



Masthead by Izzy Skoog

SOFTBALL SWINGS INTO ACTION



By Erica Golden, Kayla Duffee, and Izzy Skoog

This season at BMS, Girl's Softball is certainly in "full swing!" With practice and games nearly every day of the week, these girls sure are working hard to balance school and softball.

The season began around six weeks ago, and there have been a few scrimmages. So far, Bexley has won twice against Wellington, and the first game of the season was on April 7 against Whitehall. Bexley won 21-7, ending the game with a triple play! When asked if she thought that softball was taking up too much of her time, Erica Golden said that, "While it is certainly a huge time commitment, the fun is worth it 100%."

Many girls on the team feel the same way, and they agree that softball is an awesome way to make friends and get lots of physical activity! Not only is softball a vessel for socialization, but it is

also a great way to show team spirit! Cheers and chants are also a big part of the game, and the players love it almost as much as the game itself. The players also love the game itself, "Playing on the softball team has been so much fun for me," said eighth grader Abby Levi. "I play any part of the outfield."

There are many different reasons people love to play softball. "My favorite part of softball is being on a team with my friends," said Erin Brown. "I normally play catcher or third base." With many players being new to the team, school ball is certainly a step up from Rec ball or any other team that the girls have been playing on in the past. A survey of all the girls confirmed that over half of them have been on a team before joining the BMS one, and we're looking forward to continuing to play. We wish the Lions luck in all their games to come!

STUDENTS BALANCING HOMEWORK

By Harper Dresbach

A lot of students have many extra curricular activities and those activities can interfere with homework and balancing the two can be very stressful. So, I went on a hunt to see how different students handle getting their homework done while participating in extracurricular activities.

I interviewed four students: Annmarie Carleton, Zoe Brown, Mabyn Evans, and Ruth Gravelle. All students have a plethora of extracurriculars. I asked the students a series of questions to see how they handle their homework.

The first question I asked them was:

How has homework interfered with extracurriculars? For Annmarie, she is able to get it done in study hall homework normally does not interfere. Ruth on the other hand said that homework can be a problem. Ruth is unable to have a study hall, so she makes sure she uses free time in classes to get homework done. Mabyn said that there have been many times when they conflict. Zoe said that she has run out of time to get her homework done so has to get it done in the car.

The next question was about how students handle

getting homework done with your extracurricular activities? Annmarie tries to get her homework done in study hall and Ruth makes sure she does homework that is due the soonest and plans out longer projects around dress rehearsals and performances. So, if Ruth has a long term project she will do more of it on days when there are less extracurriculars. Mabyn does not hang out with people until homework is done, so it

encourages her to do it productively. Zoe does it in study hall of free time in class, but when she can she does it in the car.

The last questions I asked these students was how has getting your

homework done affected things like sleep and social interaction? For Annmarie, she says her extracurriculars are her social interaction. Ruth has said that sleep can be a problem, and for socializing, she has to finish homework and activity first. Mabyn said that she has less time to hangout with friends but her sleep is unaffected. Zoe says that homework does not affect sleep, but sometimes she has to get it done in the morning before school.

Lots of students have many things to balance outside of school, and everyone has their own way of making it work.



ARE YOU ELIGIBLE FOR KINGS ISLAND?

By Jackson Westergaard

As the biggest roller coaster park in Ohio, it's a once-in-a-lifetime experience. Fortunately for the eighth graders here, we get to go there. Unfortunately, it comes at the expense of missing out on the usual trip to Washington D.C. However, it might be worth it, since it's easier. Ms. Rowley-Welch says, "I think it will be easier

in the sense that there is not all of the planning that goes into over-night trips and trips that have multiple places to visit and reserve. This is especially true for Mr. Caudill, who is making all the arrangements, and for the nurses, who have to arrange all of the medicine for a

multi-day trip to DC." Another reason why it might be better for the teachers is because it doesn't take as long, which is because teachers have to do things at home. "The nice thing for me is that it is much easier for me to go on a daytime trip than a multi-day trip because I have responsibilities at home with

my kids and my farm. This is why some teachers can't always go to DC, because of young children or other responsibilities. So, a one day fun trip is a nice break and a nice way to spend time with students outside of the normal school setting."

But how do eighth graders get accepted to go to Kings Island? The requirements for making it to Kings Island

are this: you need to not have any 0's in Quarter 4, you need to not get a suspension and not get no more than two detentions. Most students should find these challenges easy to accomplish. Ms. Rowley-Welch states that "I think most will make it. I have seen examples of several students who are

Kings Island Trip Eligibility Contract

Student Name: _____ **Date:** _____

We are excited to take our 8th grade students to Kings Island for an end of middle school celebration. This is meant as an acknowledgement for your dedication to meeting academic, behavioral, and attendance expectations during the 4th quarter of this school year.

Your ability to attend the trip requires that you meet the following:

☐ **Academic Expectations**

- Academic strand grades of 2, 3, and 4s
- Complete and submit quality class work and homework on time
- Complete all standardized tests with fidelity

☐ **Behavioral Expectations**

- Take responsibility for your own actions and demonstrate self-control
- Follow directions from staff
- Initiate tasks and work independently when needed
- Participate actively and cooperatively in group work
- Listen respectfully and acknowledge the thinking of others
- No more than two (2) detentions for behavior
- No in-school or out-of-school suspensions

☐ **Attendance Expectations**

- No more than ten (10) total tardies to class
- No more than 12.5 hours (2 days) of absences without medical documentation

The principal reserves the right to make the final decision on whether a student will be denied a trip for not fulfilling this contract.

being deliberate in their behavior and making changes because they really want to go on the trip. And truly, we teachers really want all of the students to go on the trip, if possible." It's very easy to get on the trip, so let's all try our best to meet the requirements and prepare to have some fun!

MAKING A VEGETARIAN DIET WORK

By Jack Westergaard and Josie Herrmann

Throughout your life, you've probably used Crayola markers, crayons, and pencils, but you probably had no idea what was in them. The truth is, Crayola uses a variety of animal-derived ingredients in their products. According to Green Matters, Crayola markers and crayons contain gelatin, bone char (cattle bones), bug shells, eggs, cow's milk, beeswax, and honey. Many of Crayola's products, including their crayons and markers, also have stearic acid in them, which is used to make the

supplies stronger, as stated by The Vegan Review. Stearic acid can be made with either vegetable oils or animal fat, however, Crayola admitted that theirs is extracted from beef. If you want to support the planet by reducing waste, you can start by doing anything as small as using biodegradable pens, notebooks, and countless other vegan art and school supplies.

However, pens, pencils, and paper clips can't protect the planet on their own. Reducing the amounts of animal products in your meals can have a huge impact! According to the Journal of the American

Academy of Nutrition and Dietetics, "vegetarian diets, including vegan diets, are healthful and may prevent and treat various diseases." Being healthy is very important, but some people might not be ready to fully commit to being vegetarian or vegan. Because of this, here are some tips to ease into the meatless water!



1) Reduce the amount of a single type of meat. An example of this might be to cut out chicken but still leave red meat in your meals. The school cafeteria often has vegetarian and vegan options to the meaty entrées.

2) Take a break!

Shifting your meal plan can be a big change, so if there are situations where you feel it is too hard, you can take a quick snack break.

3) Grab some vitamins. Substituting vitamins for meats is important, especially since you were and are getting proteins from the animals. But you can take supplements or just get protein from plants! Almonds, broccoli, tofu, and chickpeas all give large amounts of protein for your needs.

Starting vegetarianism can be pretty scary, but if you follow these simple steps, you can be on your way in no time!