Momina Khuram

Have you ever killed a bug? Everyone probably has done this, but today I am objecting to killing bugs. “Why?” you may ask. Imagine all the bugs in the world disappeared. There would be no more adventure. No chirping birds. No buzzing bees. It would be sad, boring, and silent outside. There are so many species of bugs in the world. Each one is unique in its skills. The more we learn about bugs the more we learn about our earth. Just like humans and other animals, bugs deserve a life too. I believe you should never kill bugs.

I believe that you should not kill insects when they are outside. Bugs belong outside. They have families or colonies in which they are a vital part. You do not want to destroy these systems by taking out one of the workers.

Insects are not insignificant for people. Bugs actually benefit humans as well. They pollinate crops that we need for food and pollinate beautiful flowers that we enjoy viewing. They also act as sanitation workers cleaning up our wastes. Despite their sometimes-creepy appearance, they are important to our environment.

If you feel that you are in danger of being bitten or stung by an insect, walk or run away instead of killing it. Sometimes, people feel unsafe near bugs, so they decide to kill them immediately. If you are ever in this situation, take a moment to rethink your actions. Too many bugs have been killed because they were in the wrong place at the wrong time.

In conclusion, I believe that people should stop killing bugs. We need them for our ecosystem to be balanced. Keep bugs alive!
Swimming Spots to Splash Around This Summer!

---Marilyn Hernandez

Summer is coming up soon! Have you ever been bored at your local pool or found it to be too chaotic for you to swim in peace? Have you ever wanted to find new swimming spots to explore in Maryland?

Well, if you answered yes to any of those questions, this article is for you! We all know summer will be here in no time and you might need a place to cool off! In this article, I will share some of the best hidden swimming spots in Maryland. If you have visited any of these areas in the past, let me know your opinions of the swimming.

1. **Greenbrier State Park**: This is a small beach in the western region of Maryland. It is located in Boonsboro, MD. Greenbrier State Park is known for crystal clear water, but this depends on the weather conditions. Also, if you visit, you will want to arrive early as it tends to be crowded during the busy season.

2. **Kilgore Falls**: There is a waterfall located in Rocks State Park. This is located in in Pylesville MD. It is arguably one of the best swimming holes in Maryland and it’s not very far from Baltimore County! Try visiting in the morning so that you can avoid the crowds. You may even snatch this wonderful place for yourself!

3. **Hart Miller Island**: This island is near Baltimore but is only reachable by boat. If your able to make the boat trip there, you will enjoy a full day of swimming at this glorious beach. Hart Miller Island is in Middle River, so this option is not too far away.

4. **Frontier Town**: This swimming spot is located in Berlin, MD. There is a waterpark for swimming or, if you’re not in the mood for swimming, you can simply relax in the lazy river. Additionally, this campground boasts a variety of things to do so check that out as well.

5. **Deep Creek Lake**: Located in Garrett County, this lake is a beachy spot for dipping your toes in the water. It’s a perfect place for sunbathing near the calm water and, when you get too hot, you can take a dip in the lake to cool off.

I hope you find somewhere to swim during the summer! I hope this article helps you find a perfect spot for summer vacation. Reach out to me if you go try any of the places I have mentioned!

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Searching for Summer Suspense? Look Into this Book!

---Paige Cavallaro

Are you someone who loves to read about mystery and adventure? If so, you will love *Pages & Co.: The Bookwanderers*. This is the first of three fantasy fiction books in a series written by author and journalist, Anna James. Books two and three in this trilogy are *Pages & Co.: The Lost Fairy Tales* and *Pages & Co.: The Map of Stories*. The main character of this book is a smart and imaginative young girl named Tilly. *Pages & Co.: The Bookwanderers* is about Tilly’s quest to find her mother. Tilly’s mother has disappeared with only one person knowing what happened. As Tilly travels in and out of the worlds of her favorite books, she makes many friends with the characters and has many exciting adventures. She must be vigilant because danger could be lurking on the very next page!

This story shows the magic of books and the power of imagination. It showcases many emotions from all characters ranging from fear to excitement. *Pages & Co.: The Bookwanderers* will keep you guessing until the very end. In my opinion, this is an amazing book that should be at the top of your summer reading list. Remember, there are three books currently in the series to keep the suspense going all summer long. Also, Anna James is planning on releasing the 4th book in the series, *Pages & Co.: The Book Smugglers* in September of 2021! I hope you check out this suspenseful series this summer!

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Touring Through Maryland - 5 Small Towns in Maryland to Visit for the Weekend

--- Marilyn Hernandez

There are lots of small towns to visit in Maryland. I have compiled a list of the top 5 you should visit someday. Rather than telling you towns in Baltimore County, I decided to explore the Eastern Shore and the western parts of Maryland.

1. **North East**: This town is in Cecil County located at the head of the Chesapeake Bay. In this town, there is a 2,200-acre state park with a 10-mile hiking trail, a sandy beach, and miniature golf!

2. **Berlin**: I am not talking about the capital of Germany, but the town on the Eastern Shore in Worcester County. There’s Main Street and Assateague State Park. Main Street has historical sites and landmarks. Assateague State Park is home to many wild horses and wildlife. You may see horses taking a dip at the beach or grazing on land.

3. **Salisbury**: This town is in Wicomico County. Fun places to visit include the Salisbury Zoo and the Poplar Hill Mansion. Don’t forget about the Ward Museum containing wildfowl art! If you are looking for a historical park to hike, check out the Pemberton Historical Park.

4. **Cumberland**: Cumberland is a small city at the seat of Allegany County. The Western Maryland Scenic Railroad and the Allegany Museum make up crucial elements of this town. If you’re looking for a great trail for bike riding, you will want to check out the Great Allegheny Passage. This passage takes you from Cumberland to Pittsburg and from Pittsburg to D.C! Make sure you have lots of water for during the trail and take breaks while riding.

5. **Frostburg**: Located in Allegany County, Frostburg hosts the Frostburg Museum and the Dans Mountain State Park! Be sure to check out the Borden Tunnel and the Haystack Mountain as well.

Have you ever searched for a fun town to visit for the weekend? Have you ever wanted to explore the state of Maryland a bit further? If you said yes to either of those questions, then this article is for you!

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**Types of People in the Snow**

--- Vienna Cheung

**The shut-in**: Someone who would rather stay in the comfort of their home.

**The warrior**: Someone throwing snowballs at people whether they like it or not.

**The builder**: Someone who loves building snowmen, snow forts, and other various structures using snow.

**The sledder**: enjoys the thrill in sledding down hills of snow.

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**Maryland weather forecast**

Just saw the 7 day forecast....
This article will include just a couple of the many talented students we have here at Perry Hall Middle School! Stay tuned for details about the artwork and who made them.

Interview— Isabella Pollara

Article — Chinye Ezimako

First on our list is Cora Hollenbeck. This student made a self-portrait of an individual with a half-shaved head. Just by taking a quick glance, you can tell lots of hard work was put into this creation. That includes the shading, especially in the hair. The shading in the hair really accentuates this piece of artwork. Additionally, the neck is well done. You can see part of the collar bone. The neck muscle is brought out to show that the person is stretching their neck. I could go on and on about this piece because it is so outstanding. Great job, Cora!

Next, is some digital art created by Dylan Smolen. I just have to say this is amazing! This painting shows the different groups in this year’s AVID Program. AVID is a program that provides an encouraging and uplifting environment to help you during middle school, high school. It even prepares those who want to go to college. If you want to learn more about AVID and want to apply for next year, contact Mr. Ninos at dninos@bcps.org. Awesome job, Dylan. I can tell you put a lot of hard work into your piece!

This artwork, by Melanie, is just one of many examples of how art imitates life! You can perceive the emotion in the girl’s eye in multiple ways. It could be seen as exhaustion, tranquility, or sorrow. For me, personally, this artwork really produces a feeling of peace. The way the strands of hair were painted shows an action of wind blowing. The hair follicles in the eyebrow are so detailed. Even the eye is so very detailed. The part where the nose meets the eyebrow - wow. I just love all of it. This work is breathtaking. Incredible job, Melanie!
In addition, we have another self-portrait made by Raine. WOW! This portrait has emotion along with values and shading. I have to say your art teacher must be proud! The values in the hair and around the nose are very well done. I’m loving it! Everything looks so realistic! The shading around the portrait creates a glow which fabricates a feeling of serenity. This piece shows how talented you are. Outstanding job, Raine!

Last but certainly not least, we have an awesome artwork created by Brandon Moore. Shown above is a game controller, a baseball, and a car. First, the shading in the windshield of the car is amazing! There is a 3-D effect created on all these objects. The logo on the baseball is so well done. The joystick and the other part of the controller are great! The shading done in this piece is amazing. I don’t know what else to say besides, wonderful job, Brandon!

Thank you for reading about just a couple of the many talented artists we have here at Perry Hall Middle School! Stay safe and stay creative!
A Glimpse of an Indian Vegetarian Dinner

---Varsha Kumar

Growing up as a vegetarian, it was difficult fitting in with other people. They ate meat daily. I did not. Being a vegetarian is very challenging for some Americans. Most stop trying because there are not as many tasty vegetarian options available. Not to worry! Here is an original vegetarian meal that is both tasty and vegetarian!

There are a few things to know about Indian cuisine before you look at the recipes. First, my parents are South Indians. South Indians usually eat different things from North Indians. For example, North Indians do not usually eat Sambar or Rasam.

Another thing to note is that most of these foods require salt and oil, so they are not completely healthy! One other thing to note is that my mom does not usually use measuring cups or spoons. Most of these recipes are traditional. So, if one of the recipes says ¼ of a spoon, it literally means about ¼ of a spoon.

My mom also usually cooks things until they look ready. She does not set a time for something to be ready. These recipes can be combined to make a fabulous, amazing Indian dinner! I hope you will like these awesome side dishes!

**Brussel Sprouts Curry**

Ingredients:
- Turmeric powder (a pinch)
- Mustard seeds (a pinch)
- Cumin seeds (¼ spoon)
- Red chili powder (a sprinkle)
- Salt (a sprinkle)
- Brussel Sprout (12 oz)
- Canola oil (½ spoon)

Instructions:
1. Put half a spoonful of canola oil.
2. Add mustard seeds, cumin seeds, red chili powder, and turmeric powder.
3. Put Brussels sprouts.
4. Add water to cook.
5. Add salt for taste.
6. Cook till the Brussels sprouts become tender and coated with spices.

**Carrot Salad**:

Ingredients:
- Grated carrots
- Salt
- Lemon juice

Instructions:
1. Mix them together (1 carrot= ½ juice of lemon)
2. Sprinkle a bit of salt

**Potato Curry**:

Ingredients:
- Boiled potato (2 needed, sliced)
- Turmeric powder (¼ spoon)
- Red chili powder (¼ spoon)
- Salt (a sprinkle)
- A few cumin seeds
- Oil (a spoon)

Instructions:
1. Add oil, a few cumin seeds, turmeric powder, and red chili powder.
2. Add 2 medium sized boiled potato (sliced)
3. Add a sprinkle of salt
4. Stir well
5. Cook till everything is coated with spices
A Glimpse of an Indian Vegetarian Dinner Continued...

Rasam and Sambar are also good Indian foods to add on. Rasam and Sambar are a type of soup in India. In order to make them, you need to make Rasam Powder and Sambar Powder. Then, you need to add them to your recipe in order to make Rasam or Sambar. There are many types of Rasam and Sambar powders and different ways you can make them. If you want a more flavorful Rasam or Sambar powder, you can look it up online. There are many types of Rasam and Sambar. This article will focus on Lemon and Tomato Rasam and one of my mom’s vegetable Sambar.

**Rasam Powder:**

**Ingredients:**
- 1 cup cumin powder
- ½ cup black pepper
- ½ cup of chili powder

**Instructions:**
Mix them in a blender till it is fine powder.

**Lemon and Tomato Rasam:**

**Ingredients:**
- Tomato (cut and sliced)
- Lemon (1 lemon required)
- Turmeric powder (¼ spoon)
- Cooked Thordal (Pigeon Peas) about 4 spoons
- Rasam Powder (¼ spoon)
- Salt (a sprinkle)
- Oil (½ spoon)
- Mustard seeds (a pinch)
- Water (about 2 cups)
- Asafoetida powder (a pinch)

**Instructions:**
1. In a bowl, add water, tomato, salt, asafoetida powder, rasam powder, and turmeric powder
2. Bring the temperature to a boil and then add toor dal
3. When a raw smell goes away, take the bowl off stove
4. Let it be still for a while (about 5-10 minutes, you will be adding lemon juice next, and you don’t want the Rasam boiling, the Rasam will taste bad)
5. When it is warm, squeeze 1 lemon into the Rasam
6. In a small frying pan, add oil & mustard seeds
7. When mustard seeds begin to pop, add that to the rasam
8. Decorate with a coriander leaf

**Tomato Lemon Rasam**

**Sambar Powder:**

**Ingredients:**
- 1 cup coriander powder
- ½ cup of chili powder
- 1 spoon of turmeric powder
- ½ spoon of fenugreek powder

**Instructions:**
1. Mix all the ingredients into a grinder and grind till it becomes fine powder

**Vegetable Sambar:**

**Ingredients:**
- Tomatoes (1 tomato needed, finely chopped)
- A carrot (1 needed)
- A small onion (1 needed)
- Tamarind paste (1 spoon)
- Turmeric powder (¼ spoon)
- Sambar powder (1 spoon)
- Salt (to taste)
- Asafoetida (a pinch)
- Water (2.5 cups, you might need more)
- Oil (1 spoon)
- Mustard seeds (a pinch)
- Cooked thordal (¼ cup, also known as cooked pigeon peas)

**Instructions:**
1. In a bowl, take water, tamarind paste, all the vegetables (tomatoes, a carrot, and an onion), turmeric powder, sambar powder, salt, and Asafoetida
2. Let it boil for a while
3. Check if the vegetables are all cooked
4. Add cooked toor dal
5. Let everything boil again for 5 minutes
6. Add water to adjust the consistency
7. Once you are satisfied, switch off the stove
8. Take a pan, add oil, and fry the mustard seeds until they pop
9. Add the mustard seeds to Sambar
10. Decorate with coriander leaf

Here are vegetarian, South Indian recipes! These will give every household a stable diet. With these recipes, you can make the Indian cuisine you want instead of going to an Indian restaurant and tasting it there. I hope these recipes can help you!
I cannot go to school today we are in COVID-19 now anyway. Why did this happen this year when being at school gives me cheer. I loved playing with my friends now by this time they moved away to get away from this virus. It is not going anywhere people get this everyday how did it start I do not know. I just wish that it might go!
Spring Views

--- Brandon Lewis
A Sneak Peek into SEL Club: Join the SEL Club for Meditation, Yoga, Journaling, and More!

—Varsha Kumar

In December 2019, Covid-19 was discovered in China. During this time, students in the United States watched safely in their communities as the virus became more and more serious. Eventually, our school learned about the virus as it started spreading slowly throughout the world. Originally, we were told that we didn’t need to wear masks in school. Students thought to themselves, “The coronavirus won’t come near the U.S. That’s impossible!” If only that fantasy came true. When cases of Covid-19 were found in the United States, Baltimore County closed all its schools for two weeks. Then, they changed their decision to close in-person schooling for the rest of the month. Finally, they decided to close in-person schooling for the rest of the year. In other words, students didn’t know what was in store for them.

Due to this situation, SEL, or Social Emotional Learning, started happening at PHMS during the announcements. From this, the SEL Club was created. Ms. Pierce, one of the club sponsors, and Ms. Asch, the SEL leader in the announcements said, “Basically, we knew it was going virtual. I mean simple anesthetics. When we go virtual, kids are going to need some support. You know, it’s been stressful to have the changes, so our administration came to myself and Ms. Asch about doing this in the morning. We didn’t have any idea on what that meant. And mean we were like, “Oh! So, it was just sitting and planning looking through some resources of finding how we can present something because we didn’t have much time in the morning. And so, we came up with that slide you guys see in the morning. We started doing it and we decided that we wanted to do movement and we wanted to do mindfulness. So we wanted to do a journaling piece.” The SEL announcements started with something that Ms. Asch and the other club sponsor and SEL announcements leader Ms. Pierce decided to create to help students cope with the stress and anxiety of being in online school.

“And just like physical health, you will want to maintain physical health, but you really have to maintain emotional health. So, when we are all at home, going through this coronavirus, it becomes even more essential that we take care of ourselves and that we kind of do more.” Ms. Asch adds. Over time, the SEL lessons started helping more and more students. The lessons give students tools to cope with the sudden switch to online learning. When students wanted additional help with coping, the SEL Club was created to provide extra tools to those that were interested.

When I asked about what they do at the SEL Club, Ms. Pierce stated, “It is very similar to the format of the morning with what the slide looks like and how we flow.” She continued explaining that during the club, “a lot of times the kids have their input, and the kids really share.”

“Just want to add that we have this structure, but it’s still very flexible because it is about SEL. So kids need a little bit more, maybe they really like the yoga aspect, and that’s really what some of them want to do right now, we’ll keep doing that,” explained Ms. Yoder, another sponsor of the SEL Club. A flexible structure is key for students to feel comfortable doing the SEL lessons. This helps them walk away with their own toolbox!

Some people might think that SEL lessons are “lame,” or “not cool”, but the SEL goals really help empower students to improve and grow. Ms. Yoder states, “I think I want my goal to be for kids to come to the club and walk away with maybe new tools and a sense of almost like empowerment or independence. Like I can do this on my own. And these are kids who I really feel make me feel good. I think sometimes there can be a lot of shame around mindfulness and meditation. That’s lame stuff!” and I want to break that idea that “No, that’s what makes me feel good.”

The SEL Club empowers students with mindfulness strategies. This helps with daily life and changes students encounter throughout their lives. This is an impressive, life-changing goal!

As time progresses and we get used to virtual learning, the SEL lessons start to become more and more important in our daily lives. It would now feel strange if there were no SEL lessons during the week. In April, when we transitioned back to hybrid, more changes happened so that we could start to transition back to normal life. Ms. Asch stated, “Adapting to change is what this is all about. We are comfortable. We want to do what is comforting. I think SEL practices help us strengthen our brain to change from feeling anxious to normal. It's about changing your mindset. As we transitioned into a virtual setting, then to a hybrid model, and then to an in-person 4-day week schedule, the SEL lessons became more important. They really help people cope with all the changes.

When I asked how starting the SEL Club made its mentors feel, they showed how much they really valued SEL Club!

Ms. Pierce responded, “It’s funny because this is what we are taught. I had to do a lot of these practices. I know, just like Ms. Asch and Ms. Yoder, we do a lot of this for our own personal growth. I think it’s empowering to share that with other people because I have done this at Perry Hall Middle School for twelve years. I only worked with a small group of students and this makes me so happy to be able to share tools and give it to other people. I think it works so well and I love it. It makes me feel really excited to share what we know works well with the entire population of students.”

Ms. Asch added, “It’s very gratifying to bring SEL practices to the school. The research shows that it is very effective in lowering anxieties, making people more productive, and helping people get more focused. In positive benefits are so well researched. It doesn’t mean that it’s right for everyone, but it’s right for some people. It becomes a toolbox and I’m all about positive mental health. So, it feels cathartic to be able to share with the school.”

Ms. Yoder stated, “I definitely feel the first few feelings that I want to do a journaling piece.” Th century school is about finding your own path to self-discovery. Ms. Pierce’s message was simple. She said, “I think validating someone’s feelings and emotions is the message I would want to get to the students because I think so many times, people feel like they don’t know what they want. They feel they don’t matter. A person needs to have their emotions and feelings validated. That would be my message.”

“Your guys are in middle school and this is new information,” stated Ms. Yoder. “You’re not practicing meditation all the time, but try it out. I wish I would have found some tools way earlier in my life to handle anxiety all the time.”

The SEL Club provides tools for students who are interested in learning them. Eventually, students will learn to have their own tools in order to cope with life changes. The SEL Club dates are posted in the announcements from R20-8:40 and the code is phmsellclub. They usually meet once a month. If you’re interested, remember to stay tuned for the next meeting!
Perry Hall Middle School Word Search

Can you find all the different Ice Creams?
Maryland, My Maryland Crossword Puzzle

---Paige Cavallaro

Use the clues to fill in the words below.

Words can go across or down. Letters are shared when the words intersect.

**ACROSS**

2. Pappas restaurant is famous for these

5. People go to this place to eat Fisher’s popcorn and Thrasher’s French fries

6. Seafood caught in the Chesapeake Bay

7. Maryland’s state sport

10. Created in Fort Mc. Henry

12. Musical filmed in Baltimore, MD

**DOWN**

1. Maryland’s MLB (major league baseball) team

3. Maryland’s state flower

4. The Star-Spangled Banner was created here

8. Maryland’s state capitol

9. Seasoning you put on crabs

11. Maryland’s NFL (National Football League) team