

2022-2023



Polaris



North Bethesda Middle School



Home of the Phoenix!



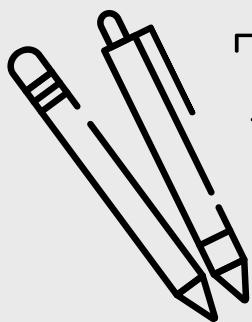


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Polaris Staff

Livia K. 7th Grade

This is Livia's second year as a part of the writer's club. She enjoys writing stories and musical theater. She is a part of the Advanced Orchestra at NBMS, and she likes deviled eggs.

Audrey (Alex) K-Y, 6th grade

One of the author assassins. Video gamer, artist, writer, and cat enthusiast. Will not eat any green vegetables. Ask Audrey about themselves and they wouldn't have an answer (seriously I have no idea what's going on).

Iris T. 7th grade

Likes drawing. Animating stuff. Plays piano and clarinet. She likes animals, playing video games. She was here in writers club last year. She loves candy-and she-uh-"does stuff" to people :D Don't ask her-she won't give a proper answer. She likes Noodles with soy sauce, olive oil, seafood, and sushi.

Sofia H - 6th grade

Loves sketching, dumplings, painting, writing, being with her friends (Nadia and Blakely), water slides, Saturdays, mochi's, cats, the color pink, and soft blankets.

Ria S - 7th grade

Likes swimming, and soccer. Also likes boba, mochi doughnuts, pasta, and sushi. And this is her first year in writing club.

Aghneena E.

Stan zbz1 and stream OMG by New Jeans.

Jeff H. 7th grade,

Jeff loves drawing and writing scary stories in his free time. His goal with his stories is to scare others and leave them chilled. He does this by basing his stories off of real-life fears as well as nightmares. Oh yeah, and they love grapes :D

Mehreen K, 6th grade -

Mehreen loves to write poems and be creative, she participates in a lot of after-school clubs. This is her first year in Writer's club and she is very kind and polite to everyone! She loves to spend time with her family and friends as well!

Elly M - 6th grade

This is Elly's first year participating in writer's club. She really enjoys reading, writing, and petting cats! Fun fact: her mom is Taiwanese and her dad is Irish.

Nadia R - 6th grade

Loves sleeping, writing, cats, alfredo, brownies and icecream, being with her friends, swing-sets at parks. This is her first year in writers club.

Lizzy H. - 6th grade

Lizzy likes to go to Miniso. She loves listening to music and art. This is her first year at writers club

Sophie L. - 6th grade

Sophie LOVES ART and LOVES READING! Her favorite food is donuts, like obvi, and her favorite color is PINK. Also, she hates sports soooooooooo much as well as scary things. NOTHING scary for her.

Natalie L.- 6th grade

Natalie enjoys reading and her favorite animals are Yorkshire Terriers! She's also a Sagittarius and loves sushi and ramen. Natalie is in the Writer's Club and Yearbook Club.

Hannah P, 6th Grade.

Hannah loves playing sports and spending time with her friends. This is her first year with the writers club.

Lara M.A. 7th Grade

Lara has been in the writer's club since 2021. She enjoys making art, and also writing stories. She is a part of the Advanced Orchestra. Lara also enjoys annoying her friend Livia K.

Kalista K, 6th grade

This is Kalista's first time in writing club and my first year participating in any clubs of the school. She loves coloring, reading and imagining by drawing things.

Blakely E.- 6th Grade

Loves reading, writing, listening to music, Nadia R and Sofia, cats, and her horse Koda<3 This is her first year at writers club.

Mimi L. - 6th Grade

Mimi loves reading, listening to music, and spending time with her cat. She also loves eating crepe!

Writers Club

Members / Attendees



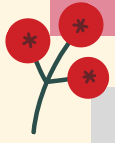
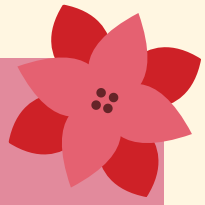
Elizabeth	Natalie	Hannah	Livia	Iris	Audrey
Nadia	Sofia H.	Mimi	Jeff	Sophie	Lara
Kalista	Mehreen				Elly

Not Pictured: Blakely, Aghneena, Ria, Coco



When You Write My Story...

A collaborative poem



Don't forget to include all the things that shaped me like clay;
My supportive family, my friends that make me laugh till my belly aches,
The lovely students that fill up my class, and my sweet dog that loves to play.
Without them, I'll be like unbaked cakes.

Ms. Lee

Hannah P.

Remember the time, with I first kicked a goal
Remember the time, I first went to school
Rememberber the time I dove into the pool
Remember everything about me.



Lara Mohotti A.

Remember me, don't forget the things that made me smile;
Inside jokes, opportunities to grow, and running like I'm wild.
Your time doesn't last forever, and remember these words of mine,
Cherish what you have, so nothing gets left behind.

Livia Klein




What to write, a real question of mine, describe and describe
New times, new experiences, new joys, switching from one thing
To another, you might be getting a new vibe.
With the frosting on the cake comes sweet, let life have bling.

Jeff H.

Cryptids have always made me feel like there is more to myself than I
have ever realized. Sitting in a tent in the dead of night, waiting for a
sound. A shriek, a howl, wings brushing against the leaves, a low
growl. When I do, my eyes get small, and I have more of a conscience
of the skin that wraps around my flesh.






Sofia H. & Nadia

Tobi, my favorite plush.
Your color is a bright tangerine,
Your fluff so comforting and warm, it leaves me in a delighted storm
In my bed you lay, waiting for me day by day, never will I give you away


Ema

Remember that time when I first got my clarinet
The shiny cling wrapped around all the metallic, delicate button(s)
They all felt something, but I felt nothin'
My parents always come a knockn'
Everything is calming




Quinn and Sofia N.

I am a writer,
Pulling all nighters,
Typewriting is old
Online is new,
I'd love to hear your point of view



Mimi. L and
Mehreen K



Remember, We like to have fun
Untill we're done
I am the only me
We grow like a tree

Audrey K-Y.

writer's block intensifies



HAIKUS AND STUFF

By Audrey K-Y and Coco H-A

To black-bird-sings, whose poems are so good we made our own.

Melting

Frozen chilled tundra
A hopeful light awakens
at the perfect warmth.

Woods

Mysterious woods
A shadow monster appears
at the shadowed place.

Fireflies

On the hill they dance
Flutter and shimmer with ease
Banishing the dark.

Factory

Mechanic workers
Die one by one in the dark
Is this all we are?

Waiting

Chilly eventide
A ghostly figure hides
Waiting for nighttime.

Escape

They hide, silently
Whilst watching from the shadows
Hoping to escape.

Summer

Tranquil summertime
A little, content songbird flies
enjoying the moon.

Midnight

Long hazy midnight
Luminous moonlight whispers
Around the dark trees.

Moon

The moon shines its light
Painting with a gloomy glow
Ruler of nighttime.

Necropolis

Night necropolis
A serene, thoughtful bird sings
despite the dark gloom.

Forest

Mystical mountain
A frozen, quiet pond sleeps
at the old forest.

Hillside

Wooded gray hillside
then a strange cherry tree grows
near the glowing pond.

Halloween

“Never,” they repeat,
“Get lost on Halloween Night.”
“You might not come home.”

Monster

There is a monster
Spirited my soul away
Even shadows hide from it.

Winter

Dreary wintertime
Under the snow, ice, and frost
Animals slumber.

Autumn

Tedious autumn
A small, fading flower hides
Goes into the leaves.

Light

Depressing midnight
A nearby, cold lamppost dies
Spreading the darkness.

Goodbye

As the sun rises
The sun and moon swap places
The moon says goodbye.



SNAPSHOTS OF NBMS

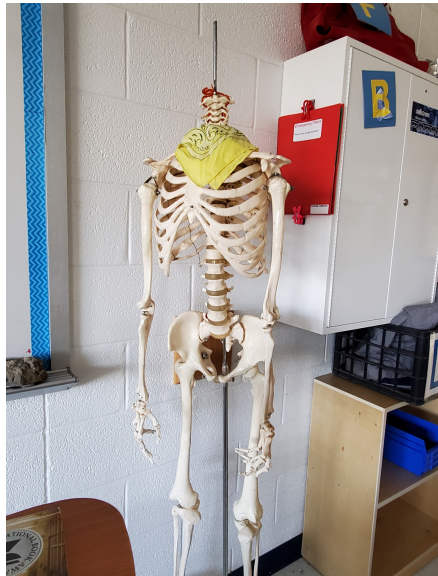
Who knew this school can be so aesthetic?



SNAPSHOTS OF NBMS!



Ms. Simoncic's classroom is so aesthetic!



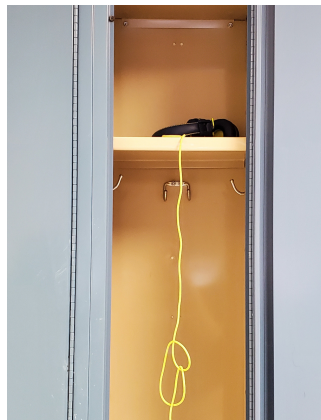
NO, DON'T WORRY. THIS ISN'T AN ACTUAL BODY!



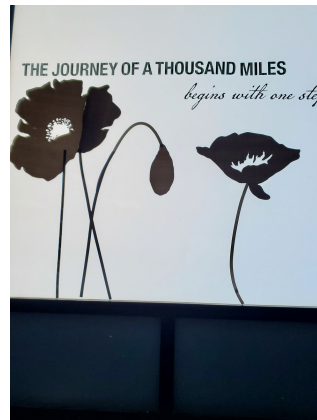
Look at all our achievements!



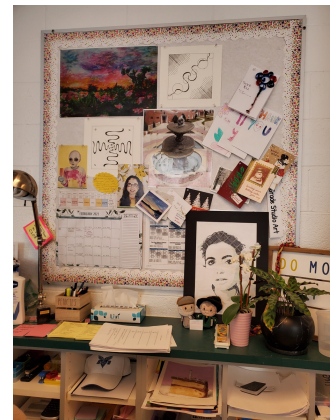
"One man's trash, is another man's treasure" (thank you to our building service for keeping the school clean!)



A picture that was aesthetically taken from a students locker



Ms. Stenz classroom/ Art room





MORE SNAPSHOTS OF NBMS!



MORE SNAPSHOTS!



Trying to play piano



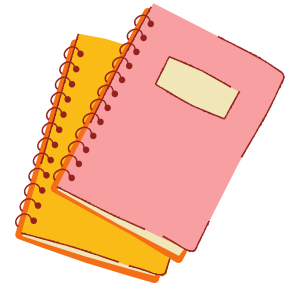
"Welcome to Social Studies!" (Ms. Jastie Currie)



Aesthetically pleasing cellos



Sneaking in Ms. Myers's room





EVEN MORE SNAPSHOTS OF NBMS!!!



Our school vending machine!



What the hallways look like after school!



Colors! :D



What the morning looks like in the hallways of NBMS:

BEAUTY WITHIN OUR WORLD

Poet : Mehreen Kozhikkoden



OUR WORLD IS PERFECT THE WAY IT WAS MADE

My world, your world, our world

Our world is heaven!

Birds sing a beautiful tune,

I don't have to go to concert.

Flowers are giving us an elegant scent,

I don't need any perfume.

The birds are dancing so beautifully,

No need for dancing classes.

It is snowing like sprinkles to our world

It is autumn, leaves are colorful as if
angels had painted them in spring.

GREENER FUTURE

The future is going to be amazing!

Pollution grows and grows as more and more

gasoline cars are built

I wouldn't want to hurt Mother Earth

Keeping our planet green is all I ask!

I say NO to gasoline.

A YES for electric cars!

If we live in a gasoline world

I see blight to our planet

We all have a part in creating a bright future!

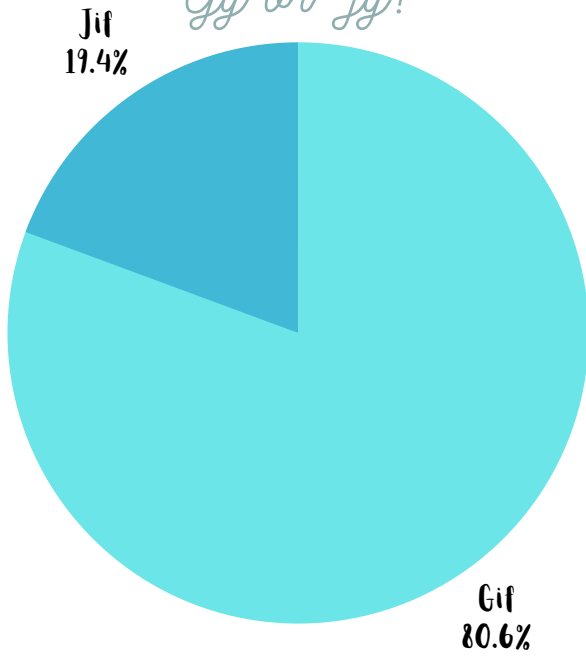
Let us all take part in creating a greener future for
everyone.

Shout out to Mrs.
Sadeghi for always inspiring
me to create a greener
future!

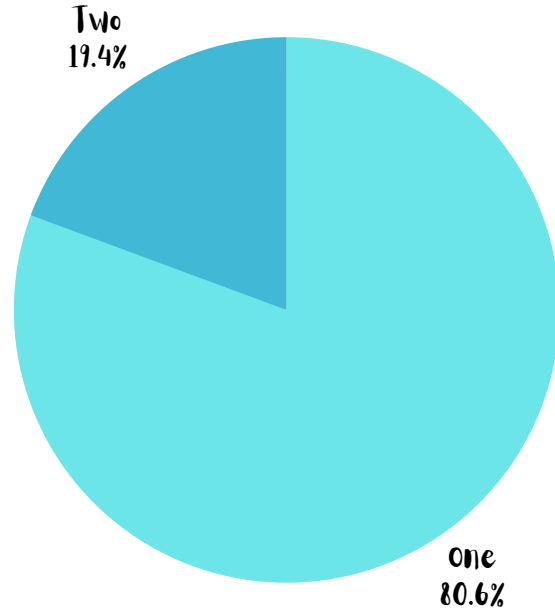
Survey Reports

Remember the survey the Writer's Club had you fill out? Here are the results and top answers from the survey. We kept our promise!

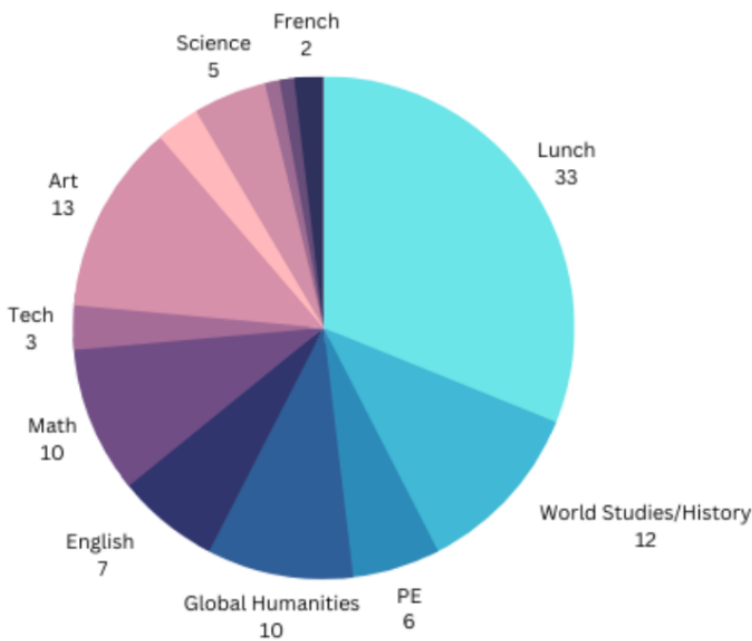
Gif or Jif?



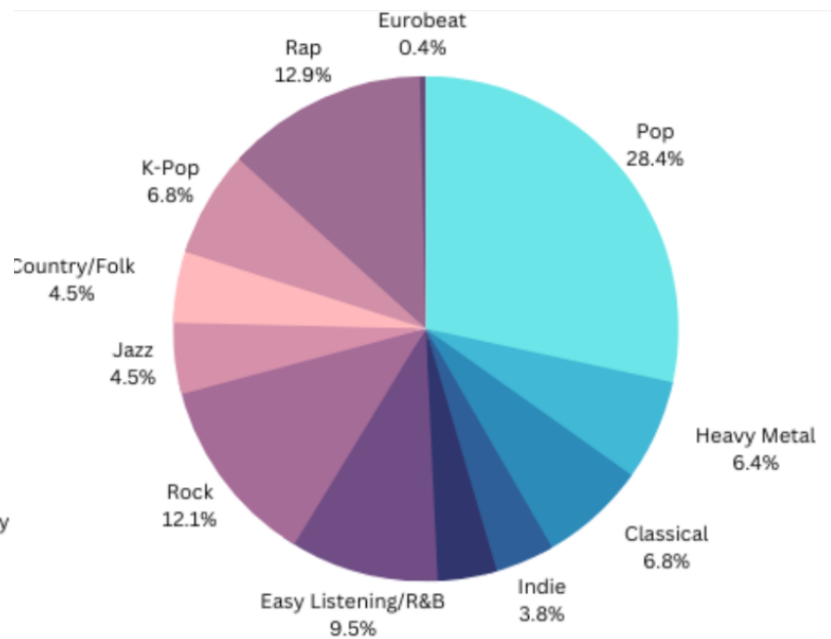
How many holes does a straw have?



What's your favorite subject?



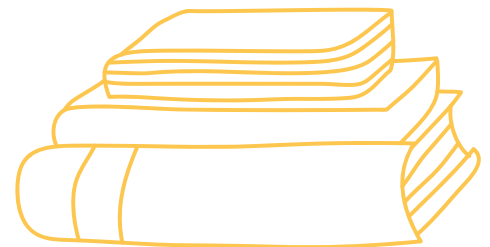
Which music genres are your favorite? You can pick multiple.



Do you have any words of wisdom to bestow on North Bethesda Middle School?

Top 10 Highlights:

1. DONT START DATING BEFORE HIGH SCHOOL LIKE COME ON BRO YOU CAN DO BETTER AND FOCUS ON OTHER THINGS
2. Run. Start digging your escape tunnel RIGHT NOW
3. Just don't mess up your childhood up you'll need it when you're childhood up you'll need it when you're olderlder
4. Allow all teachers and students to get enough sleep, we are all deprived.
5. SPANISH OR VANISH SPANISH OR VANISH SPANISH OR VANISH
6. The Office, Season 7, Episode 19, Minute 14:45 ("Should've burned this place down when I had a chance.")
7. When we're taught, let's say, the color blue, and someone else sees a totally different color than what you see, but you both think it's blue... (think about that)
8. Chuck Norris once roundhouse kicked Hulk so hard he ran away to a swamp and changed his name to Shrek
9. Don't let others bring you down, be yourself :) and trust me nobody cares what your grades are-
10. Eat school sleep repeat. Just kidding! DROP OUT OF SCHOOL AND NEVER LOOK BACK.

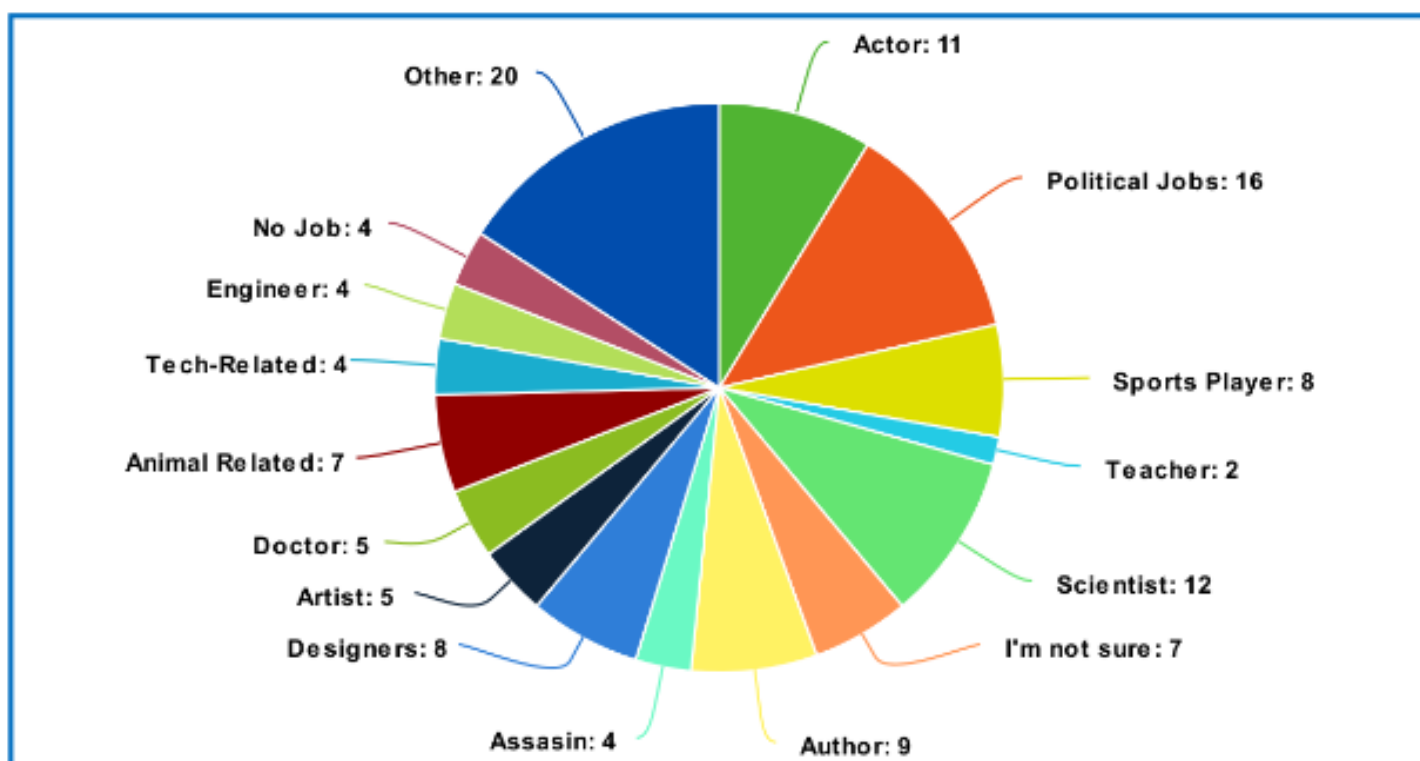


DREAM JOBS

Jobs are a very important part of anybody's daily adult life. As part of the survey for the writer's club, we asked the children of North Bethesda Middle School what their dream job would be.

Unsurprisingly, chaos ensued.

There were many different jobs, categories, and jobs that didn't fit into categories. What can you get from this? North Bethesda Middle School students are a diverse set of people. Below is a pie chart of the results from the survey a week and a half after it had been left out in the daily announcements. At this point, 126 people had answered the survey.



The other Jobs

As you can see the most popular job is other! This means that there were so many weird and unique jobs that they didn't fit into a category. Some of these included: Evil Witch of the Woods and Pink Sparkly unicorn that jumps around and gives people joy and makes the world rainbow. So, as you can see, certainly interesting jobs! Also, there was a mental health professional and therapist. One of those people stated, "I struggle with my mental health so I want to help others." There was also Garbage Man in the other category, a job that some might dread, while others look forward to. One person in another wanted to be a cafe owner. I would definitely buy a cookie from you in the future! One person wanted to be a Professional Lottery Winner...I wish you the best of luck. You will need it.

Political Jobs

Political jobs were really the most popular job choice, seeing as there were many people who opted for lawyers or judges. One survey taker wanted to be a prosecutor, their reason why, “I want all bad and guilty people to deserve what they deserve, so the victims don't get depressed. Also, I think it would be interesting debating with people at the court.” Many people are excited to be a politician or any political job because of the pay, as well. Surprisingly, nobody said that they wanted to be the president, or rule the world.

Theatre Jobs

Everybody who said that they wanted to be an actor goes in this category. This includes people who want to go on Broadway, or be in a movie actor. With eleven votes, actors are all the rage. I mean, what's not to like about a good movie, musical, or play? Many people would like to be in these job fields because of movies like Harry Potter or musicals like Hamilton. Some people like performing so they want to be an actor. I would agree, acting is fun.

Assassin?!

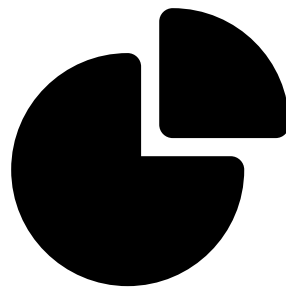
Watch out NBMS, four people from our school would like to be assassins. I wouldn't get on anyone's bad side...Two of these people also put author as an option for their job, so be on the lookout for authors who have a dark side I guess?

Doctor Jobs

Many people wanted to be a doctor because of the high pay. One survey taker, in particular, stated that they would like to be a surgeon because “ooh la la I want moolah”. That's a fair goal. I, personally, could not be a surgeon. You should've seen me when we had to dissect frogs (for the seventh graders)...it was not a pretty sight. Others might want to be doctors to help others, or cure the sick or injured. So many good reasons to be a doctor. Bravo to you guys!

No Job

It would be great if all people in the world could be well-off without a job. These four people in particular would rather not have a job. Some would like to be well-off enough to not have to worry about a job. That's fair, and that is a great goal!*



***Some Categories Were Not Talked About In This Article, But Seriously, Everyone Here At NBMS Is So Interesting!**

IF LIFE HAD A KEY

Poet: Ria Sackett

Support

With supporters on your shoulder
And me in your head
You have to try



Sail a Ship Proud

The lit lamp could lead the way
The lights in the houses could too.
But light doesn't guide the way
The person on the ship does.



Grow up and Bloom

In the spring I pop out of the ground, get water, sunlight and
by the time you can think twice, it's summer and you have a beautiful
flower in your yard.
In the fall the wind comes and blows off all my leaves and pedals, leaving
me with only my pistil.
In the winter the cold temperature wraps around me like string and brings
me down back to the soil for another year to come.

THE MONTHS

A POEM POET:HP



January, it's a new year
School and Work flip back into gear

February, the month of love
And for me, the month above

March, Happy St. Patricks Day!
Quick! Quick! Let's play

April, the rainy month is here
But let's still have cheer

May, Flowers are out
And you can see many sprouts

June, School's finally done
Cm'on let's swim and have fun!

July, Happy Fourth
And Yes, we live in the north

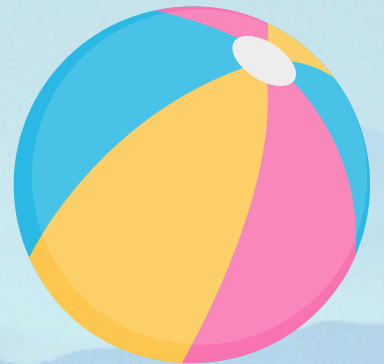
August, is time for the beach
Let's eat a peach

September, Schools sadly back
Ack!!!!

October, Happy Halloween
And, a pretty fall scene

November, Happy veterans day!
Thank you, veterans, hooray!

December, Cozy Up
And say happy holidays buttercup!



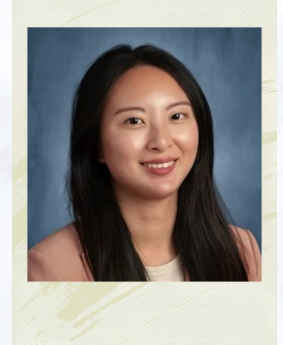


INTERVIEW WITH MRS. LEE!

Interviewed by Elizabeth Hailemariam & Natalie Lodra (6th Grade)

ABOUT MRS. LEE

Mrs. Lee is a sixth-grade English teacher and sponsor of the Writing Club. This is her first year teaching in NBMS! You can find her in room A201. She lives with her husband and her German shepherd dog, Leo!



INTERVIEW:

#1: Why did you decide to become a teacher?

My journey to becoming a teacher started right after college. I didn't know what I wanted to do with my life, so I decided to go to South Korea for a year as a native English teacher. My original plan was to travel and have fun while earning money along the way. However, after I got to Korea, I fell in love with teaching! I decided to become a teacher because I enjoy spending time with learners. I love seeing my student's eyes light up and have an "ah-ha" moment. After I came back to the United States, I decided to continue my career as a teacher.

#2: Is grading hard?

It is! Especially when I have to grade long essays. The letters and words blend together and it takes me a long time to process what is on the paper.

#3: Favorite thing about being a teacher?

My favorite thing about being a teacher is getting to know my students and being able to be someone that a student can trust. Also, some of my students are very funny, so I enjoy the jokes that they tell.

#4: Favorite animal?

I love red pandas! They are so cute and fluffy.

#5: Favorite food?

My favorite food is sushi! I love anything seafood.

#6: Least favorite subject? Why?

My least favorite subject is Math! I always struggled with numbers as a student myself. Numbers and formulas never stuck with me and I could never calculate things in my head quickly.

#7: How many students do you have EXACTLY?

I have 143 students currently.





#8: Pet peeves for students?

Unfortunately, too many. I dislike it when students don't pay attention, are rude or unkind, and when they leave the classroom a mess! However, I've learned to live with some of my pet peeves and adjust my classroom rules for others.

#9: Do you support Grammarly as a teacher? Bonus: Do you use Grammarly?

I do support Grammarly as a teacher. I have Grammarly running all the time in the background. It's helpful when I make careless mistakes.

#10: What's your aesthetic?

I'm not really sure because I don't have one particular aesthetic. However, I like clean, organized lines and soft lights. I took a quiz and it says my aesthetic is "Dark Academia."

#11: How would you react to a student who constantly came in late without an acceptable excuse?

Well, I would be ANGRY. If you have a good reason and are apologetic, then I can understand the tardiness. However, consistent tardiness will only result in lunch detention.

#12: Do you believe in this quote (explain why or why not): "Sticks and stones may break my bones but words will never hurt."

No, I do not agree with this quote. Words have power and sometimes, that power causes a lot of pain. I would really love my students to grow up into kind people that understand the importance of choosing your words wisely. We should use words to lift people up instead of tearing them down.

#13: Do you have siblings? If yes, how many? How would you describe your relationship with them?

I have two younger sisters. They are 26 and 23. They are wonderful, caring people and know the best and worst side of me. I can talk to them about everything and anything! Recently, they threw me a surprise bridal shower that took them months to prepare. I was really touched.

#14: How would you react to a student who turned in all their assignments late (Like all the time)?

Well, if a student is consistently turning in their assignments late, then there is something going on beyond the classroom. I would have a conversation with them first to see what was going on. If the only reason that they have been turning in late was that they were procrastinating, then I will have to dock off points from their grade and contact their parents to inform them of the pattern of behavior.

#15: What is your favorite inspirational quote?

"Life is what you make of it."

#16: What is your favorite color?

My favorite colors are black and mustard yellow.

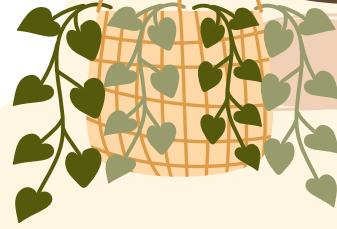
#17: How many times do you meet with teachers? What do you guys discuss?

We meet quite often! I meet with Ms. Sauer and Mr. Ghaman once a week on Mondays so that we can plan lessons together and share ideas. I also meet with all of the 6th-grade teachers once a week on Tuesdays so that we can discuss important 6th-grade topics. Finally, all of the English teachers across all grade levels meet once a week on Thursdays so that we can do some training and share important news with each other. So, we have weekly meetings 3 times a week and we discuss a large range of topics!



Interview with Ms. Reina!

Made by: Nadia R, Sofia H,
Blakely E



Ms. Reina is a 6th-grade math teacher. She started working at NBMS this year! We interviewed her about what it's like being a new teacher.

Ms. Reina is the second oldest of five children. She has one older sister, two younger sisters, and a brother, the youngest of the five.

Ms. Reina has two dogs! A chiweenie and a yorkshire terrier!

Why do you like teaching?

“Middle schoolers have no filter, people think about what is really polite before and after middle school, but not during. You guys are who you are, and figuring out who you are, no exceptions. Teaching is also very crucial and underappreciated, and I want to give kids what they need, not what they want.”

Do you find it hard to memorize names?

“Yes, that’s one of my biggest troubles at the beginning of every year. With over 100 people you meet every day, it can really be a struggle. If somebody from a past year comes up to me I usually don’t remember their names, which I feel really bad about but I can’t help it. I’ll usually say something like, “Hey... You, how is it going?” But just because I don’t remember your name doesn’t mean I don’t remember you. I can remember faces, and people’s vibes, but not their actual names. For example, I can still recognize my first group of sixth graders in public.”





Should phones be allowed at Phoenix time?

“With phones, I’m kind of old school, sorry not sorry. Everybody records each other during Phoenix time, and that is not allowed. I worry a lot about that kind of stuff, especially for people who don’t even have phones. I wonder how they would feel if everybody else was on theirs.”



Is it hard to grade all of the work on time? And do you like grading it?

“Grading work takes a long time because I go through it slowly and thoroughly so you can learn from your mistakes. On quiz days, it takes at least five to six hours to grade all of them. Even though there aren’t quizzes every day, I still have to get up at 5:00 am to get to school at 6:30. It’s my job to see if students are learning, and how they are. My job is to teach you to be good at math. It’s my job to teach you to put units after your test answers, and it’s my job to teach you to succeed.”

How do you balance your schedule? Do you like it?



“Yes, I’d say I like my schedule. But it’s very hard to make time and balance it. It’s one of the biggest challenges that teachers have to deal with. Seating charts take time, such as making slides, and going to meetings. Lesson plans have to be edited and revised during the day to make it flow smoother. We have a few free periods during the school day but that isn’t nearly enough. There’s too much to do. I’m also new here, and there’s much to learn about the curriculum.”

Why do you like teaching your subject?

“I struggled in math when I was younger. I knew my teachers didn’t like me. I was a naughty kid, and I wasn’t learning what they were teaching me. I was hopeless. However, in sixth grade, I got a teacher that helped me through my struggles and took her time to make me understand it. I started to gain confidence, and by the end of sixth grade, I knew I was smart, and I knew I could succeed because of that teacher. Math was the first subject I understood. I just need to know what things do and look like. I like things that people hate, it’s just me. I think math is misunderstood. It can be fun and it can make sense. You don’t have to be good at everything right away, some things take time. You’ll get to the right answer eventually if you keep thinking.”



Is it hard to keep students on task?

“Sometimes. Some students are loud and need different things. What the class needs most of the time is for me to stand there and wait for them to quiet down before I start talking again. I don’t want to make people feel bad but I sort of have to. Only for them to get more focused. Some of my methods are seating charts, and rewarding students with raffle tickets that have different prizes if they come to class on time. Students have to go to school every day, and they don’t get paid, yet they still show up on time every day. That deserves a reward if you’re on task. Everything should be easy, but that’s not how school works.”



Book Recommendations

From the Polaris Staff



Fantasy

The Cruel Prince - Holly Black
Caraval - Stephannie Garber
Red Queen - Victoria
Aveyard Shadow And Bone - Leigh Bardugo
Heartless - Marissa Meyer
The Land Of Stories - Chris Colfer
Throne Of Glass - Sarah J. Maas
Six Of Crows - Leigh Bardugo
Dance Of Thieves - Mary E. Pearson
Harry Potter and the Sorcerer's Stone
- J.K. Rowling
The Girl Who Drank The Moon - Kelly Barnhill
Ash Princess - Laura Sebastian
Woven in Moonlight - Isabel Ibañez

Fiction

Click'd - Tamara Ireland Stone
The Penderwicks - Jeanne Birdsall

Non - Fiction

Manga Mania Universe (The Massive Book of Drawing Manga) - Christopher Hart

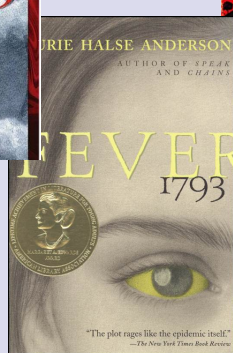
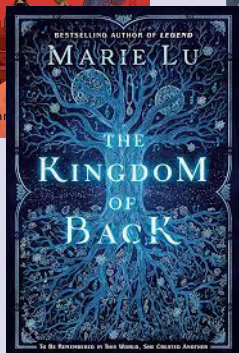
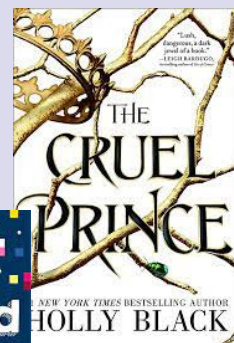
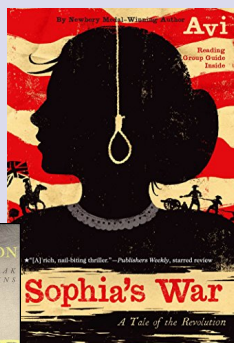
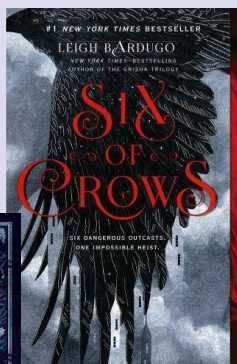


Romance

Better Than The Movies - Lynn Painter
Love & Gelato - Jenna Evans Welch
The Summer Of Broken Rules - K.L. Walther
Shatter Me - Tahereh Mafi
The Summer I Turned Pretty - Jenny Han
Love & Other Words - Christina Lauren
Book Lovers- Emily Henry
To all the boys I've loved before - Jenny Han
XOXO - Axie Oh
Catching Jordan - Miranda Kenneally
City of Bones - Cassandra Clare
Drama - Raina Telgamer
Tokyo ever after - Emiko Jean

Historical Fiction

Number the Stars - Lois Lowry
Fever 1973 - Laurie Halse Anderson
Sophia's War - Avi
The Blackbird Girls - Anne Blankman
The Kingdom of Back - Marie Lu



Book Recommendations



Mystery



Nancy Drew - Carolyn Keene

Enola Holmes and the Case of the Missing Marquess - Casey Springer

Click Here to Start - Denis Markell

A Good Girls Guide To Murder - Holly Jackson

The Inheritance Games - Jennifer Lynn Barnes



Scary Stories For Young Foxes - Christian McKay

Heidicker

Small Spaces - Kathren Arden

Wilder Girls - Rory Power

Summer Edge - Dana Mele

The House Across the Lake - Riley Sager

Graphic Novel/ Comic Book

Brave - Svetlana Chmakova

Twins - Varian Johnson

Cupcake Diaries & Smile - Raina Telgemeier

Doodleville - Chad Sell



Sci-Fi

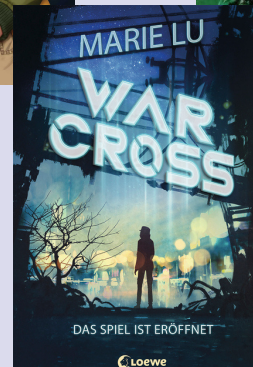
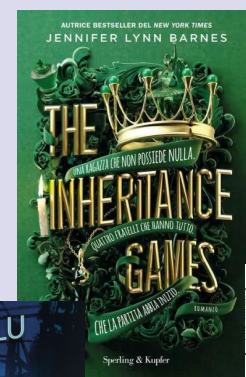
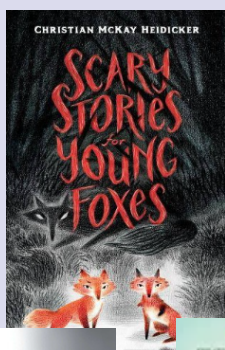
Warcross - Marie Lu

Legend - Marie Lu

Shatter Me - Tahereh Mafi

The Maze Runner - James Dashner

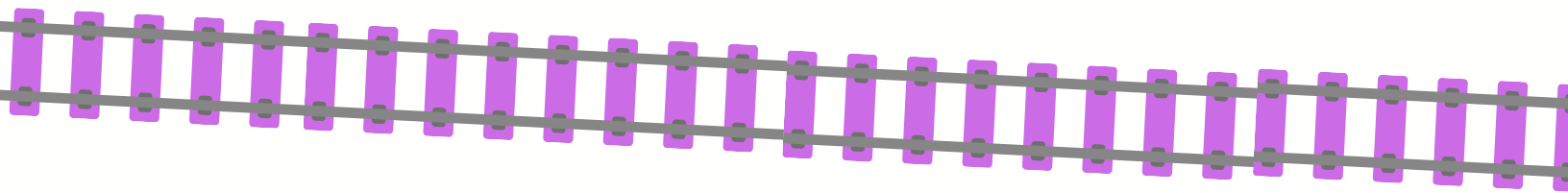
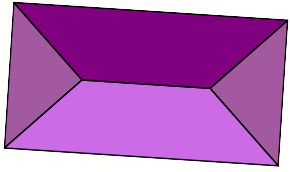
The Hunger Games - Suzanne Collins



NEVER ENDING TRACKS

A POEM

By Elly M.



The train
keeps on moving
never stopping
for anyone
or anything
keeps chugging along
through frigid winter storms
cool autumn evenings
and harsh desert winds.

Sometimes
I wish I could stop it
or at least
slow it down
but
the train
keeps on moving
never stopping
for anyone
or anything.

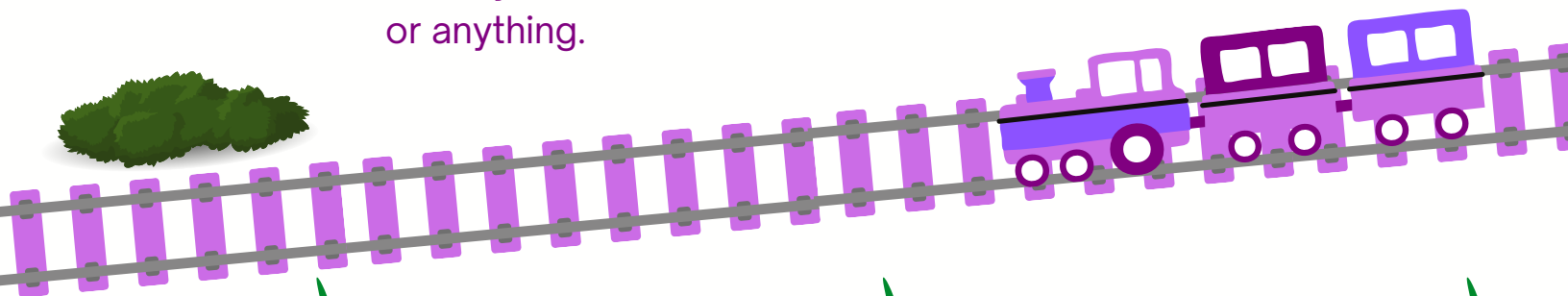
Life is that train
never stopping
we wish we could pause
drive backwards
somehow
fix our mistakes
but it keeps on chugging
and never
ever

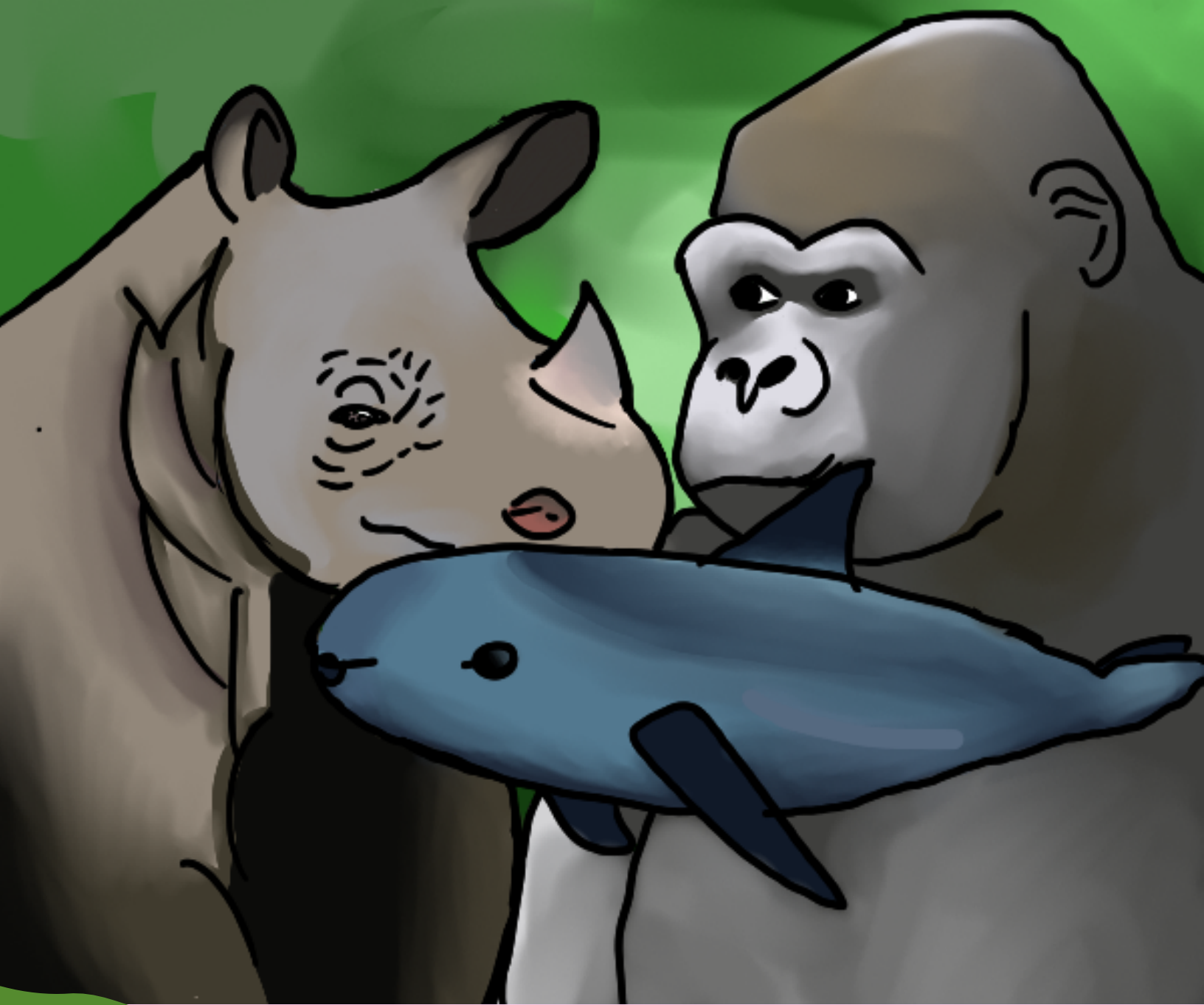
ever

ever

ever

stops.





DRAWING OF A VAQUITA,
WESTERN LOWLAND GORILLA, AND
A JAVAN RHINO

BY: SOPHIE LEE

3 Animals at Risk

The Vaquita, Javan Rhinos, and Western Lowland Gorillas

By Elly M

Vaquita

Out in the upper Gulf of California, the water shimmers beautifully. It is a wonderful day outside, and the cool air smells like the sea. However, something tragic is stirring in those waters. The vaquita.

Vaquita are the world's smallest porpoise - adults are only about 5 feet long. It has a gray-blue color with dark eyes and fins. According to a *Muse* magazine article, vaquita have only been known to science since 1958. The vaquitas' population has dropped 98% in the last twenty years. Scientists estimated that about 600 vaquita lived in 1997. Ten years later, 250 vaquita remained. By 2015, just 60 roamed the waters. Today, scientists estimate that only about 10 vaquita live in the wild! How did this happen?

Vulnerable Vaquita

Many fishers fish in the Gulf of California for the prized totoaba, a species whose swim bladder is sold expensively in illegal markets. Fishermen often use gillnets to catch totoaba. Gillnets are huge nets that are designed to catch fish by their gills. Unfortunately, nets also catch other unwanted species known as bycatch such as the vaquita. Sadly, bycatch is harming many other species other than the vaquita.

Another threat to vaquita are ghost nets. These nets are abandoned and left in the water, entangling animals such as the vaquita. Vaquita breathe air, so these nets are very dangerous for vaquita as they could drown while trapped in ghost nets. Also, because vaquita live so close to the coast, they are exposed to pollution.

According to a magazine article, female vaquita can only reproduce once they are three to six years old, then they typically

give birth to one pup every other year. This slow reproduction rate does not help the vaquita population.

Fun Facts

- Scientific name: *Phocoena sinus*
- Population: only about 10
- Weight: Up to 120 pounds (54 kg)
- Height: Up to 5 feet
- Diet: demersal fish, benthic fish, crustaceans, squids
- Habitat: Marine
- Location: Upper Northern Gulf of California
- Status: Critically Endangered

Javan Rhinoceros

There are only five species of rhinoceros in the whole world. The Black and White rhinos which roam across parts of Africa, the Indian rhinoceros and the Sumatran rhinoceros who live in Asia, and last (but also unfortunately least), the Javan rhinoceros, which lives in Indonesia. The Javan rhinoceros' population is by far the smallest, with only about 74 individuals! How did this happen?

Reducing Rhinos

According to WWF, because of the Javan rhinos' small population, there aren't many choices for rhinos looking to mate.

This is unhealthy for the species because there isn't enough genetic diversity. Secondly, a disease (most likely from wild cattle in the park) has been thought to have killed some rhinos. Also, the Ujung Kulon National Park (where the species live) is exposed to tsunamis and the eruption of Anak Krakatau, a nearby volcano. Also, Arenga Palms, a type of plant, are taking over parts of the park. However, it's not just nature that's harming the rhinos' population. Humans are encroaching on the park and deteriorating the rhinos' habitat. Also, poaching always a threat.

Females only give birth to one calf every 3 - 5 years, taking 16 months to grow one baby. This, along with all of the causes, are not helping preserve these rare animals.

Fun Facts

- Scientific name: *Rhinoceros sondaicus*
- Population: about 68 - 74
- Weight: 1,984 to 5,071 pounds (900 - 2,300 kg)
- Height: 4.6 to 5.8 feet
- Length: 10 to 10.5 feet
- Diet: Plant shoots, twigs, young foliage and fallen fruit, etc.
- Habitat: Tropical forests
- Location: Ujung Kulon National Park in Java, Indonesia
- Status: Critically Endangered



Western Lowland Gorilla

The western lowland gorilla's population is unknown. The reason for this is because they live in dense and remote forests in Africa, yet they are still critically endangered. The western lowland gorillas' population had decreased by over 60% in the last 20 - 25 years. How did this happen when they live in such thick, isolated rainforests?

Pregnable Primates

According to WWF, Ebola virus is a virus in Central Africa that has caused tons of gorilla and chimpanzee deaths in the isolated forests in which they inhabit. Some scientists estimate that this virus has killed about a third of the wild gorillas, mostly western lowland gorillas. This is an extreme danger, especially in some places such as the Minkébé Forest, where the disease might have caused the deaths of more than 90% of the forest's gorillas and chimpanzees.

Logging and poaching are also threats to western lowland gorillas. Though illegal, people still hunt and kill gorillas for bushmeat. About 5% of western lowland gorillas in Northeast Congo are killed each year.

Fun Facts

- Scientific name: Gorilla gorilla gorilla
- Population: Unknown - they live in dense and isolated rainforests
- Weight: Up to 440 pounds (200 kg)
- Height: 4 to 5 1/2 feet when standing



- Diet: Leaves and stems of herbs, shrubs and vines, fruit
- Habitat: Forests
- Status: Critically Endangered

How can I help?

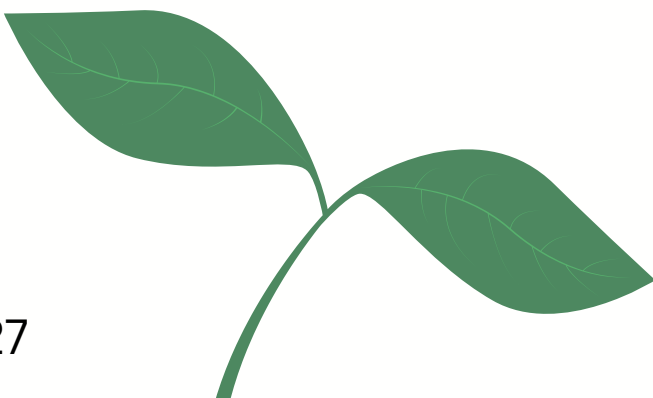
Still want to know more about these endangered species? Check out the links in the sources. Wanting to help? Try finding a website that takes donations. If you don't want to or can't do something that big, you can help by doing everyday things - wasting less water, electricity, and supplies, starting a compost, and remembering to reuse, reduce, and recycle.

Sources

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<https://www.britannica.com/animal/Javan-rhinoceros> - Britannica
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Western Lowland Gorilla:
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<https://nationalzoo.si.edu/animals/western-lowland-gorilla> - Smithsonian National Zoo



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IF YOU WERE WONDERING, THIS SAYS "HELLO
HUMANS OF NORTH BETHESDA MIDDLE SCHOOL"

TRAVELING TO HAWAII

Story by : Kalista Kezimana

There was a man and his wife and kids
traveling to Hawaii.

They were

Happy, laughing, skipping, excited, and jumping!

The plane was...

Shaky, c-c-c-racking, rumbling!

The plane went PSSHHTTTTT and they were off!

It was a deep dark midnight time,

When the captain fell asleep!

The plane began bouncing, tilting, and spinning!

Screams! Crying! Chaos! Panic!

Everyone was so confused!

Bang! Bang! Bang!

The flight attendant shouted,

“Wake up! Wake up!”

The pilot woke up, confused.

Then, shocked, he grabbed the wheel again.

Everything went back to normal.

The dad took a deep breath and said,

“Well, we won’t have to go skydiving anymore in Hawaii!!”

Window

By: Jeff Haslam

Jordan sat on the foot of his bed, struggling to fall asleep. He looked at all the trinkets in his room, a couple of soccer trophies, baseball cards, a deflated ball, just random things he had scattered around his bedroom. His room looked monochrome. It was so quiet you could hear a pin drop. His dog, Fin, was sleeping on the foot of his bed. A fairly large mutt with black fur.

Still not being able to fall asleep, Jordan decided to take a walk around his house. He walked downstairs, through the kitchen, past the living room, and all the rooms. He went back upstairs and walked around in his mom's bedroom.

His mom was at one of her "Doctors appointments", so she had to leave him alone for the night. His mom had a history of leaving him alone at night to go to these appointments ever since his dad left. When she isn't, she spends her time in her room with the door closed. And as she went to these appointments, she started to smell like rot. Sometimes, he could hear her groaning in her room. Like she was in pain.

Jordan ran his hand along her sheets, they were always softer than his. He looked at her wallpaper, it was coming off a little at the ceiling, but it was still pretty. The room was nice and warm considering the window was closed. It was usually open, but tonight, it was closed. Jordan sleepily walked out of his Moms room and back into his.

He climbed into his bed. All of a sudden, his sheets and blanket fell heavy, and so did his eyelids. Fin's back was moving up and down as he breathed in his sleep. Jordan fell fast asleep.

He woke up in the middle of the night with a strange sensation that there was something off. Fin wasn't on his bed like he usually was. He pulled the covers off of his body and anchored his feet to the ground. The carpet felt scratchy and uncomfortable on his feet, even with socks on.

He stepped out of his room, and almost immediately a strange smell hit his nose. A smell of rot. The air was thick and drafty. He walked towards his Mom's room and stopped at the doorway. The sheets were scrunched up, the floor was dirty, and the window was open.

"It's probably nothing," he said to himself, his stomach in knots. He walked down the stairs to get a glass of water. As he stepped down the stairs, the smell grew stronger. When he got to the final step, he froze in absolute horror.

Worms.

There were worms everywhere. He had no idea why. He felt like his innards were flipping around inside him. He wanted to barrel out a window and onto the sidewalk.

He craned his neck around the corner to look around for Fin, but he was nowhere to be seen. He carefully stepped off the stairs and walked to the kitchen with shaky legs. The glass on the back door was smashed open. There were scratches on the door frame, and muddy paw prints outside. It immediately occurred to him that Fin had run away. He turned around to see that the worms were all in piles.

Not wanting to go near the worms, he stood on the kitchen table next to him to get a closer look, only to see that the worms weren't in piles, they had formed into a sentence.

The sentence read, *It's okay, baby.*

Jordan stepped back in fear of the message and fell off the table onto the floor. He heard footsteps coming toward him, the footsteps of some sort of animal. The same smell of rot got stronger as they came closer. When he looked up, he was accompanied by a creature. A grotesque humanoid with a long snout filled with rows of teeth, Drool dripping down on his face. It had a long tongue and sharp claws. It had long, black, greasy hair. It reeked of decay. It breathed heavily as it stood over him. Jordan stood up and scrambled away. The monster ran after him. Low growls turning into raspy shrieks.

Jordan turned around, the creature pounced on him. He felt its claws digging into his arm. The creature loomed its head close to Jordan's face. Its greasy hair draped over his head like a cage. As he looked at the monster, he noticed it had something on its body. The monster had stitches held together with metal wires. They looked infected and reeked of decay. Of rot. The monster opened its mouth and began to speak. Not like a human though, like a monster, trying to speak like a human.

"I-its o-k-kay b-bab-by." Jordan cringed as the creature put its jaws over his head.

The monster whispered a final time, "I-I'm s-sorry, b-baby." Without warning, the monster snapped its jaws shut.

...

The police working on the case reached out to Jordan's family members to get clues on what happened.

"Jordan's Mom had been acting strange ever since she went to one of those 'Self-enhancement appointments'," Jordan's aunt said. "She was never the same after that."

MUSIC

BY ELLY M

IT
FLOWS
THROUGH
YOU
VIBRATES
HUMS
SINGS
INSIDE YOU
YOUR HEART
SINGS
YOUR MIND
SINGS
EVERYTHING
SINGS
YOUR FINGERS
TINGLE
IT TRAVELS DOWN
UNTIL
YOUR WHOLE BODY
TINGLES
THEN
SUDDENLY
it's
OVER.





ThRoUGh ThE KEyhoLE

BY EMA SEDLO ŠTUCKA

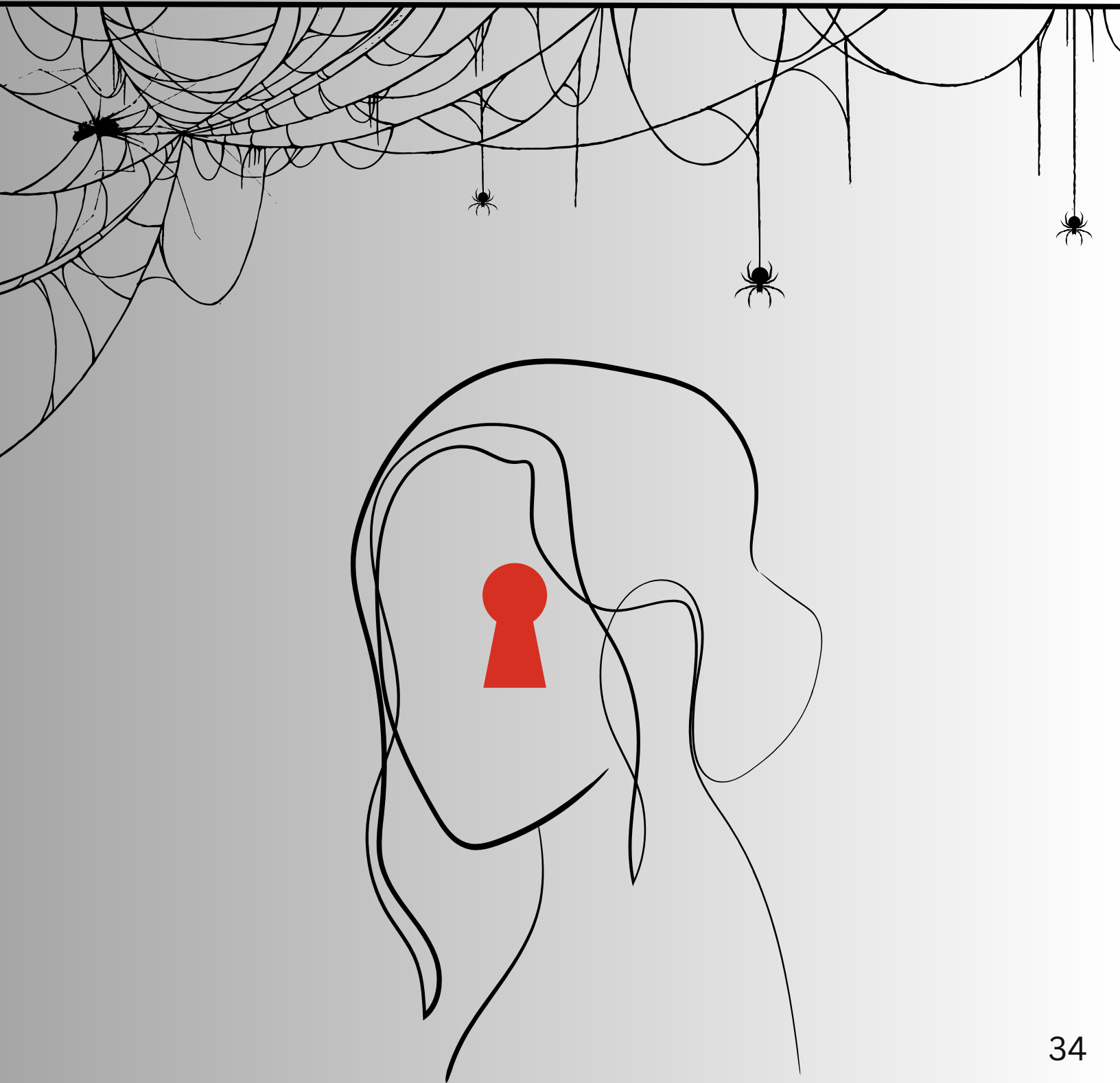
A man went to a hotel and walked up to the front desk to check in. The woman at the desk gave him his key and told him that on the way to his room, there was a door with no number that was locked and no one was allowed in there. She explained that it was a storeroom, and that it was out of bounds. She reminded him of this several times before allowing him upstairs. So he followed the instructions of the woman at the front desk, going straight to his room, and going to bed.

However, the insistence of the woman had piqued his curiosity, so the next night he walked down the hall to the door and tried the handle. Sure enough, it was locked. He bent down and looked through the wide keyhole. Cold air passed through it, chilling his eye. What he saw was a hotel bedroom, like his, and in the corner was a woman whose skin was incredibly pale. She was leaning her head against the wall, facing away from the door. He stared in confusion for a while. Was this a celebrity? The owner's daughter? He almost knocked on the door out of curiosity but decided not to.

As he was still looking, the woman turned sharply and he jumped back from the door, hoping she would not suspect he had been spying on her. He crept away from the door and walked back to his room. The next day, he returned to the door and looked through the wide keyhole. This time, all he saw was redness. He couldn't make anything out besides a distinct red color, unmoving. Perhaps the inhabitants of the room knew he was spying the night before and had blocked the keyhole with something red. He felt embarrassed that he had made the woman so uncomfortable, and hoped she had not made a complaint with the woman on the front desk.

At this point he decided to consult her for more information. She sighed and said, "Did you look through the keyhole?"

The man told her that he had and she said, "Well, I might as well tell you the story of what happened in that room. A long time ago, a man murdered his wife in there, and we find that even now, whoever stays there gets very uncomfortable. But these people were not ordinary. They were white all over, except for their eyes, which were red."



The owls that stare

The way you stare at me,
it hurts.

The way you judge me,
is like bitter tarts.

Why do you hate me?
The way I want to look is my choice!
All I ask is, can I please be me,
I deserve a voice

I have done nothing to hurt you
But, you hurt me,
my soul.

Your stares make me
feel like coal!

My race,
my beliefs,
my country
is what makes up my diversity.
And you owls staring at me
makes me sad.

Yet I am not ashamed of my ethnicity
Instead, I embrace my diversity.



A poem by : Mehreen

A big thank you!

By: Mimi, Mehreen, and Kalista

“You can't wait for inspiration.
You have to go after it with a
club”

-Jack London

I just wanted to take a moment to thank every single person who helped make this magazine possible! The hard work and dedication that went into every page did not go unnoticed. I am beyond grateful to have been a part of this club and to have seen the incredible talent of our NBMS writers shine through. I also want to give a special shoutout to Mrs. Lee for starting such an awesome club and giving us the chance to work together and create something amazing. And last but definitely not least, a huge thank you to all the students who contributed to this project. Your resolute commitment and effort truly paid off, and the end result is nothing short of remarkable. Thank you all again for making this such a fantastic experience!

The writer's club!

Thank
You

Thank you Mrs. Lee and Ms. Reina for letting our writers interview you and this has been a great way for our NBMS staff and students to get to know you both amazing teachers more!