



The Modern Buc

The Yellow Vest Protests

Have you heard about the demonstrators in France known as the “Yellow Vest Protesters?” You may be wondering who they are, what they’re protesting, and why they’re protesting.

They are known as the “Yellow Vests” because they wear bright yellow vests. There is a French law that requires all motorists have to carry high-visibility vests in their cars. The protestors figured since everyone already has a vest it would make it easy for the group to distinguish themselves.

On November 17, 2018 the French government raised fuel prices by twenty percent. Since then citizens have been protesting not only fuel prices, but the government as well. The protestors are especially upset with their President, Emmanuel Macron.

During these protests, Yellow Vesters take to the streets chanting and holding signs. They frequently block the Saint-Nazaire shipyard and burn effigies. Throughout these protests, there have been incidents with the authorities, who throw tear gas at the protestors and have used water cannons to make them disperse, causing violence to breakout.

There may soon be an end to the protests. The president wrote an open letter stating that he wanted to recognize protesters' demands for change to his main policies, but would most likely not take back his pro-business reforms. As of January 19th, nothing has changed with the protestors and how they view him. We are now left to wonder after complaints, roadblocks, burning effigies, thousands of injuries and some deaths, will the French citizens finally be heard by their government?



- Caitlin Betson

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A Local Eagle

Josh Adams is a running back in the NFL for the Philadelphia Eagles. Born on October 29, 1996 in Warrington, Pennsylvania, Adams was the third child in his family. His parents, Apryll and Jonathan Adams got divorced when Josh was a young boy. Despite the separation, both parents still played important roles in Josh's life. As a young boy he was bigger than a lot of kids and his love for all kinds of sports prompted his dad to eventually introduce him to football. Josh Adams first tried playing offensive line but after impressing his middle school coaches he made the move to running back.

Adams attended high school at Central Bucks High School South where he was the star player for the school. He was given the opportunity to play for many Division 1 schools, but he decided to take his talent to the University Of Notre Dame. In his three years at Notre Dame, Adams passed the freshman record for rushing yards in a game and a season. He did not stop there, and by his junior year he was ranked sixth in rushing yards history at Notre Dame.

As his senior year was about to begin, Adams announced that he would enter the 2018 NFL Draft. He then joined the Philadelphia Eagles as an undrafted free agent. He had a solid rookie year with three touchdowns, 4.3 average yards per carry, and 120 carries for 511 yards. As you can see Josh Adams is a very solid running back and looks to be the next big thing for the Eagles.

- Derek Hopper

The Forest Girl

As Janese turned around slowly she saw a face she recognized. It was her boyfriend! Ethan quickly hit her on the head with a metal pole and she collapsed. All she could do was lay there. She woke up in a dark place. Janese was scared and she couldn't breathe. She kept on thinking, "Where am I?" She should have listened to her dad!

As Janese looked around, she couldn't see anything because it was so dark. She checked her phone to see if she could use her flashlight but it was dead. Suddenly she heard the sound of a gas being turned on and she started to feel loopy. She passed out again. When she awoke, it was weirdly quiet and she felt like she was moving. Was she in a trunk of a car?

The car came to a stop and Ethan opened the trunk. He picked up Janese and began to carry her away from the car. For some reason she had a blindfold on! Her boyfriend whispered in her ear, "Well don't you look so pretty tonight." She didn't understand why he was doing this to her. They finally got inside a building and he took off her blindfold. Janese looked around and wondered again "Where am I?"

- Emily Betson

Subby's Travel Adventures

In 2017, I was able to visit Pakistan. My endeavor began when I arrived at JFK airport in New York. Once there, we hopped on my flight which was through Kuwait Airways. I would say the flight was decent because the in-flight entertainment and food were okay. We had a two hour layover in Kuwait International Airport and then boarded back onto the plane to Pakistan. After three hours we arrived in Lahore, Pakistan.

When we arrived at the house in D.C Colony we met our relatives on my mother's side and went to bed after the long 18 hour trip. The next day I went to Chak Nizam Kalan. This is a village where my relatives on my father's side live. I had fun playing with all my cousins, driving a motorcycle, going to the arcade, and eating some good Pakistani food for the next few days. Some of these foods are a bread called naan and a spicy chicken called chicken tikka. Finally it was time for my Aunt's wedding.

Weddings in Pakistan are usually pretty big and long. This one lasted three days. On the first day we went to a marriage hall in DC Colony where my Aunt got married. We ate so much delicious food there as well! The following day we had a party at a restaurant in Gujranwala. On the last day we went to our village for a huge party at my grandparents house.

After the big wedding we went back to Lahore. From there, we traveled home to America. All in all, my trip to Pakistan was an interesting experience for me and was a beautiful country to visit.



-Subby Ahmad

Music News

Do you like United Kingdom music artists such as Ed Sheeran and Adele? Well their careers may be in danger. Because of a vote called Brexit that took place on June 6th, 2016 for Great Britain to leave the European Union, these talented artist's careers may go downhill because of a loss of fans, money, and the inability to travel to the European Union.

The name Brexit was created from combining the words "Britain" and "exit." It is used to describe Britain's split from the European Union, changing its relationship to the block on trade, security and migration. Great Britain no longer wanted to be part of what is called the European Union. The European Union has more than 500 million people and is the largest economy in the world. The European Union doesn't want to give up its sovereignty but Great Britain no longer wants to be part of the European Union and wants to claim independence. The deadline for the vote on Brexit is March 29, 2019.

This vote affects United Kingdom musicians because the separation may cause fewer fans. This is because traveling to the European Union may be harder when and if the United Kingdom and the European Union split up. Touring may also be hard because the expenses of traveling into the European Union will rise greatly.

Although we do not fully know how Brexit will affect our favorite United Kingdom artists, we will be sure to stand by them when and if that time comes.

-Tabitha Lenhart

Teacher Feature

Mrs. D'Alessandro, or Mrs. D as she is most known, is a middle school teacher at Prospect Park School. She teaches Reading and English Language Arts for sixth grade.

She grew up in our neighboring town, Glenolden. Mrs. D graduated Interboro High School in 1990, and Widener University in 1994. As a child she never thought of becoming anything other than a teacher when she grew up. If Mrs. D ever decided to change careers, she said that she would have liked to have been a pharmacist or a realtor.

Mrs. D's inspiration as a child was her mom because of her strong work ethic. When in elementary school Mrs. D was a cheerleader. But while in high school she played field hockey. During college she worked at a daycare center.

Like everyone else, Mrs. D'Alessandro had strengths. In school Mrs. D's strengths were English, and pretty much any other subjects but Math. Mrs. D also had weaknesses because nobody's perfect. Her weakness was that she could be a little talkative. We love having Mrs. D as an English teacher but if she was never a middle school teacher, Mrs. D says that she would be an elementary teacher.

-Sarah Smith

Background on a Phenomenon

DeMar Darnell DeRozan is a shooting guard for the San Antonio Spurs. He played college basketball for the University of Southern California Trojans and was selected ninth overall by the Toronto Raptors in the 2009 NBA draft. He now plays for the San Antonio Spurs.

DeMar was born on August 7, 1989 in the rough streets of Compton, California. He practiced basketball with his father since his childhood and was a known young talent during his school years. He was ranked as a top college recruit in his senior year, when he won the McDonald's High School All-American and was named Pac-10 Tournament MVP. DeMar chose the University of Southern California and played for the Trojans. Later, in 2009, he gave up his 3 years of eligibility at USC to enter the NBA Draft. DeMar was chosen by the Toronto Raptors.

DeMar was also a member of the US National Team during the 2014 World Cup and the 2016 Olympics. DeRozan was named four times to the NBA All-Star Team and twice he was a member of All-NBA Team. He played with the Toronto Raptors for nine seasons after which he was traded to the San Antonio Spurs in 2018.

- Abu Kamara

The Pouch Life

Fanny packs are hand bags used for storage, typically around the size of a large pencil case, that are worn across the lower stomach area and fastened in place by a strap that extends around the waist. They can be an excellent organizational tool as well as a fashion accessory. Fanny packs provide extra storage for a wide array of small items. For instance; paper money and loose change, school supplies, hair care products, gum, snacks, drinks, gloves, glasses, or even self defense items. They can be made of fabric, nylon, or leather with zippers, buttons, Velcro, or buckles and can be a safe and secure way to carry valuables.

One of the earliest inventors and manufacturers of the fanny pack design was done in 1962 by an Australian woman named Melba Stone, who was inspired by a kangaroo's pouch. They were originally called "bum bags," referring to the area of the body that holds up the weight of the strap and bag.

Over the years the fanny pack has weathered much criticism as a nerdy or corny thing to wear and an obvious faux pas by many. I believe modern fanny packs can be considered anything but a fashion faux pas. High end designers such as Gucci, Supreme, Louis Vuitton, and Adidas have gotten into the game and are providing merchandise to a fashion conscious consumer on a large and growing scale. People have embraced this ingenious concept and are finding new ways to create glamorous and sporty packs, utilizing many shapes, sizes, and colors that are on the cutting edge of the current trends, as well as classics that will stand the test of time.

Personally, I think that some of the nicer fanny packs in the market today are cool and would compliment my style. Be advised though, for those who rock the saggy pants look, fanny packs may not be appropriate for you. However, if you are someone who appreciates extra pocket storage and is looking for a new accent piece to elevate your style, do like the fashionable kangaroo, hop to a store near you, buy a fanny pack, and start enjoying the benefits of living "The Pouch Life."

- Vallyn Kalodner

Healthier Fried Food?

Do you love french fries, mozzarella sticks, and chicken fingers? Wouldn't it be great to eat all of these things and at the same time cut some fat out of your diet? Well, now you may be able to with an air fryer!

An air fryer doesn't use all of that grease and oil that a regular fryer uses. It only uses hot air! A fan circulates hot air in the frying chamber to cook and crisp the food. Air fried french fries contain 70 to 80 percent less fat than regular french fries.

I made some recipes myself such as donuts, cheesesteak egg rolls, and orange chicken. The donuts were so delicious because the outside was crispy and the inside was soft. We also used biscuit rolls, so that made it twice as good. The egg rolls were so cheesy and crunchy, it was like I went to a restaurant and ordered them. And finally, the orange chicken was so tasty and flavorful because we made the special sauce.

I think the air fryer is such a wonderful kitchen appliance. It makes so many delicious recipes and I like the fact that it is a lot healthier than regular frying.

Air Fried Donuts

Ingredients:

- 1 can refrigerated biscuits
- 3 tablespoons melted butter
- $\frac{1}{3}$ cup granulated sugar
- 4 tablespoons dark brown sugar
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Directions:

1. Combine sugar, cinnamon, and brown sugar in small bowl and set aside.
2. Remove biscuits from can (do not flatten) and use a 1 inch circle biscuit cutter to cut the holes out of the center of each biscuit.
3. Air fry the donuts at 350 degrees Fahrenheit for 5 minutes, and the holes for just 3 minutes.
4. As each batch of donuts comes out of the fryer use a pastry brush to paint butter over the entire surface of each donut.
5. After each donut and hole is painted with butter, drop into the bowl with the sugar mixture. Gently shake off excess.
6. Serve warm



-Madison Jones

Fallon's Food Review

Founded in 1993 by Wayne Kent Taylor, Texas Roadhouse was established "upon providing fresh, quality food for a value." This gives an explanation to why all of their meals are made from scratch- everything from the bacon bits to the dressing.

I went to Texas Roadhouse for my birthday last year. I got a Caesar salad and I personally would recommend it. My favorite features of the salad were the crisp romaine lettuce, the zesty Caesar dressing, and the fresh parmesan cheese. Other members of my party got steak, steaks kabobs, Portobello mushroom chicken, and ribs. The steak kabobs were said to be lighter in calories with lots of veggies, making the meal consist of a lot of flavor. The plain steak was not liked because of the lack of flavor and the sauce wasn't amazing. The Portobello mushroom chicken was liked especially for the mushroom topping, the tenderness of the chicken, and the melted cheese.

The final order was the ribs. This meal was favored for the sweet sauce paired with the ribs. Another characteristic liked was that density/tenderness of the meat was perfect.

Overall, Texas Roadhouse restaurant was recommended by my family. The plain steak was not a favorite, so maybe choose some of my other recommendations the next time you visit. You will be in for a treat!

-Fallon Northrop

Technology Changes

Another year of new iPhones. There are a lot of different iPhones out right now. Some of the latest models are the iPhone XS, the iPhone XR, and the iPhone XS Max. The differences are between size, weight and color. The XS is the basic "normal" model. The XR is less expensive and the XS Max is the biggest one. These iPhones may seem similar but are different in many interesting ways.

First, let's examine the iPhone XS. This iPhone is the best offer Apple has for you and it will still fit in your pocket. The screen is 5.8 inches. This iPhone also has a Face ID. Which means when you turn on your iPhone your phone will automatically identify your face and unlock your phone. The iPhone has a very impressive camera. The battery energy should probably last you about 12-18 hours. This iPhone does not have a home button and should be built to last you at least 5 years or more. This iPhone is very durable and easy to live with.

Next, is the iPhone XR. The price of this iPhone is unbelievable as it delivers most of the same advantages of the iPhone XS but for hundreds less. The screen size is 6.1 inches diagonal. The camera is the same but the XR has better and stronger features. Some of the features are the digital zoom up to 5x, six element lens, burst and timer mode, and a lot more. The XR is only waterproof for one meter instead of two like it's expensive competitors. As a bonus with the XR you get a 1.5 hours more in the battery life.

Lastly, the iPhone XS Max. This iPhone is the biggest iPhone out there. The screen is 6.5 inches diagonal. This phone has a Face ID as well but this phone's Face ID is more responsive. You will not have as much fun using your Face ID because it does not have a landscape mode. There are new features like memoji and animoji, which will turn your face into a emoji and you can still message, call, and FaceTime with this on. So, you can practically scare your family or friends.

These three phones probably seemed the same when you first started reading this, but now you know that they are very different. I hope to have taught you something new today about the newest generation of iPhones. Remember all of these iPhones are made of glass so don't get too confident when carrying them around. They may break when dropped unless you have a very protective case. Or you could always wait for the next iPhone to come out. There's always next year.

- Erin O'Shea

My Thoughts

Family drama, such as having divorced parents, can sometimes be difficult to handle. Moving back and forth between houses, it kind of messes up your time. It's hard when one day you are supposed to see only one parent each day. You can be in the best mood and it can change depending on which parent you are seeing. You can be going through something and you need one parent more than the other.

Having family drama and issues can also affect school work. It's hard to concentrate in class when you are thinking of what is going on at home. Sometimes friends who are closest to you can't even help. The problem is either too personal or they just wouldn't understand.

One coping skill I use is putting my headphones in and playing music that I haven't heard before. So then all I can think about is trying to figure out the lyrics and their meaning. It keeps my mind busy working on something else, instead of thinking about my family drama.

Another coping skill you can use is what I call a detox method. Sit in a quiet room and think about the topic that is making you upset. You may even cry about it while you are thinking. You can turn on a diffuser and use some essential oils to help keep a calming atmosphere. You can also put on soft music during this time or even a daily affirmations type of app that says positive messages.

- Briana O'Donnell

YouTube Artists

Elizabeth Shaila Koshy, better known as Liza Koshy, is a 22 year old actress and YouTuber. She started her career on Vine in 2013 before she created her YouTube channel. Today she has over 16 and a half million subscribers on her main channel and over 7.6 million on her other channel, Liza Koshy Too.

Liza is known for being a comedian and creating her own characters. The main characters she uses are Jet Packinski, Helga, Carlos, Debra, Young Liza, and Future Liza. She creates funny videos with these characters and posts them on her channel for her audience to watch.

Last year Liza Koshy and David Dobrik broke up. David Dobrik is also a YouTuber. Liza and him started dating in November of 2016 and broke up 6 months later. This was upsetting and a huge shock to both of their audiences. Because of the break up, Liza went 7 months without posting any videos on her main channel except for one explaining why she took a break from YouTube. In the video she shares how after the separation she fell into a deep depression and needed a break so she could find herself again. Thankfully Liza is now back to posting on both of her YouTube channels.

- Sarah Ewing

Charging for Calories?

I believe if we could charge one-cent per calorie it would change our eating habits. This would also change the obesity levels in the country. Also it would give a healthier choice to people who don't have a lot of money.

If people were charged 0.01 per calorie, the country's obesity levels would definitely lower. When people have to choose between healthy food or junk food they normally pick the food that costs the least money, which unfortunately is usually the healthier choice. If healthy options were cheaper, people that eat unhealthy might change their habits. Maybe they would pick the healthier option to save money.

Charging per calorie might make fast food restaurants go out of business. It would make people eat better. They won't have unhealthy choices to pick from. Also fast food restaurants would have to change or fix the menus.

This idea would give children a better and healthier life. They would be more active and more fit. Kids would also stop spending their day inside and playing video games.

In conclusion if food cost one-cent per calorie people's eating habits would change for the better.

- Sarah Schreiber

Delco Dining

LongHorn Steakhouse is an American casual dining restaurant that is owned and operated by Darden Restaurants Inc. The restaurant was founded in 1981 and still operates to this day. When the franchise was first founded, it was called "LongHorn Steaks Restaurant and Saloon", but obviously it has changed. As soon as you walk through the doors, it is as if you have been transported to Texas with the decor being western memorabilia, oil paintings and Western photos.

The restaurant is well known for their steaks, but they also have great ribs, chicken, salmon, lobster, shrimp and salads. The lunch menu includes soups, salads, sandwiches, and burgers as well. Looking for an appetizer, they got you covered. The appetizers include chili cheese fries, spicy chicken bites, and my personal favorite, fried pickles. In my opinion, their Crispy Buttermilk Chicken sandwich is my favorite on the lunch menu. All the flavors of fresh tomato, lettuce, onion, their homemade ranch dressing, and their fried to order buttermilk chicken just explode in your mouth.

For dinner, their LongHorn Salmon is a hand-cut salmon marinated in their signature marinade grilled to flakey perfection and served over a bed of rice. Room for dessert? The dessert menu features cheesecake, chocolate cake, apple pie, and my guilty pleasure, the molten lava cake. It is a rich dark chocolate cake filled with a creamy fudge, served warm, which is topped with vanilla bean ice cream.

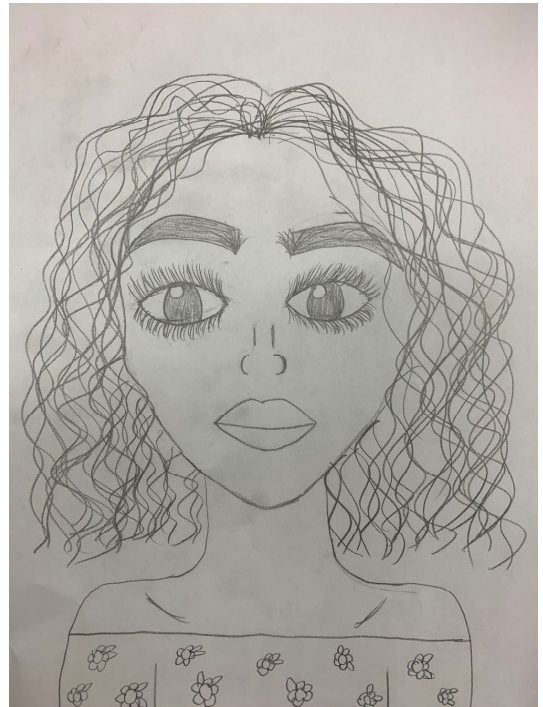
So if you are on your "New Years Diet", take a cheat day and head to your local LongHorn Steakhouse.

- Santina Mirigliani

Modern Buc Future Artists



-Emma Nagle



- Juliana Wiseley

