

# THE JAMS JOURNAL

JOHN ADAMS MIDDLE SCHOOL  
DECEMBER 2019

VOLUME 2 : ISSUE 1



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# Digging Into the Future

By CLEMENTE ORTIZ

In 2014, Mr. Richardson received a call that said the auditorium, which had been there for almost 80 years, had received damage from a recent earthquake. Originally, they said the repairs would take about three months to complete. Fast forward five years, and here we are now, with new renderings and the old auditorium torn down and ready for construction. On the day of the groundbreaking, the ground was level. By the end of September, there was a big pit that they were excavating. Now, this might be just an auditorium, but for the community, it is a multi-million dollar performance center for the high school, college, and other middle schools to use. In fact, the college donated twenty million dollars to the construction. It can also be used as a community meeting venue in the practice room.

With this extended construction timeline, the current seventh and eighth graders will not be able to experience the brand new auditorium. One eighth grader, Makena Parker, said that she is disappointed and hopes she will visit sometime when completed. Also, a sixth grader in Orchestra said that he is excited, despite not seeing any of the renderings. He is also excited to be able to have a more spacious practice room. A sixth grader by the name of Aaron says that the new space will help with rehearsals and concerts. More specifically, he says that there will be more space



**BREAKING GROUND** Dr. Eure, Ms. Woo, Mr. Richardson, and Ms. Blanchard participate in the ground breaking as they dig the foundation for the new auditorium. Photo: Clemente Ortiz



conventions and lectures. Also, Mr. Richardson can address a whole grade level or even the entire school in the 1,000 plus seat theatre. Additionally, with the twenty million dollar college donation, the school can use the fifty million dollars that the city gives to complete the task. It has been a long time coming and everyone: faculty members, people in the community, and the students are very excited for its completion.

**AS THE AUDITORIUM IS BEING BUILT**, workers are tasked with many different jobs, like building the framework. Photo: Clemente Ortiz

## Principal's Message

"We have worked hard to create a kind and compassionate environment," Mr. Richardson said. "And by kind, I mean giving a place for students to shine in an inclusive and empathetic school environment." These are the wise words of our principal, Mr. Richardson, as he describes what inspires him to come to work every day. He explained, "it is not a fashion contest and it's important that we are good to each other, and that we can fix problems if we need to." Mr. Richardson thinks students thrive here at JAMS because the school doesn't have established 'cliques' and many students have multiple friend groups. Additionally, the faculty offers support, authenticity, and compassion to help us excel. We students might think that the administration is some 'ruling government' that doesn't let us do much, but the principal and vice principals have an important job in keeping the students and teachers on track for our academic and societal success. -CLEMENTE ORTIZ



**Mr. Richardson**  
JAMS Principal

## The JAMS Journal

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# Is “Gay” an Insult?

A deeper look at the attitude towards the JAMS LGBTQ Community

By NAOMI GAGE

What do you think of when you hear the word ‘gay’? For some, the word conjures up images of drag queens and memes. For others, no images really come to mind; it’s not something they think about often. It’s nothing but a blurry, confusing insult. And, for a small slice of the JAMS community, the word evokes a flood of disgust.

First of all, let me be clear. The definition of the word ‘gay’ (besides the other definition, meaning happy and bright), from Merriam Webster, is this: “A. of, relating to, or characterized by a tendency to direct romantic desire toward another of the same sex. B. of, relating to, or intended for people who are gay, lesbian, bisexual, transgender, etc.” It was never intended- and should not be used - as an insult. Then why, you might ask, do people use it as an insult? If it’s not an insult (and it isn’t) then why do people holler things like: ‘you so gay!’, or ‘don’t be gay, man,’ or even ‘so homo’?

Often when we think of gay men, we picture a feminine man, perhaps one who wears makeup, one who cares about their appearance, their hair. Yes, for some gay men, that might be accurate. However, for others, nothing could be further from the truth. There are gay wrestlers, gay police officers, gay firefighters, gay mayors, gay athletes. The stereotype of the ‘feminine’ gay man, like most stereotypes, isn’t accurate at all. Yet, like most stereotypes, it continues to exist, and people continue to think of gay men as always feminine. The insult ‘you so gay!’ rarely actually means ‘you like boys!’. More often, it means: ‘you’re too girlish’. Apparently, a guy acting like a girl is not acceptable. Why is that? Can’t women and girls be role models? Why is a boy being affectionate towards another friend, taking ballet classes, caring about his appearance (all traits often associated with women) not ‘allowed’?

In any case, if you were referring to the truest definition of the word, it wouldn’t be an insult. Gay is not a bad thing (and neither is a guy acting like a girl). One might think the attitude towards those of the LGBTQ+ community in this school is progressive, open-minded and inclusive. You wouldn’t be entirely wrong, either. When asked in an interview, Ms. Chacon stated, “I think we have a pretty good situation of inclusion here at John Adams, and accepting people of all different sexual orientations, races, likes, dislikes. I think we do our best to form a loving community. When people make either racial slurs or other slurs against anybody or use words inappropriately, we take it very seriously.”

A hopeful and positive statement, but is it completely accurate? Are we trying our best? Are we trying at all?

To answer these questions, one must ask the students. “What do you think about the use of ‘gay’ as an insult at JAMS? Do you think it’s okay?” I asked multiple students. “No,” one anonymous student answered. “Because there are actual gay people at this school, and we should respect the people that are.”

It’s true. What is it about gay that leads people to hate? Gay people, like us all, simply want to be free to love who they love.

Here in John Adams Middle School, are there people who bully, slur, discriminate, and hate? The answer: yes.

Walking past the gym at lunch, I heard one voice over all the others: “You so gay!” Rapidly, I turned. Perhaps scenting my interest, the boy in question grinned, pointing at his friend. “He’s gay!” The friend shoved at him: “Shut up, man! I am not!” “Can I interview you? It was perhaps not the question he thought I would ask, but he submitted gracefully, giving me his permission with a simple ‘sure’. I began with my usual question of “What do you think about the use of gay as an insult at JAMS? Do you think it’s okay?”.

“I mean, maybe, yes. Because it’s maybe, I don’t know, disgusting or something like that?” he said. I was silent for a moment, then tried a different question.

“So, do you think being gay is wrong?” His answer: “Maybe... yeah it is wrong. Guys should not date guys.” I asked: “So you don’t think lesbian or gay relationships are okay?” He answered: “No. No, they’re not.” Do these answers represent JAMS? How do members of the gay community feel about this?

“Well, I’m bisexual. So, no, I don’t think it’s good, because you’re offending somebody about who they like or who they love. I don’t think it’s cool,” answered one anonymous student.

“Have you been called gay as an insult?” I asked Walden Sullivan, former ASB Secretary. His response was immediate and unflinchingly honest: “Yes.” “At this school?” I ventured to ask. “Yes,” Walden repeated. There was something brutally stark about his unhesitating ‘yes’. “Do you think it is an insult?” I asked. “No. And the only way it becomes an insult is if you are self-loathing and in denial of your own feelings,” Walden answered, brows furrowing resolutely.

So, what does this all mean? Does this mean we give up? Does this mean JAMS is not an inclusive community? No. It is easier to ignore people name-calling and using slurs when they don’t apply to you. It’s remarkably uncomplicated to be a bystander when you see someone being hurt, casually or not so casually. However, we do not remember bystanders as heroes or champions. We remember people who take a stand, who do not let their fellows be hurt. Emma Lazarus, the author of the New Colossus (a poem that raised money for the Statue of Liberty’s pedestal), once said: “Until we are all free, we are none of us free.” Until we can all live without dreading and fearing the words of our classmates, none of us should. When you hear slurs and hurtful words, don’t let it slide. Don’t make excuses, for yourself, or anyone else. We are all deserving of peace and happiness, no matter what label the world wants to brand us with.

*Here at John Adams Middle School, are there people who bully, slur, discriminate, and hate?*  
*The answer: YES*

# The Mysterious Mascot

By LUCAS BEEKMAN

In the middle of last year, after many surveys and votes, the JAMS mascot was officially changed to the Dragons. Many students had argued that the old mascot, the Norsemen, was not gender-inclusive. These students brought the issue to the school administration and succeeded in changing the mascot. It was decided that an art contest, run by the art teacher Ms. Joyce would be held. The contest occurred in March, and the contestants had three weeks to design and submit a custom-designed logo of a dragon that could be selected and used as the JAMS mascot from there on out. Eight months later and the JAMS students haven't heard anything about a new design. Having a Dragons logo could really benefit students at JAMS because they can finally identify with a mascot that represents their school and themselves. School spirit would significantly increase if we had a logo that could be printed on shirts, hoodies, and hats. During school activities such as the NJHS Aids Walk, banners could be held displaying not only JAMS but a Dragons logo alongside it. Murals could be painted around the school featuring the Dragon. So why has nothing happened? That's what I intended to find out.

To begin, I interviewed Ms. Joyce, the teacher that oversaw the submissions for the con-



**CAN WE DO BETTER? Another school uses a blue and yellow dragon.**



**PLACEHOLDER DRAGON Ms. Cowgill uses this dragon as a replacement on her documents.**

test. She stated, "So first, I should clarify that this contest was not headed up by me, but rather, I was approached by administration. We had some really great submissions. In the end, we didn't feel like one was the complete package, but rather took several of the highest quality designs and submitted them to our professional graphic designer for inspiration. We expect this mascot and artwork will remain a part of JAMS for a long time to come, so we are just taking our time to make sure it looks perfect and professional for all to take pride in." Ms. Joyce explained that the administration had led the contest, so I interviewed our principal, Mr. Richardson. He said, "We had a graphic designer that at the end of last year was working with us. Unfortunately, we had to kind of start over and we have a new person. They're a graphic artist at SamoHi." Lastly, I asked Mr. Richardson when he thought the logo might be done and he explained, "I would hope to have it done before the Winter Break." So now we know: the Dragon logo design is in the works led by Mr. Richardson with the help of a professional graphic designer. The new mascot will hopefully represent JAMS for a long time to come. Things like this take a lot of time and the logo should look professional as it is a key part of JAMS. The reveal is on the horizon. Winter is coming...

## SATISFACTORY START TIME?

By BOBBY MUNOZ

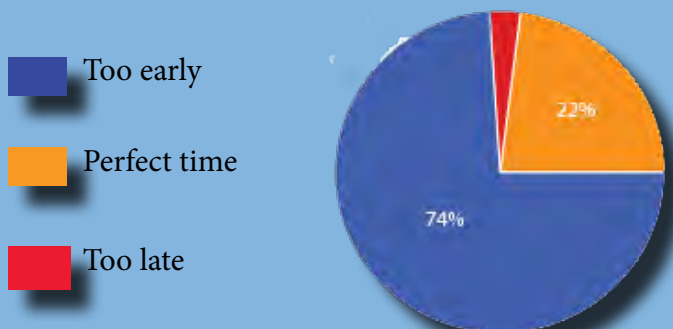
If you think that school is starting too early then you'll be happy to hear that California's Governor Gavin Newsom recently passed a new law regarding school start time. By July 1st, 2022, all California schools must start after 8:30 A.M. Although this law sounds great, will our school really benefit from the new law given the fact that our school starts at 8:19? Is it really necessary for school such as ours to start a few minutes later?

Out of 265 JAMS students who took the survey, 74% of people think that school is starting too early. The main reason students think school is starting too early is that they aren't getting enough sleep. But, it is really the school's fault for students coming to school tired? According to the Nationwide Children's Hospital, middle school students should be getting around nine and a half hours of sleep. However, half of the students who took the survey generally aren't getting a healthy amount of sleep.

Now, let's fast forward to the 2022 school year and school is starting at 8:30. Will some students have the initiative to say, "Oh, school starts later so that means I can stay up later." If that were to happen, students would keep on coming to school tired and parents and teachers will continue to complain about school starting too early. Although it may sound like I dislike the new bill, I feel that it could

really help students and teachers. However, it really depends on the responsibility of the students and parents to make this new time really live up to its needs that it has in schools. It could help with students' energy and liveliness in earlier classes and in the end lead to better grades, classroom engagement, and a better understanding of the subject that they're in.

### WHAT IS YOUR OPINION OF THE SCHOOL START TIME?





# AVID Door Decorating Contest

The AVID door decorating contest created awareness of various colleges and universities in the state of California. Advisory classes brought out their creativity by decorating their classroom doors but only one winner claimed a pizza party and bragging rights. Below are the entries of the first AVID door decorating contest. -*BRANDON VALDOVINOS*



Ms. Joyce  
Art Center



Mr. Miranda  
University of San Diego



Ms. Guirguis  
Loyola Marymount University



Ms. Levin  
Pepperdine University



Mr. Woldemichael  
Cal State Northridge



Ms. Blanchard  
UCLA



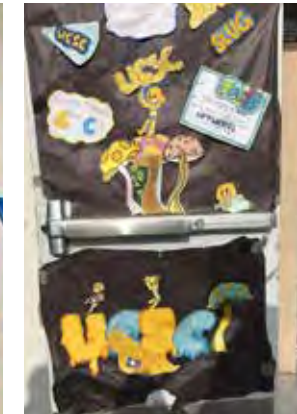
Mr. Garnreiter  
UC Santa Barbara



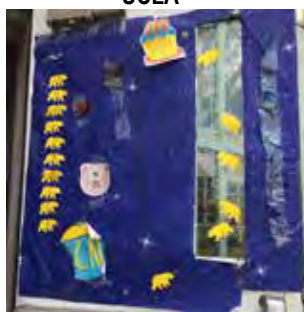
Mr. Turrise  
Stanford University



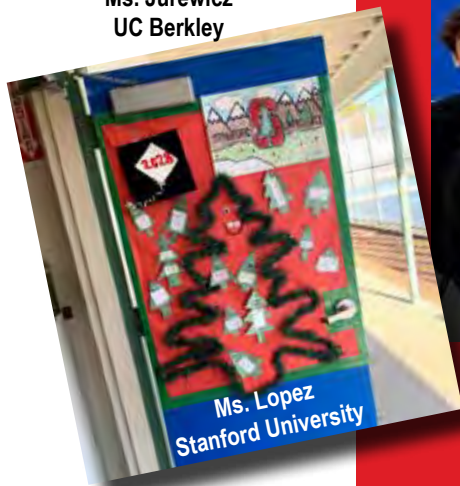
Ms. Cruz  
Santa Monica College



Ms. Kapasi  
UC Santa Cruz



Ms. Jurewicz  
UC Berkley



Ms. Lopez  
Stanford University

**And the winner is...**  
**Ms. Lopez's 8th-Grade Advisory**



Congratulations to Ms. Lopez's Advisory class for winning the AVID College Door Decorating Contest. They promoted Stanford University in Palo Alto, CA.





# Love For Learning Languages

By REMY ROUSSELLE



Being multilingual is a beneficial skill that many students have here at JAMS. It helps you in the future, it can help you in traveling the world, and it's just a good skill to have in general. Most people who are multilingual learned it from their parents when they were young or decided to learn it on their own when they are older. Many things can be gained from learning another language that is beyond just having the ability to understand people; like sympathy for someone who is learning English for the first time, or the ability to connect with people of different cultures.

Out of the 230 students who took the survey, around 70% of the people who took the survey spoke more than one language. Of the people who could speak more than one language, 90% were able to hold a conversation, 75% were able to read, and 70% were able to write. More than 2/3 of the students spoke Spanish, 8% spoke French, another 8% spoke Ger-

man, 6% spoke Chinese (Mandarin, Cantonese, etc.), 5% spoke Italian. Languages like Japanese, Russian, Hebrew, Arabic, Filipino, Dutch, Mixteco, Korean, Amharic, Slovak, Norwegian, etc. are spoken by less than 3% of JAMS students. One student knows sign language.

This shows how incredibly diverse the JAMS school community is and how students have heritage from all over the world.

The sad part about society is that many people don't want to learn other languages. People don't see the importance of it. Not only do you gain linguistic skills and the ability to understand people, but you gain an understanding of other cultures. Some ways you can learn languages are by using websites and apps (Babbel, Duolingo, FluentU, Ect.) or by taking the 8th grade Spanish elective here at JAMS. Just take the time to learn something new and connect with people from around the world.



Mrs. Buccioni  
Spanish Teacher

## Do you think learning another language is worth it?

I absolutely believe that learning another language is worth the time and effort. The cognitive benefits of becoming bilingual are well researched and documented. Numerous studies have found that learning a second language improves problem-solving,

multi-tasking, and decision-making skills. and the benefits multiply with each language learned! Additionally, if you are able to speak both English and Spanish, you can communicate with over 80% of the people on Earth, and I think that's pretty cool.

## How did you learn your second language?

I started to learn Spanish when I moved to Los Angeles and got a job waitressing. I realized that EVERYONE in the restaurant industry knows Spanish (or at least that's what is seemed like). My Spanish-speaking co-workers taught me by having conversations with me, and I loved it so much that I decided to continue taking Spanish in college. I even changed my major from English to Comparative Literature (which involved reading a bunch of literature in both English and Spanish). I maintain my second language by finding interesting Spanish-language shows on Netflix and talking politics with my husband in Spanish.

# Injury Report

Injuries can happen in many different ways including sports, accidents or just terrible luck. Students around JAMS have experienced these painful events and want to share their story; let's meet them. - LUCAS BEEKMAN



Theo D. "I broke my middle finger. I was catching a football so I jumped up as high as I could and the ball deflected off my middle finger. I had a cast on for 3 1/2 weeks."



Jake L. "I broke my foot while on a trampoline. I hit the wall of the trampoline and it just broke."



Amir N. "I fractured three parts of my hand: one part was my finger and I fractured two bases. I just kinda fell from an exercise and then I got trampled on."



Freddy P. "I fractured my pelvis at soccer practice while I was kicking the ball. I felt a pop and couldn't play for about a month and had to do physical therapy."



Matthew C. "So I was falling backwards in P.E. and just landed clear on my wrist. I broke my scaphoid bone."



Bobby M. "I was going for a loose ball in a soccer game and ended up colliding with the goalie. He ran over my ankle which got badly sprained and I had a contusion."

# The Photo Phenomenon

By NAOMI GAGE

August 30th, 2019, JAMS Picture Day, and excitement is in the air! Picture Day is so important, both to JAMS students and their families. In contrast to the everyday JAMS student's casual wear (Vans sneakers, an oversized hoodie or jeans), during Picture Day, one can find any sort of formal attire, from dress pants or a button-down shirt to floor-length dresses. Walking into the gym feels almost like walking into some secret ceremony, where dozens of dolled up students chatter excitedly before stepping over to large, mysteriously lit, photography screens.

This begs the question: How was Picture Day many years ago? 10 years? 20 years? Did students of old- now parents, teachers, staff - primp for Picture Day? Picture your teachers, your parents, getting their pictures taken. In your mind's eyes, are the photos in black and white? Is there a special background in the photo? What changes has time wrought on those faces? Now, check your imagination against reality.

Dozens of teachers have donated their photos to the Journal. Some are in black and white, some are faded, others are nostalgic and colorful. In some, it's easy to name the teacher, in others, they're nearly impossible to figure out. Try to guess who is who! (Answers on page 20)

These photos- old, faded, and outdated as they are, represent love and care, albeit decades old. Think carefully about the photos snapped of you. Will your students see them and marvel? Will your children gaze at them wonderingly?

Picture Day isn't just Picture Day, it's so much more. It is the act of preserving, enshrining, remembering your past, in such a way that they will withstand the time to come, be looked upon by future generations.

Memories may fade over the years, but these photos last forever.



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# Election Excitement

By ORLANDO POPKIN

A whole new year at JAMS means an entirely new student body and the students who will be leading that body are this year's ASB Officers. The highly anticipated election results are in, and the winners have been decided. Let's meet them.

As co-presidents, Josie Shwartz and Daniel Castro won a tightly contested race for the top spot. As vice president, Leo Cruz will help them stay on track. As treasurer, Ry Bardacke ran unopposed. Rounding out the elections are Reese Thai-Sandoval as secretary and Jonathan Gorosh as historian.

Let's see if these officers are ready to make JAMS a better place. The Officers said that they are planning to do more events this year to inspire an increase in participation from the students but need to decrease the less popular events. For example, they are looking to cut down on the Spirit Days because fewer students were taking part in them. Treasurer Ry Bardacke told the JAMS Journal that, "We really liked the Food Walks last year because they had a lot of participation. Also, contests, such as the Rap Battle, were a huge success so we plan on continuing them this year."

The Officers have a lot of responsibility and we will see if they can live up to it. We have already noticed the increased participation in all lunch events. Also, we are ready for some new and original ideas this year. Surprise us!



Co-Presidents: Josie Shwartz and Daniel Castro



Leo Cruz, Vice President



Ry Bardacke, Treasurer



Reese Thai-Sandoval, Secretary



Jonathan Gorosh, Historian

## The Spirit Struggle

OPINION By JONAH NIELSON

Frankly, I usually don't participate in school spirit; sometimes it feels like another annoying part of school. But when I think about it, I take so much for granted that makes me proud to be a JAMS student.

One great thing about JAMS is our outstanding music program. Students have so many options in music. They can sing in many different choirs or play an instrument for orchestra or band. This is not only a way for JAMS to enjoy music, but it is also a way for students to travel around the world, if they continue with music in high school. Even if you're not into music, you should still be grateful for all the program has to offer.

Another great thing about JAMS is science trips. If you choose to, you can go on exciting trips and make memories that will last a lifetime. Going to Morro Bay is one of my best memories at JAMS.

Despite the activities that JAMS has, including, school trips, fundraisers, and dress up days, students lack school spirit. Most students don't wear JAMS merchandise and don't show school spirit, and there could be many reasons why. One could be that JAMS doesn't have a clear mascot. Norsemen is no longer our mascot because it wasn't inclusive. Dragons won by popular vote last year, but we don't have a logo yet. Having a mascot that is promoted around the school can help students identify with JAMS



**Are school activities such as these enough to increase school spirit or does it all start with the JAMS students?**

and encourage school spirit.

Jordan S. agrees saying, "Our mascot is not promoted enough, Norsemen didn't get enough attention and Dragons continues not to get enough attention". Jordan S. is saying that showing our mascot is an important part of school spirit.

In conclusion, the school spirit struggle is real and the first step to getting it starts with you!



# Morro Bay Meets JAMS

By SHANNON STUART

It was the a very long drive of 4-5 hours and it was so hard to sit like this after all this time, but soon students and families were in Morro Bay. The landscape was amazing and if you looked at the right moments you'd see a coyote running back into the woods from the golf course after a successful hunt. At the last night of astronomy,



MIA.G

students could see Saturn and its rings, Jupiter and another galaxy. In Morro Bay, students and families went to the tidepools, the marshwalk, the Great Rock, and got to see the elephant seals. The tide pools had a lot of mystery and anything could happen. So the next time there's a trip to Morro Bay, sign up!

*"I would like it not to be as busy of a schedule with more free time. I liked playing with and hanging out with friends. I am into astronomy and we saw Jupiter, Saturn and its moons, I loved it."*



**JAMS GETS WET** After the hard work at the marsh walk, the students took a dip in the ocean.



**TIDEPOOLS** Students at the tidepools explored and completed science questions.

# Catalina Island Excursion

By AISLIN GUTIERREZ

Sun, sand and shimmering coastal waves. It's time for the Catalina sixth grade trip. During the Catalina trip sixth graders got to experience time with friends, snorkeling, hiking, science labs and much more.

At the camp, instructors Gretchen and Anna give JAMS students a quick intro before they can go to

their dorms. A stampede of students ran like horses to get to their dorm and set up their temporary living space. Loa G. said that her favorite activity was the night snorkel, and her favorite meal was breakfast because they served pancakes. Gabriela P. said her favorite activity was snorkeling and her favorite food was spaghetti at our first dinner at CIMI.



**POST SNORKEL** Students and chaperones at the dock after taking a dip in the water. Photo: Ms Levin



**LEARNING MORE AT CIMI** The sixth graders went to CIMI and learned about many amazing scientific things. Photo: Ms Levin

# MOCK TRIAL EARNS HIGH PRAISES

The JAMS Mock Trial Team made their mark at this year's city-wide competition. Although their run ended at the Quarterfinals, they take a lot of pride in knowing they were in the top 5 of 54 schools (most were private schools) after opening rounds. These amazing students demonstrated their efforts as they improved each round and earned high praise from all their judges and scorers. Their coaches were Julie Kaplan Waterstone, Jeffrey Douglas and Raquel Vallejo.





# Spooky Scary Students!



Halloween, a celebration that has been observed in America for over a century, is always a favorite. On this day, both children and adults can dress up as characters and receive free candy. At JAMS, the fun doesn't stop. JAMS ASB hosted competitions, fun booths, and games. JAMS students this year did an amazing job showing off innovative and original costumes, from vending machines to DJ Marshmallow and even a port-a-potty. This activity also coincided with Dia de los Muertos (Day of the Dead) where students participated in face painting, making paper flowers, and Mexican bingo.- JESSIE YU



**DIA DE LOS MUERTOS**





# And the winner is



**Grand Prize:**  
Ernesto Vivanco  
(Port-a-potty)

**Best Engineering:**  
Dashiell Burton  
(Piano)



**Best Character:**  
Archer Thaler  
(Joker)



**Funniest:**  
Oliver Levine  
(Freddie Mercury)



**Most Creative:**  
Lucas Beekman  
(Gingerbread Man)



**Best Group:**  
Frozen



# GEARING UP FOR ENGINEERING



Before Halloween, Mr. Sato assigned his class to make their very own costumes. He wanted them to use their creativity to make a costume that's original. Each student had their own creative idea. Students were dressing up as washing machines, a mariachi player, spongebob, and many more. Mr. Sato said, "I basically wanted them to design and think of an idea and design their own costume. I just wanted them to make something they like." - MAX HARRISON



Sophia S.P.



Eli G.G.



Damian C.



Ava C.



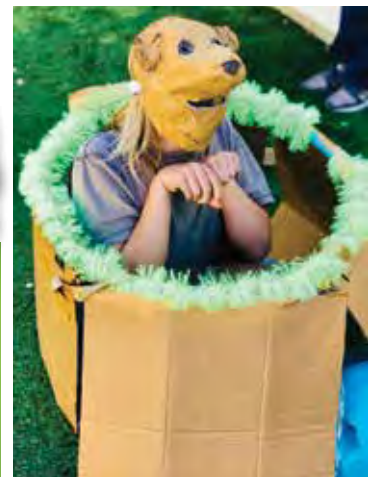
Grace L.



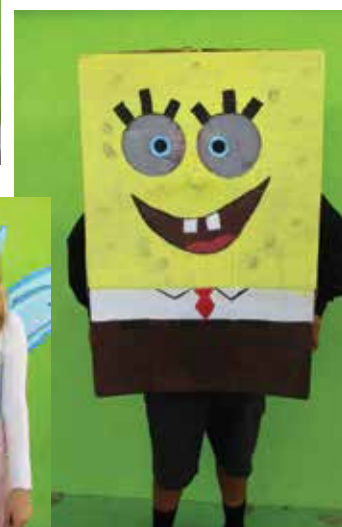
Nicole A. , Mia G. and Vivian M.



Xiomara M. and Jennifer R.S.



Violet B.



Joseph N.



# Life in Plastic is Not Fantastic

## JAMS's Recycling Problem and How You Can Help

By MATILDE MARTINEZ & ANA LUIZA MILK

Did you know that glass bottles take around one million years to decompose? This takes up space in landfills, which worsens our environment. Not only can we prevent this problem, but we can help make it better! Recycling glass bottles reduces air pollution by 20% and water pollution by 50%, and it reduces space that would be taken up by non-recyclable materials. Just by moving your hand a few inches, you help clean our world.

At the beginning of the school year, vice-principals Dr. Eure and Ms. Chacon emphasized just how important it is to pick up trash after ourselves. However, every day one can find wrappers and plastic bags on the floor around the JAMS campus.

According to The American Federation of Teachers, "Schools and other education facilities often are among the largest waste generators in any city, county or state." This is very concerning, knowing that there are 17 schools in SM-MUSD. But, there is a simple

solution that is already implanted in our schools: recycling! Bins are available in courtyards and in classrooms, usable at any moment.

Ms. Guirgius, one of the 7th-grade science teachers, has concerns about the topic. "Students are always leaving trash behind everywhere, whether it's in a classroom or at a lunch table," she said. "Just pretty much everywhere there's trash." Students

should be entirely responsible for their school's care, and it's not fair to the janitors and to the environment that students are just leaving their garbage around.

In the survey conducted, 95.9% of the people responded that they know what recycling is. However,

only 24% use recycling bins all the time. This leads us to think that even though people understand how to recycle, they still decide not to. It could be because people are not sure what goes in each bin. In fact, 31.5%

said that they sometimes get confused about what to recycle. It's really bad to hear that almost a third of students don't understand where to put their garbage.



**PICKING UP TRASH AT HEAL THE BAY, Maya W. participates to make the world a cleaner place.** Photo: Ana Luiza Milk

"I think recycling should be more enforced at this school," commented Alise Serna-Fischer. "Kids who don't pick up their trash are very immature and irresponsible." Many students voiced their worries about school recycling, not just Alise. Calvin Brodtkin said, "I believe that school recycling is good for the environment and should be used more. Our planet is in a crisis with global warming and pollution and it is our job to make it cleaner." This is the kind of mindset needed to help the school and our community with its trash problem. If we all work hard enough, take it one step at a time, we can change our city for the better.

Even though people might not understand how important recycling is now, soon we will all have to do our part. Students must learn their responsibilities or else there could be major consequences, and our recycling situation will get nothing but worse. Just remember, don't trash our future: recycle!





# DON'T BE A PUNK, RECYCLE YOUR JUNK!



ISAAC M. does his part and helps keep JAMS clean.



An all too-common sight after lunch, trash everywhere but inside the bins.



SHOWING OFF HIS FIND, Diego J. joins Heal the Bay to pick up trash at a local beach. Photo: Lucas Beekman

Photo: Ana Luiza Milk

## WHAT DO YOU DO TO CONTRIBUTE TO RECYCLING?



*"I always recycle and pick up trash when I see it."*

-Deva B, 6th Grade

*"I have seperate bins at my house, so I put recyclables in one bin and compostables in the other."*

-Kinkade S, 7th Grade



*"If I see trash on the ground, I throw it away in the correct bin."*

-Noah S, 8th Grade



## CUSTODIAN APPRECIATION



**TRUCKLOAD OF TRASH!** Mike does his daily round and ends up with a heavy haul. Photo: Matilde Martinez

school janitors, JAMS is well-kept.

Have you noticed that the quad is always magically clean at the beginning of the day? When nutrition and lunch roll around, students storm into the quad, leaving a giant mess to clean up. With the help of Mike McAlpin, our school custodian, and Richard Bravo, Chauncey Etchinson, Debra McNeely, and Robert Rising, our school janitors, JAMS is well-kept. Mike works on outside trash pick-up but his job is the hardest after lunch when students leave their litter behind. "Sometimes I have to remind kids to pick up after themselves," he explains. It's hard to be a custodian when kids don't pick up after themselves, and for that reason, we should help him as much as we can. "I think all of us can pick up after ourselves a little better, you know, throw trash away, but that's about it," he explained. "For the most part, kids here are great as long as they pick up some extra trash here and there." So keep that in mind when you are thinking of leaving a mess behind. Thankyou to all of our custodians and janitors for all of your hard work!

-Matilde Martinez

# THE DATING DILEMMA

JAMS students share their opinions on when to date and how to date.

By ADINA FRID-MADDEN

The comedian, Kevin Hart once said, "Those 13-year-old girls talking about 'I need a man who'.... No, you just need to do your homework." Dating has been going for centuries but the "when and how" of dating has changed quite a lot. Dating is mainly for adults or teens to meet new people, and hopefully, fall in love and get married but it seems now middle schoolers are taking the lead. It started with an innocent beginning full of blushing and holding hands. Until here comes....PUBERTY AND HORMONES!!! Now students are kissing in the cafeteria, the field, hallways and even in classrooms! What has happened to innocent children of the past?

"No, I don't think middle schoolers should be dating because they're not mature enough to understand what dating means nor do they or can they afford the distractions," said Ms. Chacon. Ms. Chacon definitely has an opinion which many teachers at JAMS share. But it seems that middle schoolers don't have quite the same aspect on dating. Our data displays the main reason students date is for popularity, and attention. Sixty-five percent of parents don't know their children are dating and 34% of parents do. Some even said that if parents found out they were dating, "they would feel the hatred of a thousand burning suns and tell me to live in Shrek's lagoon." Others like Kaley Jigamian said, "they would

murder me with an ax and burn my remains." This shows exactly how many parents don't condone their middle school child's dating. Before you date, try double checking with your parents first!

In the Middle School Dating survey, we asked students if they thought dating could affect their academic grades. The results showed that most students aren't sure if it does. But as a result Pamela Orpinas, a child development researcher at the University of Georgia found the quite startling answer, 'According to research, dating in middle school is tied to poor study habits and even dropping out as well as behaviors such as drinking alcohol and doing drugs.' Her study, published in the Journal of Research on Adolescence in 2013, is among the first to look at how early dating is related to school work, and the results are pretty clear: 'The kids who report little or no dating, their teacher evaluations are consistently higher, while the kids who report dating more, their teacher evaluations are consistently low.' Now I know, it could be just a small middle school relationship and it might not always be the case but what if it is? Is a silly relationship worth risking your future and success for? Before you ask someone out or set your friend up think about the outcome and your future. Because today might just be the day that it won't be just all fun and games.



*"I feel like people just date for attention, because in middle school nobody actually loves anyone."*

**Crystal R., 7th**



*"I'm ok with people who date, unless they're in 6th grade, because you've probably only known the person for a year. I'm going to start dating in high school."*

**Zachary S., 8th**



*"I don't think it's good but people should have the choice if they want to date or not. In my opinion, I don't really think it should happen until you're 16."*

**Nyla B., 7th**



*"I think that Middle Schoolers are too young to date."*

**Eleanor S., 7th**



*"I mean, it's ok, just don't date in 6th grade, I really think you should. Maybe in 7th grade."*

**Riley S., 6th**

## CAUGHT OFF CAMPUS

JAMS students get involved in the community.



**Hunger Walk**



**AIDS Walk**



**Heal the Bay**



# Balanced Breakfast

By KALEY JIGAMIAN

What's your favorite thing to eat for breakfast? In a survey conducted by The JAMS Journal, students reported they liked to eat foods such as cereal, types of eggs, variations of fruit, bagels, and pancakes. For breakfast drinks, students said they like to drink water, fruit juice, milk, smoothies and tea.

But should we really be eating and drinking these things? Many popular cereals of today have more than 19 grams of sugar per serving, when they should only have at most 10. Eggs and fruits are healthy things to eat in the morning: in fact all berries are superfoods because they are high in nutrients. As for bagels, it really depends on which kind you are eating, but most bagels lack vitamins, minerals,

and fiber. This means they are easily digested without giving your body time to absorb any nutrients it may have. The most nutritious bagel to eat would be ones that are 100-percent whole grain. Pancakes in general are fairly healthy, but people tend to put things like syrup, whipped cream, nutella, powdered sugar, butter, and other things that aren't exactly good for you. This can add unnecessary sugars.

Water is always the best thing for you to drink because it hydrates your body and has electrolytes and minerals. Electrolytes help your body stay alert and be active. Naturally occurring minerals in water can support digestive, bone, and heart health. Fruit juices and smoothies are also great for your body. Some benefits include things like vi-



**Bibi P. eats cereal before heading to school.**

tamins, nutrients, and minerals. Milk has lots of calcium in it, which helps with bone strength. Tea has antioxidants which helps fight off diseases. Teas with caffeine is a healthy way to help you stay awake.

All in all, remember that breakfast is an important meal and should be nutritious, yet delicious.

## Top 5 breakfast drinks

1. Water
2. Fruit Juice
3. Milk
4. Smoothies
5. Tea

## Top 5 breakfast favorites

1. Cereal
2. Eggs
3. Fruit
4. Bagels
5. Pancakes

# Hair to Dye For

By MAKENA PARKER

Everyone has their own unique style. The hair is a very important factor for bringing a look together. Various hairstyles and hair accessories can be found all over the JAMS campus; from bright and vibrant colors to popular and fresh cuts. Trends have both been brought back and reintroduced by famous icons and inspiration from social media.

As usual, trends are set off by celebrities; soon the style spreads on social media. Trends come and go constantly,

it is easy to quickly discover the new styles by just taking a brief scroll on Instagram or Snapchat. Of course, in beauty, there are no limits to what can be considered 'in' or popular. As a result, there is a never-ending list of trends and new styles. Some of the hottest hair trends are pastel colors, crimped beach waves, bangs, and all sorts of bobs. Commonly, styles are made according to the season. With the Fall season, colors like champagne, living coral, dirty brunette, and vibrant red

are becoming very popular.

Many parents and teachers may recognize numerous '90s hair trends making a comeback. It all started off when scrunchies returned with full force. Soon, more trends followed such as bangs, space buns, butterfly clips, barrettes, and headbands. A lot of students might be wearing these trends and not even realize they are bringing back styles from 30 years ago. Not only are these trends seen at JAMS but also on celebrities and models featuring famous hairstylists. Guido Palau, Orlando Pita, and Odile Gilbert are all stylists

that have contributed to bringing back these 90s hair trends. Everything from claw clips, comb headbands, thick headbands to hair chokers are being seen all over the runway. "Some of these hair accessories look a little bizarre, but isn't that what fashion is about? Being unique?" comments one 8th-grade student.

Often, fashion trends come again time after time. Fashion itself is a cycle. New trends are constantly being brought into the circle. Younger generations take styles from the past and make it their own with modern insight. They refresh it with a different angle and new ideas. Even tracing back all the way to the ancient Greeks and Romans, they used headbands and hair clips. With slight alterations, we still use those hair accessories today! Styles like grunge and hippie have returned several times since they first started trending. Also, shopping habits, for example, shopping for vintage clothes and thrifting help promote the return of old trends.



**ROCKING HER NEW LOOK** Josie S. is wearing a buzz cut with long bangs, and a dark pink tint.



**IN A RED-ISH ORANGE COLOR,** Shanti P. shows off her short cut and curly bangs.



**SPORTING A LAVENDER WASH,** Ian G. wears his hair in long bangs brushed to the side.

# Subjects: Finding Your True Calling

By SHANNON STUART

Have you ever wondered how a teacher chose the subject they teach and why? Well, they definitely don't have a magical sorting hat to help them choose. Mrs. Levin, a 6th grade science teacher, Ms. Joyce, an art teacher, Ms. Beeman-Solano, a 7th and 8th grade English teacher, and Ms. Warren, a 7th grade and 8th Algebra math teacher, shared their stories on "Why they chose the subject they teach?" Some of their responses will come as a surprise.

Ms. Beeman-Solano

no said "That's an interesting question, because I was not an English major. I actually majored in Psychology and Spanish. But I enjoy teaching literature because it allows us to explore our own values, identities, and culture, and teaches us about humanity and what other people endure as well. I also find it rewarding to teach writing and speaking, because I get to see students grow in their ability to communicate and persuade, which are such important skills for life."

Ms. Joyce explained that "I chose visual arts because it is my passion. I love working with students to help them re-

alize their creative visions and help them bring ideas alive. Both my grandmother and all of my previous art teachers were huge sources of inspiration and support over the years. Before becoming an art teacher, I was a photographic assistant to a prominent celebrity stylist in Chicago, a graphic designer in an advertising agency, and even had a jewelry design business. I have always been creative, and teaching middle school art was a perfect way to allow me to continue working with a variety of materials and students."

Ms. Warren expressed that "I picked math

to teach because it has always been my favorite subject in school and I love to help others find a way to enjoy something that I am so passionate about!" Ms. Warren is a 7th grade math teacher and algebra teacher.

Ms. Levin told me "My degree is in Chemical Engineering. Science or Math would be the only options for teaching with my degree."

After hearing all these inspiring 'origin' stories, I thought it would be nice to share them with JAMS students, especially those who would like to become teachers. I also want to say thank you to all the teachers who shared their stories with me.



Ms. Beeman-Solano

Photo: Shannon S.



Ms. Joyce

Photo: Shannon S.



Ms. Warren

Photo: Mr. Miranda



Ms. Levin

Photo: Kaley J.

## The Bookmark

By KALEY JIGAMIAN



Ms. Jarvis - Advanced Reader  
**Little Women**

by Louisa May Alcott

With their father away fighting in the Civil War, Jo, Meg, Beth and Amy grow up with their mother in somewhat reduced circumstances. They are a close family who inevitably have their squabbles and tragedies.



Anthony A. - Sixth Grade  
**The One and Only Ivan**

by Katherine Applegate

Ivan, the gorilla, has lived in captivity in his domain, the Big Top Mall for 9,855 days by his own tally. One day an elephant named Stella passes away from an old injury and Ivan is left to take care of her daughter Ruby



Audrey S. - Seventh Grade  
**Alex Rider**

by Anthony Horowitz

Alex Rider is 14 years old when his uncle, Ian Rider, is mysteriously killed in a car accident. Alex soon discovers that his uncle had a secret life as a spy for the British government and that he was murdered. Alex takes over his uncle's mission and is trained as a spy.



Grace P. - Eighth Grade  
**I Funny**

by James Patterson

Jamie Grimm is a middle schooler on a mission: he wants to become the world's greatest standup comedian—even if he doesn't have a lot to laugh about these days.



# Fresh Faculty Faces



**MR. HUTTERER** is a 7th grade math teacher and has been a teacher for several years. Mr. Hutterer grew up in Santa Monica and went through the SMMUSD education system. Originally, he studied to be an Engineer but decided to become a math teacher once he realized that sitting at a desk

looking at a computer wasn't for him. Make sure to say hello to Mr. Hutterer when you see him around campus.

**MS. WARREN** is a new math and Algebra teacher at JAMS but not to Santa Monica schools; she used to work at Grant Elementary. Ms. Warren has been teaching for 17 years and is originally from Louisville, Kentucky. She went to college at Grambling University and in her spare time she enjoys



water sports, reading and swimming. Her first impressions of JAMS is that it is Grant 2.0 with bigger kids.



**MR. WASHBURN** teaches Reading SAI. Mr. Washburn has been teaching and coordinating Special Education for 11 years. Before teaching Mr. Washburn was a Social Worker. He is originally from Virginia but has lived in many different states including New York, North Carolina, and now California.

When he is not working he likes to be outdoors at the beach.

At JAMS there are new teachers walking the halls and making a difference at our school. Although it may seem like teachers only teach and are always at school, they all have unique stories and interests outside of school. Just as teachers get to know us throughout the school, we should get to know them. - **EDDIE JENNINGS**



**MS. LOPEZ** teaches eighth grade English Language Arts and has been teaching for four years. Her family moved from San Diego to Virginia when she was in middle school and Ms. Lopez went to college in Denver, Colorado. Some of her favorite things to do when she is not working is

going to the beach, traveling, reading and watching Netflix.

**MR. WOLDEMICHAEL** is an SAI ELA and Math teacher. He has been teaching for 23 years. Mr. Woldemichael is originally from Eritrea, a northeast African country on the Red Sea. When Mr. Woldemichael is not busy at JAMS he volunteers at a language school and also coaches youth soccer. His



favorite food is traditional Eritrean food and anything his wife



**MS. NICODEMUS** is a Santa Monica local and is the new sixth grade Humanities/Language Arts Immersion teacher. Ms. Nicodemus attended Cal State Dominguez Hills and when she is not teaching she loves to travel, cook and go to Farmers Markets. One of her favorite treats is to go to the See's Candy

store. Ms Nicodemus said that her first impressions of JAMS is that "it is the BEST school in SMMUSD".

**TEAMWORK  
MAKES THE  
DREAM WORK**  
JAMS teachers  
show their school  
spirit during Hal-  
loween by working  
together to come  
up with costume  
themes.



## JAMS Discontinues Language Arts Academy

By **MAX HARRISON**

Reading and writing, what more can you ask for? The Language Arts Academy was canceled over the summer and there was little information telling us why. The class was supposed to allow students to exceed their potential with an advanced program which supported reading and writing and challenged the students with academic rigor.

"We looked at some data to see how kids were doing in our different classes and one of the things we learned was that on average the kids that were participating in Language Arts Academy

were not showing any improvement and the kids that weren't in Language Arts Academy had a huge decline," said Mr. Richardson.

Since there wasn't an improvement in scores for students in Language Arts Academy, the decision was made to recombine the classes. This way, the classes are more democratic and students can inspire each other to excel in the traditional Language Arts class.

"We actually found that eliminating a class like Academy helps everyone excel, particularly in Language Arts. Everyone gets to participate, share their knowledge and read together and discover great literature together," said Mr. Miranda. "I think it's the best environment for middle school students to learn."

# Scooters Taking Fire, Literally

By JORDAN STUART

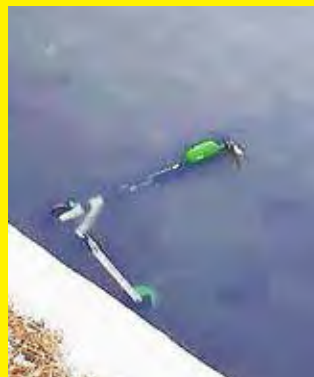
The widely known and famous electric scooters are great because they are electric and an easy way to get to a place fast, but they also cause a variety of problems, most of which are not the companies fault. One example is that some people in Santa Monica have been cramming them into toilets, tossing them off balconies, and covering them with bags of dog poo. One of the worst actions is people setting the scooters on fire and burying them in the ocean. The problem is the company cannot control what people do with the scooters because they can't stand there and watch them. These things that people do to these scooters are hard to prevent and people around the city don't report these incidents so the police can't respond. Out of all of the numerous scooter attacks, only one person was arrested and the prosecutor denied the case. But other than that incidence, the police haven't even been notified about the other attacks. For now city councils and police divisions have been temporarily banning and capping scooter populations so that the cities have time to come up with a long-term solution.

Another surprising event that is happening is how highly encouraged scooter vandalism is on Social Media. An Instagram account has videos of people destroying scooters in horrible ways, yet the account has more than 24,000 followers. Authorities don't know what to do at this point because the videos don't reveal who did it or their name. The only thing authorities can do is ask that if anyone sees these kinds of things happening, they report it to them.

Not only has the Santa Monica community shared their

strong views on the scooters, but so have JAMS students. Some students at JAMS took a survey and the results of the survey revealed students' thoughts on many subjects. Overall students don't seem to be against scooters but they do wish things about them would change. Some students don't like the fact that they can be left around anywhere. But people here do like the fact that they are easy to use and easily accessible.

Even though people are starting groups and sharing pictures and videos about destroying other people's property, that doesn't mean we should do it. Our city has been given the privilege of having access to these scooters. Though people may not like them, people should respect them and that the way they make them go away is by not using them. Also people who do use them should put them in appropriate places when they are finished using them.



**SCOOTERS IN WATER!**  
People have dumped many scooters into canals just like this one, trying to get the scooters out of the city.



**SCOOTERS BURIED AT SEA!**  
Like many others this scooter was also buried on the beach waiting to be taken away by the ocean.

# Local Businesses Serving Respect

By EMME FIELDS-KREMER AND AISLIN GUTIERREZ

Frozen yogurt and delicious snacks: who doesn't want all that good food after school? Bob's Market and Treats are two businesses that sell these types food that attract the attention of many JAMS students. A large number of John Adams students go to these businesses as a usual after school activity. But how is the relationship with JAMS students and these local business owners? Amy and John Robertson, husband and wife, the owners of Treats, shared about how the JAMS students treat them and their employees at their store. "We have a really positive relationship with the JAMS students" states Amy Robertson. "The only bad experience we had was on that rainy day last year when some JAMS girls stole our sign," she says, looking back and chuckling. The Robertsons also informed us that their daughter went to JAMS, so they know how middle school kids act. "We always try to engage with them. So if they are not being respectful, we definitely talk with them like we are parents" said Amy. Amy

and John founded Treats seven years ago, so they have witnessed the many different moods of John Adams students in the past and present.

But what about the employees at Bob's Market, one of the other most popular stores around the school? The store manager of Bob's Market, Juana Lomeli, shared info on how the employees are treated by JAMS students. "Over all, the JAMS students act very well. It's just simple things like lowering your voice, no running or if you going to grab something, put it back when you are done" informs Juana. "I have a seventh grader at Lincoln Middle School and there are days when he acts up. But when you talk to them, there is a way that they understand you. All the employees here try to talk to them like that so they can understand and follow the rules." In a school survey, JAMS students gave their opinions about the local businesses. Fifty-nine percent of JAMS students replied that that they feel like the employees respect them, 29% said they respect them sometimes, and 11% said that the employees don't at all. Even though 11% of the students feel Bob's employees don't always respect them, 80% of them still go. Regardless of this data that we received, perhaps it's best to restart so we can get along and have a harmonious community. First things first, let's update our attitude.



**GET READY FOR SOME TREATS!** Amy and John Robertson, owners of "Treats", pose for a quick photo behind the counter of delicious toppings before attending back to their eager customers.



**FRUITS, VEGGIES, SWEETS** Bob's Market has been selling a variety of food since it was founded in 1965 and still going smoothly.



# Best Games of 2019

2019 has had its trials. Ninja is leaving Twitch and joining a smaller platform called Mixer and people were not happy. As 2019 is ending, let's recap what happened over the year. - EDGAR MENDEZ

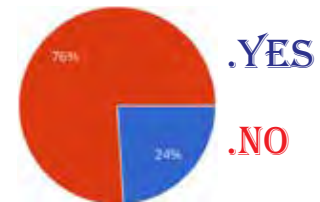


On September 6th, NBA 2K20 was released. Everyone was hyped for this new game. An 8th grader stated that "it's a decent game. It doesn't improve enough over last year's version, though." One 6th grader stated he just didn't like the controls. A 7th grader, said "it was over-hyped. They had good graphics but no difference from last year." Sanjay, an 8th grader new to JAMS explained "it's the same from last year; they just added WNBA. Many people say that this game is the same as last year. If that's true, than I would buy the last year's edition that is 50% off and cheaper than the most recent version.

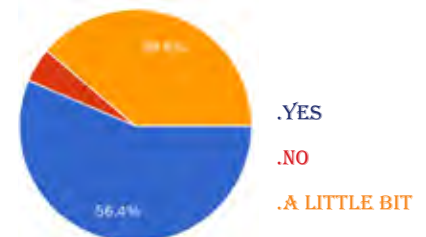


Activision, the company that created PUBG, needed a breakthrough because PUBG was becoming unpopular. That's why they created Call of Duty mobile. They released Call of duty mobile on October 1; it was immediately number one in the app store for shooting games. It was also number five for battle royale games right behind Rules of Survival and Creative Destruction. Call of Duty might soon be the number one battle royale game. Some people state is that the gameplay from the mobile game is like Call Of Duty Black Ops. IGN posted an article called "Call of Duty: Mobile Review" and they said "Call of Duty: Mobile represents the best the juggernaut franchise has ever been on a handheld platform. The leveling path is rewarding, even without spending money, and there are lots of modes to jump around between, including an impressive battle royale mode. Unfortunately, it is still a shooter controlled by a touch-screen with no Bluetooth controller support. Even though I was impressed, the accuracy and usability will still never be as good as its console and PC counterparts."

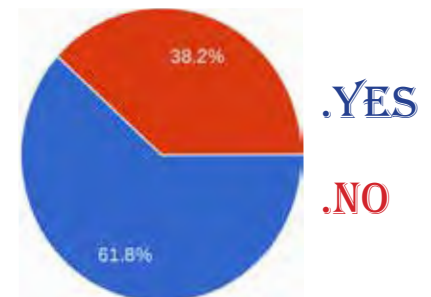
## DO YOU STILL PLAY FORTNITE ?



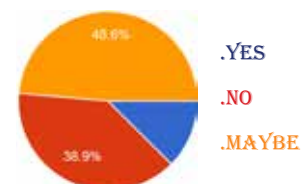
## HAS FORTNITE LOST ITS POPULARITY ?



## HAS FORTNITE LOST ITS CREATIVITY ?

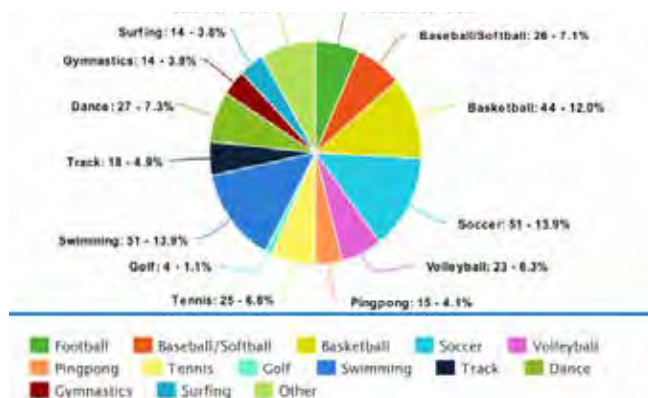


## WILL FORTNITE PICK BACK UP AGAIN ?



On September 25, Nintendo broke through with their new mobile game 'Mario Kart Tour.' The game is Mario Kart, but now on mobile. Everyone loves the game and it has had 90 million downloads in one week. It's a mobile app where you can swipe left and right and there are also in-depth cups to complete. Also, there is a rare character called Pauline by the time this issue releases Paulina will probably no longer be available to purchase anymore or buy with in-game currency called rubies. Mario Kart has become number one in the App Store under racing games, and I wouldn't be surprised if it reaches number one all over the world.

# Popular Sports of the Year



Sports have been in the world since humans started to think of a way to have fun and be competitive. It wasn't as modern as football or basketball, but people had a lot of fun playing these sports. JAMS students play a lot of sports outside of school. More than a quarter of our responses were about swimming. About 56% said they play on a teams/club, and 88.4% said they don't only play sports at JAMS. 11.6% of JAMS students said they play sports once a week. 26.2% said they play sports twice a week. 35.4% said they play sports more than half of the week, and a solid 15.2% said they play sports every day of the week! A solid 58.6% said they play sports only to have fun.

## GUESS THE TEACHER!



Left: Ms. Schwartz, Right: Ms. Joyce

### “Photo Phenomenon”: Answers to page 7

#1 Ms. Hale (1990), #2 Ms. Warren (1987), #3 Ms. Cowgill (1977), #4 Ms. Tarpley (1978), #5 Ms. Levin (1986), #6 Mr. Reynolds (1979), #7 Mr. Miranda (1987), #8 Ms. Kapasi (1996), #9 Mr. Garreiter (1998), #10 Ms. Woo (1978), #11 Ms. Blanchard (1980), #12 Ms. Bridges (1965), #13 Mr. Wilson (1974), #14 Ms. Barthol (1993), #15 Ms. Harding, (1996), #16 Ms. McGrath (1969), #17 Mr. Fizz (1976)

## MAD LIBS

My favorite part about fall is the \_\_\_\_\_  
(adjective)  
\_\_\_\_\_ ! I also enjoy Halloween, I'm dressing up as a  
(noun)  
\_\_\_\_\_, \_\_\_\_\_. My friends and I are going  
(adjective) (noun)  
trick or treating on \_\_\_\_\_ street. I hope I get \_\_\_\_\_  
(noun) (adjective)  
gummies, they're my favorite, although I HATE \_\_\_\_\_  
(adjective)  
patch they taste like \_\_\_\_\_ \_\_\_\_\_. I also adore  
(adjective) (noun)  
Thanksgiving, my whole family \_\_\_\_\_ together. Even  
(verb)  
though my parent's cooking is \_\_\_\_\_ I always find some  
(adjective)  
thing \_\_\_\_\_ to \_\_\_\_\_. Sorry for \_\_\_\_\_ so much  
(adjective) (verb) (verb)  
I would just like to wish you a \_\_\_\_\_ holidays!!  
(adjective)

## HOROSCOPE - STRENGTHS and WEAKNESSES - POWER COLORS

**AQUARIUS** January 20 - February 18 ●●●

Strengths: Progressive, original, independent, humanitarian

Weaknesses: Runs from emotional expression, temperamental, uncompromising, aloof

**PISCES** February 19 - March 20 ●●

Strengths: Compassionate, artistic, intuitive, gentle, wise, musical

Weaknesses: Fearful, overly trusting, sad, desire to escape reality, can be a victim or a martyr

**ARIES** March 21 - April 19 ●●

Strengths: Courageous, determined, confident, enthusiastic, optimistic, honest, passionate

Weaknesses: Impatient, moody, short-tempered, impulsive, aggressive

**TAURUS** April 20 - May 20 ●●●●

Strengths: Reliable, patient, practical, devoted, responsible, stable

Weaknesses: Stubborn, possessive, uncompromising

**GEMINI** May 21 - June 20 ●●●

Strengths: Gentle, affectionate, curious, adaptable, ability to learn quickly and exchange ideas

Weaknesses: Nervous, inconsistent, indecisive

**CANCER** June 21 - July 22 ●●●●

Strengths: Tenacious, highly imaginative, loyal, emotional, sympathetic, persuasive

Weaknesses: Moody, pessimistic, suspicious, manipulative, insecure

**LEO** July 23 - August 22 ●●●●

Strengths: Creative, passionate, generous, warm-hearted, cheerful, humorous

Weaknesses: Arrogant, stubborn, self-centered, lazy, inflexible

**VIRGO** August 23 - September 22 ●●●●

Strengths: Loyal, analytical, kind, hardworking, practical

Weaknesses: Shyness, worriers, overly critical of self and others, all work and no play

**LIBRA** September 23 - October 22 ●●●●

Strengths: Cooperative, diplomatic, gracious, fair-minded, social

Weaknesses: Indecisive, avoids confrontations, will carry a grudge, self-pity

**SCORPIO** October 23 - November 21 ●●●●

Strengths: Resourceful, brave, passionate, stubborn, a true friend

Weaknesses: Distrusting, jealous, secretive, violent

**SAGITTARIUS** November 22 - December 21 ●●●●

Strengths: Generous, idealistic, great sense of humor

Weaknesses: Promises more than they can deliver, very impatient, will say anything no matter how undiplomatic

**CAPRICORN** December 22 - January 19 ●●●●

Strengths: Responsible, disciplined, self-control, good managers

Weaknesses: Know-it-all, unforgiving, condescending, expecting the worst