PHMS Unveils First Catrina Contest
Spanish Honor Society

ANONYMOUS

The Spanish Honor Society organized its first Catrina contest this past October to bring life to celebrating The Day of the Dead in the PHMS community. The Day of the Dead or Día de Muertos is one of the most colorful celebrations in Mexico. Catrina is a widely recognized and popular character that represents the holiday.

The contest was held from October 31st to November 2nd to commemorate the Mexican celebration. The girls dominated the first contest, but the Spanish Honor Society is looking forward to hosting the contest again next year. They would love for everyone to join the fun in future competitions!

The winners:
Natalia Heer (1st place)
Alia Van Horn (2nd place)
Ella Schmidt (3rd place)

A gift basket was delivered to the winners with donations from the BCPS World Language Office and Spanish Honor Society leader, Mrs. Nunez.

Wacky Sports
Lawnmower Racing

Vienna Cheung & Sophia Feng

Lawnmower racing isn’t only limited to the United States. In 1973, a man in the UK named Jim Gavin wanted to create an inexpensive motorsport with his friends. They ended up using lawnmowers. Because of this event, the British Lawn Mower Racing Association, a non-profit organization dedicated to organizing lawnmower races, was founded.

Lawnmower racing has achieved international fame, even though it’s just racing other people with lawnmowers. This proves that you do not need a lot of money to change the world and have fun!

The Twelve Mile 500 competition, organized by the Twelve Mile Lions Club, is held in the state of Indiana every year on July 4th. In this competition, there is a ¼ mile track in which 33 competitors must race 60 laps around the course. The Twelve Mile 500 competition began in 1963, making it the first lawn mower racing competition ever. Now, fast forward to the 2000s, lawn mower racing has become so popular that a video game was created entitled “Lawnmower Racing Mania” based on the sport!
The HADs on Why you Should Become a Vegetarian

Varsha S Kumar

Have you ever wondered why some people become Vegetarian? Eating meat may be part of your daily habits. Meat is everywhere - in hot dogs, hamburgers, and even on healthy foods such as pasta! It also has great health benefits such as being a good source of protein but becoming a Vegetarian also has its benefits! It will slowly help you in your daily life. Read why!

Healthy - It is healthy to become a Vegetarian! Did you know that becoming a vegetarian can help you lose weight, lowers the risk of cardiovascular disease, and lowers cholesterol levels? By being vegetarian, you also have a lesser chance of getting cancer than non-vegetarians. Vegetarians are also less likely to get type 2 diabetes!

You might be thinking, don’t I also need good sources of protein in order to be healthy? Don’t worry! There are many foods that can replace meats to fulfill your needs to get proteins! You can eat eggs, milk, soy milk, nuts, nut butters, seeds, pulses, cereals, and more! These provide you with lots to protein, so make sure you add these foods to your diet!

Just know, not all vegetarian foods are healthy. According to Medical News Today’s article “What to Know About the Vegetarian Diet”, it says “Check the labels of ‘healthful’ vegetarian snacks to ensure they do not contain a lot of sugar, salt, or other additives.” Therefore, it is a good idea to check the ingredient list to ensure you know what you are eating. Also, it is a good idea to talk about becoming a vegetarian with your doctor. There could be side effects to those with weaker health systems in changing their diets.

Animal Cruelty Will be Discouraged - Did you know that millions of animals around the world are living shorter lives because they are forced to live in cages? They often need more room to move and are not treated very well. Meat is a very high demand, but at a high cost. Lots of animals are locked in cages and are forced to behave opposite of their normal behavior.

According to the article “Not Convinced You Could Become Vegetarian? Eating Less Meat is Still Better for Farm Animals, the Planet and Your Health,” World Animal Protection states, “Of the 70+ billion animals farmed annually, 50 billion of them are intensively farmed. These animals are treated more like cogs in a machine, than living, breathing, feeling animals. They endure short, miserable lives and are often crammed together in cages, crates or pens which prevents them from engaging in natural behavior.”

This is a very cruel way to treat animals. Just because they are our food, does not mean that they don’t have feelings and a life just like us.

You can do your part by becoming a vegetarian. If you cannot become a vegetarian, make sure to buy and eat the meat from qualified, good animal farms and/or reduce the amount of meat you eat. You can replace the meat with eggs, milk, soy milk, nuts, nut butters, seeds, pulses, cereals, and more. This still makes a big impact!

Decreases Starvation - Becoming vegetarian also helps the environment with pollution! According to “Vegetarianism is Good for the Economy Too,” by World Economic Forum, “It takes an average of four pounds of grain and other plant protein to produce just one-half pound of beef. Eighty percent of starving children live in countries that actually have food surpluses; this is because the extra grains produced are fed to livestock instead of people.” This is a shocking, but true because people want to make money by selling meat instead of helping their own kind!

Millions of people starve every day because of this fact. You can help by becoming vegetarian or by at least reducing your meat intake. There are plenty of other foods that can replace your needs of protein! We are no longer people from the past who need to hunt and gather meat to survive. Today, we can get food from the grocery store and we can help people who need food.

Becoming vegetarian will benefit both you and others around the world. And if you cannot not become vegetarian, that’s fine! Instead, reduce your meat intake slowly and try to get meat from good, qualified farms. Always remember to consult a doctor as well before making any large changes to your diet. To learn more, read the sources cited below.

---

https://www.medicalnewstoday.com/articles/87491#foods
https://www.worldanimalprotection.org/blogs/not-convincéd-you-could-become-vegetarian-eating-less-meat-still-better-farm-animals-planet

Above: A meal prepared by writer, Varsha S. Kumar.
Insecurities

I am perfect the way I am

---------- ANONYMOUS

“My nose is too big.”
“My face is so pimply.”
“Why can’t I just have a small nose?”
“My hair is so frizzy.”
“I don’t have any eyelashes.”
“My lips are tiny! I wish they were plump and big like everyone else’s!”

Take a deep breath. Let me just tell you, you my dear, are beautiful. No matter how imperfect you perceive yourself, you will forever be beautiful in my eyes.

We all have insecurities, and we may feel insecure, especially as we figure ourselves out through teenage years.

You might find yourself suffering from self-criticism just like I did. You need to keep in mind that everyone has insecurities. You are not alone as it is a natural, mental process of humans. If you don’t believe me, those words, those quotes you read above, they all came out of my mouth while I stared in the mirror. I stood there for multiple hours finding the imperfections in myself and pointing out my blemishes. But the most saddening part was that I was only 10 years old — someone who had stopped playing with toys not long ago. Though I had said that most insecurities begin during teenage years, some of us start feeling insecure as adolescents. I fell into that category.

I got acne on my face early when I was 10. That was the core reason I started noticing the things that were “wrong” with me. At that age, none of the kids I had gone to school with had acne, rather beautiful clear skin. I started to notice that may of my peers would look at my forehead while they talked to me instead of my eyes. This quickly made me become more insecure than I already had been. They, as 10-year-olds, were not aware of what acne was and could not help but stare. I do not blame them for this because, if I was on the other side, I would have done the same.

One day in class, this guy friend of mine who sat on the same table as me asked, “What are all those things on your forehead?”. He had no intentions of being rude, he just asked out of pure curiosity. I pretended to have no clue what he was talking about, but that lead him to referring to my acne as “bumps”.

My small 10-year-old heart broke as it hit me that people do notice my imperfections. (That boy was extremely sweet and nice to everyone so please do not find in your heart to blame him for making me feel like that.) From that year to 6th grade, my insecurities had worsened and grown in numbers.

Though my family would tell me I was beautiful, I did not believe them. Every time I looked at that mirror, I saw a gross monster. I remember a particular day in the same year, I was feeling down for some reason that I do not remember. I had to use the bathroom and went inside without turning on the lights because I could not bear to look at myself.

In that dark room, I remember telling myself that if I looked in the mirror, I would be in a worst mood. Maybe I was stressed about an upcoming assignment or maybe I had embarrassed myself at school that day. But to think that I had gone to such extent, hurts me deeply. I have grown to love myself now, but I still feel insecure at times. It took me nearly 2 years to love myself and a full year to realize that criticizing myself was a total waste of time.

The main way I grew my confidence and self-love was by asking myself, “What do I get out of this?”

“Unnecessary negativity, right?” I repeated the following words when I felt down, I would say, “I’m perfect the way I am.” Every time I felt insecure, I told myself, “I am perfect the way I am.” That simple phrase stopped me from hating myself any further.

Now I look back and think about those days when I felt like a monster, I was truly a monster. Not because of the way I looked but because of the way I chose to treat myself. The way I looked down upon myself for just simply standing there.

So, as you move through these challenging years and find insecurities taking over you, remind yourself that you are perfect the way you are. Try to find a motivational phrase that makes your heart feel a certain way, then follow that phrase with a question, “What do I get out of putting myself down?”. Try to find the aspects you like about yourself and the next time you feel insecure about having a big nose, remind yourself of your gorgeous eyes or your outgoing personality. Do not hate yourself; it is easier said than done but I know you can do it. Encourage yourself to find the beauty in you because I will always see it <3
Halloween Spirit Spread Through Perry Hall Community

PAIGE CAVALLARO
How to Shop for Your Friends on a Budget!
The Top 10 Inexpensive Gifts

PERISA SHRESTHA

Is your friend’s birthday is coming up? Do you feel like you have no clue what to get them? Do not worry because I have got your back! I know how stressful it can be trying to find the perfect gift for someone, especially someone who plays a significant role in your life. Getting them the “perfect” gift can be pricey at times. Making a friend a sweet card is also a choice, but let be honest, sometimes they may feel disappointed. For that reason, I am here to help you, I am here to give you the top 10 best inexpensive gifts you can give to your friends or just anyone in general. Even if you do not have a birthday party coming up, it is always a good idea to plan. Maybe having these few ideas in mind will make the shopping process easier for the next time you get invited to a birthday.

10. Handbags or Purses: Handbags and purses are cute and the perfect gift to give to someone who is into fashion or likes dressing up. Handbags normally cost $10-$12 (a decent price to spend on a birthday gift if you ask me!).

9. Lotion and Candles: Who doesn’t love moisturizing products and candles? say this is the perfect birthday gift combination and it only cost $4-$8 depending on which store you go to.

8. Hand Watch: Although most people do not envision a hand watch when they think about a birthday gift, getting someone this item is a surprisingly clever idea. Hand watches are not only super cute and fashionable, but they are also different and unique. Gifting something unique makes the person apricate it even more. They know that you took time and put thought into what you gave them. Hand watches normally cost around $10-$15 depending on which store you buy them from.

7. Fluffy Teddy Bear: This is literally one of my go to gifts to get my family and friends. It is classy and a perfect way to express love towards a person that plays a key role in your life. Medium sized teddy bears normally cost around $10-$15, but the prices differ depending on the size of the teddy bear.

6. Candles: Candle are such an amazing gift to give someone! I guarantee that they will put a smile on anyone’s face. Candles cost around $4-$8 dollars depending on the size and the store in which you purchase them.

5. Cozy Slippers: Do not get me started on how perfect this gift is! They are cozy and extremely comfortable to wear, they protect you from the cold, and are very fashionable items. This is an amazing gift! Give them to your friends or your mom and see how often they will wear them. I once got my mom a blue pair of slippers and she practically wore them every day until they worn out. Cozy slippers are only $8-$15 dollars — an amazing price for such a useful object!

4. Gift Card: Who doesn’t love a gift card?

3. Chocolate: Yum! Chocolates are an amazing gift choice as they are extremely cheap and very tasty. Before you buy, make sure you ask the person if they are allergic to anything. You want to make sure they will be able to enjoy the treat! I recommend getting them a full-size chocolate bar or a pack of chocolates which normally cost $2-$5 depending on how much you buy.

2. Jewelry: There is a large variety of jewelry that you can look for in stores. You could look for necklaces, chains, earrings, rings, chockers or bracelets. These items normally cost $1-$8 dollars depending on the quality and where you buy them. Avoid buying jewelry at the dollar store as they break easily and are not the best quality.

1. Led strip lights: This is the number one gift to get someone! Lights add a cute touch to your room, and they are just adorable! If your friend or family member has the app, TikTok, this will be the absolute perfect gift to get them. Though this product is on the expensive side, ranging from $28-$35, it is worth the smile you will put on the persons face.
Protesting Cyber-bullying: An Opinion Article

Momina Khuram

Have you ever been cyberbullied? Or are you a cyber bully? If you are cyberbullying, you will want to read this article to see how you are hurting others.

You need to realize that cyberbullying is very rude and harmful. Sometimes, we don’t know what other people are going through and what they are experiencing at home. For example, their family member may have a virus and cyberbullying may make them even more upset. Someone might be having a bad day and posting something rude can make their day even worse. Also, you should know that your parents can see what you post online. If they find out you are posting something rude, you will be in trouble! Cyberbullying is just cruel! You do not want to be someone who ruins someone else’s day. Instead, be the person that brightens someone’s day! Post something kind!

Do you really want to be a rude person online? I know I don’t want to be that person. You should also be aware that there are agents and security robots that can find out who you are even when you’re behind a screen. They can find your location even if you are using a fake account. In my experience, I have also realized that cyber-bullies post rude and hurtful things online to try to feel better about themselves. Bullies only end up feeling worse about themselves and take down someone else in the process.

When a bully makes a harmful comment, it often keeps spreading around the internet until someone stops it. It spreads like a virus. If we keep spreading the virus, we make it stronger, but if we stop spreading it around the web, we make it weaker.

So, if I am being bullied, what should I do? When someone posts something like “You ugly”, do not reply with anything insulting. If you do, you are giving the bully the attention they want. You can stop the cycle by replying, “No, I am not ugly. In fact, I think I am very beautiful and so are you.” You never know what the background experience is of the bully. Something tragic may have happened throughout their life, so we should always treat them with respect. No one is completely ugly. Everyone is beautiful in his or her own way. Try to talk to the bully because people can change, and miracles can happen. You can create that miracle by always being kind.

Be aware that this dream scenario does not always happen. If the situation gets worse, block the cyberbully or do not reply. Also, you can stop using the app or social media if you do not feel safe. Do not listen to anything rude that people say about you. What matters most is what you think about yourself. You should always tell a trusted adult such as your parents or teachers when you are bullied.

In some situations, cyber bullies might even feel regret for their actions. If you are a cyber bully, it is never too late to apologize! I know this from experience. In the past, I was a cyber-bully. One time, I was playing Roblox, but then I started being rude to someone. The person was not rude back to me, but the next day I felt really regretful for what I said. The next day, I decided to apologize to the person, and they forgave me. From then on, I always stayed kind online and in person.

I hope this helped for all the cyber bullies out there. STAY KIND!
Stuck at home? Try These Ideas to Battle Boredom!
Beat the Quarantine Blues

---------- BILL MENSAH

These days, everyone is in quarantine and bored. People don’t know what to do. Well, here are some ideas you can try while you’re bored at home!

1. Catch Up on Schoolwork
If you are behind on school assignments, try catching up on your work while you have the chance. You could do your work early and have a lot of free time OR you could not do your work early and rush to get it finished before its due. If you are the second person, use your time in quarantine wisely!

2. Start a New Hobby
Starting a hobby is good for your mental health. It relaxes you and takes your mind off those stressful everyday worries. Plus, if you really like it, it can be really fun!

3. Spend Time with Family
According to the article, “Benefits of Spending Time with Family”, spending time with family “builds confidence for all of its members. Parents can teach children to build self-esteem through specific skills such as problem solving and communication. For parents and children, confidence grows simply with the knowledge that they are valued and appreciated by their loved ones.” It can also be fun and less stressful.

4. Find a New Skill
According to www.vault.com, finding a new skill “helps you gain new experiences, trains your brain to handle a wide range of challenges and keeps your neural pathways active.” This also keeps your brain healthy. You can tackle some challenges in life by learning a new skill.

5. Stay in Contact with Family or Friends
You can have a daily group chat with your family or friends that live far away. Checking up on them can make you happy! According to www.webmd.com, “Keeping in touch with family can keep you healthy. Families, almost from their start, face the potential loss of connection, that feeling of something changing, is difficult to confront. And it makes communication even more important.” So, trust the experts. Try to stay connected with your family and friends. That will help you get through this time and might even bring you closer together!

So that is it for this list, see you next time!

Social Media Safety: TikToks, Snaps, Roblox – Oh My!

---------- MARILYN HERNANDEZ

Social media has become more important than ever in this pandemic! Today, social media is a huge part in our lives at school and at home with our family and friends. We use it to chat with friends and keep updated on their lives during the pandemic. Here are some tips to keep in mind while you are online or on social media!

1. Don’t share anything you don’t want others to know about you.

2. Keep your personal information private. Anyone can find your information once it is made public on social media or the internet. It is a good idea to keep your identity private.

3. Don’t share any photos of someone without their permission. Once you hit share, you can’t take the post back even if you delete it. It still stays on the internet.

4. Don’t type in all caps. Writing in all caps mean you are shouting.

5. Don’t accept requests from people you don’t know.

6. Don’t be rude online. You can get banned permanently online for being rude and you do not want to hurt others.

7. If someone is bothering you on your social media account, block them from following you.

8. Make your social media account private. This way, only the approved followers can follow your account.

9. If you’re getting bullied online, tell an adult right away. They can help you with the problem.

Be yourself online. Be kind. Be smart.

Left: Created by Alyssa German
Many of us already know about certain novels like “The Giver” or other novels that your teachers have recommended. But have you ever wondered what kinds of other novels are being read for the Battle of the Books? Or what kinds of books people are reading in various virtual book clubs? Are you trying to kill some boredom? If you answered “YES!” to any of these questions, you are in the right place! This article will tell you some useful information about the book clubs you can join and a way to read online.

If you did battle of the books last year, then this section will keep you engaged. Kelly Yang, the author of Front Desk, just released a new book based on her first one. It is called The Three Keys. It was released officially on August 1st, 2020. Additionally, the authors, Matthew Swanson and Robbi Behr have a series of books you can read. The first book is called The Real McCoys. The second book is called The Real McCoys: Two’s a Crowd and the third book is called The Real McCoys: Wonder Undercover. If you are not familiar with Front Desk or The Real McCoys, I urge you to read them! When you finish with one book, you will have the sequel to look forward to!

Speaking of book series, if you were to ask my opinion on the top book series to read, I would recommend Harry Potter by J.K. Rowling. The series gives you something to read for a long time and it takes you into a different world. Percy Jackson & the Olympians by Rick Riordan is also a good read if you have these same requirements. Another fantasy and adventure series that I recommend is Willow Falls Series by Wendy Mass. This series is less popular than the other books, but still just as good. This series takes place in the real modern world.

Graphic novels might also spark your interest. I love reading Graphic novels even though most of them don’t have a sequel. Graphic novels are fun and entertaining, but they are short. You could read them in one sitting. The Student Led Book Club is also reading different kinds of graphic novels such as: War of the Worlds by H. G. Wells, The Legend of Sleepy Hollow by Bo Hampton, The End of Days: Doomsday Myths Around the World by Blake A. Hoena, The Girl Who Owned a City by O. T Nelson (It was a club favorite last year)

The books read by Battle of the Books are also listed below:
- The Missing Piece of Charlie O’Reilly by Rebecca K.S. Ansari
- Marcus Vega Doesn’t Speak Spanish by Pablo Cartaya
- Maybe He Just Likes You by Barbara Dee
- Journey of the Pale Bear by Susan Fletcher
- The Remarkable Journey of Coyote Sunrise by Dan Gemeinhart
- Charlie Throne and the Last Equation by Stuart Gibbs
- Grimoire Noir by Vera Greentea
- It Wasn’t Me by Dana Alison Levy
- White Bird: A Wonder Story by R.J. Palacio
- Witch Hat Atelier I by Kamome Shirahama

If you would like to join these clubs the access codes for the group are below:

Student Led Book Club: FJ4Z-GFFG-B8VMB

If you would like to read online, I just discovered a way. If you go to the link below you will find the Baltimore County Public Library homepage. Once you enter your card number it will take you to the digital library. This digital library is nice because it has a lot of cool special effects to help you read better. You can also see books that haven’t been released yet. This can save you a lot of time going to the library and waiting for books that are on hold. https://www.bcpl.info/books-and-more/downloadables.html

For all you book lovers that are not currently in Battle of the Books or Student Led Book Club, I hope that you liked the book suggestions and please consider joining the clubs if you liked reading the books. I hope this article helped!
Are They Biting Off More Than They Can Chew? : The World of Competitive Eating

-------------- SOPHIA FENG

In recent years, competitive eating has shown humans’ capabilities when it comes to eating. On July 4th, 2020, Joey Chestnut, a renowned eater and the bee’s knees of competitive eating, broke another world record for the hottest dogs eaten in 10 minutes at the Nathan’s Famous International Hot Dog Eating Championship. He finished after eating 75 hot dogs. This world record marks his 13th win in that competition.

In that same competition, Miki Sudo, broke the women’s world record for most hot dogs eaten in 10 minutes. She won 1st place in the women’s division by eating 48.5 hot dogs during that time frame.

On October 25th, 2020, Major League Eating, the governing body for competitive eating, announced that they would be hosting a Thanksgiving eating contest. The competition features a complete Thanksgiving meal including a roasted turkey. This competition was held in Las Vegas, NV. Major League Eating also plans to host another competition on February 6th, 2021, in the same location. They will sanction and judge both championships.

While competitive eating may seem interesting, this wacky sport is not all fun and games. Medical experts have found some of the negative impacts that this kind of eating causes. Over time, competitive eaters eat a lot so often that they stop feeling full. This reflex of feeling full prevents you from eating to the point where it causes physical damage. Competitive eating may also damage the liver. Despite these dangers, competitive eating will still be entertaining to watch for many people.

Who Are You Today?: The Personas of Virtual Learning

-------------- VIENNA CHEUNG

The Gamer - Playing video games nonstop, 24/7.

The Extrovert - Going crazy over self-isolation.

The Adventurer - Making the most of quarantine by learning new skills.

The Teacher - Sick and tired of technical problems and a handful of misbehaving students.
If you want to start watching anime, the club has said it would be best to start with *My Hero Academia*, *Attack on Titan*, or *Naruto*. *My Hero Academia* is about a world where most of the population has super heroic powers. Only 20% of the world does not have powers and the main character, Izuku, aspires to be a hero. He attends a school for aspiring heroes. *Naruto* is about a young ninja who hopes to be the leader of his village.

Join the Anime Club and email Mr. Reed if this article sparked interest for you to join!

---

**Anime Club Evolves to Meet Student’s Interests in Virtual Learning**

_________ BELLA POLLARA

Ever since March 13th of 2020, we have had online school through Google Meets due to the dangers of COVID-19. Despite the virtual atmosphere, this year, our club leaders have continued their groups as a way for students to socialize and have fun during these hard and confusing times. I have chosen to go into our school’s Anime Club to ask how they are running things this year. In the past, the club would meet in the computer room in the library with a projector featuring anime movies and TV shows. However, Anime Club is not limited to just watching anime, but also reading manga, dressing up as your favorite anime characters, and doing arts and crafts!

Of course, it is very hard to do these things during online school, but our amazing librarian, Mr. Reed, who is also the club leader has managed to do so. I went into one of their first meets and asked them a few questions about how Anime Club will work this year online.

“Anime Club has evolved a few times and we are at a very good point. All our members come into one large Google Meet every other Friday during lunch time at 11:00. The meet consists of brief announcements and questions. Students then break out into groups of rooms based on their interests. Some rooms are showings of anime, some are full of manga readers, and another is for cosplay.” - Mr. Reed.

I had also asked a few questions as well as took a poll on the most favorited anime throughout the club. Marina Kelly told me that she joined the club after her friend told her she would like it. It turns out her friend was correct! Kamal Simon told me that his mom had introduced him to an anime that they enjoyed very much sparking his interest in the club.

After taking a poll, the most popular anime was *Attack on Titan*. *Attack on Titan* is an anime TV show about a world overturned by giant titans. Fun Fact - it was a manga before it was a show!

Most people love the genre of supernatural or fantasy for its make-believe world and incredible creatures. They love it for the same reason you might like Harry Potter. It sucks you in and you feel like you are in a different world. In general, anime is most adored for the animation. Each anime has its own style of animation that is unique and beautiful to gaze upon.

Additionally, I asked the club if they had preferred meeting online or in person. The overall answer I received was that they enjoyed both. I have drawn from the situation that there are pros and cons to both options. At home, you have comfort and more freedom. In school, you see your friends and have less work.
E-Girls vs Soft Girls: Opposite Aesthetics

MIA CORONADO

Today’s society is filled with many different aesthetics. In our school, many students may be confused as to which aesthetic they want to define themselves as. But for now, I will focus on the “E-girls” and “Soft Girls” which were popularized on a well-known app, TikTok.

The “E-Girl” style consists of the following characteristics:
- neon-dyed hair or split-dyed hair
- bangs
- fishnet tights
- knee high socks
- pleated skirts
- layered long-sleeve tops with short-sleeved t-shirts
- studded belts
- chokers
- chains
- dark makeup

The Soft Girl style consists of the following characteristics:
- colorful and pastel clothing and makeup
- bucket hats
- plaid and pleated skirts
- hair clips and pins

Sketch Pads

ALYSSA GERMAN

There are many ways to draw. There’s charcoal, pencils, markers, digital art, etc., but there are also varied kinds of sketchbooks. I have a subscription to something called Sketchbox. Every month, a box filled with art materials comes in the mail. This was when I initially discovered the value of a tiny sketch pad, and the magic of stencils. The small sketchbooks are perfect for words, numbers, or compact designs. The book is slightly bigger than your hand. Big enough to be able to write on, but also small enough that there is no extra space. It has immensely helped me with my drawing skills, but I do still use regular sized sketchbooks. I think these materials should be cheaper, so they are available to everyone. You can also buy these at the store or make them yourself. To make them, you just attach a bunch of paper together, that is it! The paper does not even have to be high quality!

Let’s move on to stencils. You’ve likely all heard of them, but you do not know just how useful they are to artists. Without stencils, my handwriting is not too bad, but it looks bizarre on an art piece. With stencils, however, I can easily gain perfect calligraphy. Unfortunately, I still must worry about the spacing and if they are lined up correctly. They usually turn out well! I’m not that good at symmetry, but stencils really help with that as well.

I think everyone should try drawing at least once. It really helps me relax - until I make a mistake, that is! Usually, pieces on the small sketchpad take me an hour, while the pieces in the big sketchpad take three hours. It may be hard work, but it’s really fun too!
Holiday word search  PAIGE CAVALLARO

H I N S Z L K W A N Z A A L
H S A M T S I R H C O G E N
E T K S H W N E T A O D T B
S N A N M W O N S I D G L
A H M E N O R A H E S E O E
N T S K U O F A R C T C I S
T I S S K L G D A I H O C S
A B S E K U N I T Y G R O I
L E E R A F T R E E I A O N
O G S L H K L K H N L T K G
R G O G L E L E O K A I I S
A N I D N S I A C W D O E O
C O O K T M A L C S N N N S N
O G A N G E L G I F T S I O

Play this puzzle online at: https://thewordsearch.com/puzzle/1822344/

Above and Right: Photos taken by Paige Cavallaro.