

Spartan Newsflash

INVER GROVE HEIGHTS MIDDLE SCHOOL / JANUARY 2021 / VOLUME 01, EDITION 01

Hot off the presses: Spartan Newsflash first edition released

Welcome to the first edition of the Inver Grove Heights Middle School Spartan Newsflash! This newspaper was created in the hopes that students would find a place to share the stories that are important to them. The goal of the Spartan Newsflash is to create community in a time of separation, allow for the diverse voices of our students to be heard freely, and showcase the (mostly) unedited talents of the Spartan Newsflash reporters.

Please know that the content of this paper was created by students, and for that reason, this paper will never be perfect. We want our student reporters to understand that learning is a lifelong process, and we all can improve through mistakes and reflection. Our



hope as future editions are released, is that you would see the growth in our reporters.

We are grateful you are taking the time to learn about what our student reporters have to say. We hope you laugh, learn, and hear differently as a result of the words and pictures you will read.

Please feel free to reach out to our reporters, or to one of us with article ideas. We would like to include "guest" contributors in future editions of the

Spartan Newsflash. Students: if you are interested in joining the newspaper, please contact Ms. Momany at momanyr@isd199.org or Ms. Maloney at maloneyj@isd199.org.

Thank you!

Becky Momany and Jess Maloney
Staff Editors of the Spartan Newsflash



INCLUDED IN THIS EDITION:
Learning during COVID, Horseback Riding, Update on Students of Color Leadership Club and Brandon Bernard,



Sports shutdown, Staying active, Craft projects, A personal experience with Online Learning, the history of Social Media, Horse therapy, and more!

Student reporters featured in this edition:

Erika Anacleto	Tommy Lounsberry
Lynnae Baker	Naomi Moore
Nate Barclay	Noura Omar-Siraj
Sevanah Davidson	Nadiyah Osman
Zoe Diaz	Robert Pruden
Hailey Eustice	Isabel Tix
Barthina Khalil	Kendra Williamson
Ameera Lange	Ava Wood

Students of Color Leadership Club: Brandon Bernard

by Naomi Moore

Grade 8

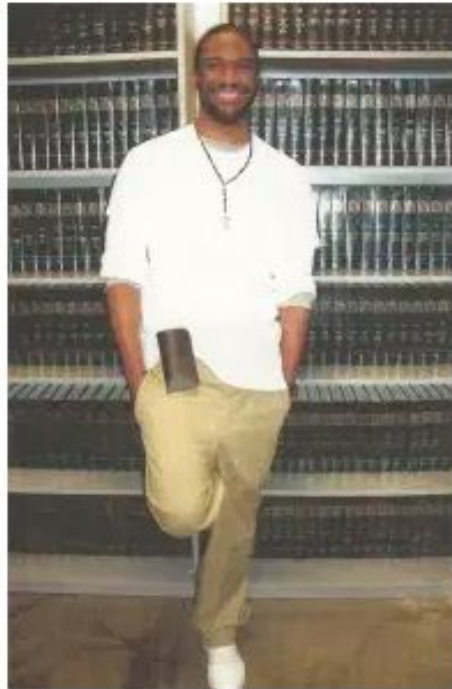
The Students of Color Leadership Club is for students of color and anyone else that chooses to join. We talk about problems going on in the world and things that affect us as students of color. The group is every Wednesday at 12pm. If you're interested, I definitely recommend you join. You can contact Ms. Swenson (swensonl@isd199.org), Ms. Aase (aasem@isd199.org), or Ms. Mohn (mohna@isd199.org) to join.

Brandon Bernard was one of the topics/people we talked about in the Students of Color Leadership Club. His death was important to our group because his story really caught our attention because it has a lot to do with white privilege existing in America in many ways. In the Students of Color Leadership Club we talk about how we feel about many things, and looking back at his story, it makes me truly angry how the situation was handled.

Brandon Bernard was a forty year old black man. After being found guilty at the age of eighteen for a murder he helped commit, he was put on death row. Bernard became one of the first to be executed, in 70 years, by the federal government for a crime he committed at such a young age. During his years in jail before he was executed he enjoyed listening to classical music, crocheting sweater patterns, and sharing those patterns with the others in a crocheting group.

Brandon was placed on a death penalty after he was found guilty for the murder of Todd and Stacie Bagley in 1999 at the age of eighteen. He helped the murderers hide their bodies by burning them and the vehicle they were in. It took long and hard years of decision making to decide whether he should be executed or not. Decisions were finally made and Bernard was to be executed on December 10th, 2020.

Kim Kardashian West wanted to prevent the execution of Brandon Bernard so she called for Trump to grant a commutation for Bernard. Meanwhile, people repeatedly shared his story all over Twitter, Instagram, Tiktok and many other social media sites. Many people signed petitions to end the death penalty, called the department of justice, and did everything they could so that Bernard would not be executed. They did not win their battle and Brandon Bernard was executed with a lethal injection of Phenobarbital on December 10th, 2020. He was later pronounced dead at 9:27pm.



5 Easy Steps: 1 Awesome Ornament

by Isabel Tix

Grade 6

What you will need:

- Something to make the ornament on (wood, thick paper)
- Paint or paint markers
- Cup of water
- Paint brushes
- Twine or string
- Paper plate
- Paper towels

STEP ONE:

Paint the base coat



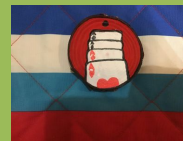
STEP TWO:

Plan your design. Either draw it with a pencil lightly or just go straight to it with paint. You would want to do the inside of the main subject first before the main subject details. You can also outline the edges with a color that brings attention to the inside. Make sure to leave a spot for where the string goes.



STEP THREE:

Add the main details, then let dry.



STEP FOUR:

Look at the design and see if it needs any words, phrases, or extra paintings on the outer part of the ornament.

STEP FIVE:

Drill a hole where you marked it, and make sure it is not too close to the edges or it will crack. Add twine and string and done!



Keeping Active During Covid

by Ava Wood

Grade 6

What have you been doing during quarantine to keep busy? Are you excited to go back to playing the sports you love? I interviewed a few people on what they are doing to keep themselves busy and active during quarantine.

Sevanah Davidson is a 6th grader who plays traveling basketball for Inver Grove Heights. When I talked to her I asked what she was doing to keep in shape for sports? She said, "I have been doing workouts with my brother and going on runs!"

"I go on jogs with my dad and do zooms with my dance class to practice for my recital," said Morgan Hurt, a 6th grader at IGHMS.

Nate Barclay told me he plays outside, practices kicking field goals, and lifts weights to keep himself in shape during the pandemic.

Another question I asked was, "How do you feel about going back to playing sports when it is safe?" Sevanah said, "I feel super excited that I get to go back. I have been waiting so long to get back to playing basketball!"

Morgan Hurt replied, "I feel super excited even though we have to wear masks."

"I feel pumped and excited. Come at me SPORTS! I'm ready," said Nate when I interviewed him. He also said that when he goes back to sports he would be kind of scared about how people would stay safe.

Comic Bits

by Zoe Diaz

Grade 8



There are many things you can do to keep active and in shape while also staying safe. You can: go on walks, play outside, eat healthy and only have a few sweets. To keep yourself and others safe: use hand sanitizer, wear a mask, and most importantly wash your hands. Stay safe and get ready to go back to doing what you love! Go Spartans!

RANDOM FACTS

by Robert Pruden

Grade 7

Scotland's national animal is a Unicorn.

COVID and IGHMS Sports: Coach Perspective

by Sevanah Davidson and Tommy Lounsberry

Grade 6

On November 18th, 2020 the youth sports world hit a wall. Governor Tim Walz had just made an announcement on Wednesday that youth sports and restaurants would have to shut down due to the ongoing Coronavirus pandemic.

Coach Ben Davidson of the Youth Hockey Board

Q: How has COVID-19 affected your sport?

A: We are currently shut down like most other sports are.

Q: Is your team staying in touch on Zoom?

A: I am requiring players to train at home, and practice until we can return to the ice. They will send 1 video of a Hockey related activity each week.

Q: What have you been doing to stay busy throughout the shut down?

A: I have been working on lots of projects around the house.

Q: What is the protocol when you can return?

A: Players have to wear masks unless skating or on the rink. No more than 50 players on the ice at a time. Finally, there will only be 1 parent allowed in the rink per player.

Simley Assistant Varsity Wrestling Coach Ben Kissling

Q: How has COVID-19 affected your sport?

A: Wrestling got pushed back 2 months. We were also unable to train in the summer like we usually do.

Q: Is your team staying in touch throughout this shutdown?

A: We are staying in touch on Zoom every week. Kids have at-home workouts to do every week.

Q: What are you doing to stay busy?

A: Trying to spend as much time with family as possible before we can get back to playing.

Q: What were you looking forward to when the season got shut down?

A: I was excited to celebrate all of our seniors that are going D-1 this year. I was also excited to just watch wrestling again.

Youth Basketball Board President Travis Pierson

Q: How has COVID-19 affected your sport?

A: We had to shut down before anybody could have multiple practices.

Q: Is your team staying in touch on Zoom throughout this shutdown?

A: Yes, half-hour Zooms on Monday's every week.

Q: What are you doing to stay busy?

A: I have been fixing broken computers and watching A LOT of College Basketball.

Q: What is one thing you're worried about when you come back to play?

A: I am worried that families won't take it seriously enough. Also, that our families have good communication with their respective coaches.

UPDATE:

Youth sports can happen but all people inside arenas have to wear masks. Tournaments started as soon as January 14th.

Did you know? Social Media

by Noura Omar-Siraj

Grade 8

According to the internet the first ever social media invented in 1997 was called Six Degrees. The first launch/post was created in 1999. The site Six Degrees was found at sixdegrees.com. The father of social media, Andrew Weinreich, says Six Degrees was created for people to be able to interact with one another and show lifestyles with posts.

More about Andrew Weinreich:

Andrew Weinreich was born in Westchester county, NY.

Weinreich is the reason why every other social media invented started popping off and is a social media pioneer. He was the founder of seven tech start ups, Weinreich went to the University of Pennsylvania. He is an American serial entrepreneur.

Pros & Cons of social media

Some pro's for social media are contacting and reaching out. You can reach out to family friends who you haven't spoken to in a while. Another pro is spreading awareness. Spreading awareness helps society see evidence and proof. It helps tell people to sign petitions to help racism, sexism or anything bad that's happening in this world that needs to be stopped. A con is it takes time from people's works or school work. Another con is the hatred people give to one another and it isn't all positive.

Comic Bits

by Robert Pruden
Grade 7



Robbie P. 1/7/21



Horseback Riding

by Kendra Williamson
Grade 6

Riding in the Spring

Horseback riding in the spring is wonderful no matter if you're inside or outside. My favorite thing to do is hug and ride the horses. The horses are so happy to be in the fresh air. It's warmer and breezier, which makes them feel good. If you ever ride a horse you will feel the wind in your hair. One thing you will notice in the spring is horses start shedding their hair to get rid of their winter coat. You can get their hair on you and it can be itchy. Spring is the time you begin preparing and going to horse shows. Horses like spring because they like to see the flowers blooming and leaves growing on the trees.

Riding in the Summer

Summer horseback riding is fun because it takes less time to get your horse ready. Horses have less hair and don't wear as many blankets in the summer. Sometimes the horse can get sweaty and you need to dry them, or walk them until they cool down. In summer, it is fun to travel to the different shows and make new friends. It is recommended to learn to ride by finding a trainer to teach the commands the horses understand. Riding a horse is a wonderful feeling because it feels like you're flying.

Riding in the Fall

In the fall, it is amazing to ride because the horses have more energy when it's not as hot. Like spring, horses like to see the bright red, orange, and yellow leaves. Just like humans need to wear a light jacket or sweater, horses need to wear a blanket to keep them warm during the cool evenings. Horses can grow their coat very fast if they get cold. Be sure to get outside to ride as much as you can before the long winter comes. Horses like to be outside more than in the stable.

Riding in the Winter

Winter horseback riding can be challenging because it is so cold, and not as fun if you do not have an indoor arena. Snuggling with horses in the winter is cozy because their coat is thick and they are warm. Winter is a good time to learn and practice new skills if you compete at horse shows. Horses like to see you in the winter because you can give treats to keep them warm during the cold. Although winter blankets are heavy, horses appreciate it when they get their blankets on.

From Hybrid to Distance Learning: Tips for Spartan Success

by Nate Barclay
Grade 6

Since March of 2020, a lot of things have changed around the world. Daily operations have become challenging as we have to be careful around people, and cautious about our safety everyday. People often wonder when this pandemic and world crisis will come to an end. The fact is, we as the people have to be smart about what we are doing and come together as a whole community and stop this ourselves. Nothing is going to happen if we keep going out in public and exposing ourselves to this virus everyday. We can do our part by wearing masks, maintaining social distancing, and washing our hands, as well as taking government suggestions and support seriously.

Part of this is finding ways to be a good digital learner. Here are some suggestions on how to do this:

- Have a good breakfast! Breakfast is after all the most important meal of our day. Eating a good breakfast can help us focus better and have more energy.
- Have a set learning place where it is a quiet, peaceful environment. This can help with distractions and sets you up for success.
- Have all school materials in your workspace. This can come in handy when there is required materials you usually don't need. Anything can happen, be prepared!

- Be on time for class (on zoom days) be ready to participate. Zooms are more engaging when more people take part in the conversations.
- A lot of continuous work can be stressful. Make sure to take breaks when you feel overwhelmed. Some ideas include: going outside, listening to music, drawing, writing, reading, crafting, cooking, or even taking a short nap! (set an alarm!).
- Make sure not to get behind on work. Once you get behind, it can be hard to get caught up, so make sure it doesn't happen!
- And remember, if you need help, don't hesitate to ask for it!

Make sure to stay safe, be aware, and do your best! Go Spartans!

MORE RANDOM FACTS:
by Robert Pruden

British tanks have tea making facilities

More than Softball: A Day in the Life

by Isabel Tix
Grade 6

When I think of softball I think of home, and I am not talking about home plate. Our team is like a family. The field is our territory.

You are in the hole, then on deck. Then you are up to bat waiting outside the box, looking for the coach to give you a sign.

When you hit the ball, no matter how far it goes you can feel the adrenaline in your veins. The rush of running, sliding and diving is exhilarating. 1st, 2nd, 3rd and home. You score and you come into the dugout to a delighted team.

The pitchers pitch, aim, and change their stance and hand position for the different pitches. The catcher blocks and catches. They have to call the pitch, and get the ball as fast as they can to throw it to the base that the other team is attempting to steal.

One of my favorite parts of being on a team is being on a

team. I asked fellow team mate #44 what she thought about being on a team, and she said "having a team that's got your back is one of the best things that you can ever get."

I joined my team about 2 years ago and we all have been friends since. Being on a team isn't just about competing and winning championships, it's about things that you enjoy with them. Me and my team have gotten fairly close, and every time I went to practice, I can actually be myself around them. Being on a team means to have people that you can laugh around, even if you don't do sports. Finding your team is honestly just finding people who love your quirky self for who you are. It doesn't matter if you don't get a medal, you still have your team."

I love playing softball and have found great friendships playing it. Overall softball is definitely one of the greatest sports of all time.

Horse Therapy

by Lynnae Baker
Grade 7

If you're down and around animals do they help you feel happy? If so you should try horse therapy. Horses are good for therapy because they give immediate feedback to the handler or rider. Horses also have the ability to mirror the feeling of the rider. So if you are sad, and gloomy and you get on a horse they're not going to ride happily and have lots of energy, they are going to be sad and gloomy as well. They won't do anything to you but you will definitely tell when they are happy or sad. Horses are also really good listeners if you're alone with your horse and you just want to talk they will listen for sure. You can tell when they are listening because they will turn their ear towards you. When you start to get close with one specific horse and ride that horse they will bow their head down telling you they trust you.

Equine therapy, also known as Equine Assisted therapy, is a treatment that included activities with a horse and/or an equine environment in order to promote physical, occupational, and emotional growth in people suffering from ADD, Anxiety, Autism, Cerebral palsy, Dementia, Depression, Developmental Delay, Genetic Syndromes (such as Down Syndrome), Traumatic brain injuries, Behavioral issues, abuse issues, and many other mental health problems. Horse therapy can help you build confidence, self-efficiency, communication, trust, perspective, social skills, impulse control, and learn boundaries. Since horses have similar behaviors with humans such as social and responsive behaviors, it is easy for patients to create a connection with the horse.

Horses do not fix your problems in a day but after a little bit they will have an affect on you. You might just love them as much as I do.

I wrote about horse therapy because being around horses has really changed my life and I hope that if you try it it will change your life too.

If you would like to see the way horse therapy changed the way this women saw her life, watch this video:



My Personal Experience with Online Learning

by Nadiyah Osman
Grade 8

Around March of 2020, COVID-19 caused school buildings to shut down for the remainder of the 2019-2020 school year. However, when the new school year started, there was an option to do hybrid which is 2 days of in school and 2 days of distance learning, and online which is all at home and is synchronous and asynchronous classes.

I started the new school year fully online. I had very mixed emotions about it. My grades dropped, which was hard on me because I was a straight A student previously. I was procrastinating more because I was so distracted by my phone and just being bored of schoolwork. My time management is very bad, so my work was spread out over 8+ hours, because of having to do classes on my own throughout the day. In past years, I did my best during school when I had class after class and I was busy. I felt productive. I had all my work done during the school day. Now classes are an hour apart and I have so much time to do nothing.

My experience does not necessarily apply to everyone though. Some people just have a productive lifestyle and are very organized. I try my best to have a good mindset about online school and be productive but some people just do it better. I know some people always say: "I would do all my work if I had a nice school setup." Although that may be true, you really just have to have the motivation to want to get up and do your homework and have it all in on time, which isn't ideal for everyone.

Truly, I think that online school isn't for everybody. A lot of people, including me, are struggling with their online classes and keeping their grades up. This is a stressful time for everybody. Everybody has their own opinions and their own feelings about school right now but for me: I am very excited to go back to regular school, hopefully soon.

MORE RANDOM FACTS:
by Robert Pruden
Grade 7

Haggis is a Scottish delicacy consisting of sheep heart, liver, and lungs, served in the sheep stomach

Pandemic Birthday

by Hailey Eustice and Ameera Lange
Grade 7

If you have the same birthday as someone else, like us, that's pretty cool. Here are some ways you can celebrate your birthday while following Covid guidelines.

You can play online games with your friends like "Among Us," or games on the app "House Party." The "House Party" app allows you to video chat with friends and family while you play different types of games like trivia, charades and many more! You could play "Jackbox Party" games on your Nintendo Switch, which is where you can play online games with your friends.

You can also have Netflix watch parties and watch movies with your friends at the same time on different screens.

If you just want to spend some quality time with your family for your birthday party you can arrange a family camp out. Gather around the campfire and sing some songs!

If you just want to see your friend, we have a solution: have a driving parade! Get some band members, have your friends drive by your house, and throw presents out their car window. This is a really good idea if you miss your friends, or your Grandma or Grandpa.

If you and a sibling share the same birthday here are some things you can do together: You could play video games together, watch a movie or do a scavenger hunt for your gifts. There are also some fun games you can play as a competition like tie a donut to a string and you have to put your hands behind your back and try to eat it.

There are so many fun things to do during a COVID birthday party. The most important thing is to stay safe!

How to Make Homemade Candy

by Isabel Tix
Grade 6

MINT CUPS

- 3 tbsp coconut oil
- 4 tbsp unsweetened vanilla almond milk (or a nut-free plant milk)
- 1 tbsp agave nectar
- ½ tsp peppermint extract
- ½ cups dark chocolates

Mix all of the ingredients, except chocolate, in a medium sized bowl. Now take a spoon and dish the mixture into silicone molds. Freeze for 1 hour. Take out and melt the chocolate. Take a fork and place a frozen mint pellet on it, dip into the melted chocolate and set on wax paper. Freeze for 20 minutes.



CARAMELS

- 1 ½ cups of honey
- ½ cup of butter
- 2 cups of heavy whipping cream
- ¾ cup of agave nectar

Grease the bottom of an 8 or 9 inch pan. In a heavy 3 quart saucepan, heat all ingredients to a boil under medium heat (4 or 5), stirring frequently, to 245 F on a candy thermometer. If you do not have a candy thermometer then drop a small amount of caramel into a cup of very cold water and it forms a firm ball that holds its shape until put under pressure or pressed. Immediately pour into the baking dish. Cool for 2 ½ hours. Cut it into small rectangles then pull them out. With this recipe the consistency will be irregular and sticky, it will feel not ready but you should be able to roll it into small balls. Cut into ½ inch squares. Wrap individually in waxed paper or plastic wrap; store in an airtight container.

Word Search

by Erika Anacleto
Grade 7

P N K U B S R J V Q W U W C C N M P D M Z O M
Y L H R X A A X W V K N G J X A U B F T J H A
H G A S V R V T W U W T D J D X Z T M U X I X
C V P N S R M P N P L N L A V T V B N L L G Z
E D N Y E I Y Z M O I M G P B K W F C W Q R L
V A A B D S T X B M H A H W Q S N R Y O P R Y
A L A D D I N E A Q S A K L F E K A U H S W R
E A L O X W B G P C M A C A M L Y N K E R H S
Q K Y E R O E V A I O I A O Q U T K J V W Z A
B B F Z I M W R F I C P J Z P C H E E K T L L
P G A T Y A R F O F F L S O W R S N E L R D O
N A O E F I R V E G S P N S E E X W T R M L R
H N V L K X P B N F Y O S S H H C E N L X D H
Y M L L K K S Z A E A W O J C R Y E Z M G Q R
Z N G A J S K K W U U S T V A G V N V N R U O
K N P W T V T R I R T L A C F V O I L Q P T B
T C G P U P C I H I P C I G U S C E C A R S O
F L Q W T T F A V Z G U G V S S Q K W S O E T
K G X K Z R V O O P B P G Q X M S J U D C J S
N R N H H I C E B V Q N D P P C B U K U R G G
S S Y D K O Y K F R W U Q K Y U D A H M E W B
N A M R O N A R A P U P P K H O J M D X V W W
H Z J P T C C O U L Y T P H M K T I C P I G G

- ALADDIN
- BOLT
- BRAVE
- CARS
- EPIC
- FRANKENWEENIE
- HERCULES
- MADAGASCAR
- WALLE
- MEGAMIND
- PARANORMAN
- PLANES
- POCAHONTAS
- RIO
- ROBOTS
- SHREK
- TURBO

More Homemade Candy

by Isabel Tix
Grade 6

DARK CHOCOLATE PEANUT BUTTER CUPS

- ¼ cup honey
- 1 tbsp butter
- 9/16 cup peanut butter
- 10 ounces dark chocolate wafers or dark chocolate chips

In a medium bowl melt the peanut butter and butter. Then immediately add the honey. Mix well then set aside. Melt 6 ounces of chocolate then spread it evenly on sides of mold or cupcake liners. Cool in the fridge for ten minutes. Take chocolates out and add the peanut butter mixture in the chocolates. Melt 4 ounces of chocolate and cover the top

of the chocolates, then cool for 10 minutes. It is not needed to keep them in the refrigerator but you can.

- VARIATIONS:
- Dark chocolate almond butter cups*
 - ⅓ cup honey
 - 9/16 cup almond butter
 - 10 ounces dark chocolate wafers or dark chocolate chips

Mix peanut butter and honey then set aside. Melt 6 ounces of chocolate then spread it evenly on sides of mold or cupcake liners. Cool in the fridge for ten minutes. Take chocolates out and add the almond butter mixture in the chocolates. Melt 4 ounces of chocolate and cover the top of the chocolates, then cool for 10 minutes. Refrigeration is needed.

MORE RANDOM FACTS:

by Robert Pruden
Grade 7

Many Star Wars
scenes were reshot
due to actors
making their own
lightsaber noises

Even More Homemade Candy

by Isabel Tix
Grade 6

COCONUT ALMOND CUPS

3 tbsp coconut oil
4 tbsp unsweetened vanilla almond milk (or a nut-free plant milk)
1 tbsp honey or pure maple syrup
¼ tsp almond extract
½ cups dark chocolates

Mix all of the ingredients, except chocolate, to a medium sized bowl. Take a spoon and dish the mixture into silicone molds. Freeze for 1 hour. Take out and melt the chocolate. Take a fork and place a frozen coconut pellet on it, dip into the melted chocolate and set on wax paper. Freeze for 20 minutes.

Q & A with Ms. Laurax

by Barthina Khalil
Grade 7

Q: What have been some challenges you have met during school in this pandemic?

A: "You don't get to meet all the teachers and when we do, it is usually through zoom meetings."

Q: What inspired you to become an art teacher?

A: "I always wanted to be a teacher and I've always wanted to be an artist. So I put them together and became an art teacher!"

Q: Who is your biggest inspiration when it comes to portraits or any type of art?

A: "My biggest inspirations are Frida Kahlo and Kehinda Wiley."

Q: What materials or tools do you prefer using while making your pieces?

A: "I prefer using micron pens, flair pens, and watercolors."

Q: What was your favorite subject growing up?

A: "Well... in fourth grade I liked science because of the worm composts and then in highschool I started liking history."

Q: Do you think teaching art online is harder than in person class?

A: "Definitely!"



Q: Do you prefer to draw on technology apps or just classic pen and paper?

A: "I prefer classic pen and paper."

Q: What do you think makes a great art teacher?

A: "I think one of the most important things to be an art teacher is flexibility in how art is made."

Q: How would you describe yourself in 3 words?

A: "Talented, helpful, short, and weird."