Jojo G., 7th grade

Imagine a small publishing house in London. The date is January 1st, 1818. The book "Frankenstein" was just published, propelling modern society into a scary phase. The phase of Zombies. IMDB claims that there are over 7,900 zombie movies in existence. Since so many different types of zombie stories are told, people are running out of ideas. One, in particular, has to do with JAMS. What if... zombies invaded the campus? What do you do? Where do you hide? Though people watch so much apocalyptic content, in the life of the situation, our knowledge escapes us.

In the event of a zombie invasion, there are three crucial aspects to be aware of: obtaining weapons, selecting secure hiding places, and mastering the identification of the infected.

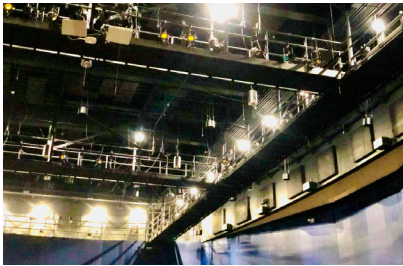


By ROHAN SHAH

On the far side of the school, you can enter room 27, the orchestra room. Many things in this room could be used. For example, you can use the bows from the cellos and violins as the bigger part of a bow and arrow. For the quiver, use a percussion stick bag, fully equipped with mallets and drumsticks.



It's essential to locate secure locations where you can gather food, maintain warmth, and, above all, avoid encounters with zombies. A lesser-known hiding spot is the catwalk within the Performing Arts Center at JAMS. If you have been in the PAC, you would know that 100 feet above, lies a catwalk hidden from view.

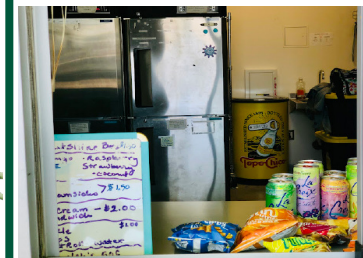


The PAC catwalk in all its glory.

Additional items that can serve as weapons include jump ropes and pickle-ball paddles. These are easy to access, as they live in the P.E. Department. You can use the jump rope as Garrote wire, and the pickle-ball paddle as a hand to and combat necessity.



The student store is known to attract crowds of kids waiting in line to buy a snack. Well, they have drinks, food, and money in case you need them during an apocalypse. This is good for the shelter because it has an exit door, and you can block the main one with the fridge in the corner.



A peek inside the student store, AKA the student shelter.

**CAUTION
ZOMBIES
ON CAMPUS**

Should you ever encounter a zombie up close, you may come to realize that distinguishing them is more challenging than anticipated. The first and the most obvious thing are the facial features and expressions. For example, if someone is running at you and they don't have key parts of their body intact. Run. If you notice slime dripping from the mouth. Run. If you see their empty skull or fungus growing from their eyes. Run. If you see them eating your best friend. Run.

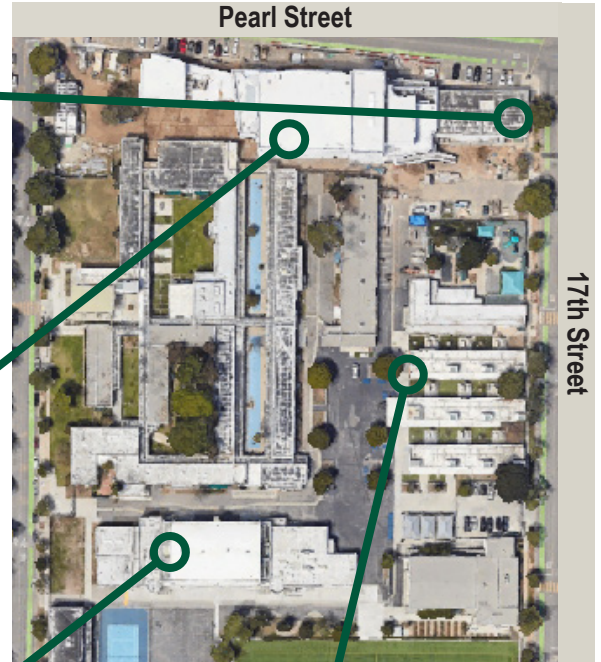


Zombies are dangerous. Students will need courage. They will need the will to survive. They will need to stay prepared and alert. Maybe a zombie apocalypse is exactly what we need. This will allow students to build critical thinking skills because they need to make plans, hide, and stay alive.

Happy Apocalypse surviving!

Good luck,

- Rohan Shah



JAMS MUSIC PROGRAM

CLOCKWISE: The french horns play in unison; Anthony G.M. keeps up with the group; Aaron H. plays the xylophone; Trevor H. and Anthony O., practice with the orchestra.

Photos: Ms. Woo



Shorts

YouTube Shorts is the short-form section of the video-sharing website YouTube, hosting content much like YouTube's primary service, but focuses on shorter length videos of about 60 seconds. Like the other two apps reviewed, one can like, comment and share videos. Fifty percent of JAMS students use YouTube Shorts, while 55% use it for 30 minutes or less on a regular day. YouTube Shorts are a way to engage and connect with a new audience on the platform by using one's phone and the Shorts camera on the YouTube app. YouTube Shorts is a great way to build one's presence on YouTube, as long as someone consistently shares valuable content with the audience. Though it's less popular for its content, JAMS students like YouTube Shorts the least from the apps given. Fifty percent of students think that because of the content being weird, unfunny, or just boring in general.

Social Media Platforms Reviews

Comparing user-interface for three different apps. Which one is better and why?

By GENESIS BUEZO

Instagram is yet another app for students to scroll and watch for their time being. Only Forty percent of JAMS students use Instagram; 50% use the app for 30 minutes or less. Instagram is a photo and video sharing social networking service. Similar to TikTok, the Instagram interface consists of liking, commenting, and sharing videos. The app allows users to upload media that can be edited with filters and organized by hashtags and geographical tagging. Posts can be shared publicly or with pre approved followers. With Instagram providing various filters to edit and enhance photos, the exposure to these idealized images of others can activate either positive or negative emotions. Thirty percent of students at JAMS think Instagram is interactive, while 18% said it has a good influence. Though 40% of students think Instagram has more advertisements than the other apps.

Instagram



TikTok is a video-sharing app that allows users to create and share short-form videos on any topic, used by students and adults alike. The app is used by several people as an outlet to express themselves through singing, dancing, comedy, and more. TikTok is considered a social network because it offers great potential for making new friends and forming new connections. It's also entertaining, whether someone is creating, or just watching. The main interface includes posting videos, hearting videos, commenting and sharing tools. Fifty-four percent of JAMS students use TikTok. Twenty-six percent of students use the app 1-2 hours on a regular day. Eighty percent of students use TikTok because it's entertaining; and 60% of students think it's easy to use and has good content. Though TikTok has been criticized for handling of user data and privacy. The app collects a good amount of personal information about their users.

TikTok

Social media refers to the means of interactions among people in which they create, share, and/or exchange information and ideas in virtual communities and networks. Though not everyone uses it, 80% of JAMS students use social media. But what apps influence and entertain them the most? What app do they prefer using during their free time and why?



UFO SIGHTINGS THROUGHOUT HISTORY

By ANDREW ALLEN

Everybody who has ever heard the word alien has probably heard the word UFO. When most people hear UFO, they think of a plate-like ship with a dome on top, hovering in the sky. But there is much more to it. Throughout the years, UFOs have assumed a myriad of shapes and sizes, encompassing everything from colossal levitating triangles to the beloved and iconic flying saucers.

Recently, the government has been much less secretive about these things and even has posted videos of UFOs caught by their military cameras. If aliens exist, and have been secretly spying on us for years, that could massively change our understanding of the world. We could learn so much, but it could also possibly affect our existence.



The news freaks out from a UFO sighting.

Photo: Fox News

1639: Boston, Massachusetts

All the way back in 1639, When people were still colonizing the US, a few people on a rowboat in a swamp looked up and had a nasty fright. There was this bright light that kept seeming to bounce between them and the village, a distance of two miles, in just a few seconds. When the light disappeared, and the boatmen looked around again, they had somehow been transported a mile upstream. There are more sources in old journals reporting the same light that day. This was the first record UFO sighting here in the US.

1977: Flora, Mississippi

Multiple centuries later, in 1977, in the city of Flora, Mississippi, history was made. Several police officers saw a mysterious object floating above the ground. They described it as "Approximately 15 to 18 feet off the ground, blue in color, kind of a metallic blue, with portholes around the

center of it, shaped like an old spinning top kids used to use" They then proceeded to follow the object as it started moving, and then it disappeared over the treeline. This incident set everything into motion.

1984: Wytheville, Virginia

Then, in 1984 in the town of Wytheville, Virginia history was made once again. Five police officers were in Fort Chiswell and spotted bright red and green lights in the sky. Once this happened, thousands of UFO sightings started happening in the area, many of which reported strange lights appearing and disappearing in the sky. There has even been a report of a strange sphere-like object hovering above an open field. After that first sighting, people in the area reported over 3,000 UFO sightings in a year.

Present Day: Area 51, Nevada

UFOs and aliens are commonly linked to a government base called Area 51, which is a military base located in the middle of nowhere in Nevada and is the most secretive base in the US. You can't find it on any maps, and all we know about it is that the military claims it's used to test experimental aircrafts. However, Area 51 is not the original home of all the alien-crazed conspiracy theories.

Our obsession with life outside of Earth has sparked up things from books such as *The War of the Worlds* to movies like *Men In Black* and *ET* to us using rovers and telescopes to look for any signs of life aside from us in our solar system.

The unexplained is all over the place, you just have to know how to look. Although this doesn't end the seemingly infinite stream of crazy alien stories, the forever lingering question of whether aliens are real is for you to decide.

Historical Figure

Jane Bolin



By ANDREW ALLEN

Jane Bolin was the first black woman to graduate from Yale Law School. Demonstrating exceptional academics, she excelled as a student and completed high school at a remarkably young age. Bolin pursued higher education at Wellesley College, where, despite encountering racism, she obtained a Bachelor of Arts Degree. Undeterred by the persistent challenges she faced, she went on to attend Yale Law School, where racism persisted. But, she persevered and earned her law degree, making her name in history as the first African American woman to achieve this significant milestone.

Eventually, she became a member of the assistant corporate council for New York, becoming the first African American woman to hold that position. Then, in 1939, she became the first African American judge in the United States.

Jane Bolin's remarkable life paved the way for numerous African Americans to pursue careers as lawyers and judges. Overcoming racism during her time at Yale and Wellesley College, she broke down race and gender barriers. Through her commitment, she brought diversity to the judicial system.

Today, lawyers and judges benefit from the progress she spearheaded, no longer burdened by the same racist comments and struggles she endured.

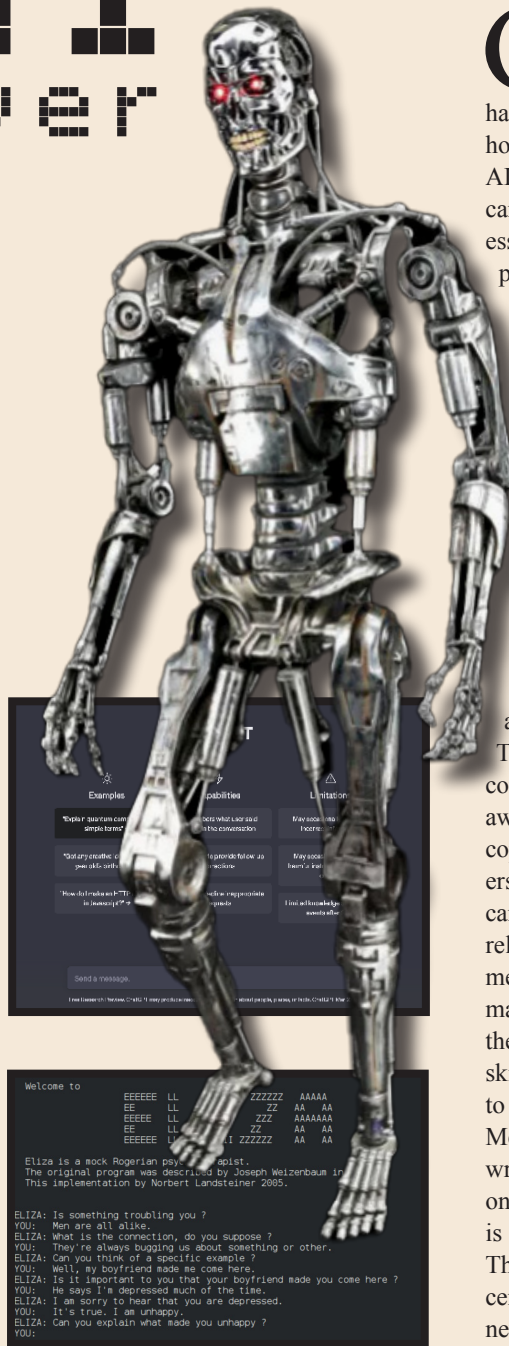
The AI Takeover

Unleashing the Power of Artificial Intelligence on a Global Scale.

By JAKE BROMELL

AI has drastically evolved over the past decade, and only recent media attention has shed light on the wonders of chatbots and AI image generators. AI (Artificial Intelligence) now permeates every facet of our lives, with voice assistants on our mobile devices and social media platforms employing recommendation algorithms powered by this technology. However, it is crucial not to overlook the inherent risks and dangers associated with AI. These range from the displacement of jobs to the nefarious use of AI in cyberattacks and even warfare. To truly grasp the full extent of AI's capabilities, as well as its potential pitfalls, we must delve into its origins and applications.

AI has both promising potential and significant risks. The dangers include the possibility of AI being used for malicious purposes, automation of jobs, ethical implications like discrimination, and the existential risk of advanced AI posing a threat to humanity. These risks call for responsible development and consideration of AI's consequences across various sectors. It is essential to collaborate and cooperate among industry, government, academia, and civil society to harness AI's benefits while minimizing the risks. It is important to note that using AI to write essays and papers for school has a huge impact on learning. The point of writing on your own is that it teaches you very important critical thinking skills that you will carry with you for life. Not getting those educational experiences hampers the overall development of students.



EFFECTS ON EDUCATION

Google searches for the term “AI” “ChatGPT” and “Chat Bot” spiked in December of 2022 and have continued at an all-time high. But, how useful is it? The current most popular AI chatbot (AI language model), ChatGPT can be used to write in-depth stories and essays. Teachers around the globe are in a panic at the prospect of online interfaces that allow students to skip all of their assignments. But, students should be cautious of using it to write for them, it is not only bad for learning, but it is also very easy to see whether a student has used AI-assisted writing. Some JAMS teachers have commented about how AI writing is being used more and more in school. English teacher Ms. Beeman stated, “It is extremely easy to tell if someone uses ChatGPT in their writing, it just doesn’t sound like them. The way they write completely changes as if someone else was writing for them.”

There are hundreds, if not thousands of AI content detectors online. Teachers are very aware of these, and it only takes a simple copy and paste for a teacher to catch cheaters. Moreover, while AI language models can be useful tools for writing assistance, relying solely on them for school assignments could be detrimental as students may miss out on the opportunity to develop their critical thinking, writing, and research skills. It only takes a simple Google search to see the plethora of AI writing detectors. Meaning, it is not wise to make ChatGPT write your school paper. There are not only several educational reasons why this is wrong, but it also breaks teachers’ trust. This being said, some use it in more innocent ways. For some, it has become their new search engine. ChatGPT’s ability to state information clearly and concisely makes it very useful for providing such

AI Over The Years

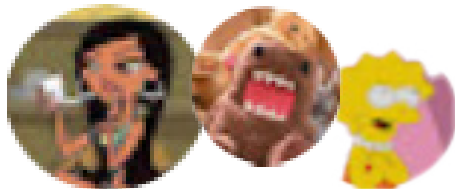
Contrary to popular belief, AI chatbots have been around for more than 60 years. The first was invented by Joseph Weizenbaum at MIT. Named ELIZA, the bot was created to mimic a real human conversation. It used natural language processing to emulate a Rogerian psychotherapist

(which is a person who treats mental conditions through verbal communication and interaction) by reflecting the user’s statements to them in the form of questions. The bots were limited in their ability to have sophisticated

conversations but still advanced for their time. Today, we have language processing models that can research the entire internet in a matter of seconds, and deliver a response almost instantaneously. Imagine what we’ll have in another 60 years?

PFP, Wallpapers, and Backgrounds, Oh My!

Exploring Personalized Student Experiences Through Device Customization



Why does one choose a certain wallpaper over another? It might be because they want to surround themselves with a happy memory. Maybe to feel a type of comfort or security every time they open up their phone, laptop, Ipad, etc. Certain people choose the wallpaper on their device based on the connection they have with the image.

Having the ability to customize a background and PFP (Profile Picture) is fun and personal. Whether someone has sentimental feelings or the wallpaper makes them feel happiness/joy, looking at it makes them feel better. Although this might be the case, 44% of students say that their wallpaper makes them feel happiness and joy, while 30% say that it makes them feel love and sentimental. So most student have a positive memory or connection with their wallpaper.

"My home screen is a picture of me at the beach making a silly face. I love my home screen because it reminds me of the freshness of the beach," said 7th grader Charlotte Avedian. Charlotte has a happy or comforting connection with her home screen picture. So whenever she looks at

By CALLIOPE KIRSCHBAUM



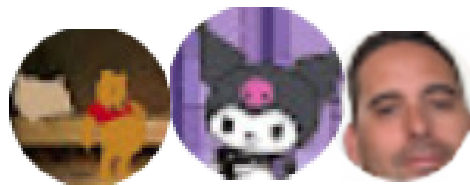
A wheel of lock screens!

Photo: Rohan Shah



her home screen she can remember a happy moment. Much like Charlotte, 15% of students said that their home/lock screen is a picture of a place they visited and loved.

A person choosing which photo they want to for their wallpaper can reflect their mental state. It can how how some-



one's feeling, their opinions on subjects, and even if they are longing for a memory. According to Quora.com, "Those can be nature, music, art, or self-obsessions as well. It can also denote a negative state if a person is grieving, upset, or in the spiral of negative thoughts."

This is the same idea as having a PFP. People might feel a certain connection to it. "My PFP is a guitar by the ocean. It made me feel cool. I chose that PFP because I like music and I lived by the beach my entire life," said 8th grader Bella Gulko. Her PFP shows her interests which are music and the beach. And unlike wallpaper, a PFP is what Bella shares with the world.

Visuals that make someone feel good are always a positive thing because it means one is surrounded by something that makes them feel better about themselves. This might help grow self-esteem, calm anxiety, and make one feel more grounded. Therefore choosing which wallpaper someone might want can be tough, but if one feels like it's the picture that describes them then they can feel good whenever their phone, computer, or Ipad gets unlocked.



-- JUNE -- MILE RUN -- LEADER BOARD --

6th grade

1.5 miles

1. Joshua Weil 10:04
2. Surafel Degefu 10:54
3. Atom McDowell 10:56

7th grade

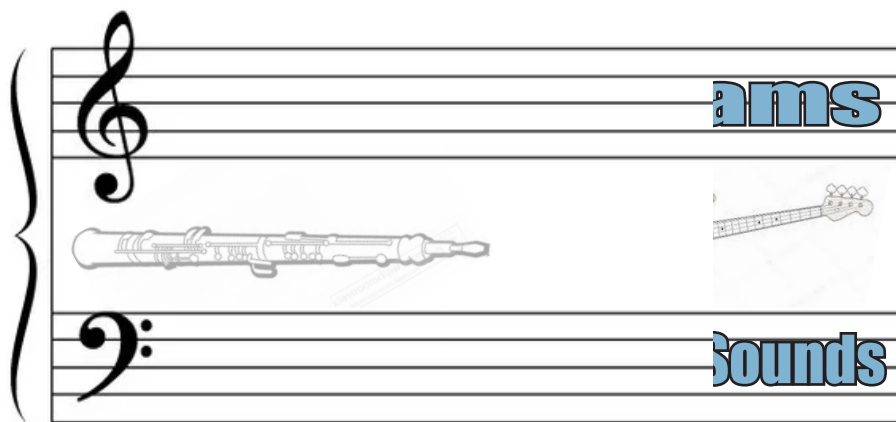
2 miles

1. Balen Hundessa-Wade 11:36
2. William Merriam 16:33
3. Carlin Joensen 16:40

8th grade

2.5 miles

1. Nicholas Youssef 15:17
2. Dylan Barba 18:28
3. Addy Fiore 20:05



By MATEO MELIS-BEHRENS



In the ever-evolving modern age, with expanding minds and many music genres, middle schools nationwide are contemplating the need to revamp their music programs. With countless genres offering an abundance of songs waiting to be played, the potential for exploration seems limitless.

The Barbershop Boys (BSB)

Possible alternative programs besides orchestra/band/choir are rare among Californian schools. The school has made progress by introducing Lyra as a sub-genre for choir. Although Lyra is for mostly girls, a group of boys in choir got together to form a choir team called the Barber Shop Boys. This is a very good thing, considering that there isn't another option for boys in the choir elective. BSB members include Sterling Inatsugu, Ansel Brodtkin, Teddy Telanoff, Sean Milne-Morrow, Xavier Rossi, Henry, and Mateo Peterson. "Being in the Barbershop Boys was so fun since it started. To me, it's so cool how we can use our voices to create music," said Mateo Peterson, member of the BSB.

Jazz band as an elective?

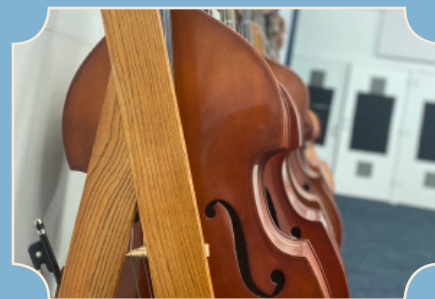
As being one of the first alternative genres introduced besides the classical three, jazz band only started at JAMS as an advisory class, or basically a full-time club. Jazz band is a full elective when going into SAMOHI. But why is it only an extracurricular activity in middle school? Some say jazz bands are too ambitious to be a full elective for 11-14 year olds. Others say that the music teachers would have a lot on their hands with yet another music program to teach. Jazz is one of the most interesting genres of music. In jazz, improvisation and connection to the music is key. "If you have to

ask what jazz is, you'll never know." -Louis Armstrong. According to jazz band student Curtis Dimundo, many students in the band would like it to be a class. But there are just too few people for an entire elective.

Alternative music programs

Although music is one of the most popular electives, many say that they don't like playing that style of music. This is why other music programs would be a great way to help get the music elective to more people's interests. Since rock is one of the most popular music genres not just at JAMS, but around the world, many JAMS students would be happy and benefit from playing in a rock band at school. Many arguments against this would be that rock is too loud, and too crazy, but since rock is so versatile, you could play any songs from Led Zeppelin to The Beatles. Other arguments would be that a rock band could only consist of up to 6-7 people. But on the contrary, students could group up into bands of 5-6 and each band learns a separate song, and plays at the end of the year. The obvious limit here is space, because there is not enough space to have that many kids playing in separate rooms.

Besides rock band, jazz band, and BBS, there are still many more ways to diversify the music program. Sometimes change is good.



Basses lined up like cars in a parking garage and bass players are ready to drive.

Photo: Mateo Melis-Behrens



Andrew V. jams away during practice.

Photo: Mateo Melis-Behrens



The Barbershop Boys harmonizing their voices in perfect sync, creating mesmerizing melodies that captivate audiences.

Photo: Mateo Melis-Behrens



Max G. toots his horn in the music room.

Photo: Mateo Melis-Behrens



French horn players practice in perfect symmetry. Photo: Mateo Melis-Behrens

Music is something that everyone loves and understands, no matter where they come from. People have been making music for a really long time, about 35,000 years ago. There are so many different styles of music out there. Some people like one kind of music, while others prefer something else. Music has always had different trends because some styles become more popular than others, and different groups of musicians play within those styles. Nowadays, there are lots of music genres that are popular. Some examples are Rap, Pop, Rock, 90's rap, and relaxation music. But remember, these are just a few of the many different kinds of music that exist.

People enjoy music but also use music as a way to express and affect their moods and personality. People relate to an artist because of what values they represent and their relation in

Music has a significant influence on both fashion choices and mood.

their music. Specific genres are known to have an effect on your mood, Some of these include studying music which is known to help boost concentration.

Slow music can arouse relaxed and calm emotions. These include blues, smooth jazz, and classical music or fast and upbeat music can give one excitement and happiness. Listening to calming music might help to ease stress and make sense of peace when one is anxious or feeling stressed. Older music or classics can also unlock nostalgia or memories that were forgotten. Music has the power to affect our emotional moods and can be an effective tool for improving our mood and well-being.

Did you know? British naval officers play Britney Spears songs to scare away Somali pirates off of Africa's eastern coast.

"I listen to and enjoy Alice in Chains because my entire family enjoys the band." - Anthony O., 8th-grade



FASHION X MUSIC

Music greatly impacts the fashion industry and what people want to wear. Fashion trends have been known to be influenced by musicians and music subcultures for decades. When people identify with a genre of music, they often adopt the style connected with that music as a way of expressing their identity and belonging to a community. For example, punk rockers often spike their hair up and wear torn jeans. People like to express their favorite bands or artists with merchandise but these bands are mostly metal/rock. While hip-hop and rap fans often wear skinny/slim clothing and sneakers. Artists like Eminem brought baggy jeans and oversized clothing into the subcultures. The connection between music and fashion is intertwined and will last for years to come.



AN ARTIST'S AFFECT ON MUSIC

Not only are music styles popular but also artists within the genre are popular. Artists are the foundation of music and the newer types of music that arise and become popular. Artists can shape our personality, emotions, and actions. Their style, lyrics, and melodies can bring feelings to us and even change our views. For example, some musicians

use their music to spread ideas that may encourage us to think similarly. There have been numerous influential musical artists who have left an indelible mark on the global music scene. Many people are influenced by artists and what they bring out. The genuine personality of an artist can stand out to a person and bring them into their own life.

"Rhythm and harmony find their way into the inward places of the soul." - Plato

THE MUSIC LIFESTYLE

By MATIS GELINAS

Spot The Difference!



ANSWERS: 1) The yellow lights are green. 2) The spider is gone. 3) The decal that was on the hoodie of the student on the left has disappeared. 4) The student on the left is missing a finger. 5) One of the lanterns is missing. 6) The student on the far left is missing. 7) Mr. Avedian is on the roof. 8) The student on the far right's hair is darker.



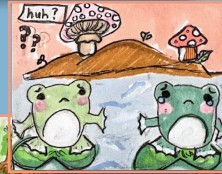
Unnoticed by Mia Patricio



STUDENT COMICS



Kindness by the Pond by Lila Felson



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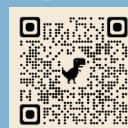
Do you have news or ideas to share with The JAMS Journal staff? Email us at JAMSnews@smmk12.org

Play 1D-Chess



- 1) You have 3 attempts to checkmate the black pieces
- 2) The pieces move as they normally would, except the Knight does not move vertically.
- 3) When there are no legal moves for either side, it's considered a stalemate/draw.

**Looks Fun?
 Play Here:**



**Learn to Play
 Chess:**

