



The Modern Buc

The Newest Fashion Trend

Since Biblical times, the open toed strapped sandal has been the go to design choice of footwear for both men and women. Some of today's sandals offer that same casual look, with advancement in construction, as seen in such brand names as Birkenstocks, J-Slips, and Pali Hawaii. The typical materials used in the modern manufacturing are leather, canvas, rubber, and vinyl, with either Velcro, buckles, or affixed straps.

The topic of "Jesus Sandals" can be a polarizing topic, with opinions both for and against. Some pros are they are quick and easy to put on with no effort, in the summer they keep your feet cool, girls can show off their pedicures, they are inexpensive, and provide good support. On the other hand, they can cause sore feet, some styles should not get wet, they could be considered too casual for certain events, your feet get dirty easily, straps can rub and irritate your feet, and your ankle can be easily twisted.

I recently bought my first pair of "Jesus Sandals." They are Birkenstock Arizonas with two brown leather straps. I find them to be very comfortable, supportive, and undeniably fashionable. I recommend that anyone possibly considering purchasing a pair of this popular style footwear, grab some and give them a try. Who knows, you might actually enjoy slipping them on and being transported back in time with the Ancient Romans? Just don't get too confident and think you can walk on water.



- Vallyn Kalodner

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Wentz's Recovery

Carson Wentz is the starting quarterback for the Philadelphia Eagles. On December 12, 2017, Wentz was "tearing it up" in a game against the Los Angeles Rams. On second down inside the twenty yard line, Carson Wentz had the ball snapped to him by center, Jason Kelce.

Carson Wentz rolled out of the pocket looking for tight end, Zach Ertz. No one was open. Nelson Agholor and Alshon Jeffery were both being blocked. The play was not set up for the half back who was to the right side of the end zone. With no receivers open, Wentz decided to hold onto the ball and make a run towards the end zone.

As he was crossing the goal line for a score, he was hit while reaching for the touchdown. While diving Carson was sandwiched by, Mark Barron, and Matt Longacre from the Rams. Next play, Carson Wentz would throw a low pass to Alshon Jeffery for a touchdown. After that play he would walk to the side lines with a little limp, something was wrong. He would walk to the locker room along with a trainer to determine whether he would come back into the game or not.

The announcers would get information that no Eagles fan wanted to hear. It was announced that he would not come back in, and that it was serious. The next day, the Eagles announced that Carson had torn his anterior cruciate ligament, or his ACL. He would need to recover for six-nine months. He would later play in week four of the following season, losing to the Tennessee Titans 26-23. The recovery was long and tough, but he managed to make it through the recovery process.

- Derek Hopper

The Forest Girl

Janese was grounded for no reason! She hated being stuck in her room while her friends were at the party. Janese read a "missing you" text from her boyfriend. As she looked outside, Janese thought of a plan that soon would backfire. She went downstairs and told her horrible stepfather, who had grounded her for no reason, that she was going to bed. Then Janese snuck out of her window. She was soon at the party and had some fun. However, this ended the fun.

Janese started to walk home at 1:02 am and realized her phone had died. She didn't think it was a big deal at the time. She saw her friends house and decided to go and knock on the door. After about five minutes with no answer, she decided to leave. Janese remembered how she was grounded and how she snuck out so she decided to take the woods as a shortcut.

As she was walking in the woods she felt a breeze. She thought it felt nice. She started to get a stuffy nose and wanted to get home quickly. Hearing noises she began to get scared and said to herself "I'm not scared, I'm not scared, I'm not scared, Am I scared?" At that moment she felt another breeze and felt a hand on her shoulder. She turned around and what she saw next shocked her.

- Emily Betson

Subby's Travel Adventures

Hello everyone, I wanted to tell you all about my trip to Spain. My adventure began at the Newark Airport in New Jersey. The airport was a little small but still very nice at the same time. My flight was with Delta Airlines. I didn't know what to expect as this was my first time flying with them, but I was pleasantly surprised! They gave us blankets, eye masks, and earbuds. As for the food, the pasta was superb.

We had a quick layover in France at Charles de Gaulle Airport. I liked this airport as much as the Newark Airport. But I especially loved the fact that they had a free arcade and a PS4 in the airport. Then I boarded another Delta Flight which was straight to Spain. After about 4 hours my family and I landed in Valencia, Spain. My uncle picked us up from the airport and took us back to his house. We unpacked first, then ate a small meal, and finally went straight to bed.

My family spent most of following day in my Uncle's pizzeria restaurant. The food was delicious! We finished up this leg of our trip with a stop at The City of Arts and Science. There was amazing buildings there! We continued our adventure by traveling to Madrid where we visited an old mosque. There was also a little outside mall right next to the old mosque which had very good milkshakes. We then traveled to the amazing city of Barcelona where we saw a park filled with pigeons, got really cool ice cream sundaes, and a few more clothes.. We also went on a tour boat to see all the beautiful sights of Barcelona. After this we went to an amazing hotel which had a swimming pool, Wi-Fi, television, and luxury beds

The last stop on our trip was back to Valencia. We ate at our Uncle's amazing restaurant one last time, packed up our belongings, and headed for the airport. We then said goodbye to my Uncle, Aunt, and Cousins. I loved the country for its culture, food, and the beautiful sights and landmarks. I hope to visit Spain again soon!



-Subby Ahmad

Music News

Do you like K-Pop, or Korean Pop Music? If so, I'm sure you have heard of the seven member South Korean group BTS (also known as the Bangtan Boys). This group was formed by Big Hit Entertainment and just released a new album "Love Yourself: Answer" on August 24th. The seven members of this South Korean boy band are V, Jungkook, Jimin, Suga, Jin, RM, and J-Hope.

Their most popular songs include: "I Need U" "Blood Sweat Tears" "Save Me" "Run" and "Fire." These songs earned the highest ratings out of all of their songs because of their catchy lyrics and their good beats. Their songs include raps and singing. And they are known for their dance moves as well.

All the BTS fans are known as "The Army" (Adorable Representative M.C for Youth). The band claims they make their music to stay true to their loyal fans. If you haven't had a chance to check out their music yet, give it a chance. You just may like it!



-Tabitha Lenhart

Teacher Feature - Elementary Edition

Mrs. Hassel is a 5th grade teacher at Prospect Park School. She went to college for nine years including graduate and undergraduate school. She went to Delaware County Community College, Neumann University and Temple University. Mrs. Hassel's favorite subject to teach is Social Studies. Her strength in teaching is reading and her weakness is telling too many stories about her outside life.

In five years Mrs. Hassel still sees herself teaching but may also be retired. She has only regretted her job during certain years with especially difficult students. But even then, she enjoyed helping these students understand why they were acting the way they were. Mrs. Hassel believes student behaviors to be her biggest challenge.

Mrs. Hassel decided to become a teacher because she loves working with kids. When she was young, Mrs. Hassel always wanted to be a teacher because she loved school. Before she became a teacher, Mrs. Hassel was a secretary at a bank. Lastly, Mrs. Hassel favorite thing about a new school year is new ideas, meeting the students, and starting over or recovering from past years.

-Erin O'Shea

Background on a Phenomenon

LeBron James is a professional basketball player with the Los Angeles Lakers. He is an NBA phenomenon. He is one of the most popular players in the league and has become famous for the records he holds as well as his off court antics.

LeBron Raymone James was born December 30, 1984 in Akron, Ohio. At an early age, James showed a natural talent for basketball and was recruited by St. Vincent-St. Mary High School. James scored 2,657 points, 892 rebounds and 523 assists during his four years there. LeBron gained national attention as the top high school basketball player in the country.

James was selected by his hometown team, the Cleveland Cavaliers, as the first overall pick of the 2003 NBA draft. In 2010, James decided to move to the Miami Heat. After leading the Miami Heat to titles in 2012 and 2013, James returned to Cleveland and helped the franchise claim its first championship in 2016. With his unique combination of size, athleticism and court vision, LeBron became a four-time NBA MVP. LeBron is currently playing for the Los Angeles Lakers.

In 2013, LeBron James married his longtime girlfriend Savannah Brinson. Their lavish wedding included a performance of "Crazy in Love" from Beyonce and Jay-Z. The three days of festivities also featured plenty of celebrity cameos, from family friend and fellow NBA star Dwayne Wade to singer Ne Yo. As proven by his wedding and appearances, LeBron loves any attention he can get, but can back it up with his athletic abilities.

- Abu Kamara

Teacher Feature - Middle School Edition

When interviewing Mrs. Haldeman I learned many things about her and I hope after reading this article you will too.

First, some of the basics. Mrs. Haldeman is married with 3 children. Before she was a teacher she worked at Rita's, Halloween Adventure, and was a cake decorator at Giant. If she couldn't teach she'd want to be a cake decorator, or anything else involving drawing. She became a science teacher because she likes kids and of course, science.

I also asked Mrs. Haldeman questions about some more unusual things about her. If she was able to change her name she'd change it to Rori or Victoria. Rori because her life has always been surrounded by wild cats and because of Gilmore Girls, and Victoria due to its royal ties. Her favorite conspiracy theory is that the Egyptians had help building the pyramids by... Aliens.

Although she loves horror movies, Mrs. Haldeman's favorite actress is Julia Roberts since she followed her career and she always found her funny. Finally, her favorite weird food combination is pretzels and passion fruit water ice. When she worked at Rita's everyone dipped their pretzels in water ice. However, Mrs. Haldeman was the only one who did it with passion fruit.

-Caitlin Betson

Technology Changes

Technology has changed a lot over the past twenty years. One way it has changed is our phones. Twenty years ago there were only flip phones that you could barely text with. Now we have phones that take pictures and videos, play movies, FaceTime, and they can even stream live television. We have also changed the size of our phones. In the past, phones were large, then small, and now they are large again!

Another way technology has changed is our computers. The first computer was huge! It weighed about 50 tons and was 1,800 square feet. This computer had only 5 MB's, while now the MacBook Pro can hold about 450 MB's and only weighs a mere 4.5 pounds. Through the years we have learned how to shrink down everything that is inside a computer. We have also switched from desktop to laptop computers.

In the next 20 years, I feel that our technology will get so advanced that some people who need jobs may not be able to get them, because human-like robots will take their opportunity. The most famous human-like robot is named Sophia. She was the first robot to receive citizenship in any country.

In conclusion, the changes in technology are very large and effective in our busy world. I feel that as a whole we have done a good job tweaking technology so that it fits our needs.

- Sarah Smith

Helmet to Helmet Dangers

It is no secret that one of the most dangerous aspects of football is helmet to helmet contact. Although it has been cracked down on, it is still happening during games and can be very risky and unsafe.

Helmet to helmet collisions are occurrences in football when two players' helmets make contact with a high degree of force, both in the fronts of the helmets. Intentionally causing a helmet to helmet collision is banned in most, if not all, football leagues since several players have gotten severely injured as a result.

The ban doesn't mean the collisions will stop though. However with the NFL rules getting more and more strict, I believe an end is in sight. For now, the league keeps banning equipment that is not safe enough for a player to use and withstand contact to an almost unlimited amount.

Hopefully with the continued bans in place and the negative press head to head contact has been getting, the NFL will be a safer place to play football.

- Tolu Awoyemi

Fallon's Food Review

Bertucci's! Founded by John Crugnale in Somerville, Massachusetts. They've been perfecting the art of the brick oven pizza since 1981. Today there are 58 restaurants, from New England to Virginia. Everything made is prepared from scratch each day. The dough is allowed to "rest" at a controlled temperature for 48 hours to establish optimal flavor and texture. With a gluten sensitive menu and vegetarian options, Bertucci's has a starter menu they call "Great Beginnings," along with a craft your own pizza and calzone selection.

My experience at Bertucci's consisted of flavorful, appetizing food. It started off with the rolls that were set out on the table. The rolls were paired with a buttery oil, that many customers seem to enjoy. My siblings and I recommend the plain pizza. I feel it is one of the better pizzas I've had, and maybe even my favorite, because of the smooth dough, perfect amount of cheese, and the sauce that brings it all together.

In my opinion the service was exceptional, with the waitress coming back about every five to ten minutes. Bertucci's earned a 4.0 star rating on Google, with some customers saying "Amazing people and food, the atmosphere was relaxing," and "I love Bertucci's fresh baked rolls. It takes a lot of self control to not fill up before the main meal arrives." I agree with these statements, along with several others that that reviewed the restaurant awarding Bertucci's with 5.0 stars.

-Fallon Northrop

Smart Phone Dangers

Did you know that technology can have effects on your health, especially when using it in the dark? The blue light emitted from your phones or tablets can lead to depression, trouble with your eyesight, and even trouble sleeping.

But not all blue light is bad. The blue light from the sun helps us in a good way. The blue light in sunlight boosts our energy levels, attention, memory, reaction time and overall mood. So yes, when the light is coming from the sun it helps us in a lot of ways. Yet the kind that is coming from our screens isn't so good when used too often.

Blue light from your screens can be bad for you in many ways. Many eye doctors are worried about the effects of the screens on our health. When used in the dark, the screen's dark bright lights throw our internal clock out of whack. Studies show that this can affect your sleep.

Research also shows that this blue light from your screen can mess up a person's circadian rhythm. This is our physical, mental, and behavioral changes that follow a daily cycle. An example of circadian rhythm would be how we naturally sleep at night and are awake during the day. But too much blue light could lead you to sleepless nights and being drowsy during the day.

In conclusion, there is a difference between the blue light coming from the sun and that coming from your screen. Be conscious of how much screen time you are exposed to daily, especially at night. If you are watching in the dark make sure to turn the light on. Start making small changes now, to avoid some of the negative side effects.

- Madison Jones

My Thoughts

Social media brings different emotions all of the time. There is no escaping it. You will have a lot of supportive people, but some negative too. People who are negative can bring your self esteem down.

Snapchat is the most popular social media platform. Posting a picture can get you get labeled, the label spreads and then can be used against you for a long time. If this happens, the label will slowly get to you and can tear you apart.

People don't realize how much words hurt. Remember, you don't know what people might be going through at home or how they are dealing with negative people. You are always going to have someone there for you. Find someone who is honest to you and can pick you back up. Stay positive no matter what. Don't forget a smile looks better on you than a frown.

- Briana O'Donnell

YouTube Artists

Many of you may know James Charles Dickinson from his most famous platform, YouTube. But that's not where his journey began. James Charles initially became famous for being the world's first male CoverGirl in 2016. CoverGirl is a makeup brand and they most of their commercials with girls wearing makeup, but never before had they had a male CoverGirl.

This opened up many new opportunities for James. His first one being offered an opportunity on The Ellen Show. On The Ellen Show they talked about a variety of things ranging from his journey in life that lead him to CoverGirl and how people accepted him for who he was. Not too long after his appearance on The Ellen Show, James Charles Dickinson decided to create his YouTube channel.

James Charles has now been doing YouTube for over 2 years. His channel has grown immensely during this time. His channel, James Charles, has over 8 million subscribers. This makes his net worth over 4 million dollars.

- Sarah Ewing

Video Game Warning

Do you like playing violent video games? Well did you know that they are not good for you? I bet you would be surprised to know they may lead to health or emotional problems.

Studies show that violent video games played by kids ages 8 to 17 may lead to aggression. Video games such as Fortnite make violence look fun. These violent video games do have warning labels or ratings on them, but that doesn't mean they actually tell you what effect it can have on you. Adults have been known to have issues with the game too. Some married couples have divorced over Fortnite. Fortnite is just one of the popular video games that is known for its violent content. There are others to be aware of.

Violent video games are dangerous to young minds and can even make a kid more aggressive. They can change you into a person you might not recognize. So next time you play a violent video games, make sure to consider what effects it can have on you and others.

- Sarah Schreiber

Delco Dining

Da Chen is a Chinese restaurant located on Chester Pike. They have a variety of different Chinese meals such as spring rolls, fried rice, sweet and sour chicken, and so much more. The price is very affordable for the amount of food you get. The service is great and it's as though your water glass is never empty. This restaurant is quiet, and peaceful. If you have a family with small children, Da Chen is perfect for you. They do take out or you can dine in.

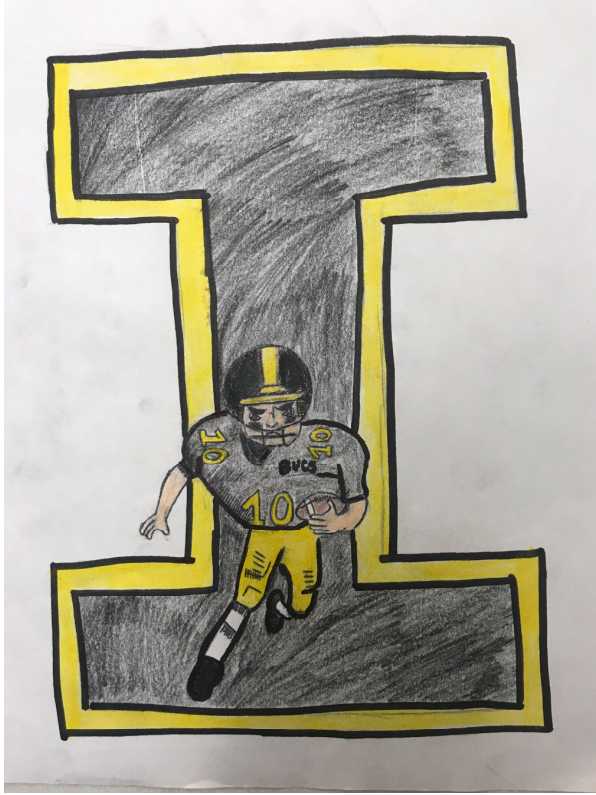
Da Chen has a google rating of 4.5, and its price point is represented by being "\$\$", which means moderately priced. Customers have said, "Doesn't look like much on the outside, but inside you will be treated to good service and excellent food... The people who work there are friendly and attentive." I agree with these ratings.

My family and I are frequent visitors since Da Chen is in our neighborhood. I would highly recommend their Sweet and Sour Chicken, it bursts with flavor. I have never had a bad meal there. Since my family and I are such frequent visitors the owner practically knows us and knows our usual order. This restaurant is very underrated. So, if you are looking for some good Chinese food that won't break your bank, I would HIGHLY recommend Da Chen.



- Santina Mirigliani

Modern Buc Future Artists



-Emma Nagle



- Juliana Wiseley