



AVID
Decades of College Dreams



PANTHER PRESS

Award Winning
Vernon Middle School

Volume 3, Issue 7, May 2021



Helen Copo-AVID Standout Student



For the last two years Helen Copo has exemplified what an AVID student should represent. She is hardworking, highly motivated, a team player, and a role model to others. Helen is an independent thinker who is passionate about voicing her opinions as she develops into a life-long learner. This year she has embraced distance learning, leading her classes by example by consistently having her camera on, asking questions, and helping others solve their technical issues. Helen has a remarkably bright future and will be successful in whatever she decides to do.

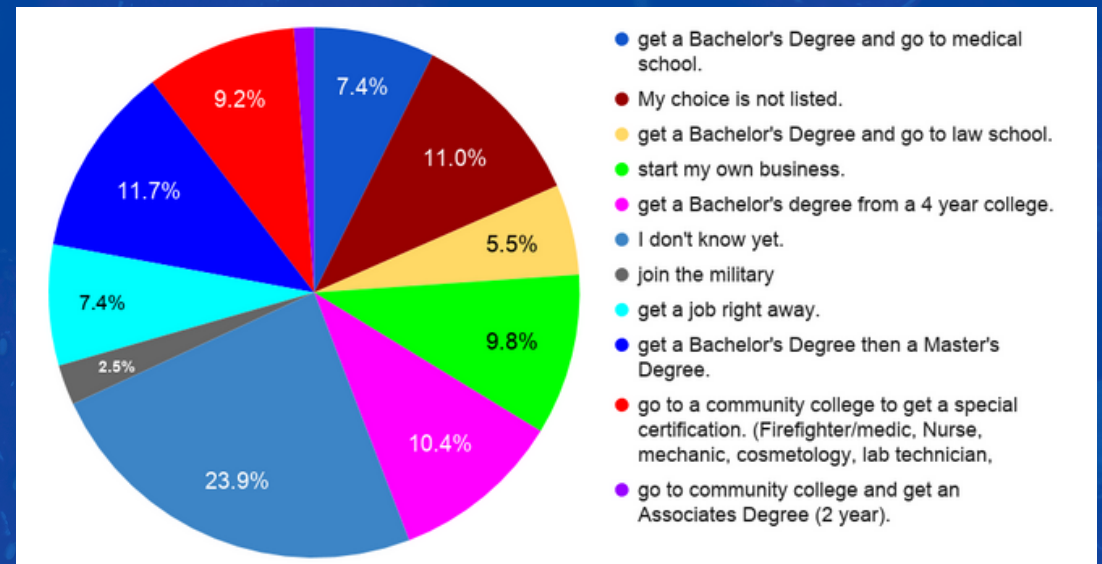
Angel Natividad -Vernon Student of the Year



Recognized as a Rotary Club 8th Grade Student of the Month in August, Angel Natividad has shown all year that such recognition could have been earned in any month of this school year.

"When I think of Angel Natividad," said Ms. Westbrook, "I think of a hardworking, deep thinker with extraordinary writing abilities." Angel did everything assigned to him exceeding expectations.

What's After High School for Vernon 8th Graders?



8th Grade Promotion



Vernon Middle School Drive Thru Event

Thursday, May 20, 2021

10:00 a.m. to 12:00 p.m.

8th Graders will receive a T-shirt, yard sign, grades, and a Promotion Certificate.



Photo Backdrop will be available for photos. Students/family will have 1 minute to take a photo and return to their vehicles.

All Tech Items & Hardback Textbooks must be returned for 8th graders in the Promotion line.

All of the following must be returned to Vernon Middle School for all Vernon Students:

- Chromebook & Charger
- Hot Spot & Charger
- Hardback Textbooks

Pausing with the Principal . 🐾 🐾 🐾 🐾

Students and Families-

You have done it! You have made it to the end of the school year. I am so proud of your perseverance, determination, and hard work this year. We are looking forward to celebrating our 8th grade students on May 20th from 10:00 a.m.-12:00 p.m. with a drive through Promotion Ceremony. This will be held at our school site.

I held an informational/Q & A meeting for students and parents on Wednesday, May 12th at 4:00 p.m. Information also was sent out to students and families on School Loop and is posted on our school website, Twitter, and IG. Please pay close attention to the directions and information and reach out with any questions that you may have.

There are many exciting summer school opportunities for our 7th graders. Please visit www.omsd.net for more information regarding summer school programs as well as registration links. You will receive information regarding your 8th grade year via mail around the last week of July. Please make sure we have your updated mailing address. You can also check out our social media pages and our school webpage at www.omsd.net/vernon for important information and updates. We look forward to seeing your smiling faces back in person with us next year. I wish all of our students and families a wonderful summer break.

With Love,
Ms. Medeiros-Tovar
Principal

🐾 🐾 🐾 🐾 Pausing with the AP. . .

Panthers!!!

You did it! You have persevered through the 2020-2021 school year! As you look ahead to the future, whether that's 8th grade or high school, remember all the obstacles you have overcome this school year. This was definitely one for the memory books! I hope you have an amazing summer. Take some time to wind down, relax, and reflect.

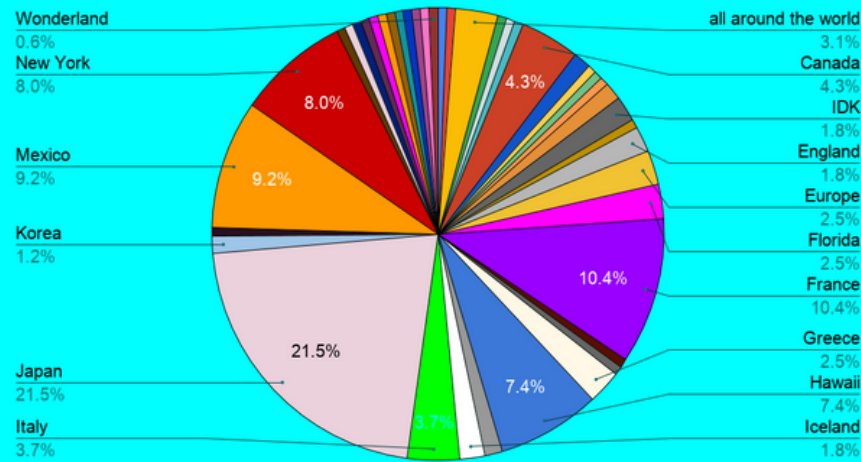
You are bold and brave, Panthers! I am so proud of all that you have accomplished this school year and I know that you are capable of doing anything that you set your mind to. This year you have shown tremendous discipline with online and hybrid learning and I am honored to have served as your Assistant Principal.

To my 8th graders, I wish you the best of luck in high school. I know you will do great things and I hope you will come back to visit and let your teachers know all the amazing feats you have accomplished in high school.

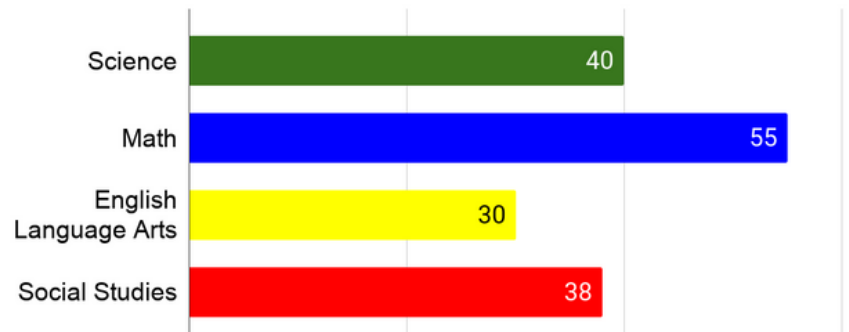
To my wonderful 7th graders, have an amazing summer. I look forward to seeing you in the fall!

Take care, Panthers!
Miss Scott
Assistant Principal

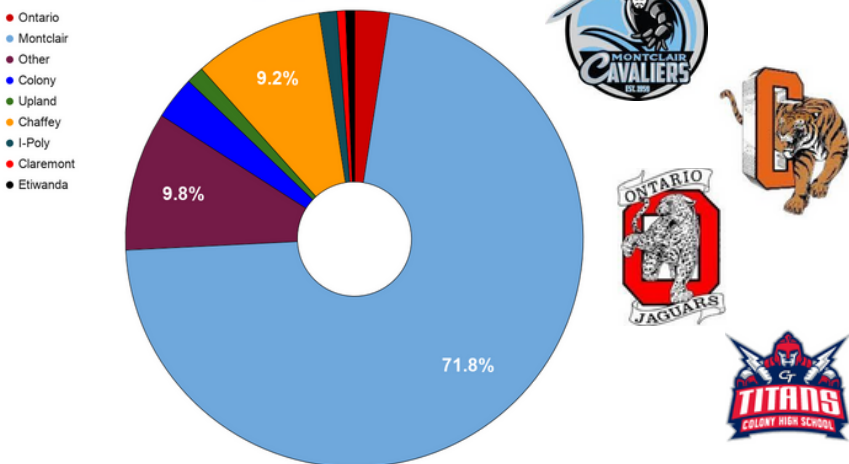
I would like to visit...



Favorite Core Class



Where are Vernon Panthers going to high school?



By the time I'm 30 years old, I would like to...

- ...have finished college and accomplished my dream which is to be a software engineer, pay down any debts, start saving for retirement, have self-acceptance, and all I want is to be very wealthy when I reach the age of 30.
- ...be an anesthesiologist.
- ...have finished with nursing school and have enough money to help myself and my family out.
- ...be a Graphic Designer....!
- ...be a vet and meet good friends.
- ...have self - confidence, and also, I want to keep contuning to work on myself.
- ...be an animator.
- ...be playing guitar successfully and professionally, be able to make clothes, and be a professional artist.
- ...have accomplished getting a master's degree.
- ...be a real estate agent or have started my own business.
- ...have a good career, travel to 5 countries, have my own home to my liking, have two kittens, and learn how to cook.
- ...have a degree or be in college getting my degree, and I want to have a plan for my own resturant.
- ...have learned photography or studied astronomy .
- ...be a Pro-Basketball Player.
- ..be working in my dream job in the Behavior Analysis FBI program.
- ...to accomplish what I need to be successful so that I can support my parents.
- ...to sell my art...and I hope to put my art in an art gallery...
- ...become a teacher.
- ...own my own house, have a job I love, and I would like to have traveled.
- ...have graduated with a law degree and become a Civil Rights asttorney.
- ...have become a Child Therapist.
- ...have accomplished all my years of college. I would either want to be in the NBA or be a doctor performing surgery.



Pros and Cons of Returning By Ronaldo Ramirez

We have been in quarantine for over a year now, and we are just now back in school. Schools were closed for over a year in our area, but some started opening earlier this semester. Students in the Ontario-Montclair School District (OMSD) were able to start back to school on April 19th. Was opening up a great idea or not? Although coming back sounds fun, there are some risks. Let's look at both sides of the issue.

The pros of coming back include students meeting their teachers, principals, and staff. Students this year have not gotten to really meet any of their teachers, especially 7th graders who have not gotten to know the staff. Another great pro of coming back is making new friends. All Vernon Middle School students have not really met any friends in person, so that will be a great thing. A pro for new students is that they get to go to the campus so that they know it better when they come next year.

With all those pros of coming back to school, there are still cons as well. One con is that kids have to wear masks the whole time. This is hard sometimes, but necessary because we want all students to be safe and to not spread illness. That leads me to the cons of students with Covid being around other students. Another con is that it will not be a regular school schedule because it is only one class a day for 90 minutes.

Although there are concerns, the Vernon custodial team is making every effort to keep staff and students as safe as possible by following strict cleaning protocols. In addition, Vernon staff are following strict guidelines in allowing students on campus only after they have been screened and their temperatures have been taken. Teachers and students also have to follow strict rules in the classroom regarding handwashing, mask wearing, and spacing in classrooms.

Even though you are only meeting your teachers a few times for class, you can get more help on your assignments from them, and you can be eased back into the idea of school. However, it is great that OMSD officials gave families the choice of whether to return to school in-person learning, because each family's situation is different at this time. The pros and cons must be weighed by each family so that the best decision can be made about whether to return to school in-person.



Back to School Experience By Aubrie Nungaray

Tuesday was my first day of in-person learning. The class I had was science, in which there were only 7 people in the classroom. To be honest, it wasn't bad, and I actually enjoyed being on campus, and the teacher was nice!

We toured around the school for 15 minutes. I really liked that part because it brought me back to the good memories from last year. I wish things were back to normal, though. Hopefully next school year! I didn't really see a lot of my friends because most of them are doing online classes, but it was cool to see some people that I knew.

Vernon 8th Grade Panthers are...
good-happy-funny-kind-athletic-beautiful-
brave-calm-caring-unique-hardworking-
respectable-charismatic-cheerful-chill-
comforting-casual-creative-energetic-friendly-
humble-strong-weird-sassy-inspiring-
intelligent-intimidating-motivated-outgoing-
positive-loyal-talkative-quiet-smart-
successful-supportive-sweet-talented-
trustworthy -unstoppable-welcoming-leaders-
magical -mature-talented-



Theme Parks Opening Up by Samantha Jaimes



As the year continues, more and more places are slowly opening, including some of California's biggest attractions, its theme parks. Some theme parks are scheduled to be opened or already are. Places such as Six Flags and SeaWorld are open, but you need a reservation to visit. Disneyland, Universal Studios, and Knott's Berry Farm are scheduled to reopen in April or May of 2021.

Of course, there have been rules set for safety. According to the California Department of Public Health, physical distancing, the use of face coverings for both workers and guests, adequate ventilation for indoor areas, frequent handwashing and disinfection are essential to ensure that workers and the public are safe.

Counties are placed in different tiers depending on the severity of Covid cases. Many of the theme parks are opening as if they're in tier 2, the red tier. The red tier allows a maximum of 15% capacity, small groups with a maximum of 10 people or 3 household groups, no indoor dining, or walk-up ticket sales allowed.

As more U.S citizens are getting vaccinated, more places are starting to re-open. California is not excluded in that process as its beloved theme parks are opening, ready to be enjoyed by the public again.



History of April Fool's Day by Adeline Bernal-Chaves

On April 1, April Fools is celebrated. A day to pull pranks, tell jokes and yell "April Fools!" No one really knows how April Fool's Day began. Some people think it started in 1582 when France switched from the Julian calendar to the Gregorian calendar. Some people didn't know that the new year was moved to January 1. Since they didn't know about the change of dates they were called "April Fools." People would get paper fish placed on their backs and would get referred to as "poisson d'avril" (April fish).

Other people think April Fools is linked to festivals like Hilaria which means "joyful" in Latin. Hilaria was celebrated at the end of March in ancient Rome where people would wear disguises and mock citizens. Hilaria was said to be inspired by the Egyptian legend of Isis, Osiris, and Seth. Others thought April Fools was tied with the first day of spring in the Northern Hemisphere. They thought Mother Nature was fooling them with unpredictable weather.

During the 18th century, April Fool's Day spread through Britain. In Scotland, April Fool's Day became a two day event. On the first day, people would be sent on phony errands. On the second day, people would stick "kick me" signs or would pin fake tails on each other. Nowadays, newspapers, radio, TV, and websites participate on April Fool's Day by spreading false information. Make sure to check that your salt isn't sugar or that there isn't plastic wrap on your toilet! Happy April Fool's Day!
Source: <https://www.history.com/topics/holidays/april-fools-day>





by Emely Padilla

Opinion-Children At Our Borders: Representative Henry Cuellar, Texas (D) released photos of a Detention Center in Donna, Texas. Cuellar said that he released the photos because the Biden Administration has removed media access to the facility. In these photos people are forced together in pods under horrible conditions. These pods are only supposed to hold 260 people, but one is reportedly holding over 400 unaccompanied minors. In these pods, children sleep on mattresses on the ground covered by emergency blankets.

While President Biden has ended the family separation policy, his administration has continued to turn away asylum seekers unless they're unaccompanied minors. This policy resulted in more children being sent to the U.S. alone. On March 24th, President Biden made Vice President Kamala Harris the new point person on immigration issues.

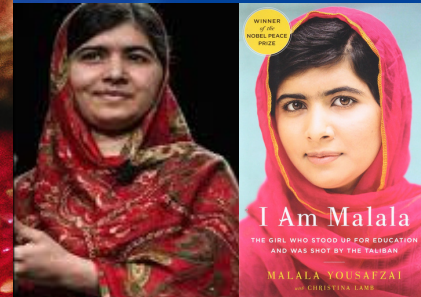
Mr. Cuellar has advice for Vice President Harris said, "We should treat these kids like our own kids, and they should be moved to the care of the Department of Health and Human Services."

Opinion-Violence Against Asian Americans-On Tuesday, March 16, 8 people, most of them women of Asian descent, were killed in 3 shootings in an Atlanta area spa at the hands of a 21-year-old gunman. While police say that the motivation is unknown, it is still very possible that this is an anti-Asian hate crime.

After the shooting, hundreds rallied against hate crimes targeting Asian Americans. Unfortunately, former government officials called Covid-19 the "Chinese Virus," which helped foster an environment in which hate crimes against Asian Americans have increased. In fact, in the past year there have been about 300 anti-Asian racist incidents, mostly against women. Asian Americans across the country are grappling with anxiety, fear, and anger brought on by the attacks.



Malala Yousafzai by Aubrie Nungaray



In December 2012, in Pakistan, a 15-year-old girl named Malala Yousafzai was shot in the head by the Taliban Terrorists. They shot her because she was campaigning to stand up for female rights, so that women would be able to get an education. She started to fight for education so that she would get to be an independent woman and achieve her goals and dreams in the future.



After she was shot in the head, she was in a coma for three days. Luckily, she survived. The terrorists had released a statement that they would target Malala again if she survived. Malala described terrorism as fear used to control people. Malala received the Nobel Peace prize when she was 17-years-old. After winning the prize money, she donated a significant amount of money to rebuild a school in Gaza. Malala lives in England and she has completed her degree from the University of Oxford.

She currently speaks to organizations around the world about the importance of education for girls and women's rights. Many people think that Malala is an inspirational young woman who has worked tirelessly to expand educational opportunities for all around the world.



Malala celebrating after her Graduation from the world renown University of Oxford in England.

How to Stay in Shape During Your Sport's Off-Season

by Julissa Ramos

During off season, it is very important to stay in shape, stay moving, and give yourself a chance to recover. There are many ways to stay active and maintain a healthy weight during this time, such as running, yoga, or simply just going for a walk.

I personally play volleyball as well as run cross country. Other activities I enjoy include hiking, weight training, and conditioning at least 3 times a week. It is important to stay active during this time to prevent injuries, remain fit, and prepare yourself for the upcoming season.

To maintain a healthy weight, I eat in a calorie deficit, by cutting out unnecessary foods and have my meals between

9am-9pm with 3 snacks in between. Staying in shape and fueling your body with nutritious food is important, but resting and conditioning is just as important.

During off season you should give your body a chance to heal. Don't overwork yourself, try to work out at least 2-3 times a week max, start low and work your way up. Also, make sure you're getting at least 8-10 hours of sleep each night.



Why Are Bees Going Extinct?

By Robert Luna



There is no particular explanation regarding why the bumble bees are getting wiped out. There may be many reasons why things don't work appropriately. There are three primary explanations behind the honey bees' reduced numbers: parasites, territory misfortune, and telephones. We as humans face issues throughout our everyday lives. So it is with honey bees, too.

Parasites are the most important reason behind the loss of so many honey bees. The two primary sorts of parasites that are hurting the bumble bees are tracheal and varroa bugs. Tracheal bugs live inside in the bumble bee and slaughter them from the inside. The varroa parasites live remotely in the bee sanctuary and influence the young honey bees that are being raised. The invasion of these parasites create unsafe illnesses for the bumble bees. One sickness damages the wings of the honey bees. The bumble bee environment decreased when parasites expanded. This is a difficulty that has not been tackled.

Another significant explanation behind the honey bees' termination is continuing damage to their natural surroundings. People have a significant part in this problem for the bees. For instance, people's need to grow their city or have larger and larger homes on smaller and smaller lots have damaged a large amount of landscape once available for bees. This could mean the chopping down of trees in the bumble bees' environment. People are turning other landscapes and natural environments into business buildings, shopping centers, and parking spaces. What's the significance here? This implies that numerous trees will continue to be chopped down to permit space for all the buildings, concrete, and asphalt. Bumble bees need huge trees and with deforestation there are relatively few trees where honey bees can make their homes.



The last significant explanation concerning why bumble bees are turning out to be wiped out is PDAs. Honey bees are pulled into electromagnetic radiation. At the point when a wireless is utilized it projects electromagnetic waves and it harms honey bees' ability to get back to their settlements. With all of the cell phone interference, the bees have trouble finding their routes home. This may not be the greatest problem, but it certainly isn't helping. Our natural environments are being harmed at an increasing rate very year. We need bees to keep plants pollinated so that we can grow food and grow plants for a fresh oxygen supply.

Suez Canal Accident Endangers World Economy

By Robert Luna

Over 80% of the world's trade goods are transported by ships on the water. As customers, we have a tendency not to think about shipping our items all over the globe. That is, until the *Ever Given* got stuck in the Suez Canal. This incident showed the weaknesses of such dependence on shipping so many goods.

High winds are being blamed for instrumentation problems that may have caused the ship to get stuck in the very narrow Suez Canal, stopping much of the world's shipping. The Suez Canal is described as a trade "artery" between the Mediterranean Sea and eastern parts of Africa and Asia, as well as ports beyond.

The cost of this blockage according to the BBC (British Broadcasting Corporation) was "\$400M...an hour, or \$6.7M a minute," while Reuters News Agency reports that it could cost as much as "\$6 billion to \$10 billion a week" according to a study by German insurer, Allianz. This blockage impacted the whole world because it delayed goods around the world and altered shipping schedules immensely.

"As researchers of maritime security, we regularly simulate incidents just like the *Ever Given* grounding to know the probable long and short-run consequences. In fact, the recent event is close to a clone of one thing we've been discussing for the last month, because it represents the nearly worst-case state of affairs for the Suez Canal and for knock-out effects on world trade."

The stuck ship caused other ships to get behind in their shipping schedules which caused other ships and land deliveries to fall behind. Oil and critical care supplies did not get to where they were needed. This slow up economies all over the world. Experts report that this event was "just a disaster...causing loss of time, wasted cargo, and a drop in supplies all over the world."

The *Ever Given* stuck in the Suez Canal halts a large chunk of shipping around the world.



Link--<https://theconversation.com/suez-canal-container-ship-accident-is-a-worst-case-scenario-for-global-trade-157802>;
<https://www.bbc.com/news/business-56559073>
<https://www.indiatoday.in/business/story/explained-how-much-did-suez-canal-blockage-cost-world-trade-1785062-2021-03-30>

Mars

The Red Planet

By Eric Talamantes

Even if human beings were able to live on Mars, it would be crazy to live there. Mars' distance from the sun is 143 million miles. Also, Mars has less gravity than Earth, so a person weighing 100 pounds on our planet weighs 38 pounds on Mars.

Also living on Mars would mean there would be a huge change in how humans live because Mars' atmosphere is 100 times thinner than Earth's atmosphere. Mars contains about 95% carbon dioxide, 3% nitrogen, 1.6% argon, but very little oxygen, which means it would be nearly impossible to breathe on Mars.

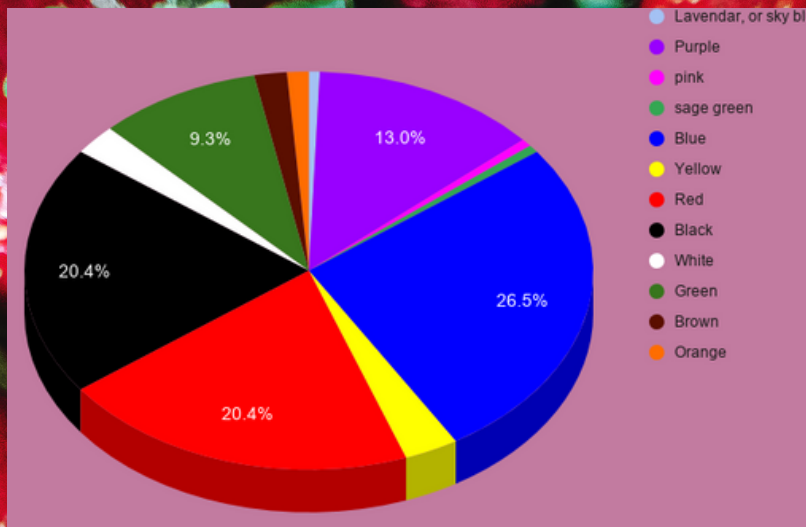
"Also, one major question is how to provide oxygen to the Mars' base crew. Moxie is a scientist group that works for NASA and is trying to demonstrate that carbon dioxide could be made into oxygen in the Mars atmosphere by using electricity to split it into a mixture of oxygen and carbon monoxide, via a process of electrolytes," explained NASA.

Mars has weird temperature patterns which make it even harder to live on Mars, because it could get as cold as -203F degrees. Additionally, Mars has the largest, tallest volcano in the solar system. The volcano, Olympus Mons, measures 374 miles in diameter. It covers about the same amount of land as the state of Arizona.

<https://www.nasa.gov/>

<https://theconversation.com/mars-colony-how-to-make-breathable-air-and-fuel-from-brine-new-research-151053>

8th Graders' Fav. Colors



2022 World Cup Move By Michael Nila-Torres

This year the 2022 World Cup will be held in Qatar. In Qatar, the temperature in the summer reaches up to 108F, and for each game the soccer players play is 90 minutes or 45 minutes each half. This is a big health hazard for the players. The FIFA team agreed instead of playing in the summer months, June and July, to move it to late November and December where the temperatures are around 80F.

Russia played host to the 2018 World Cup which was very exciting, France won an intense game coming out on top beating Croatia 4-2.



Theming Your Home By Amy Rodriguez

When it comes to homes, creating your style when decorating is important. There are so many different ways you can theme your home. Some of them include a Zen theme, taking inspiration from China, Japan and other Asian countries. This theme mainly consists of light, earthy colors such as greens, with natural features such as bamboo and water.

Another theme would be Modern, which includes wood and other features. The colors most used for this theme are earthy colors, bright schemes, vintage, etc.

The next theme is Industrial. It includes exposed industrial details such as brick and steel, along with other mechanical features and wood. Color tones for this theme would be white, black, grey, brown, yellow, orange, red, and other rustic colors.

Another house theme would be Country. It is a broad style of design and home construction that is loosely based on traditional farmhouse styles. There are a few features that the Country theme includes such as muted colors, antique/distressed looks, simple fruitful décor, and a traditional focus on natural themes.

In the end, it all comes down to what you want your house to look like. The themes listed above were a few examples of how one can theme their home.

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Panthers Pause for a Little Fun

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

CLASS OF 2025

Dear 8th Graders,
We are sad to say goodbye, but wish you the best. Thanks for completing our 8th Grade Survey. We have included various parts of the survey throughout this newspaper. Thanks & Enjoy,
Panther Press Staff

Thank you students of ASB. We appreciate your work this year to help us have school spirit. Have a wonderful summer as you prepare to be 8th graders or high school students. Also, thanks to Mrs. Purcell & Mrs. Gomez for keeping everything going. Have a wonderful summer.
Panther Press Staff

EST 2021

THANKS TO ALL OUR CLUB ADVISORS THIS YEAR. WE APPRECIATE YOU.

MRS. CHOI
MR. DIAZ
MS. SCHEID
MRS. TELLO

Thanks to the Vernon Teachers and Staff!
Your hard work is appreciated. Thanks for believing in us and for caring about us. Have a great, relaxing Summer.
The Panther Press Staff

We know that Vernon depends on Ms. Tovar and Miss Scott. Thank you for your amazing work on our behalf. We are so grateful that you care about us so much. Have a rewarding and relaxing summer.
The Panther Press Staff



Promoting 8th Graders Give Advice to Next Year's Students

Advice I would give to upcoming 7th/8th graders is that working hard pays off...Actions speak louder than words...Have a good mindset...Don't get into drama, don't be cruel, try harder in the classes you don't like, stick with the people you trust, and those who make you feel better about yourself. You don't need to be popular, and you don't need to listen to the haters. Trust yourself. :) ...Make sure to pay attention to your grades and don't slack off, but also make sure to enjoy it and make friends. Also, be nice to your teacher, don't be rude or disrespectful ...You may think it's fun, but it's not...Never be nervous to ask questions... Have as much fun as you can...Try your hardest and if you need help ask the teachers...It's okay to ask for help...Don't be afraid, because everyone is nice here, so don't get the feeling that you'll be judged. :) ...My advice to future 7th & 8th graders is to just enjoy your year as much as you can so that you can look back and say "Oh wow I remember this!" But also pay attention in class, of course...Listen to your teachers, and never distract other students from learning...Do your homework and assignments, pay attention to class and answer the teachers...Try to learn as much as you can because it will be helpful...Don't procrastinate...Work your hardest now, because it will pay off in the future...Live life and get work done...Give it 120%...Keep grades up, participate, help others and be confident.

SUMMER FUN by Alexis Cortez

Theme Park	Family	Sand
Disneyland	Summer	Sunny
Adventures	Hotels	Photos
Vacation	Fun	Heat
Destination	Beach	Friends

Best Wishes for a Spectacular Summer!

2025