



The Lion Chronicles

VOL. II | ISSUE NO. 2

STAFF

Guess WHO'S
BACK ?

8th Grade

Aniyah Wilcher

Alia Durham

Takira Pettus

Kayla Woods

Briana Claiborne

Editors

Ms. E Thomas | Media Specialist

Ms. B. Nelson | Parent Liaison



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#NOTMYPRESIDENT

By Aniyah Wilcher

All too recently, Donald Trump has outlawed the act of seeking out an abortion plan – including in regions where the procedure is legal. Trump’s plan takes it a step further. It freezes funding to nongovernmental organizations in poor countries if they offer abortion counseling or if they promote the right to seek abortion in their countries. Not only has Trump made a mockery of women’s rights all over the world, but all too recently Vice President Mike Pence made a disgraceful comment when married women showed up to the National Women’s March in Washington, D.C., saying, “Why didn’t their husbands keep them at home?”

Already, America should be disgusted with their choice. You all have put a racist, sexist buffoon in office, and now you dare cry about it? How do you think our immigrants feel? He has banned immigrants from entering our country, a country that was made by immigrants, for immigrants.

You all have just elected someone so unfit, so unjust, to handle our nuclear codes. And now, that same person is trying to say that women are unfit to handle their own bodies? Is this a joke or a nightmare? If the roles were reversed, and there was a woman in office, maybe Hillary Clinton, and she told men that they couldn’t use their genitals from eight in the morning until nine at night, men would be protesting, burning buildings, and trying to get the law vetoed. But somehow the fact that women feel the same way is unfitting? Mike Pence wants us women to cook for our “hard working husbands” until they get home. Donald Trump wants to only use and abuse us. **WE ARE NOT ALL SUBMISSIVE, AND NONE OF US ARE INFERIOR TO MEN!** We will not be subjected to male domination and become lesser than our worth. We will not bow, nor will we break. We have come too far, hurt for too long, and fought too hard to let you take all of our hard work and erase it with just a signature.

Donald Trump,
A single woman brought you into this world,
And now 3.51 billion will take you out!

– S.M. Zhao

BMS HOLDS AWARDS DAY CEREMONY

By Takira Pettus

The ceremony started with Jelani- Abdul Shaheed welcoming the parents and introducing them to the program. Afterwards, Mr. Harper gave the parents a proper greeting and officially started the show. He made the parents laugh with his childhood stories and congratulated the students for doing "what they were supposed to do." Then it was time for the pledge of allegiance which was led by Litzy Yanez.

The poem that was viewed for the honors day program was... If I Could Teach You, Teacher. Briana Claiborne inspired her peers with this poem and told them that they could do anything as long as they believed in themselves. Then Renea Smith sang Rise Up by Andra Day, lifting the spirits of the crowd, making them want to move mountains.

The awards were then given to the students: the Citizenship Award, the Principal's List, and of course Honor Roll. These students worked hard and did what they were supposed to. Good behavior was rewarded during this ceremony.

After all these student got their awards, Mr. Myron Broome, the school's principal, gave the parents and students a motivating speech that they will always remember. After all it was a great ceremony, and it was an honor for me to attend.



CHECK MY KICKS

By Briana Claiborne

No, these aren't called Hurricanes. They're **Huaraches**, a super stylish sneaker brand made by Nike in 1991. They later gained a new popularity in 2014 from the old school brand. Today at Bethune, you can see people rocking the most popular Huaraches with any outfit... well, of course, if it's within uniform guidelines. Some of the most popular ones are the Nike Air Huarache Runs in Wolf Grey, the Nike Air Huarache Runs in Triple White, and the PRM QS Reflective Blackout.



The most famous, most commonly known, most talked about shoe of the last year...I guess one could even call them SUPERSTARS.... are the **Adidas Superstars!** They are a 1969 original basketball shoe that of course had some reconstructing and innovating through the years, such as the white tops and the sides. According to the unique styles at Bethune, it has been proven that you can put those Superstars on and complete any outfit, whether you'd consider your style to be grunge, chic, streetstyle, urban, or savvy. The students at Bethune have turned this shoe into a literal icon.

UGG boots are a shoe you can find on students at Bethune especially during the winter months. The name perfectly matches the emotions to go along with winter... UGGGGG. The UGGs pictured here originated in Australia, and began to catch popularity in America in 2000. A new style of UGGs that are taking over the halls of Bethune are the Bailey Bow UGGs. They first gained popularity in the fall of 2016, and now people are wearing them all the time.



Pumas have been around for decades. They come in many different styles and have many A-list celebrities endorsing them, such as Kylie Jenner and even Pharrell Williams, who has a line of Pumas along with Rihanna. Today in Bethune, you can see students rocking the most popular line of Pumas, the Suede Pumas that come in hundreds of colors, perfect for any outfit or personal choice.

I mean... do I even need to explain? They're **Jordans**.



LASAGNA SOUP



INGREDIENTS

- Kosher salt
- 8 ounces lasagna noodles, broken into pieces (about 10 noodles)
- 1 tablespoon extra-virgin olive oil, plus more for drizzling
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 4 cups low-sodium vegetable broth
- 1 15-ounce can crushed tomatoes
- 1/2 cup chopped fresh basil, plus thinly sliced leaves for topping
- 1/3 cup grated parmesan cheese (plus more for sprinkling, optional)
- 1/4 cup heavy cream or half-and-half
- Ricotta cheese, for topping

- Prep: 30 min

- Cook: 10 min

TOTAL TIME: 40 MIN

VEGGIE-TALES

By Kayla Woods

When I tried going vegetarian/vegan, the hardest part of being vegetarian was knowing how to cook without meat. After about a month or so on the diet, I would get really sick (headaches, colds, etc). I could only eat a small amount of food because my appetite was so small. Usually, I would create a list of food week/month and buy them from the store all at once. However, I didn't really understand the diet and I didn't know what my taste buds would like. So I researched.

I found ways around the diet, such as eating things that give me more protein than others, and I went on YouTube to get inspired by some vegan/vegetarian YouTubers such as: *RawAlignment*, *Annie Tarasova* and *Kate Flowers*. The grocery list usually had things like quinoa, rice, beans, spinach, asparagus, mushrooms, blackberries, blueberries, and BANANAS! I was in love with smoothies and acai bowls.

The best thing about it was that I tried so many things that I normally wouldn't have thought of. Things like lasagna soup, spinach ravioli, spinach lasagna, vegan ice cream (shoutout to the brand SoDelicious!), and quinoa with brown rice. I found that I had more energy and tended to be more productive. But between you and me, the ice cream was my favorite part!



RawAlignment



Kate Flowers



Annie Tarasova

ENTERTAINMENT REVIEW: THE VAMPIRE DIARIES

By Alia Durham

The Vampire Diaries is an American supernatural drama television series based on a popular book series. This show aired on September 10, 2009. It is about a girl named Elena Gilbert and her brother, Jeremy Gilbert, who lost both of their parents in an accident. Then, a new boy, Stefan Salvatore and his brother, Damon Salvatore come to town.

There is a time that we all feel just like the characters in the show. When you watch and you see how they solved all of their problems, then you will know how to solve yours. You never know what might happen one day - your mom or dad might get into an accident just like Elena's parents did and you might want to kill or hurt yourself, but your friends come and talk you out of it. You might have a sibling who loved someone really bad and they just die on them. If you watch this show, then you will know how to handle that situation. You should also watch it because if you like drama, it has 8 seasons of that.

The reason I like this show is because I love drama. I also like it because it helps me cope with the memory of when I was younger and my dad and aunt died, just like Elena, although her parents died by driving off of a bridge and her aunt died of vampirism. I went through a hard time, but when my mom showed me this show, it gave me hope, strength, and courage to get back on my feet. If you watch this and you like it, make sure you do everything you can to let your parents know that you love them and that you will do anything to show them that you really care.



STUDENT INTERVIEWS

By Briana Claiborne

I sat down with our very own **Kristina Backus**, 7th grade, and talked to her about being a rapper.

B: What is your rapper name?
K: Childish Witty

B: Where are some places or events that you have performed?
K: Well, on stages and at school.

B: Like at talent shows and in Chorus?
K: Yeah, both of those, but also just outside to a bunch of 6th and 7th graders.

B: So low-key rap battles and open mic events. How does your family feel about your rapper alter ego?
K: My dad is not okay with it, but my mom is pretty supportive for the most part.

B: Is a career path for you, or just an 'at the moment' kind of hobby?
K: It's just a hobby.

B: So who are your inspirations or idols that you look up to?
K: There's a rapper, he's like low-key, but his name is Phora.



"No one wants to admit they're imperfect for the facts they claim, so we're all imperfect in a perfect way."
-Childish Witty

Next, I spoke to **Marcus Ford**, 7th grade, about his passion for playing drums.

B: What instrument do you play?
M: Snare drum.

B: Okay, so do you play it at school for the band or like for what? You play at a range of events?
M: All of the above.

B: So is this like a hobby or something you'd like to play when you get older?
M: Both. I would consider this a career path for me.

B: Who are some of your idols or inspirations of people who play the snare drum?
M: It would have to be my dad and Travis Baker.

B: So how does your family feel about you playing the drums?
M: I would say they support me for the most part.

B: Do you play any other instruments?
M: I also sometimes play the tenor drum.

B: When did you first learn to play drums? Did it feel like a natural talent?
M: In 6th grade I learned to play both and ever since then it's just been an easy thing.

B: Would you ever want to join a marching band?
M: Yeah, that would totally be an amazing opportunity!

