

GHOSTLY GAZETTE



Abington Junior High School completed its annual PB & J in May collection for the local food pantry. This initiative is to help fight food insecurities many local families in the area. The donations were accepted with sincere gratitude.



Have a safe and restful summer!

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Kids vs. Cancer Club

By Nathan Schneider



[Image is from eClose Institute's website](#)

Abington's chapter of the National Junior Honor Society worked with the eClose Institute to create a cancer research club at AJHS. The goal of eClose is to "provide professional research training to students and teachers that bring core concepts in high school science education to life."

Thanks to a donation from the Abington Educational Foundation, students can join the new Kids vs. Cancer Club (KVC) to conduct medical research to fight cancer.

I discussed Kids vs. Cancer with Taylor Shore, an Abington freshman and Founding Member of KVC, to learn more about the new club. "It's a great experience for me to expand my knowledge in the scientific field, while being involved in hands on activities," she said.

Kids vs. Cancer Club (Continued)

Frankie Zhang, a ninth grader and Ambassador for KVC, says, “Kids versus Cancer for the eClose institute has offered compelling research opportunities for us this year. I am excited to be in on the team as a group ambassador and move forward with this research with a hands-on approach.”

The members of KVC received fruit flies, and each student was assigned a food (e.g. Cheez-It powder, crushed Smarties, etc.). They put their fruit flies in test tubes with their assigned foods mixed into fly food. The members of KVC document how the flies interact with the food and send the information to the eClose Institute. The results of this experiment could see if the additives in foods cause an increased risk of cancer.

Abington has never seen a club like Kids vs. Cancer. KVC has potential to change the lives of people with cancer. Students now have a chance to conduct meaningful research to create a better world.

NJHS 2020-21

By Sam Erwine



This is a photo of the experimental flies from Kids vs. Cancer. Taken by Sam Erwine

This past year has been very challenging, but that isn't stopping the National Junior Honor Society from making a difference. In the past couple of months, the NJHS began tutoring, had guest speakers for the research team, held a Midwinter snack drive, held an Earth Day Contest, started a new club about cancer research, our research teams began their final project, and the winners of the outstanding achievement award have been announced.

In March, the NJHS began peer tutoring. The 8th and 9th graders who joined are tutoring 7th graders who need help in a certain subject. This new project is allowing lots of students to improve their grades.

For our January research team meeting, each group had a guest speaker join and answer our questions. These guest speakers included the Director of Education for the Elmwood Park Zoo for the Animal Rights team, the Equity Officer for the school district for the Diversity and Inclusion team, and more. This career day allowed the students to learn about careers in these fields.

The Gratitude and Appreciation team partnered with the Fundraisers and Drives team to create a Midwinter Snack Drive. These snacks would go to the Breathing Room Foundation to help people with cancer. We received a lot of donations, and we would like to thank everyone who donated!

NJHS 2020-21 (Continued)

The team leaders of the Environment/Conservation and Animal Rights research teams teamed up this Earth Day to make a creative contest to raise awareness towards environmental issues. We opened it towards the entire Junior High, not just the NJHS, and allowed students to take their own creative path for this project. All of our submissions were great and informational, and we are proud of everyone who participated! In third place was a tie between Eliana Dillard and Miranda Vega. In second place is Tiffany Le, and our first place winner was Aniyah Williams. We also had three honorable mentions: Kateryna Chepuryskina, Joyce Tertel, and Michael Mutshobya. Congratulations to all of our winners!

The National Junior Honor Society partnered with the eClose Institute to form a new club at AJHS called Kids vs. Cancer. This club will focus on cancer research and how we can start finding a cure for cancer at a young age. We had three meetings in which we began our experiments with flies. We are feeding them different foods and researching the effects of the food.

This week our research teams began our final project of the year. We have been working all year towards this, and we are very excited to start! The goal is to spread awareness of this issue and get as many people involved. Once the final projects are over next month, the school board will vote for a winner. The winning team will receive money to give to a charity of their choice. Good luck to all of the teams!

The NJHS Outstanding Achievement Award recognizes 500 students across the country for their exceptional work in this program. Each winner receives \$500 to be placed in a college savings account. At AJHS, we have a record-breaking number of 9 winners, including Ava Kirkpatrick, Inda Bard Hennessy, Madison Matchett, Taylor Shore, Sam Erwine, Brody Ufberg, Frankie Zhang, Nathan Schneider, and Tommi Crump. Congratulations to all of the winners!

Pfizer vs. Moderna

By Matthew Cunningham

The following piece reflects the opinion of the author and is not intended to replace professional medical advice.



This photo was taken from
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While many people would get any vaccine brand, a common question asked is, "Pfizer, or Moderna?" These two brands have swept the vaccinations across the USA.

Pfizer- Pfizer is a 2-dose covid vaccination made by biotech. According to an article by Selena Simmons-Duffin, on npr.org, "The one by Pfizer-- needs to be kept extremely cold: minus 70 degrees celsius, which is colder than winter in Antarctica." Also, The Pfizer vaccine, according to the CDC, is 95% effective.

Pfizer vs Moderna (Continued)

Moderna- Moderna is another 2-dose vaccine similar to Pfizer. According to the CDC, the Moderna vaccine is 94.1%. The Moderna vaccine must be kept at -20f which is a lot less cold than the Pfizer vaccine.

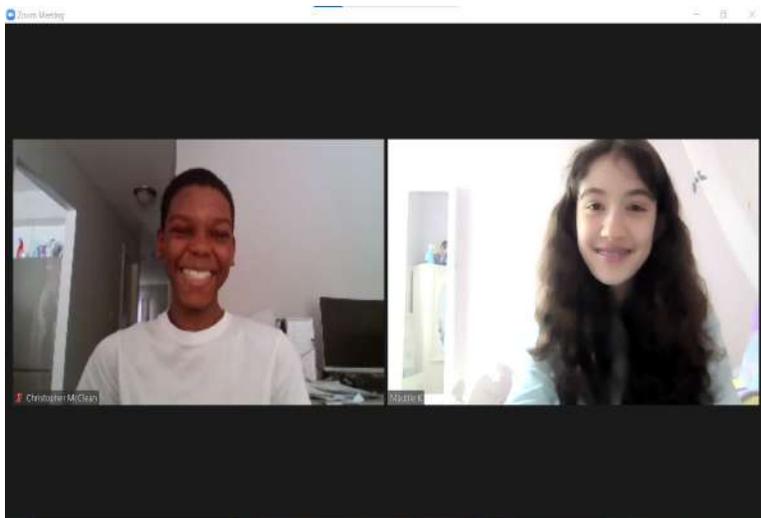
Which is better?- The Pfizer vaccine is better for people who are more sensitive to the virus as Pfizer has a better efficacy rate. It is also approved for adolescents between the ages of 12 and 15. Moderna is for people that would be happy just to get the vaccine. Moderna is a standard good option for people who just want to get the vaccine and are fine with whatever the statistics are.

In conclusion, it depends on who you are to know which one is better for you. Whatever vaccine you get, you will still most likely be safe from severe Covid disease. You will also probably get side effects from both. Most people would be glad to get either vaccine. If you just want to get the vaccine, I would say it doesn't matter which vaccine you get as long as you get one and that will be a good choice.

The above piece reflects the opinion of the author and is not intended to replace professional medical advice.

QuaranTEENZ

By Madeline Krassner



Photograph of Chris and Maddie from the QuaranTEENZ

Hey everyone!

It's Maddie from the QuaranTEENZ and I wanted to write a little bit about how the QuaranTEENZ was started and how working on this program really helped me through the pandemic. The QuaranTEENZ started in video club. Ms. Nord (shoutout to her and this really fun club) put Chris McLean and me in the same breakout room because we had similar ideas for video programs. We both wanted to help everyone feel connected while being virtual because of COVID. As always, in Zoom breakout rooms with unfamiliar classmates, it felt a little awkward at first, but Chris and I soon clicked. We shared ideas and decided to work together. After we made our first episode, we thought it would be fun to work on more programs. We named our show "the QuaranTEENZ."

We have showcased activities, hosted interviews with teachers and staff, and done features on school programs. We also have created fun events on asynchronous days which we recorded on zoom, edited, and shared. We hosted a teachers vs. students Jumanji Escape Room, a Guess Who game about the AJHS teachers, and a group SpyFall game. The main purpose of these activities was to bring students together and still have fun despite being physically apart.

QuaranTEENZ (Continued)

Last summer, I was supposed to go to camp, but COVID caused a change in plans. Instead, I participated in virtual programs all over the country (4H, girl scouts, virtual camps, online classes) and found that there are many creative ways to connect with people over Zoom or Google Meet. I would much rather be able to participate in activities in-person, but I am thankful the technology is available for virtual activities. And it is still possible to make friends, have fun, and feel connected.

My favorite thing about the QuaranTEENZ is probably how it has brought people together. I have met a number of friends I might have otherwise not met because they participated in some of the activities we hosted. The video club was also one of the first clubs I joined at AJHS, and I'm so thankful I did. At the time I was nervous about starting middle school without actually stepping foot in the building. I think a lot of people have experienced this same nervousness--whether they continue to attend school virtually or in-person. It's always good to know that you are not alone. I hope our Quaranteenz videos have helped foster positivity and a sense of community. Keep an eye out for some upcoming events.

Foundations Of Innovation

By Madeline Jamieson and
Madden Murray



<https://edisonawards.com/news/what-is-the-foundation-of-innovation/>

In the fall of the 2020 - 2021 school year a new class called Foundations of Innovation was introduced into the 9th grade curriculum. This class was designed to provide opportunities for students to explore their futures, identify their interests/strengths, and investigate college and career pathways. The class is two days a week and it is a mandatory class for 9th grade students. Some topics that we focused on include: *7 Habits of Highly Effective Teens*, Career Chatter, Naviance, and project-based learning. As the school year begins to wind down, we asked students to look back on their experience with the class and tell us whether or not it has made a positive impact on their lives.

Peter Murray, a 2020 - 2021 9th grade student says, "Honestly, I had my doubts about it from the beginning. While it sounded like a good idea, I wasn't sure if I would get a lot out of it." Right off the bat, students were skeptical about what the class would look like and if its intent, which seemed reasonable, would reflect the practicality of the actual class. Now that we are in the fourth marking period, students have the chance to look back and reflect on their experiences in the class.

Charlotte Davidson says, "I did not enjoy the fact that we dedicated multiple classes to taking quizzes about ourselves. I found that it wasn't helpful and led to no actual development in my knowledge about this course." Charlotte is referring to a program called Naviance that provides students with an array of self-assessment quizzes, and forms. The purpose of these quizzes is to help students find jobs that comply with their traits and characteristics. While Naviance can be a valuable tool, it is often time consuming and over used in the course.

Another problem that Mia Chernobrod pointed out was how students disliked that the class was mandatory. She says, "Something I would change about this class is that I would make it a non-mandatory course. In my opinion, I think I would have gotten more out of a different elective." Some students expressed that they felt it would have been more beneficial to take a class that was more tailored to their interest than Foundations of Innovation. This concern is carried over to sophomore year, because the class lasts for two years. Iris Winegrad says, "I don't like how it is a 2-year course, so it takes away an elective. I also don't see the point of learning about entrepreneurship."

Foundations of Innovation (Continued)

Currently students are working on project-based learning that involves developing their own food truck business. Every week, they learn about a new aspect of starting a food truck business. Some examples of this include marketing, finance, culinary, manufacturing, computer science, human services, and legal aspects. Ben Bruskin says, "I don't really like the food truck project. I have no interest in pursuing most of the career portions later in life, but we still have to do it. It seems pointless to me personally, but I understand the concept of it and what it's trying to accomplish. It's not that difficult to complete, but just not that exciting to do." However, Elle Pennekamp would disagree with Ben. She says, "I personally have enjoyed the project-based learning that we are currently working on. It is exciting and I like how we focus on different aspects of running a business every class."

While students definitely had qualms about the course, they also had some positive opinions about it. Taylor Shore says, "I really liked that we watched career chatters. I appreciated listening to Abington Alumni talk about their journey from high school, to being employed adults." The career chatters provided students with an in-depth and first-hand account of a myriad of jobs and career paths. They help introduce students to potential careers and let them explore options for the future.

In addition to the career chatters, the class focused on reading the book *The 7 Habits of a Highly Efficient Teens*. Iris Winegrad says, "I think the 7 Habits will help me with future plans, and I now know tips for pursuing possible occupations. I also learned that I should enjoy what I do." Mia Chernobrod also explains her take away from *The 7 Habits*. She says, "It taught me how to confront others when something is bothering me and better ways to deal with problems instead of ignoring them." Students found that *The 7 Habits of Highly Effective Teens* resonated with them and left them with a strong message for taking action and being proactive in their lives.

After talking to several students, we received conflicting opinions about the Foundations of Innovation class. Overall, the class is built on great intentions and is off to a good start by implementing lessons like *The Seven Habits* and *Career Chatters*. However, it can be improved by making it a non-mandatory class and focusing less on Naviance and more on project-based learning that is associated with the students' career interests.

Ceramics in pandemic.

By Anastasia Baranovskaya



Cardboard project
Photo by Anastasia Baranovskaya

This year, 7th graders were given school electives, such as ceramics, cooking elective, and e.t.c. Ceramics in a pandemic is not something easy for students. Without assistance of the teacher, students need to follow the directions and tutorials from the teacher's post. The first part of the year, teachers taught students what ceramics is, how clay is made and found, and the basics of building. At the beginning of the year, students were given their first project: the tile project. Students got clay packed in ziplocks for them; when they received the materials, students were allowed to begin. The point of the tile project was to make a tile of clay unique by attaching shapes or designs. How to attach was also taught to students who chose ceramics. The next project around in winter was based on sculpting. Students needed to learn how to build something out of cardboard. It could be a cactus, a food design, a duck, or anything else you could imagine. The point was to be creative and make something out of cardboard.

Ceramics in pandemic. (Continued)

Boxes of cereal, package boxes--all of that cardboard was used by students for their project. People were allowed to color their pieces of cardboard to make them look more unique or pretty. The last and most major project for Ceramics was assigned for spring. Students need to make a unique cup that will later be colored and used maybe even for drinking. They can make their cup anything they want. A bird, an elephant, a forest, a cave, anything they could imagine. Teachers for ceramics uploaded videos to how to build base of the cup, how to attach details, how to remove, how to connect. Ceramics in pandemic was not easy for students, but they got to enjoy fun and interesting projects which are made out of clay.

The Problems with the Fast Fashion Industry

By: Kira DeCristofaro



<https://nice-branding.com/wp-content/uploads/2019/02/Zara-Blocked.png>

Did you know that a lot of the brands you shop for today are actually fast-fashion retailers? Fast-fashion retailers are having a negative effect on our environment and on our economy. When you are someone that works in the fast-fashion industry, you always have to keep up with the fastly changing trends that go on in the fashion world. Thanks to apps like Instagram and TikTok, many teens' and adults' styles are changing with the seasons. There is always a high demand for trending products, meaning that anyone will buy from anywhere just to say that they have this piece of clothing. The negative part of this is that a trend is a trend and after it's over what happens to the products you've bought if they're no longer in style? This is leading to a lot of textile waste that isn't being recycled. Plus, people no longer have a relationship with their clothes anymore and are practically encouraged to just throw everything away and start fresh. A brand that is currently trending is Zara, but nothing is brought to light about the fashion scandals and problems that they have created, "Stores like Zara, generally credited with masterminding fast fashion, rarely restock items, even if they're bestsellers. They prefer luring shoppers in to see what's new." ("Global 'fast-fashion' industry harming economy, environment, souls" 1). Another concept to think about is this, "Many secondhand stores will reject items from fast-fashion chains like Forever 21, H&M, Zara and Topshop. The inexpensive clothing is poor quality, with low resale value, and there's just too much of it." (Wicker 1). People should start shopping at non-fast fashion retailers because fast-fashion retailers make more textile waste, mistreat their workers, have sold offensive and disrespectful clothing, and there are other appealing alternatives to fast fashion.

The Problems with the Fast Fashion Industry (Continued)

Textile waste is an increasing problem and it is only getting worse due to the idea of fast fashion. Since people are following trends and getting rid of old clothes, they aren't always being reused or recycled. People are encouraged to throw out the old and recreate with the new, but this process is very harsh on our environment. A statistic that is specifically important would be, "According to the Environmental Protection Agency (EPA), 84 percent of unwanted clothes in the United States in 2012 went into either a landfill or an incinerator." (Wicker 1). This means that only 16 percent of the unwanted clothing goes to charities or is recycled. This statistic was also true in 2012 when the waste wasn't as bad as now. Studies have shown that textile waste has only increased over the years rather than decreased, but another surprising thing to note is this, "Only 0.1 percent of all clothing collected by charities and take-back programs is recycled into new textile fiber, according to H&M's development sustainability manager, Henrik Lampa, who was at the cocktail party answering questions from the press. And despite the impressive amount of marketing dollars the company pumped into World Recycle Week to promote the idea of recycling clothes--including the funding of a music video by M.I.A.--what H&M is doing is nothing special. Its salvaged clothing goes through almost the exact same process as garments donated to, say, Goodwill, or really anywhere else." (Wicker 1). This is important to think about because we think that all these clothing brands are giving back to our community with all that they promote, but this isn't truly the case. Much more of the unused clothing should go to things like charities or be recycled because this won't only help the environment, but will also give back to the people who need the clothes we give to them. If we think companies are giving back to the community and they really aren't, it really changes our outlook on them as a whole. Also, this leaves the question of where does all the clothing that was supposed to be donated or recycled go? Presumably to the landfills and incinerators mentioned in the statistics above. After hours of researching this topic, no further information was found of evidence on how textile waste could be a positive thing. Textile waste in the fast fashion industry is tremendous and as a community, people should only want to make this less of a problem in the future by recycling their clothes and donating them to places where they know they will be used.

A lot of the bigger companies produce larger amounts of clothing and have to do it quickly. This leads to companies needing workers to work as many hours as they can, but this also is leading to worker mistreatment as the demands get higher from the buyers. A crucial part of this industry is getting the clothing shipped from overseas. The workers are mistreated and not paid a very high salary for their labor either. "The price of clothing has been decreasing for decades, while the human and environmental costs have grown dramatically. Although 97 percent of items purchased in the United States are made overseas, these workers are among the lowest paid in the world and are often exploited for cheap labor." (Elrod 15). Another important thing to mention is that the countries that the clothing is made from don't necessarily have the laws to permit the

The Problems with the Fast Fashion Industry (Continued)

workers from being mistreated, so they have no protection. Since it's not specifically something people will be charged for by law, people will continue to do unfair things to their workers and nothing will be done about it. "Many countries do not have significant labor laws, and those that do not always enforce them. As a result, overworked laborers are exposed to toxic chemicals and unsafe work conditions each day." (Elrod 16). This problem is no joke and is known by these manufacturers, but still, nothing is enforced to help them. The industry of fast fashion is thriving because of these workers trying their hardest and doing their best to produce the clothing as fast as they can. Like any other person, you would want a normal salary or just respect from the people you are working for. The author of the article "The Domino Effect: How Inadequate Intellectual Property Rights in the Fashion Industry Affect Global Sustainability" even offered an alternative to this problem as a way to help, "This unnecessary chain of events could be avoided if fashion designers were granted more substantial intellectual property rights rather than an overall lack of protection." (Elrod 1). She then went on to explain this solution further, "Instead of turning a blind eye to the consequences of consumer demand and 'fast fashion,' Congress needs to address these issues head on through legislation that mirrors some of the copyright protections afforded fashion designers overseas." (Elrod 1). To touch on the cheap labor aspect of this problem, the victims of this labor are usually children. Elrod wrote, "The program exchanged school-aged children to factories for forced labor, where they were subjected to grueling hours and extremely dangerous factory conditions. Parents of the children stated that they were forced to use identification cards that made their children appear older than they were." (Elrod 17). This is just a cruel system. Children are often paid less than the adults that are paid at the lowest wages in the world. Some families would only do this because as an adult they don't have enough money to provide for their family and need all the help they can get. This still does not make this concept right whatsoever. One of the things to fight for are the labor laws for the adults overseas, but also to help the children who are forced to work in these factories.

There have been many scandals in the fast-fashion world that are not exposed to the correct media to be brought to the public's attention. This is one of the main reasons why people don't know why they should avoid shopping at certain retailers or what clothes are better manufactured. People have been disappointed with the quality of their clothes when ordering from one of the known brands in fast fashion, but they still didn't look for something better. Sometimes more expensive means better quality and even though people don't want to overpay for clothes in some instances this is better for our environment. People will keep their clothes longer if they are in better condition rather than throwing everything away to start fresh, and even if you do this still people tend to keep items that are in better conditions. Bhattarai wrote in her article about some of the scandals that certain big companies were involved in that weren't exactly blasted all over the media for people to know about. "Fast-fashion retailer Zara found itself in the headlines last week after first lady Melania Trump wore one of the company's designs — a two-year-old olive green jacket emblazoned with the words "I really don't

The Problems with the Fast Fashion Industry (Continued)

children who had been forcibly separated from their parents.” (Bhattarai 1). This is completely horrible to do and is not only embarrassing for Melania but also was for the company, but people still buy from Zara right? The poor immigrant children that saw her shirt would have had to wonder if that was directed at them or the cause in any sort of way and that is just disgusting. She didn't refuse to wear the jacket from the company either and even though she probably had a brand deal, you can still refuse to wear the clothes especially if they can be offensive in any sort of way. Bhattarai also mentioned this in her article, “In recent years, Urban Outfitters has come under fire for selling red-stained Kent State sweatshirts, a reference to the Ohio University where four students were killed for protesting the Vietnam War in 1970.” (Fast Fashion, Furious Controversy 1). The author also wrote this about another brand Topman, “Topman has apologized for selling T-shirts with sexist messages that included "Nice new girlfriend — what breed is she?" and "I'm so sorry, but . . . You provoked me; I was drunk; I was having a bad day; I hate you; I didn't mean it; I couldn't help it." Neither company responded to requests for comment.” (Bhattarai 1). This is just crazy to read about, isn't it? It doesn't seem real that companies have even done these things or referenced certain situations in the first place. As a buyer, you would never want to support these companies after finding out what they have done even if it's in the past. These are only two big problems that were mentioned and they are not the only ones. There has probably been way worse. The author noted, “But even with those processes in place, experts say it can be difficult to tell how certain text or symbols will be construed by local shoppers.” (Bhattarai 1). As said in the article, the companies did not comment on the matters presented and this only leads you to wonder if it was their intentions to do this or not. People would only think the best in these situations that maybe it's not what they meant, but it's not like the companies fought to make this known. You also never know how things will be interpreted by buyers in these situations as mentioned in the quote above.

Finally, there is a solution to all of the fast-fashion-created problems. It is called the Capsule Wardrobe. This concept was trending on Instagram back in 2018 but is still a valid solution today. The trend was that you choose pieces of clothing to wear over the course of three months and you could only wear those clothes. You couldn't go out and shop for more based on the social media trends at the time, so people were choosing the best quality clothes that they had to last them the three months. “Some are reducing their clothes by up to 90 percent, keeping just a handful of simple, versatile items they love. Bloggers who once flaunted endless wardrobes of fast fashion are now touting the latest style trend du jour. Clothing designers promise that their latest simplified collections will remove the unnecessary stress of dressing for your day.” (Blanchette 1). This simplistic lifestyle is not only making life less stressful in deciding what to wear over the course of three months but is also extremely beneficial in helping our environment and our mental health. In the article, Blanchette wrote that psychologists say that decision fatigue is affecting Americans who are overworked and stressed. (“STYLE POINTS: The case for the capsule wardrobe” 1). The Capsule Wardrobes are really helping people's lives become less

The Problems with the Fast Fashion Industry (Continued)

should be fun and exciting! No one needs that added stress on what to wear for each day of the week on top of the already added stressors in life. When picking out the outfits for the three months women are sticking to what is called the "333 Rule." Women are choosing 33 outfits and 33 outfits only to wear over the course of the 3 months and this concept is really helping people realize what is beneficial to their wardrobe selection and what is simply not needed. "Despite the rise of fast fashion, research shows that women typically wear the same few combinations of clothes on rotation anyway. The capsule wardrobe concept encourages women to spend more money on a few items they love." (Blanchette 1). People and bloggers are even attempting to have smaller wardrobes than 33 items so that they later have the money to buy the clothing they want. "Having a smaller capsule wardrobe means I can afford to buy higher-quality pieces that will last longer, feel better, and look better," said Sheila Price, a blogger from Elk River. "It saves me time and money in the long run because I'm not constantly buying clothes." (Blanchette 1). While Capsule Wardrobes have helped so many in reducing the clothing items they have in their closets, others are unsure where to start. It's not an easy change if you like to shop for new clothes, but it will ultimately benefit you in the long run. Kitty Cotten, the fashion blogger who is helping thousands of people convert to this lifestyle stated, "I find myself getting that consumption itch of wanting to buy things," she said. "We are programmed to want to consume the newest best thing, and saying no to that is like a muscle -- you have to keep strengthening it." (Blanchette 1). As long as you think of the benefits of this concept and how this solution could completely out rule the fast fashion industry, minimizing your wardrobe won't seem too hard.

In conclusion, fast-fashion retailers make more textile waste problems, mistreat their workers, have sold offensive and disrespectful clothing, and Capsule Wardrobes are an appealing alternative to this problem. Textile waste is only increasing more and more each year due to this issue. People could reduce the amount of this waste by donating or recycling their clothes. Bigger companies focus on the shipment of their work and how fast it is produced rather than the health and treatment of their workers. If people focus on the ways workers are being treated and the rights they aren't given, we could all fight to give these people a voice and help them earn their rights by law. Lots of major companies in this industry have been through some unforgettable problems that weren't covered over the correct media. If we can talk more about the problems created by these industries, people will then realize the negative effects of not only the clothes being worse in quality, but also change their view on the company itself and not want to buy from them. Lastly, the Capsule Wardrobe on its own can help reduce the problems created by the fast-fashion industry. People all over the world are learning about this method and have only seen a positive difference and within that learned their preferences on what they like to wear and what's most comfortable. In the end, a trend is a trend and if people understand the type of clothing products they like, they should stick to those and not let something as simple as a style change due to a trend change their whole wardrobe. These solutions will only help our mentalities, our economy, and our environment. Finding your style and preferences can be hard, but if you take the time to find out what you are most comfortable in, it will ultimately benefit you rather than hurt you. The question is, are you ready to

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Now What?

Briana Hoehn



Photo cred: viewsonic.com

After dealing with a year that has been called “unprecedented” time and time again, students, teachers, and parents continue to struggle with the constant changes of the pandemic a year later. The way kids learn is extremely different in comparison to two years ago. Countless American teenagers haven’t even stepped foot in a traditional classroom since March of 2020.

Even though there isn’t a simple answer as to what the next few years will be like post-pandemic, many hope that we’re in the direction of some normality. Luckily, school districts, like Abington, have adapted to a hybrid schedule while also having the option to stay completely virtual, which will probably be the case next year too. This keeps people optimistic in hopes that we are at least halfway back to a traditional school year.

Now What? (Continued)

Although the rollout of the COVID-19 is slightly slower than expected, experts still believe that schools will become more attendable. Eili Klein, an associate professor at John Hopkins, predicts that several states will be opening up 5 days a week in the 2021-2022 school year beginning September. Researchers find it unlikely that elementary and middle school students will have access to the vaccine before the beginning of the school year, but hopefully there'll be widespread adult vaccination to ensure their safety by then.

It's going to take time to return completely back to 'normal'. No one really knows what's in store moving forward into the 2021-2022 school year besides it being less remote. Abington's team of educators and parents are working together to provide answers for students and families in hopes of a well-prepared school year.

Sources: <https://www.jhsph.edu/covid-19/>

<https://education.jhu.edu/covid-19-education-resources/>

Things to do Over the Summer

By Maddie McMahon



Here is a picture I took last summer on a drive with my dad, sister and me!!!

There are so many activities to do over the summer regularly. Now that there is Covid-19, there are limited activities to do. Here are 5 fun activities that you can do this summer that are safe!

1. You could go on hikes and drives. Hiking is a great way to keep you active and healthy. You could go to different places each time you go out. Same with taking a drive. You can get a new scenery each time. You can also go out with your family too.
2. Movie night! Movie night is so much fun to do. Basically you watch a movie once a week with your family. The movie can be something you saw or just something new! It is something to look forward each week. If you want to be creative then you can make an outdoor movie. All you need is a projector, a movie and some blankets or chairs to sit in. You have to wait until the sun goes down and then it will be dark enough to watch the movie. You point the projector at your house and then watch the movie.
3. Have a water balloon fight! In the summer it can be very hot and drinking a cold glass of water maybe won't help. Have a water balloon fight.

Things to do Over the Summer (Continued)

All you need is water balloons and a hose or sink. Just fill up some water balloons and throw them around. If you want to make it interesting, you could play games such as throwing one balloon back and forth and when a person catches it, you have to take a step back. The person who drops the water balloon loses.



A borrowed inflatable screen, a ladder, an inexpensive projector, and some individual popcorn boxes made this backyard movie night festive and easy! Guests can bring their own chairs or blankets to sit on. Photo credit: Kristen Teefy

4. You can make a picnic and go outside and have fun! All you need for this activity is a food of your choice and a blanket or towel. You just pack a a meal and sit somewhere outside such as at a local park or even in your backyard. This activity can be enjoyed on very sunny days.

5. The last activity you can to this summer's going outside while it's rainy and splashing in puddles. In the summer, there can be lots of rainy days and cooling off with some rain is very amusing. All you need for this activity is rain boots or any type of water proof boots and some rain from the sky. Be sure to do this during the day time so that it is safe. You can splash in the puddles and even dance in the rain.

Those are 5 fun ideas to do over this summer that are safe and keeps you very amused!!! I hope you have fun this summer!

Staying Active

By Victor Silveira Aires



Source: sports Wikipedia

“Join the Gym!” some people say, but do we really need to get a gym membership to stay active? The answer is no, there are so many ways to stay fit at home even if you’re a beginner or a professional. You don’t even need equipment when you’re working out at home, here are some ways of staying active at home.

1. Working Out

Working out doesn’t have to be lifting weights or running a treadmill; it can be whatever you feel like doing. When you’re at home find a space where you can work out. Your work out can be 3 squats or a whole 30 minute full body workout that’s what’s so great about it, you do whatever you decide to!

Staying Active (Continued)

One of my favorite ways to work out is by watching youtube workout videos, you can just search up workouts for whatever level you are and there will be so many videos. If you just want to do a quick workout you can just do a few squats or sit-ups, nothing extreme. Just remember workouts can be yoga, zumba, HIIT, Pilates, and so much more! Remember to drink lots of water and stretch before and after each workout.

2. Running/Jogging

Running or Jogging have to be my favorite ways to exercise, It can be really fun if you put your mind to it. You can just go to your local park and run a few laps around the track field or just run around in your neighborhood. Running and Jogging can be at your own pace, you can stop as many times as you want and just continue on. It can be really fun if you bring friends and/or family along with you or by yourself! Running is definitely such a good way to stay active! Just remember to drink lots of water to stay hydrated and stretch before and after!

3. Sports or recreational activities!

Another way to stay active is by playing sports and doing recreational activities! You can join your school sports team, but you can also play sports at home, some sports you can play at home with friends and family are, tennis, soccer, football, beisball, basketball, and much more! Some sports you can do by yourself are running, dance, shooting a basketball, kicking a soccer ball and much more. Honestly these are very fun and I highly recommend them. Recreational activities can be riding a bike, skateboarding, roller skating or rollerblading and much more! You can also just go to the park and go on some swings or play some kickball with friends and family. Walking is also a very fun and nice activity , walking your dog is also very fun! Again, remember to drink water and stretch before and after every activity.

There are so many ways to stay active, and hopefully I helped you with some!

Ask Abington



Dear Abington,

I feel like I can't focus. Summer is so close and I just want school to be done. In class, I just want to take my mask off and, at home, I just want to see my friends. HELP ME!!!!

-School Blues

Dear School Blues,

I know exactly how you feel. I hate masks as well and since summer is coming up, it really can be hard to focus. So here is my advice: participate as much as you can in class. I find participating makes me concentrate more (not to mention your teachers could give you extra points!!) So try your best to participate. See if you can do a socially distanced hangout with some of your friends. Maybe play kickball or a fun game where you stay spread out. And remember to wear masks!! I know it's super hard to wear a mask all day but you have to remember your keeping not only your friends safe but your family and school. So School Blues, keep that mask on and you are a hero! Hang in there!

Dear Abington,

I am always late. I hate it!! Everyday I'm late to class by at least a few minutes and every time I hangout with my friends I am like 20 minutes late. I just can't seem to stay on time!!

HELP!!!!

-Broken Clock

Dear Broken Clock,

This can be a hard habit to break but I believe in you can break it! So first try to keep a watch on. Set a little timer on it so it beeps quietly when you should start getting ready for next class. If you are virtual, set your Alexa for an alarm every time your next class starts or set an alarm. You can also set your calendar on your phone so it gives you a notification when you need to get going. You could also buy a planner! There is so many things you can do to help and before you know it, you will be right on time!!

Ask Abington

Dear Abington,

My friends and I go on a lot of calls and we chat like 24/7!! It's so fun because all my worries go away when I join a call. The only problem is that I lose track of time. I once had an essay due, but I called my friends and I didn't have enough time to get my essay done!!

EEK!

-Socially Unproductive

Dear Socially Unproductive,

I understand what you are dealing with!! This happens to all of us at times. We need to remember to organize our priorities so remember that planner your mom bought you? Or grab a piece of paper and write yourself a to do list. First, finish your most important priority then take a tiny break by maybe having lunch and calling your friends. But remember, you still have some more things to do. So set a timer on your call and make sure you log off when the timer goes off. Spend the rest of the time conquering your to do list. Once you finish that, reward yourself by maybe calling your friends for half an hour. Then maybe take a walk and spend some time with yourself and your family. It can be hard to remember about your family and yourself when you spend too much time talking to your friends.

Remember while you work to turn off your notifications and shut off your phone. Social media can be a big distraction so remember to just be conscious of how long you spend on it.

Wish you all the best!

Gardening 101

By: Ashleigh
Lauer, a 9th grade
student



Photo by Getty Images

Today, I am interviewing my dad about his garden. My dad is very passionate about his garden and cares about the quality of his plants. Hopefully his knowledge on everything plants will give you a kickstart on your garden!



Gardening 101 (Continued)

Q:How do you plan to set up your garden this year?

I have several raised beds where I plant a number of different vegetables.

Q:What type of plants do you plan on growing?

I plan on growing lettuce, spinach, squash, cucumbers,tomatoes,peppers, carrots, onions and broccoli .

Q:Over the years, we have had an abundance of tomatoes growing in our garden. On average, how many tomatoes do we get in the season?

On an average season, I have 100-200 tomatoes consisting of different varieties.

Q:What would you wish to grow in our garden, but sadly know it would never grow in our space?

I wish to grow cantaloupe and other melons, but with the space I have, it is not possible.

Gardening 101 (Continued)

Q:Have any natural disasters jeopardized the growth of the garden?

One year, we had a pretty bad drought and if I didn't water the plants daily, the vegetables and fruits would die.

Q:What year did you start to build our garden?

I constructed the raised beds in 2008, but my passion for gardening started when I was a child.

Q:How often do you have to water your garden?

In the summertime, I typically water the garden once daily if not more.

Q:What type of soil or plant food do you use?

I stand by Miracle Grow products.

Q:Finally, at what month or season do you start the garden?

I usually start working on the garden in March.

Gardening may seem difficult, but with these tips, you will have a fantastic gardening experience!

B-I-N-G-O! The Exciting Orange Neighborhood Event

By: Lauren Sass



JovinCreations
on Etsy

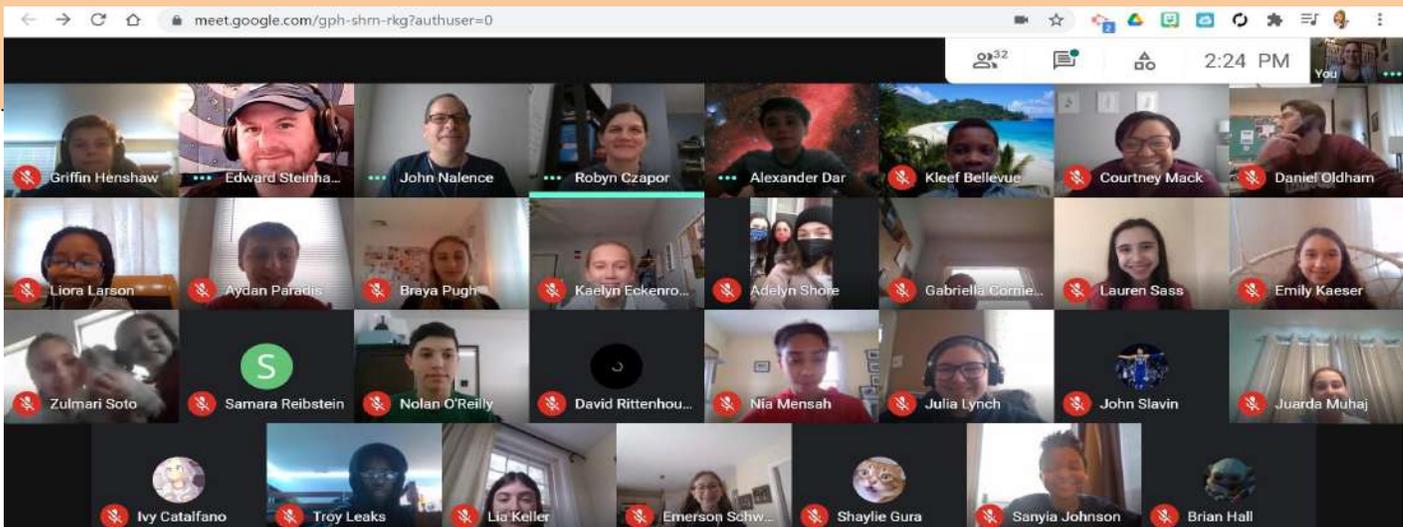


OpenClipart.com

Everyone was calling “B-I-N-G-O,” at the recent Orange Neighborhood Event. On Wednesday, March 17th, the Orange Owls along with their incredible teachers, got together for a fun afternoon of virtual bingo. Each student received a randomly generated card from Bingobaker.com. Mr. Nalence served as comedic entertainment as well as the caller. There were jokes, laughter and lots of friendly heated competition. Samara Reibstein, who attended stated: “The bingo event felt like I was more connected to the people than if I was listening to my teachers talk about science or math. Everyone was a bit competitive in way that made it more fun!”

B-I-N-G-O! The Exciting Orange Neighborhood Event

Gaby Cornielle added: “It helped many people in the Orange neighborhood meet others that they did not know. They were able to interact with many different people and maybe even make new friends.” No game would be complete without prizes! Lucky winners had a choice between a Target or Dunkin Donuts gift card. The winners included: Kleef Bellevue, Ivy Catalfano, Alex Dar, Jaiden Douglas, Brian Hall, Griffin Henshaw, Troy Leaks, Juarda Muhaj, Lauren Sass, and Jack Slavin. The Orange Neighborhood cannot wait to play bingo again soon!



**Photo Credit-
Mrs. Adam and
Mr. Steinhardt**



The Pandemic in a Dog's POV

By Claire Rios



This is the dog in question.

Photo Credits: Me, Claire Rios

You know what I don't understand? Why everyone is staying inside all of the a sudden. Before my humans were leaving me alone forever with just a bin of toys. Just a bin of toys! That's what they left me with of all things. So I take matters into my own hand since I have nothing to do.

Lately I've been finding the cardboard part of a toilet paper roll. I think they're fun for some time but when it's all ripped up into itty bitty pieces, it's no fun anymore. Though I think my owners love it! They say how annoying it is to pick up the tiny little slobbery pieces scattered across the floor. Isn't that amazing? Another thing I have this weird nose-less bear plushie. Height- wise, it's taller than me. I don't know who he thought he was, but he always used to be with my human.

The Pandemic in a Dog's POV (Continued)

At least that's when he had a nose. I made sure to take care of that so he isn't with her so much. I'm the reason he's noseless. That's what he gets for always being with her. Now he just looks weird, but I do occasionally bite his foot. He's so boring now. So are my humans. Teddy was one thing that wasn't boring during this pandemic. Or whatever my human called it. I used to rip teddy up all the time before he was noseless. My human seemed so happy! It was so cool seeing her so happy. She had upside down happy face on her face. Who wouldn't be happy? There were fluffy clouds all over the ground. My human would put the fluffy clouds inside of the bear again and somehow close him shut. I think that means she wants me to make it rain fluffy clouds again. Why else would she close it up if she didn't want me to do it again?

Now those days are behind me. It's too hideous to rip apart again. I now just lay around in my bed. Sometimes I stare at things. My humans are like "What are you staring at." Oh I'm just staring at the wall. That's a nice looking table. A beautiful looking floor. I think my human thinks I'm weird. It's not my fault you can't take a hint, Brenda! Sometimes I just look at my human and try give these sad eyes to make them do my bidding. It works usually. I end up being able to get treats and all sorts of stuff. I even get to go outside. I like to eat the grass outside. When I eat grass my human tries to pull me away. I end up finding even better grass to eat. I think she wants me to get even better grass to eat.

The Pandemic in a Dog's POV (Continued)

There's this human who comes to visit me and she has said that I'm a cow because I keep eating grass. What's her name again? Clair? Air? I think it's Claire. How dare she say I'm a cow? I'm a dog. I think she needs to go back to kindergarten to go learn her animals again. Then again, she does call me nicknames: Oreo, for example. Again, I am a dog, not a cookie. It makes no sense to me. At least she gives me good treats and plays with me. Sometimes she stares at this weird box that shows random images. I was curious on what's so fun at staring at boxes and rectangles so I decided to see it for myself. I found this long rectangle thing that shows another dog when I look at it. It even shows the stuff that's around me in it as well. I shall stare at it so I can see that beautiful dog inside of it. I think the my human and the other humans think I'm losing it. They're the ones who stare at boxes all day, so what's the difference? They're the ones who sit there in bed all day, barely doing anything. Not very productive doing nothing, is it Linda? Don't mind the beautifully stunning nicknames I came up for her.

Hopefully, one day I'll understand the weird human species.

Cheerleading in a Virtual World



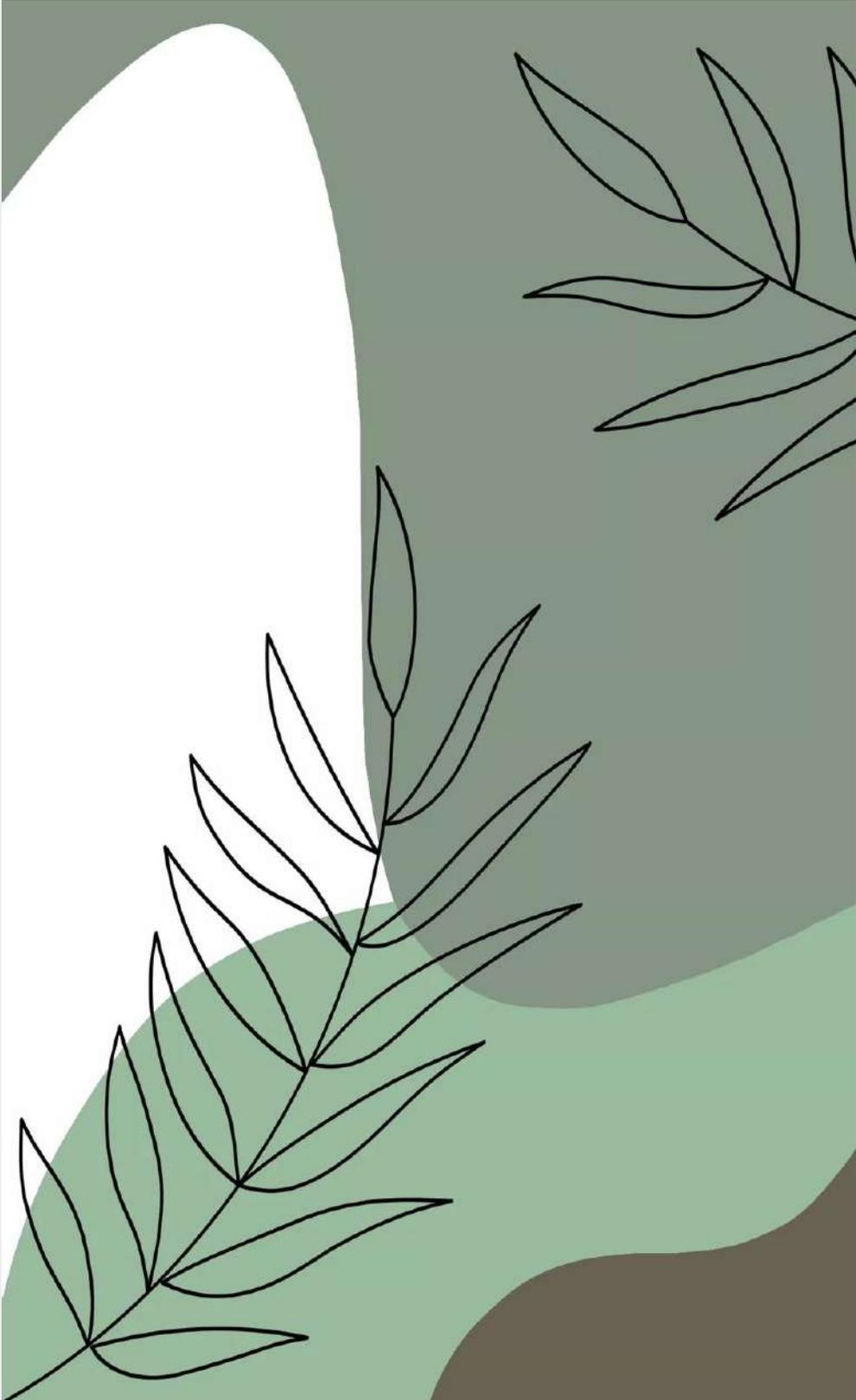
Members of Squad 2021: Photo credit: Bella Ospina

The AJH Cheerleading season began a little different this year. No tryouts in the gym in November - instead it started in January and virtually! An open call was made to students of all levels who were interested to learn this sport in a new manner to join. The team consisted of 7th and 8th graders who met three times a week to learn the basic motions of cheer, dances, cheers for five weeks. Squad members also did conditioning exercises at each practice to increase strength and flexibility. You might ask what would drive someone to join virtual cheer? Well, one seventh grade teammate remarked, "During virtual cheer, I got to interact with other students on the team, and this was especially a good thing because I can't really interact with other students in school that much because of Covid." The cheer team provided a fun distraction to the normal school week while maintaining safe Covid standards. All of the members plan to try out for the squad when the team returns to in-person cheering. Coach Gates and Coach Ogborn both enjoyed the unique season as well. "Each member brought a fun energy to practice and truly improved her skills over the five weeks," Coach Gates commented. The team ended their season with a virtual snack party and each member performed her favorite routine for the group.

Art Section

Brought to you by the AJHS Art Club

Bailey Lyons



Maddie McMahon



Maddie McMahon



Mason Wozniak



Tina Luu

