

Fall 2021

Chalfont, PA

Unami Middle School



The Unami Times

Newspaper

“The liberty of the press is essential to the security of the state.”

Unami Fall Dance

Megha Rao

The Unami Fall Dance took place on November 5th. Due to covid, the Fall dance did not happen last year, but this year Mrs. Kuntzmann and the Student Council came back with a well-planned and decorated dance for an incredibly fun time. Even with covid restrictions and not having much time to prepare, it was well thought out with many people attending. The dance had a well-maintained structure and plan. The week of the dance, it was advertised every morning on the announcements. The tickets were sold Monday, Wednesday, and Friday at dismissal for \$3.00. They were also sold at the dance for \$5. It had a well-organized ticket check-in method to ensure everyone had their ticket and got in. The décor, food and environment were also very well-designed part of the dance.



The dance was Halloween/fall themed. The hallways were decorated with paper pumpkins, leaves and streamers. The decorations were made and purchased. Student council and art club handmade most of the décor apart from some purchased tablecloths and backdrops for pictures. The decorations filled the lobby, hallway leading up to the gym, and the gym itself where most of the dance took place.

Source: *Rawpixel*

The dance also had a variety of snacks and drinks available at the snack booth. The drinks included water, Capri sun and sparkling soda of a variety of flavors. The snacks that were sold consisted of soft pretzels, welches, Rice Krispies and more. The snack booth was managed well, with people always working, selling, and restocking the table.

The music, dance floor, and environment were also a main aspect of the dance. The dance was equipped with a DJ who played great music, and a dance floor with many students. Even off the dance floor the rest of the building held a great environment with many students walking around, eating, and talking with their friends. Finally, the dance had a great vibe and was a fun place to be at for the night.

Overall, the dance was an amazing experience. Make sure to mark your calendars for the next dances!

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A Growing Community

Madelyn Engstrom and Grace Piro

While Unami has various clubs ranging from the STEM Club to the Debate Club, there is one extracurricular that is centered around the growth of our school community, and the collaboration between students. Dr. Massey, a seventh-grade social studies teacher, first started Trowel and Plow during the September of 2012, and ever since then the club has blossomed into a productive, opportunistic extracurricular that allows students to apply themselves while also giving back to the community. When the club was first founded almost ten years ago, the Unami student schedule forced students to be much more isolated from one another, which gave Dr. Massey yet another reason to give students an opportunity to work with one another and collaborate. And now with the recent pandemic, the club serves that same intention yet again. In the early stages of Trowel and Plow, Dr. Massey worked alongside various other teachers, reaching out to Delaware Valley College, the Penn State Extension, and local businesses.

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Unami Times

2020-2021

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Unami and Community News

A Growing Community (continued)

Madelyn Engstrom and Grace Piro

During meetings, students are able to plan the structure of the beds, but also are able to get their hands a little dirty while making their plans a reality. Nonetheless, the entire idea of Trowel and Plow is around building community with the teachers and students with the intent of raising vegetables to donate to the New Britain Food Pantry. Dr. Massey has been committed to this organization since the get go; there used to be sixteen planting beds that acquired most of the area alongside the building, where he used to have to weed and manage the area on his own as it was difficult for other staff members to assist. His dedication and commitment to the Unami community and the students involved has been fueling the club for almost a decade, and this is what will continue to support the club in the coming years.

The Trowel and Plow Club has accomplished many things in the past, including building solid bonds with local businesses and establishments, successfully donating harvest, and getting Unami students/staff more involved in their community. While this has all been very significant, the growth doesn't stop there! Dr. Massey plans on kicking off the coming spring with new activities, challenges, and ideas for the entire community to participate in. As mentioned before, students in the Trowel and Plow club are given the opportunity to plan out the structures of the planting beds for the spring. Dr. Massey takes advantage of square foot planning, a type of planting bed drafting that aims to maximize space. Square foot planning allows the students to collaborate with one another while helping to design a constructive device. Dr. Massey's overall goal with this planning activity is to inspire students to familiarize and understand their community; students can learn to recognize opportunities for public beautification and growth. There are many challenges to plotting out a flourishing, innovative planting bed design, especially within the local area. For example, Dr. Massey has recognized that



Photo of Unami planting beds from years past. Source: *CBSD Unami website*

there are often issues with deer and harvesting. Due to the high population of deer in Bucks County, Unami's harvest is often spoiled before it can be pulled and donated. This could be a problem that students try to combat whilst planning out their bed outlines. Another notable objective for the club is to start running some fundraisers to help gather materials for planting. Dr. Massey hopes to run fundraisers to get seeds for the planting beds. The more seeds the club can gather, the more they can plant; this would also allow for more creative bed and space planning. These fundraisers would be a great way to engage the entire community in beautifying the area. Plus, the funds from these events would indirectly benefit the New Britain Food Pantry, as all the harvest from the Unami beds is donated there. Unami's Trowel and Plow club has a bright future ahead, thanks to all of Dr. Massey's serviceable and prolific plans. The club will continue to work with and for the community – after all, people grow better together!



Source: Free *Creative Commons* Image

Unami/Community News

Club Spotlight: iTeam

Cassidy Fisher

Having issues with your school laptop? Look no further, iTeam is here! I interviewed Mrs. Spatafora, the integrated technology teacher in charge of running the club, to give insight on how iTeam operates.

How long has iTeam been running?

iTeam began in the 2018-2019 school year. That was the first year CBSD piloted the 1:1 laptop initiative to the 7th graders.

Why did you want to start iTeam?

The school district saw a need for student led tech support, especially once we went 1:1 with the devices. Many students had little experience with a personal laptop and needed assistance with Microsoft apps, Pen and Touchscreen issues, etc.

Who can join iTeam?

ANYONE! I encourage any responsible student (7th-9th grade) that is interested in technology and helping others to join! Email me at nspatafora@cbsd.org

When can students seek help from iTeam?

iTeam members are typically available during resource periods at the desk in front of the library.

What are some common tech issues students have been having lately and how can you fix them?

Syncing issues, retrieving lost files, cracked screens. Visiting Office 365 will help with syncing as well as retrieving files. Unfortunately, cracked screens can only be fixed by leaving your laptop with our Building tech, Mr. Kane and he replaces them. Take care of your laptop to avoid damage to the screen or keyboard!

Where can you find the help desk ticket requests?

Most teacher Canvas homepages have a link to the helpdesk ticket site. This site is used for any escalated issues that iTeam can't assist with. It's also on the homepage at www.cbsd.org/Unami

What is your favorite laptop hack?

Any of the keyboard shortcuts! The two that come to mind are **Alt+Tab** to toggle between windows and **Ctrl+Z** to undo.

As a current iTeam member I have had the opportunity not only to help my peers with their technology issues, but to learn a few new things about problem solving with our 1:1 laptops, and more specifically problem solving with Microsoft applications. I really enjoy working with other iTeam members during resource to help peers while still being able to complete my work. If your interested in becoming a part of the iTeam, as said above, email Mrs. Spatafora at nspatafora@cbsd.org.



World News

Celebrating the Holidays of December

Ashlee Ranes

December is taken up by many holidays from a diverse array of cultures. Each are very different in food, traditions, and origin, and therefore deserve recognition.

The eight-day religious holiday of Hanukkah revolves around Judaism and is celebrated to remember the rededication of the second temple of Jerusalem. For each night of Hanukkah, a candle is lit on the menorah and will continue to burn for the whole celebration. The holiday is celebrated by giving gifts, playing with dreidels, and blessing the customary Hanukkah foods like latkes (potato pancakes), and sufganiyot (jam-filled donuts fried in oil).

Kwanza begins on the 26th of December and lasts through the 1st of January, originating in 1966, from the phrase, “Matunda ya kwanza”, meaning “first fruits.” It was created by Dr. Maulana Karenga, who took inspiration from many African harvest celebrations in order to create Kwanza. It is traditionally celebrated like many holidays: a family gathering with music and a large meal.

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World News

Celebrating the Holidays of December

Ashlee Ranes

Additionally, Kwanza's unique custom is for each of its seven nights, a child lights a candle on the Kinara and for each candle, the family converses about one of African culture's seven values.

The roots of Christmas come from Christianity, where it is a day to honor the birth of Christ. However, for many, Christmas isn't a religious holiday but a cultural celebration depending on the country. Christmas is celebrated by about 2 billion people worldwide in many different ways. The highly popularized American version has its participants decorate a Christmas tree in their home and await the visit and gifts from Santa on the night of Christmas Eve before celebrating on Christmas Day, the 25th. Other countries celebrate differently. Instead of milk and cookies, England sets out mince pies and brandy on Christmas Eve. Christmas takes place in summer for Australia, so it is popular to celebrate while camping or on a beach, and to decorate a Christmas bush: an Australian tree with leaves and flowers that turn from green to red in the summer. Iceland has multiple Santa Clauses, referred to as Yule Lads. There are 13 of them and one arrives for each of 13 nights before Christmas Day.

Boxing Day began in the United Kingdom in the Middle Ages. It was for items in collection boxes at churches to be distributed to the poor and to give servants a day off work to celebrate Christmas. In current day, Boxing Day is also celebrated in other countries like Australia, Canada, and New Zealand. The holiday is on the 26th of December; It is a day off after Christmas for games like soccer, among others, to take place.

New Year's Eve is called Ōmisoka in Japan and it is considered one of the country's most important holidays. Families usually gather for a final meal of the year, by eating noodles to transition into the new year, with dishes called toshikoshi-soba or toshikoshi-udon. Along with other traditional foods, Ōmisoka is participated in by decorating the household, cleaning, and finishing any business from the old year before the new one. Kitchens are supposed to interlude on the first three days of oshogatsu, meaning the new year, so families often spend lots of Ōmisoka preparing food for New Years. All these traditions are partaken in with the purpose of finishing the year well as to bring luck into the next year and leave the bad luck in the old.

To conclude, the holidays included in the month of December have unique impact on the holiday season and their own respective cultures.

Sources: *December Holidays* by Cultural Mixology

“Ōmisoka”: *Ring Out the Year in Japan* by Nippon.com

December Holidays around the World by WorldStrides



Source: *National Today*

Sports

Who is the GOAT of Basketball?

Ramsey Polis

The single-most controversial argument in basketball: Who is the GOAT (greatest of all time)? There are various aspects of basketball that can be taken into consideration making it hard to choose just one player out of the many legendary names. Most people immediately think of Michael Jordan, LeBron James, and Kobe Bryant. Don't get me wrong, these are some of the most influential players in NBA history, but some of the older players that helped popularize basketball and the NBA get overlooked. I am talking about the old-time greats like Bill Russell, Wilt Chamberlain, and Kareem Abdul-Jabbar. These three players all played center decades ago in the NBA, and set numerous records while doing so.

Bill Russell set many records during his time in the NBA. Bill Russell stands 6 feet 10 inches tall and played center for the Boston Celtics from 1956-1969. He is second in all-time total rebounds in the NBA with 21,620 rebounds in his career. Most impressive, Bill Russell won 11 NBA Finals with the Boston Celtics in the 13 years he played. The 11 championship wins makes Bill Russell the player with the most all-time championship wins. Bill Russell's tremendous rebounding ability aided him in winning 11 NBA Finals and being remembered as a basketball legend. (continued on page 5)

Sports

Who is the GOAT of Basketball? (continued)

Ramsey Polis

Wilt Chamberlain was a 7-foot 1 inch center who played for the Philadelphia/San Francisco Warriors, Philadelphia 76ers, and Los Angeles Lakers. He set league records in the 1961-62 season for average points per game (50.4) and most points in the regular season (4,209). On March 2, 1962, Wilt Chamberlain set an NBA record for most points in a single game (100) against the New York Knicks. He won 2 NBA Finals, one with the Philadelphia 76ers in 1967 and one with the Los Angeles Lakers in 1972. With 31,419 career points, Wilt Chamberlain is ranked seventh in all-time points. Finally, Wilt Chamberlain is ranked first in all-time rebounds with 23,924 career rebounds. Wilt Chamberlain's outstanding scoring and rebounding abilities helped him be considered one of the greatest basketball players of all time.

Kareem Abdul-Jabbar stands 7 feet 2 inches tall and played center for the Milwaukee Bucks and Los Angeles Lakers. Kareem Abdul-Jabbar was named the league's Most Valuable Player 6 times. He played 1,560 career games making him the second ranked player in all-time games played. Also, Kareem Abdul-Jabbar is ranked third in all-time blocks with 3,189 blocks in his career. Additionally, with 17,440 total career rebounds, Kareem Abdul-Jabbar is ranked fourth in all-time rebounds. Lastly, Kareem Abdul-Jabbar is ranked number one in all-time points scored with 38,387 career points. During his record-breaking career, Kareem Abdul-Jabbar managed to win 6 championships.

There are many players that are qualified to be in the GOAT conversation. There isn't one player that stands out more than the other. Many of the basketball legends have mastered different aspects of the game. It is up to you to decide who you think is the GOAT of basketball.

Sources:

worldbookonline.com; Basketball-Reference.com

Technology & Entertainment

Holiday Movie Releases

Diya Mahesh

Christmas break is definitely very long, and sometimes there really isn't anything to do. But this is when those Christmas movies come in handy. What is better than sitting down with your family, a cup of hot chocolate in your hand, and a new Christmas movie playing in front of you? Nothing. So, here are some of the newest Christmas movies to watch over break; you can thank me later.

Some of the most classic Christmas films are the *Home Alone* series, and who knew that there would be yet another edition to it this year? *Home Sweet Home Alone* is a 2021 American Christmas comedy movie directed by Dan Mazer. In it, Max Mercer becomes clever after his parents leave for a vacation in Japan. His adventures are shown hilariously in this film from the adored holiday movie franchise. So, pick up that T.V. remote, flip on to Disney+ and have a whole-hearted laugh with your family this winter break.



Source: vecteezy.com

Netflix holds an abundance of Christmas movies and films; the newest addition is the short film *Robin Robin* directed by Michael Please and Dan Ojari. The film is about a young robin that was raised by a family of mice that makes a Christmas wish. In the movie, she finally understands her identity, and, hopefully, learns how to fly. The film captures all the emotions in just 30 minutes, and anyone can enjoy it.

A Boy Called Christmas is another movie from Netflix and is directed by Gil Kenan. In the movie, a very "ordinary" boy named Nicholas goes on a journey to the cold north in search of his father. During his quest, he finally meets his destiny after a series of events and struggles.

Finally, *8-Bit Christmas*, is a great movie to watch on HBO Max directed by Michael Dowse. The movie shows a 10-year-old committed to finding the greatest and newest video game system of the year. The heartfelt movie is set in the suburbs of Chicago.

Well, you're all set for the holiday break. Enjoy your time, relax, and refresh yourself for the rest of the school year! I hope you have an amazing break!

Series Finale of *Supergirl*: Loose Ends and Future Content

Ashlee Ranes

In 2015, Melissa Benoist introduced a new superhero to the CW's team of heroes, with the *Supergirl* series. 6 seasons later, the show has finally come to an end. While it was a satisfying end for the lead character, Kara Zor-El, there are some loose-ends left untied, leaving fans wondering what spin-offs could be made of them.

In February of this year, the newest addition to the *Arrow* universe, *Superman and Lois*, premiered. It features Tyler Hoechlin's portrayal of Superman, first introduced in *Supergirl* Season 2, where Superman was mostly a guest star. Fans are much more eager to see more of their favorite characters who played the supporting cast to Kara. The first obvious option for future content would be to feature Alex Danvers, Kara's adoptive human sister, in already existing DC shows or to give Alex her own. She was a significant character through the whole series and towards the end, she finally got married to Kelly Olsen (Guardian), adopted an alien daughter, and became a superhero as well. She has already appeared in the 5-part crossover event, *The Flash: Armageddon*, since *Supergirl* ended; audiences may be seeing more of her. The only obstacle to this spin-off is that Alex achieved everything she wanted in the end of the series, and it could be seen as the end of her character arch instead of the start of a new one.



Source: Entertainment (EW.com)

Secondly, a spin-off for the Naltorian hero, Dreamer, could also be a possibility. In a livestream on the show's Instagram before the finale aired, Nicole Maines (the actress who plays Dreamer) promised fans that the end of *Supergirl* was not going to be the end of Dreamer. Fans have often theorized about Nia Nal returning after *Supergirl*'s end, but how it might happen is unclear. One possibility of how she could return is following timeline disruptions caused from Brainy not returning to the future at the show's end. Nia's boyfriend, Brainiac 5, was called to return to the 31st century (where he usually lives) during the final episodes. He chooses to disobey this order and remain with Nia, but this huge decision was brushed over as just a happy ending for the characters. In past occurrences of the *Arrow* universe, changing the future has always had consequences and it seems odd for audiences to never know what Nia and Brainy's are. These consequences could create a viable option for a spin-off or even a chance for Nia and Brainy to join the Legends of Tomorrow, another DC team of heroes who deal mainly with time travel.

Audiences always find ways to theorize and hope for more content when a series ends, especially with one as long-lasting and impactful as *Supergirl*. No finale is perfect, and there will always be annoying plot lines left unexplored, but it is safe to say that no DC fan would object to additional *Supergirl* content in the future, no matter what character or story it chooses to follow.

Interviews

Ms. Nolan

Diya Mahesh

How is your first year being a full-time gym teacher here at Unami?

My first year being a full-time Health and PE teacher at Unami has been awesome and has taught me so much about teaching. Getting to know all of my students and building relationships with them has been my favorite part so far. The support I feel from fellow staff members at Unami is a huge plus.

What would you say is one thing you learned throughout your journey (education, experiences, etc.)?

One thing I've learned throughout my journey is to not sweat the small things because everything works out how it's supposed to in the end.

Where did you study?

I studied Health and Physical Education at West Chester University.

What are your hobbies/what do you enjoy doing outside of teaching?

Outside of teaching, I coach high school girls' soccer and basketball. I also enjoy spending time with family and friends. My favorite place to go is the beach! (continued on page 7)

Interviews

Ms. Nolan

Diya Mahesh

What is an attribute that you value the most and live by?

An attribute I value the most and live by is passion. I believe passion is what drives us to be successful. It also grounds us and keeps us reminded of our own values and beliefs. To sum it up, passion gives us a purpose.

Is there any one experience that taught you something you will never forget?

An experience that taught me something I'll never forget is the pandemic. COVID-19 really taught me the importance of self-care. During lockdowns, I learned how to develop a routine that positively impacted my day. The uncertainty of the pandemic showed me how focus on what was in my control and let go of what was out of my control. COVID has been difficult for many people in different ways but learning the significance of taking care of myself physically and mentally is something I'll never forget.

What is one piece of advice you would give to a current high schooler?

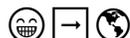
As you start thinking about your future and making decisions about college, majors, careers, etc., remind yourself of this quote "In a world where you can be anything, be kind." Try not to put too much pressure on yourself about your future, remember that everyone is human, and that you'll never regret being kind.



Games/Riddles/Comics

Can you guess the song using the emoji clues?

Maddie Coleman



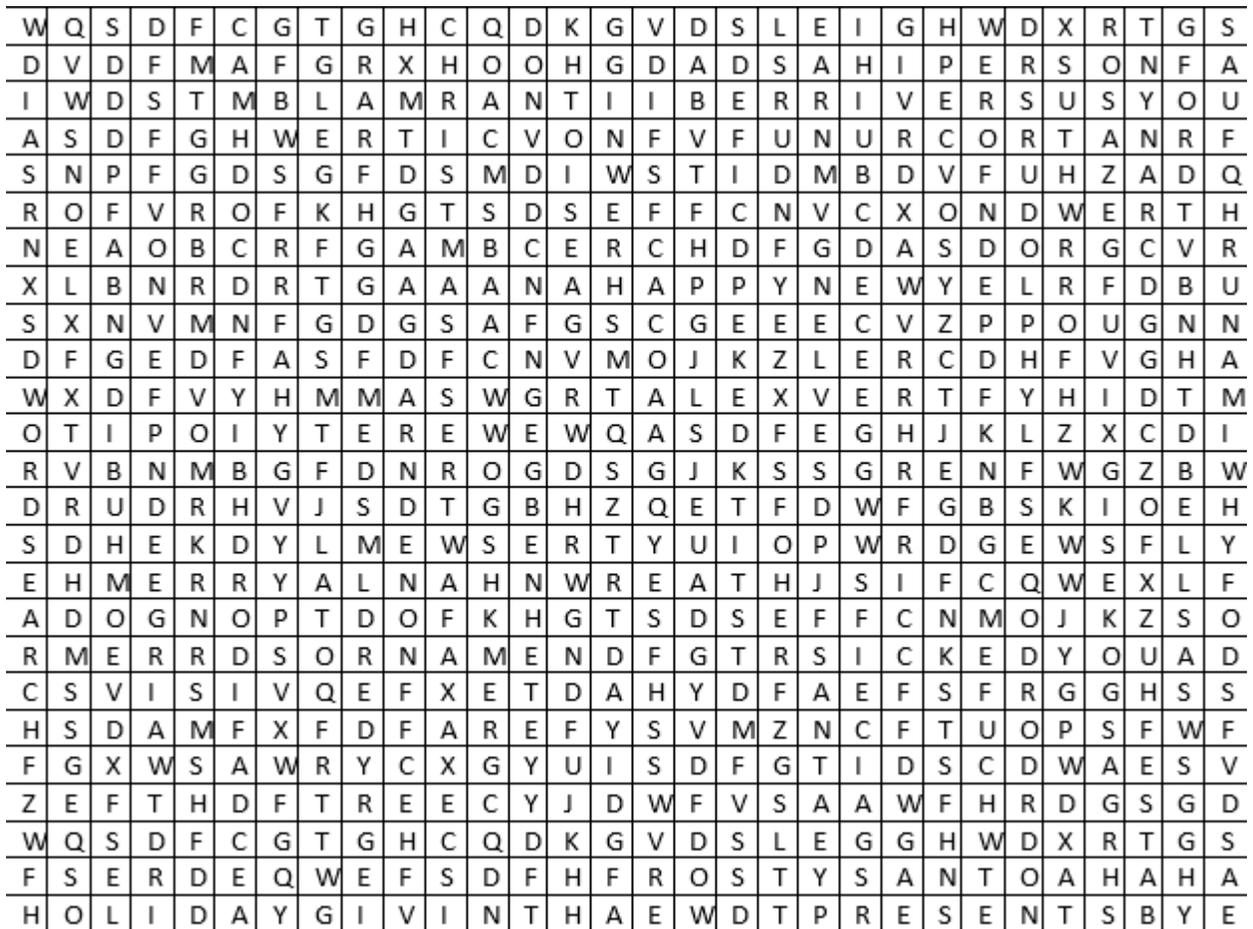
I saw mommy kissing Santa Claus.
Joy to the World
Jingle Bells
Rocking around the Christmas tree
12 days of Christmas
Walking in a Winter Wonderland
Frosty the Snowman
Rudolf the red nosed reindeer
Santa Claus is coming to town
I want a hippopotamus for Christmas

Answers:

Games/Riddles/Comics

Holiday Word Search

Atharva Bhargude



| | |
|------------|-----------|
| Christmas | Merry |
| Presents | Mistletoe |
| Elves | Wreath |
| Santa | Frosty |
| Tree | Ornaments |
| Holiday | Sleigh |
| Rudolph | Giving |
| Bells | Noel |
| Wordsearch | Unami |



Source: Free Creative Commons Image

Creative Writing

Artificial vs. Real Christmas Trees

Maddie Coleman

Every Christmas season each family has a different way of celebrating. Some get up at the crack of dawn to open presents so they can cram the most fun into their day; while others choose to wake up slowly, and take the day easy, yet each style fits the family just fine and that's what everyone looks forward to. Any family who celebrates Christmas has one holiday tradition in common. The infamous Christmas tree. Even though evergreens are grown in all 50 states including Hawaii and Alaska; a Christmas tree in everybody's home wasn't always a tradition.

The idea of the Christmas tree dates all the way back to Ancient Egypt and Ancient Rome. Back then many cultures would hang evergreen boughs over doors and windows. These people believed that the evergreen boughs would keep them safe from illness and evil beings. However, the country of Germany was credited for starting the official Christmas tree custom in the 16th century. It is believed that the origin of the tree came from a man named Martin Luther. Martin Luther was walking outside one night when he saw the stars in the sky bordering the evergreen trees. He then went home and placed candles on the branches of his own evergreen tree to show his family what he had seen on that clear winter night.

After that people started to get creative and build their own Christmas trees, otherwise called Christmas pyramids. The pyramids were made of wood and covered in evergreen branches along with candles. The trees immigrated to America in the 1800's alongside German settlers who were looking to start a new life. At first, the thought of evergreen trees was not accepted by Americans because they were considered a heathen tradition that no one should take part in. Then in 1846 Queen Victoria and German Prince Albert had an image sketched of their family around... a Christmas tree. Since Queen Victoria was very popular among her subjects the Christmas tree soon became very fashionable, not only in Britain, but in America as well. Things were finally starting to happen. By the 1890's ornaments were being created in Germany and tree popularity shot way up in the U.S. In addition, at the beginning Americans started to decorate their tree with homemade ornaments. For example, popcorn interlaced with berries and nuts. Once electricity came around you can probably guess how popular Christmas lights became. As you can see, Americans have carried this tradition for a while, but these days it's less of a matter of do or do not and more of the question real or fake.

For starters, the average Christmas tree that you would buy at a tree farm ranges from the price of \$30 to \$150 depending on the quality and/or size of the evergreen. Meanwhile, an artificial Christmas tree you would buy from Amazon or another store ranges from the price of \$100 to \$400 depending on the quality and/or size of the tree. Now I know the prices seem unfair but when you put things into perspective you really are getting your money's worth. A real evergreen only lasts for the holiday season plus one or two weeks; while an artificial tree lasts up to 10 years or more depending on how well the owner treats it. So, if a real tree that lasts about 5 weeks costs \$100, and a fake tree that lasts almost 10 years costs \$350, the fake tree is actually less expensive in the long run. Although, both sets of trees have their quirks and benefits you can't go wrong either way it all comes down to preference. Specifically, man-made Christmas trees are made of plastic resulting in the fact that they don't drop their needles and slowly die like non-manufactured trees. Another benefit is that no trees are cut down in the process of creating and selling, yet they are mainly made from plastic which isn't great for the environment. On the other end of things, natural Christmas trees have the realistic, prickly touch and smell sweet when they're placed in your house. Even though you must cut the evergreen down to sell it, once Christmas is over the trees can decompose and help other trees grow.

So, what is your family's Christmas tradition? Setting up the artificial tree and leaving it out for however long you want, or hauling an evergreen into your house, decorating it, and eventually disposing of it. No matter whether you prefer real or fake trees, I hope you have a wonderful holiday season!



Source: Free *Creative Commons* Image

Creative Writing

How to Make Gingerbread Cookies

Suryanshu Khadka

Looking to make a dessert for the winter to make fast and easily? Here's a famously loved cookie recipe for anyone and everyone to make— gingerbread cookies. Try these out at home and share the recipe with your family and friends. Happy Holidays!

Ingredients/items needed:

1 roll (16.5 oz) Sugar Cookie Dough
3 tablespoons mild molasses
1/4 cup all-purpose flour
3/4 teaspoon ground cinnamon
3/4 teaspoon ground ginger
1/2 teaspoon ground allspice
1/4 teaspoon ground cloves
Cookie baking sheet/paper
Cookie cutter (any shape)

Steps:

In a large bowl, crumble the cookie dough and stir it in the molasses. Add the remaining ingredients and mix it thoroughly with your hands.

Divide the dough in half and form it into two disks, then wrap it in plastic wrap. Refrigerate these for 1-2 hours (until thoroughly chilled).

Heat the oven up to 375° F. On a floured surface, roll one of the disks 1/4th of an inch thick. Use a cookie cutter of any shape to cut the dough as much as necessary. Put these cutouts on an ungreased cookie sheet.

Bake the cookies for 7-9 minutes until the cookies are a light, golden-brown around the edges. Let them cool for about half an hour.

Enjoy your freshly made gingerbread cookies! Add icing, sprinkles, or other decorations as you wish.



Source: Free *Creative Commons* Image