Things Fall

--------------- ABBY DI LIBERTO

Rainfall.
Dewfall.
Footfall.
Nightfall.
Snowfall.
Everything falls.
But there’s always more.
Birds get up after they fall.
Tulips bloom again after dying.
Rain dries up.
And things will get better.
So, fall low, get up high.
Things will change.
Always.

B “Us” U:

Seeking Equality and Change for All

--------------- LINDSEY JOHNSON

The BSU is a community of African Americans who come together to advocate and empower young black scholars. Together we’ve come up with so many different ideas to try to evolve equality in our school. We want to see it truly occur within our school between all students. In the BSU we attempt to liberate ourselves from the invisible chains that hold us back. Eventually, we will be able to break through these barriers beyond the school building and send our messages out to the world. We run free, unblinded, shedding no tears.

As a member of the BSU, you will unquestionably feel like you’re making changes in our society for the better. Bit by bit, piece by piece, we are re-building the world that our ancestors and current family members created with discrimination and inequality. “Stronger together, we are one people.” This quote may be considered cringy or supplementary, but in this case, it is more than true. The BSU stands for what every black student wants and needs in our school. Again, our main goal is to spread our messages and ideas on the black student inequality. We hope that the BSU can make a change in this school for the better and eventually impact the county. Remember this, “You never see yourself the way others see you. What you see is only ever an inverted version.”
Change.

CHINYE EZIMAKO

The tug of the comb on my thick hair
The smell of grits wavering in the morning air
My mama tries to tame my hair into parts of 3
But my afro still sticks up like thick branches of a tree

Like John Lewis said, “We must come together and exercise our sacred right.”
But still, people are being murdered and their killers take flight.
That same piercing sound of a gun
It prevents us from being one
From the jog of Ahmaud Arbery to the cries of George Floyd, it’s been the same.
Daunte Wright, Breonna Taylor, Tamir Rice, Lauren Smith Fields, Amir Locke
Say their names.

How many people have to lose their spouse, brother, sister, friend?
How many lives have to be lost for this to end?
Now, as we enter the month of February,
Don’t let another mother bury her child at a cemetery.
Do what needs to be done
How long will this go on?
How long until we are seen as one?

So many deaths, so much rage.
People want to stay healthy and fit or want to lose weight for the new year. Here are some ways that lose weight for the new year. According to Google, 48% of Americans want to lose weight or stay fit this year. Losing weight was the year’s resolution for #1 Losing Weight or Staying Fit

Creating the Best Version of Yourself!

Top 5 New Year’s Resolutions

Megan Fernandez

#1 Losing Weight or Staying Fit

Losing weight was the year’s resolution for 48% of Americans according to Google. People want to stay healthy and fit or want to lose weight for the new year. Here are some ways that will help:

1. Exercise more and be active. If you improve your fitness, it will help you a lot. It keeps your heart rate up and you will lose belly fat.
2. Eat healthier. If you eat fruits, vegetables, and protein instead of eating junk foods, it will help your body. Eating too many sweets can impact your body. When you eat excess sugar, the extra insulin in your bloodstream can affect your arteries all over your body. It causes their walls to get inflamed, grow thicker than normal and stiffer. This stresses your heart and damages it over time. This can lead to heart disease, like heart failure, heart attacks, and strokes.
3. Drink enough water. If you drink enough water, it will prevent dehydration and will keep your body cool. (Drinking a warm drink can also help your body remove belly fat- a lazier way to lose weight)
4. Find a way to help other people! By cleaning up messy areas you are exercising as well. For example, if you are moving around the house picking up trash or doing chores, you are burning calories. This also helps the environment and wildlife!
5. Be positive! Watch a funny video with a friend. Did you know that laughing also helps people lose weight? Laughing increases your heart rate just like when you run. Your heartbeat picks up faster and steeper. If you stay positive, it will help you along your journey in life too! Being positive reduces stress. Don’t be stressed about losing weight! Remember, everyone is already beautiful in their own way!

#2 Learning a New Skill or Hobby

Learning a new skill or hobby can help with your self-confidence. It is challenging sometimes, but make sure you have fun along the way!

1. You can be a better person! If you learn a new skill, you wouldn’t be afraid to try something new anymore. Once you know you can conquer one task, you’re ready to take on another!
2. Practice makes perfect! If you keep trying and practicing, you might just get it! Practicing will help you exercise your brain.
3. Get some advice! It might be helpful to have someone teach you a new skill. This encourages collaboration and may even help you make friends! Remember, everybody wins with teamwork!
4. Never give up! Always try your best! You’ll be glad you did.

#3 Earning or Saving Money

Saving money will help you later in life. If you eat fruits, vegetables, and protein instead of eating junk foods, it will help your body. Eating too many sweets can impact your body. When you eat excess sugar, the extra insulin in your bloodstream can affect your arteries all over your body. It causes their walls to get inflamed, grow thicker than normal and stiffer. This stresses your heart and damages it over time. This can lead to heart disease, like heart failure, heart attacks, and strokes.

1. Ask your parents or guardians. You may be able to earn money by doing chores around your house. For example, you could get a quarter every time you do a task that they ask of you.
2. You can get a job at your age! Meaning, as kids or teens, you can set up a lemonade stand, be a babysitter, wash the dishes for someone, or ask to cut your neighbor’s grass! Make your own opportunities for cash.
3. If you’re lucky enough, you can even find money on the ground! Just make sure someone around didn’t drop it before you take it home.
4. Keep it in a jar to save up for something you really want. Saving money is important too! You can use some of your allowance if you want.
5. Spending less money will help you. Be smart when saving money so that you can prepare for your future.

#4 Exercising Your Brain

Exercising your brain will help you get smarter and be a hard worker.

1. Studying: It might be tiring studying all the time, but I promise you, it will help you during life. If you study, you will learn new things! You might learn about an animal species you haven’t heard about before!
2. Studying can be fun too! We all know how studying gets their way, it may be boring just sitting around staring at your device researching stuff and studying. But you can watch fun or funny videos on YouTube! You can think of your own way of studying too!
3. Remember to take a break. Taking breaks will also relax your mind, you don’t want to be too smart or else everything will get boring. You can go on a walk to relax or talk to someone or just take a nap! Sleeping will reduce heart attacks too!

#5 Spending Time with People You Love

Spending more time with loved ones can be the most important thing families need.

1. It can bring you closer together. If you spend more time with those you love, you will feel reunited and closer to them.
2. You can have more joy! Is there a family member you love, but haven’t seen in a while? Make plans to go have fun with them!
3. Relieve your stress. Spending time with your family and friends can help relieve stress. You will feel happier with those that make you laugh.
4. You can rebuild your relationships. If you ever had a fight with a sibling or a parent, you could hang out and talk it through.
5. Family time is especially important, so go show some love to them!
What to Do in the Rain

---------- GWENDALYN PICKLE

What to do in the rain all day?
Can’t go outside and play.
I guess the inside is where we will have to stay today.
Look outside the window, it does not look like rain.
Open the door, watch the rain pour, this is no May.
Light rain falls from the sky, land in puddles to turn into lakes.
    Rain is heavy now, on the window dripping by.
    Gray and cloudy, dark skies loom.
    Things will get better, they always do.
    Gray goes away, sunny skies near.
    Now, everything is clear.

The Monster Mile:
A Scary Good Time

---------- AUDREY CRUMPTON AND ARABELLA HOLMES

The monster mile is a race for kids from Perry Hall Middle. Students run a mile around the field afterschool. If you get top ten in the boys’ or girls’ races you will get a t-shirt and a certificate. If you do not make it into the top 10, don’t worry! You are still able to win a prize from the raffle.

The Set-Up:
On the 20th of October all 6th graders ran. Then, on the 22nd of October the 7th and 8th graders ran. Even though the 7th and 8th graders ran the same day, the seventh graders ran first, and the 8th graders ran shortly after. When it was each student’s turn to run, they would line up and stand behind a starting line. When the race leaders counted down the race began. The first 10 boys and 10 girls to finish were given a piece of paper. Everyone who finished after received a ticket that would later be used for the raffle. Once everyone had finished, they met in the tennis court to announce the top 10 runners and the raffle winners.

The Raffle:
The tickets that everyone had received had numbers on the back. If your number was selected, you were given a bag which contained 2 Hershey bars inside.

Opinions of the Monster Mile:
After the race, I went around and asked some people about their overall feelings of the race. I asked them to rate their experience on a scale of 1 to 10. Here were some of the answers I received.

• Elayna Byrnes does cross country here at PHMS. She came in 8th place in this year’s Monster Mile. She said she would give it “7/10.”
• Mimi Nwafor, who did not place or win a raffle said she would give it a “2/10.”
• Paige Maloney also does cross country at PHMS. She came in 3rd place. This race was even her best time! She said she completed the race in about 7 minutes and 30 seconds. Paige said that she would rate her experience a “8/10.”

Overall, students were happy to be able to participate in this year’s Monster Mile. It was nice to have the event return after the Monster Mile of 2020 was cancelled due to COVID. The students are looking forward to future race opportunities.
Christmas

---------- EMILY BOEHL

December, it's here
Which means Christmas is near
Some countdowns year-round
Those drives throughout the town
Just to see the lights of Christmas
Your friends sure miss us
Those presents you’d pray for
You’ll only get a small array and want more
The cookies you bake
Tastes as good as a piece of cake
The one and only time of year
When you gather around the tree and cheer!

Oh, the Weather Outside is Frightful, But These Films Are So Delightful!

Holiday Movies to Warm Your Heart

- NATHANIEL QUAYE

Do you want to embrace a feeling of nostalgia? Even if the movies aren’t the best, everyone wants to that warm and fuzzy feeling! Well, buckle up! Plop on a big comfy couch, throw on a weighted blanket, prepare your favorite food, and turn on a space heater because you’re going to hear about the best three feel-good movies, my guy! All these movies have been watched and approved by me.

1. Santa Hunters. This is a 2014 Nickelodeon movie, so you know the feeling of nostalgia will pump through your veins so fast you can’t even control it! This movie is about four cousins trying their hardest to capture evidence of Santa Claus. The cousins are led by Alex, the one who started the organization with his sister. As they search for their captive, Santa’s supernatural abilities continue to elude them. This is a story of desperation and family. "WAIT THERE ELEVEN!" Watch it to understand my reference!

2. Good Luck, Charlie: It’s Christmas. The Duncan’s are going to Palm Springs while Amy tries her hardest to keep her family traditions as tight as she can. Teddy spends her time trying to prove her adulthood so she can go to Florida for Spring Break. Meanwhile, father, Bob, gets ridiculed by his mother-in-law. This movie will make you cringe so hard you will want to have some food to comfort you. Maybe even a whole buffet of food!

3. The Santa Clause. If you’ve never seen this movie, you should! It’s about a businessman, named Ted, who has a kid, Charlie, with his ex-wife. Ted spends Christmas with his son, who never really sees him. Ted is really a deadbeat dad at the start of the movie. During the night of Christmas Eve, Santa Claus falls off the roof and disappears. Now, it is up to Ted and Charlie to spend the night doing Santa’s job. During this adventure, Ted struggles, gets mauled and arrested about eight times in about a half hour, but it makes the movie entertaining. The effects are also super dated, but they make it even more hilarious. You will want to watch this movie over and over again.

Above: Photos captured by Nathan Zubalik

Photos captured by Paige Cavallaro
Our Problems

--------SAVANNAH CARTER

Since the beginning of time, people have been taught the way of right and wrong. It seemed like a set-in-stone law that no one could change or alter even if you felt that it was incorrect. A sense of gain came from those who upheld this “law”, so no one questioned it. Those who thought differently were punished or made to think they were unhinged or unbalanced.

Over time, people came to realize that different cultures, religions, and people all had different opinions of right and wrong. Although many knew this, they didn’t accept it and tried to change other’s opinions. This is our big problem. We, as people, try to change others to fit our ideals. If they do not conform to our ideals, we make them feel inferior, yet we turn around and praise the idea of being who you are and not letting anyone change themselves. So, what is it? These are things we all need to know, things we all need to change. Do we let people walk all over us, or do we stand as proud individuals? Change it for the better.

Got the Boredom Blues?

13 Things to Do in Your Free Time

EMILY BOEHL

1. Study subject you feel that you don’t understand.
2. Play video games. *
3. Watch a movie.
4. Play sports.
5. Ride your bike.
6. Do any type of art.
7. Go on social media.
8. Talk to your friends.
10. Learn how to skateboard.
11. Learn something new.
12. Go shopping.
13. Play a board game.

*More on Games:

- Papa’s Games: Papa’s Pizzeria, Papa’s Sushiria, Papa’s Wingeria, Papa’s Burgeria, etc.

Papa’s games allow you to work at a fast-food restaurant. You take and make your customers’ orders. You can also upgrade your lobby, your ingredients, and even hire someone to help you.

- Roblox

Roblox is a multiplayer game that can be played on many different platforms such as PC, Phone, Tablet, XBOX, VR, and Laptop. There are many different genres of games. You can talk to and hangout with millions of players. You can also hangout with your friends while you play.

- Minecraft

If you like building buildings, crafting items, and taming animals, Minecraft has it all. It is available for PC, Phone, XBOX, and PlayStation.

- Rocket League

Rocket League is a game where you play soccer as a car. Available platforms are PC, PlayStation, XBOX, Phone, and Tablet.

- Rec Room

In Rec Room, you play in first person point of view. It is like virtual reality, but you don’t need to be in VR to play. The things you do in this game are based on things you do in ROBLOX. Available platforms are PC, PS4, XBOX, and VR.
Word Scramble – Unscramble the holiday words to determine the secret message!

Created by Paige Cavallaro
Frolick to the Flower!

- PAIGE CALLAVARO

Start Here!

Below: Photography by Nathan Zubalik