Students Strike a Pose at Home
Online Fashion at PHMS

MARA AVAMPATO

This worldwide pandemic has taken over everyone’s lives. We feel it even more now that schools are closed for in-person learning. Getting dressed and going to school was a huge part of every kid’s life, but what are they doing now? I interviewed a couple of PHMS students to see how they dress for online school and how it’s different from how they normally dress.

My first interviewee was Rina Patel, a 6th grader here at PHMS. I first asked her “Are you dressing comfy or fancy while in your classes?” She responded, “Oh, comfy definitely.” I then asked why. Rina stated, “Because my camera is off most of the time, so if no one sees me what’s the point?”

The next person I interviewed is a 6th grader, Kara Yackulak. I first asked her “Do you dress up, or dress down when in online classes?” Kara responded, “Neither. I don’t normally dress up, but I’m not underdressing and wearing fuzzy pants.” I then asked her, “What does your daily outfit look like for an online class?” She stated, “Tunic tops sometimes, but normally graphic tees with leggings or shorts.

Maybe even jeans.” My last question to Kara was, “How do you feel about being able to dress comfy or in pajamas for online school.” Kara answered, “I, personally, don’t like to do that because when I dress down, I’m not as focused and motivated. But when I go through my morning routine, like getting dressed, getting a shower, and doing my hair, I feel more focused and motivated to do schoolwork.”

When asked about their clothing choice, two 6th graders, Tommy Sows and Xander Doxanas, both said they wear T-shirts, sweatshirts and shorts in and out of school. My next interviewee was Georgia Young. My first question for her was, “What do you wear to online school everyday?” Georgia responded, “A hoodie and sweatpants.” Then I asked her, “Is this different from what you would wear in person school?” She stated, “I basically dress the same as I did when we were in person school.” My final question to her was, “How do you feel about having the option to dress comfortably in school?” Georgia answered, “Having the option to dress comfy is way better because I don’t have to worry about getting ready in the morning on a time limit and looking presentable at school.”

What I learned from this interview is that the majority of students continue to dress in a comfortable fashion while at home, while a select few chose to continue to get ready for school to stay motivated. I hope this helped you get an inside look as to what our students are wearing to stay happy during online school.
The Truth About Being Healthy
Change your mindset!

I know most of you may not like eating healthy or working out, but, after reading this I may just change your mind! Exercising is very important. You do not need to change yourself for anyone but yourself. If you feel comfortable in your own skin, then you do not need to change yourself because of some bully. It does not matter how you look on the outside if you feel happy, healthy, and comfortable on the inside.

Eating healthy is not always fun. I, for one, love sitting on the couch, watching Victorious, and eating chips, but being lazy is not getting me anywhere. My family and I found a nice alternative for delicious, sugary slushies. It is a smoothie, but it tastes very good. You can add all your favorite fruits, yogurt (if you want) and a little bit of your favorite juice. I love making this smoothie because it tastes good, but I am still getting the nutrients I need.

Remember to love yourself. Do not be vain and do not be narcissistic. Just make sure you are healthy and project the right attitude onto others. Having toxic friends can demotivate you and you may not even know it. Make sure the friends you have make you happy and lifts you up. If you feel distressed, working out can help you take your mind off things. Once again, do not change yourself for anyone, but yourself.

A Little Sneak Peek…
Motivational article coming soon!

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Working out can be fun when you are doing it in a way you want to. There are many YouTubers, like Whitney Simmons, Vicky Justiz, and Chloe Ting that are very motivating. They make you want to work out.

But, watching YouTubers is not the only thing that can help you work out. The mood you set in your workout space also matters. Listening to the right music can get your heart pumping and your motivation rising at the same time. There are millions of music artists, but it does not matter who you listen to while you work out. If you like the music, it will get you motivated.
Top 6 Things to do on a Snowy Day

RENAE SHARMA

It has not snowed in a while, so we need to make the most of it when it does. A couple of the ideas below can even be done when the snow has started melting.

1. Go sledding.
I know this is obvious, but sledding can be a fun thing to do in the snow! It is also one of my favorites. You do not always need a sled to sled down the snow. You can always make a sled out of a piece of cardboard. It is just as fun! If that is not an option, you can still roll in the snow if you do not mind getting snow all over yourself. I have tried this and it is amazing!

2. Take a walk or jog in the snow.
If you do not have the motivation to jog in regular weather, you should try in snow. It is beautiful. Especially when the snow is still falling. Make sure that if you are jogging to wear a comfortable jacket and snow pants. You do not want anything too tight. And when you walk, listen to dreamy songs or calm instrumental music to help you really enjoy the mood of the snow.

3. Make a snow fort or igloo.
If you have a LOT of snow, you could make a snow fort or an igloo. The best way to do it is to make little bricks of snow and make them into a big shape. Try doing this around a tree if you are a beginner. I do not recommend sitting in the snow fort or sitting on top of the snow fort. If you sit in it and it is a weak one, it will collapse on you and you will be upset. If you sit on top of the snow fort, it will immediately fall. Depending on how high it is, you could hurt your back.

4. Dance in the snow.
I know this sounds weird, but if you love snow, you will have fun! Put on some music, call some friends, and dance! I used to live in Boston, and it snowed a lot there. A LOT! In Maryland, there has not been snow for 2 years. So, when I first saw it here, I danced with my friends and it was fun.

5. Clean your car.
This is fun if you are doing it with a friend because you can take the snow off your car and make it into a snowball. You can have a snowball fight and be productive at the same time.

6. Catch snowflakes with your tongue.
I have nothing more to say about this. Please do not make a snow slushie or eat the snow off the ground! It is really disgusting especially with Coronavirus.

That is all I have for you. I hope you like the ideas and have fun doing them!
The Rockefeller Center Christmas Tree has stood as a holiday beacon for New Yorkers. For more than eight decades, the Rockefeller Christmas Tree has been held annually since 1933. The official Rockefeller Center website states, "It's more than a tree. It's a symbol of the spirit of the city and the people who create its traditions." Rockefeller Center has lots of amazing attractions for shopping, dining, and events. The Coronavirus pandemic did not stop this tradition from happening in 2020. The holiday spirit still thrived and brought hope that, one day, normalcy will return. Families will be together again. The holiday spirit lives on!

The Rockefeller Christmas Tree has been held annually since 1933. The official Rockefeller Center website states "For more than eight decades, the Rockefeller Center Christmas has stood as a holiday beacon for New Yorkers and visitors alike."

This past year, a stowaway owl was discovered in the Rockefeller Christmas Tree. It was 170 miles from home! The owl was rescued and recovered in a wildlife rehabilitation facility. It was suspected that the owl was already in the tree when it was cut down. The owl was trapped when the Norway spruce was wrapped up to be delivered to NYC.

On Today, Helen Kalish explained, "They're very resilient. The fact that he wasn't crunched was a miracle. The fact that he made the trip alive... waking up in New York City with hundreds of people around? They're very quiet and shy little creatures and are extremely nocturnal and very rarely seen. So, it's totally understandable that he wasn't seen when they were transporting the tree." Despite the young look of the owl, it was actually an adult. The owl is either a Northern Saw-whet or an Eastern Screech owl. An NBC affiliate explained, "The wife of the person that found the owl was calling around to try and get help for this little guy. He saw these little eyes looking at him and reached in and grabbed it. The owl didn't fly away, so he wasn't sure if it was injured." The owl recovered in the wildlife rehabilitation facility near Rockefeller Center.

Perry Hall Middle School’s own teacher, Señorita Howard, has visited the tree in the past. When asking her to reflect on her experience, she stated, "I first remember seeing the Rockefeller Christmas tree when I traveled to New York City with my brother. This was about 6 or 7 years ago. We took a last minute Megabus up to the city and arrived at around 4:30 am. We were so tired, but we grabbed a coffee and walked around the city looking at the decorated store windows. We walked to Rockefeller Center and saw the beautiful tree standing tall over the ice-skating rink. This was one of the coolest experiences because we could actually get close to the tree. Most people were not awake and out in the city yet. It was so neat to see the tree in-person. In the past, I had only seen it on TV. You do not realize how large it really is until you stand under it. Now, every time that I visit NYC during the holidays, I make sure to stop by to get a photo. I love seeing the people skating on the rink below. It puts me in the holiday spirit!" Take it from Señorita Howard. Stop by for a visit when you are visiting New York!

The Rockefeller Christmas Tree is rather a jolly and merry place to visit! Despite the difficult year we have all faced, the tree still brings holiday spirit!
Have you ever heard of the Environmental Club? If not, the Environmental Club is a place where like-minded students who share a love for the environment can get together. They do many different activities around our school that help the environment. This year, because of the Coronavirus, they will be helping the environment from home! The Environmental Club meets every Wednesday from 11AM-12PM using Google Meet to discuss ways in which they can help the environment.

I decided to interview Mrs. Kulinski, the head of the Environmental Club, to get her thoughts and opinions on how we can help the environment and about the club in general!

Interviewer: When did the environmental club start?
Mrs. Kulinski: “I think around 2015.”

Mrs. K: “I started the environmental club because sustainability and the love for the environment has always been a part of my life. I just wanted to, and a lot of the students also had that same thought process. They felt the same way. And so, I saw a need for those kinds of like-minded people to get together and hopefully start making a difference in our community and our school for the better.”

Interviewer: What does the environmental club do?
Mrs. K: “So, the first thing that we provide is an outlet for students that appreciate and enjoy the environment and want to do something for the environment. We have a platform that they can get together and make connections with these other people. And at the same time, we are doing things in the school to help support sustainability and to present environmental awareness though the rest of your peers in the school building. We hopefully try to encourage them to make a difference in their lives to help promote longevity for our Earth.”

Interviewer: Why is it important to help the environment?
Mrs. K: “Because I always had the philosophy that the Earth does not belong to man, but man belongs to the Earth. I feel that it is selfish of humans to take beyond their needs and I kind of anthropomorphize the Earth a little bit, I guess. I just feel like I want to take care of her, and I want to be a caretaker of everything that she does for us.”

Interviewer: How is the environmental club run before the coronavirus?
Mrs. K: “Well, we would meet at the school once a week. We would do a lot of things within the school building and we would do trash clean ups. We would clean up the school yard. We would plant native plants in the no mow zone. We would make bird feeders and bird houses and put them out in the courtyard. We would volunteer with Gunpowder Valley Conservancy to plant trees as a club. Things like that. We’re going to try to keep that stuff going, but in your home.”

Interviewer: How is the environmental club running during the coronavirus? Is it still the same as before?
Mrs. K: “The focus is now deviated from what we can do on the school grounds and in the school buildings to what you guys can do in your homes. And I’m really excited about that because really that is where it all starts. If we can do small things in our homes, then that is, as a family and as students, going to be more beneficial for you guys then it is focusing on the school. It is going from a school focus to a home focus.”

All About Environmental Club
Do your part! There is no planet B!

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VARSHA KUMAR
I: Are there any difficulties you had lately on running a club online during the coronavirus?  
Mrs. K: “It is difficult because so much is hands on. Like we would be planting, and we would be together. I would have materials I would give out to you and you would be using those. It’s just not as easily possible to do now. So yeah, it is a lot more difficult.”  

I: How can other people save the environment, what do you recommend? Like what small changes they can do, not everyone can install solar panels since they are expensive. What can they do to help the environment in this pandemic?  
Mrs. K: “Yeah, not everybody can do all that because a lot of the stuff that are good for the environment is really expensive to install like solar panels and things like that. But if we can just be a little bit more conscious of what we use and what we take from the Earth; that can make a huge difference. If every person on Earth turned off their lights for fifteen minutes a day when they would normally have them on, imagine how much less coal will be burned. If everybody just does a little bit; So just do a little bit, do your part! That is all it is. Just use a little bit less water when you do not need to run the water. Just be conscious about your usage.”  

I: Is there anything else you would like to say before this interview is over?  
Mrs. K: “Any last words…. just that to remember that the environment is really for the use. What we do today is going to impact what you guys are going to be living in. So, think about the future and how you want your world to be when you are independent and on your own. Start making those changes now, so that you can enjoy what is out there. That would be my last parting statements.”

In addition, I also interviewed fellow members of the Environmental Club about their opinions about the club online. Isabel de Cabo, a new member from this school year, and Jackson DiPietro, a returning member, are two members of the Environmental Club who decided to offer their opinions about the club.

Interviewer: What do you think about the Environmental Club?  
Isabel: “I think it’s fun! If we get enough people to join, we can have more people to help the environment and encourage other schools. I also just care about the environment.”

Interviewer: Do you like it online?  
Isabel: “I mean yeah, I guess. I have more freedom. Like I can grab a shirt whenever I want. I could get a new one if I messed up, so it is easier to retry things. If we are in school, it would be harder because in my home I know where I keep things.”

Interviewer: Did you prefer the old way or new way?  
Jackson: “They both have their differences. I guess I like the new way because it’s safer. I like both ways, but the new way is safer.”

Interviewer: What do you think about the Environmental Club?  
Jackson: “I think it’s great! I am passionate about the environment. I really enjoy the environment and I am willing to join with others who have the same interests as me. I agree with Isabel because it’s a good idea to encourage it to other schools.”

Interviewer: Do you like it online?  
Jackson: “Yes, I like it online. Personally, I like the virtual environment. There are some certain things that you can only get in an actual classroom, but in the online environment, you have more freedom. It still has the same opportunities as the actual Environmental Club and classrooms.”

Perhaps you should try joining the Environmental Club one day! It is a fun club to join and you might be helping the world along the way! Despite the Coronavirus, the Environmental Club still persists to gather likeminded students in discussing ways to help the environment. Hopefully one day, the Coronavirus Pandemic will be over, and the Environmental Club will continue doing their job to help both their school and home.
Nepali Cuisine — Stock Up on These Savory Snacks!

-------- PERISA SHRESTHA

The closest Nepali/Indian store from Perry Hall Middle School: 8645 Belair Rd, Baltimore, MD 21236 (Swadesh)
This Nepali/Indian store is much bigger but farther away: 6835 Loch Raven Blvd, Baltimore, MD 21286 (Mount Everest Food)

The name is self-explanatory, but Nepali or Nepalese is the name for people from Nepal. I actually didn’t know the difference between Nepalis and Nepalese for the longest time, but apparently “Nepalese” is the English way of spelling it and “Nepalis” is the way people from Nepal say it. Interesting, isn’t it? As a Nepali girl myself, I love to visit the Nepali/Indian stores where there’s access to countless amounts of my childhood favorite snacks. It’s basically my dream land! I can almost taste all the WAY too spicy and WAY too sweet snacks the minute I lean my head through the front door. To this day, I beg, almost plead, my parents to take me to the Nepali store. When I arrive there, I make sure to pick out the best of the best snacks and clear ALL the shelves. So, if you do decide to take my advice and visit the places listed above, don’t be surprised if the shelves are empty. Just kidding! I will leave some sweets for you to buy! I learned that only a small percentage of people from our school have enjoyed these snacks, simply because most do not know about these places. The solution to this problem is an easy fix! I have listed a few of my all-time favorite snacks and treats that I find essential to try once in everyone’s lifetime. I guarantee you are going to enjoy these snacks. If you ever find yourself driving near these areas, you must, and I say MUST go there! Come on! Change things up, let’s try new foods and go on a wild ride of new flavors!

The Nepali/Indian store has a variety of noodles, but my favorite must be their Wai Wai Instant Noodles. In my opinion, wai wai noodles taste horrendous when they are cooked. They are sweet and flavorful. Unless your mom is a master chef, it will almost be impossible to make them taste good. But it’s on this list for a reason. They taste like heaven when eaten dry. I am sure you have eaten Roman noodles dry before, but dry roman noodles are nothing compared to dry wai wai noodles. Make sure to crack the noodles as much as you can without opening the bag that they’re in. When you feel like the pieces are small enough, open the bag and add all the seasonings. Seal the top of the bag and shake. The flavor is sweet but also spicy. It is the perfect snack or meal if you’re in a hurry. These noodles are made from flour and butter and baked until golden and crunchy. This snack is normally eaten with morning tea or coffee in Nepal and Desi households. You can combine this delicious and light snack with any other drinks such as milk or orange juice. I recommend you just stick to the classic tea or coffee. My dad and I love to munch on these and in the mornings, it’s even better. Personally, I do not think it has much flavor, but the texture is just amazing, I literally can’t resist it.

I also recommend trying out chana daalmot. It is so good! It is extremely flavorful and has a spicy and sweet flavor that I love. “Chana” means click peas in Nepali. This snack is not only pleasant, but it is made from beans! I find it hard to describe the taste of chana daalmots as the taste largely varies depending on which brand and type you buy. Buying chana daalmot that contains the perfect amount of sweet and spicy can get challenging. Some chana daalmots are way too spicy or way too sweet to the mouth. To avoid this problem, ask one of the store owners which daalmot they recommend. You will find them at the registers. Don’t worry! It’s not weird. My parents do it all the time. The people who work there are sweet and are willing to help you find the best snacks that please your taste buds.

Next up must be Prawn. Prawn cracker is a form of deep-fried snack made from starch and prawn. This snack originated in Indonesia and Malaysia, and quickly became popular throughout rest of Asia. Prawn chips are not only crunchy and flavorful, but they go perfectly with rice. Prawn chips come raw and you need to fry them before consuming. When fried, they crawl up into a little bowl shape which I see as the perfect place to stuff my rice into.

Let’s not forget about the iconic Indian/Nepali snack Gulab jamun. Gulab jamun is a milk-solid-based sweet from the Indian subcontinent and a type of mithai, popular in India, Nepal, Pakistan, the Maldives, Bangladesh, and Myanmar. Gulab jamun is extremely sweet and soft. Think of it as if you were biting into a fluffy marshmallow. If you plan on eating them, I recommend eating 2-3 at a time as the sweetness may be too much to handle if you eat a large portion all at once.

Don’t be fooled! I have so many more Nepal/Indian snacks that I want to share with you, but for now go look for these snacks at the closest Nepali store. Maybe I will recommend more to you in a different article. I hope you enjoy these snacks as much as I do!
What’s Your Sign?
Zoom into the Zodiac

-------------- BIELLA POLLARA

Most people know about zodiac signs, though some people know more about it than others. Some people believe and some do not. I will explain where the zodiac signs came from, what they mean, what yours is, and more!

The zodiac signs are based on what constellation the sun was in on the day you were born! There are 12 zodiac signs, and 12 months following the rotation of the earth. There are rising, moon, sun, and other terms based on your sign, but the most focused on is your sun sign. Here are the 12 zodiac signs, the dates, and personality traits associated with those signs:

- **Aries** (March 21 – April 20) -passionate, motivated, confident leaders, frustrated easily
- **Leo** (July 23- August 22) -confident, loyal, ambitious, and like attention
- **Cancer** (June 21- July 22) -very loyal, protective, caring, sensitive
- **Pisces** (February 20 – March 20) -very creative, a visionary, gentle/kind
- **Scorpio** (October 23- November 22) -tough minded, brave, honest, stubborn, loyal
- **Taurus** (April 21 – May 20) -practical, determined, ambitious, artistic, stubborn
- **Taurus** (April 21 – May 20) -practical, determined, ambitious, artistic, stubborn
- **Sagittarius** (November 23 – December 21) - optimistic, funny, honest, friend to all
- **Gemini** (May 21- June 20) -outgoing, intelligent, impulsive, indecisive, nosy
- **Virgo** (August 23 – September 22) -hard working, creative, patient, over thinkers
- **Libra** (September 23- October 22) -charmer, indecisive, very sweet, positive thinkers
- **Capricorn** (December 22- January 19) -organized, practical, goal oriented
- **Aquarius** (January 20 – February 19) -independent, intelligent, idealist, unique

Based on that chart, you now know your zodiac sign! Your zodiac is not only based on your birthday, but on your personality! This is the part where some people start or stop believing in zodiac signs. Sometimes, your zodiac sign can really match your personality, whereas sometimes it doesn’t go with your personality creating the non-believers.

Many people confuse Astrology and Astronomy as they sound very similar but let me explain the difference. Astronomy is the science that studies the planets, galaxies, stars, moons, and celestial bodies. Astrology is the belief of the zodiac signs and position of the stars or planets and how they affect us. They sound very similar, but if you want to learn more google it and many trustworthy sights will come up.

The zodiac signs have been traced back to ancient Babylonia during the first millennium. Though, this isn’t 100% true as scientists come up with new information every day! Some scientists have even found cavenmen art that may have connected to astrology. In ancient China, noblemen looked at eclipses and sunspots to represent good and bad times. We have some evidence on where zodiacs came from, but we will never truly know their origins.
Is Blackpink catching up to the spice girls? What do you think?

It's January of 1998 and teens from Tokyo to California are in their cars heading to the local theaters to catch the premiere of “Spice World.” They probably have one of the must-have spice girls’ merchandise, and the hit song “Wannabe” playing on the radio.

Fast forward about 20 years from Spice Mania and we have a whiff of girl power again! This time it’s four girls from South Korea. Blackpink’s Jennie, Jisoo, Rose, and Lisa are topping the charts with their hit songs.

For 20 years now, the Spice Girls have been one of the best girl bands. Will they keep that position? The answer is unknown, but it seems that the K-pop girl group, Blackpink, is catching up to their fame. Blackpink is the Korean version of the Spice Girls. They also have many hit songs that everyone is listening to right now!

At the time of their Korean launch in 2016, Blackpink was YG Entertainment’s first girl group since 2NE1. Even internationally, the music industry was dominated by male rappers and DJs. Similarly, the Spice Girls launched exactly 20 years prior, during a time when male singers and boy bands ruled the charts. Who doesn’t love a burst of girl power in a male-dominated industry?

But one thing is for sure – Blackpink’s music is being listened to. A LOT. A quick browse across Spotify’s international charts and at pretty much any given point in time, it will show various Blackpink songs dominating the top 10 in every territory imaginable. From the US to Thailand, this group is wildly popular. In fact, Blackpink’s new album recently charted at number 2 on both America’s Billboard 200 and the UK’s Official Albums Chart during the week of its release. A Korean girl band? That’s unheard of, on every level! Blackpink’s “Kill this Love” music video recently reached 11 billion views on YouTube making it one of the most viewed music videos of all time. Their Documentary, Light Up the Sky, at the time of its release, was number one on Netflix. They were also the first K-pop group to play Coachella! Their new song with Selena Gomez called “Ice-cream” is also a very popular hit.

Of course, there’s always music but no matter how much money you invest into your band, you can’t fake good music. Even after all these years, the Spice Girls’ song, “Mama”, still pops up on the radio on Mother’s Day. And you cannot help but join in on a karaoke singalong of “Wannabe” from time to time. The Spice Girls and Blackpink also have one more thing in common. They all have amazing voices that also sound similar.

Fame and music aside, the key to the Spice Girl’s success and iconic status is that they were more than just a pop band. They were a movement that represented a generation. They preached girl power, individuality, and friendship which resonated with millions of people around the world. Their music and positivity made people feel good and still does today!

Will Blackpink’s music and cultural impact be celebrated for as long as the Spice Girl’s Girl Power? It might just be a case of same power different girls.
Can You Find Your Way to PHMS?

Complete the maze!

Start Here

Right - Fill in the missing numbers.
The missing values are the whole numbers between 1 and 9.
Each number is only used once.
Each row is a math equation.
Each column is a math equation.
Remember that multiplication and division are performed before addition and subtraction.

Below - Unscramble the tiles to reveal a message.
Each tile is used only once.
Use spacing, punctuation and common words to find adjacent tiles.
Some words may be split into two lines.