



# WE ARE SPARTANS

ACHIEVEMENT RESPECT RESPONSIBILITY EMPATHY

IMMS Messenger November 2015 Volume XI Issue XXXI Indian Mound Middle School McFarland, WI



Photo by Audrey McMillan

Sixth-grader Jael Vargas fries tofu and squash as part of an experimental rice dish prepared during the Oct. 27 meeting of the new IMMS Food Club.

## Food Club starts at IMMS

By Alexis-Rose Fischer

IMMS 6th Grade

Some of you are probably wondering what the new food club is at IMMS. Well here are the answers. Ms. Colle, the adviser of the food club, offers these answers to your questions:

**Messenger:** What is the food club?

**Ms. Colle:** A diverse group of students that are meeting about healthy food that teenagers might be able to make and enjoy. We have a goal of entering a contest in the winter sponsored by the Department of Public Instruction. We hope our recipe(s) will be selected for a cook-off.

**Messenger:** What do students do in the food club?

**Ms. Colle:** The students in the club have selected some foods they would like to make to see if they can make them healthier. We will begin making a variety of food and see if it would fit the criteria for the contest.

**Messenger:** How many students may join? Are there any other requirements to joining the food club?

**Ms. Colle:** I did not want any more than 12 students. We have 8 this year and I am happy to begin with a smaller group. Students need to apply and submit their application by the deadline. I will not be accepting any applications after the deadline, so watch for this next year!

**Messenger:** What made you want to open up the food club? Did anything inspire you to open this food club?

**Ms. Colle:** I have wanted to start some kind of food group for a few years, but my schedule didn't give me time. I was inspired by the food contest and decided to get a group started.

**Messenger:** Do the older kids cook different food than the younger kids?

**Ms. Colle:** We are all collaborating to cook the foods the group chose.

**Messenger:** Would you change anything about the food club? (Why?)

**Ms. Colle:** It is too soon to decide if anything needs to be changed.

**Messenger:** What type of kids would you recommend this club to for?

**Ms. Colle:** This club is all about working together and learning about food and nutrition. I would like students to have an open mind about trying new things and also some experience with food preparation, however, the food prep isn't a necessity.

**Messenger:** Do you do any fundraisers? What kind?

**Ms. Colle:** We have some fundraisers next year, if it goes well and I decide to do it again. I have a few ideas, but I will need to talk to Mr. T before I could say!

A student who just joined the food club offered these answers:

**Messenger:** What is the cooking club to you?

**Student:** A club where we make up a recipe and we enter it in a competition in the state and the winner gets prizes.

**Messenger:** What made you want to join the cooking club? Explain

**Student:** I love to cook and make things, and like to make up my own recipes.

**Messenger:** Are you allowed to make your own recipe, or do you have to follow a certain recipe with the rest of the cooking club students?

**Student:** We make our own recipes but we have to follow some rules.

**Messenger:** What grade level do you have to be in to join the cooking club?

**Student:** 6th to 8th grade.

**Messenger:** What are you looking forward to do/ make in the cooking club? Why that certain thing?

**Student:** Lots of food we may or may not have some ideas in mind right now and also we are looking forward to making something potato breakfast foods hint hint.

**Messenger:** And finally who would you recommend the cooking club to next year?

**Student:** People who enjoy cooking and who like to work together are the people that I would recommend this to.

# SNACK

## TIME APPROVED FOR ALL GRADES

By Erika Granados

IMMS 8th Grade

More happy faces during the end of the day!

In an email notice to families, the IMMS administration announced that students in all three grade levels will have a designated time during the day to bring and eat a nutritious snack starting Tuesday, Nov. 3. The change brings an expansion of snack time, only allowed for sixth grade at the beginning of the year, to seventh and eighth grade.

In the announcement, Principal Tarnutzer said, "We are expanding ... as we know the benefits of eating a nutritious snack on student learning and behavior, and the timing of the lunches result in students not eating for three or more hours."

The problem was our eighth-grade lunch started before 11 a.m., nearly three hours before the last classes of the day. Ninth and tenth hours felt so long because I got hungry.

Now that we have snack it will fuel us for the end of the day, add needed nutrition and help our brains.

Why are snacks between meals necessary?

Hunger is more frequent. Young people have small stomachs compared to adults, meaning that at a meal we consume less food. Research shows that if a child has only three meals each day, they most likely don't get enough carbohydrates (carbs), protein and fat. Most children need three meals and two snacks, according to [livestrong.com](http://livestrong.com).

For many of us, our classes go by so slow due to loss of focus. According to [livestrong.com](http://livestrong.com), the food we eat is turned into glucose, which gives our bodies and brain the energy. After lunch, our glucose starts to fall, affecting our moods, behavior and brain function.

Many of us care about our health, but have you thought how snack helps?

"When schools serve snacks, they

help children develop lifelong healthy habits and prevent chronic diseases, such as heart disease, cancer, diabetes, obesity and high blood pressure," says the Center for Science in the Public Interest.

If there isn't a certain time for snack, we tend to adapt a habit of picking food all the time, making it harder to decide when we are really hungry. Healthy snacks don't interfere with meals, but they will help keep our weight in check.

Upon recognizing the benefits, Principals Tarnutzer and Jondle brought the idea of expanding snack to the Middle School Building Council. This is a group of teacher leaders representing all grade levels and departments that guide decisions that will impact students and staff.

In an email interview, Principal Tarnutzer explained, "When our school schedule changed a few years ago, we were so concerned with the other parts of the schedule that we didn't think about snack. This school year, a few parents asked about it and we started to think about it again."

"Everyone recognized how important the idea was and committed themselves to helping with the details to make it work," Principal Tarnutzer said.

As families were informed, "There are some logistical challenges to this idea as well as some important expectations that must be followed in order to ensure that students eat healthy snacks with a minimal impact on the instructional time and the cleanliness of our classrooms."

"There are some challenges with having snack, but we just decided we would move forward," Principal Tarnutzer said. "My only concern is that if we don't follow the expectations, snack won't continue. ... I am pretty confident that it won't be an issue, but I need students to own their part in this as well."

In a hopeful conclusion to families, he wrote, "We are confident our students will do well with these expectations and we will be left asking ourselves, 'Why didn't we do this sooner?'"

### Snack Expectations

#### Achievement:

- Students continue working and learning while eating snack. Students eat snack in 10 minutes or less at the direction of the teacher during these designated times:

- Sixth grade: start of 3rd period.

- Seventh grade: start of 3rd period.

- Eighth grade: 7th period as directed by teacher.

#### Respect

- Students demonstrate respect for themselves and their health by only eating foods that have nutritional value (no candy, chips, cookies, etc.).

- Students are encouraged to bring snacks that are pre-packaged and non-perishable to prevent messes and issues with spoiled food.

#### Responsibility

- Students bring their snack to the designated class before class begins.

- Students eat their own snack only.

- Students clean up after themselves.

#### Empathy

- In consideration of classmate health needs, students will bring snacks that do not contain nuts. Depending upon student needs, some classrooms may have other restrictions. Visit [snacksafely.com](http://snacksafely.com) for a link to a snack safe guide.

# Put protein in your daily breakfast

By Patrick Heasty

IMMS 7th Grade

Ever feel hungry around 10 a.m., right in the middle of math, and think: *I just ate snack!!!!???????*

Well, the main reason you are feeling hungry is: You didn't

eat a good breakfast. So throw out your Cookie Crisp and Froot Loops, because you need some protein.

Are we just talking bacon?

Well, that would be one option, but you might not have any time for any pig products before going to school.

So what are other sources of protein? you might ask.

Well, here they are: 1. Peanuts. 2. Other, non-bacon meat, such as beef jerky (you probably don't eat that before school) 3. Dairy products 4. Tofu 5. Peas 6. Beans. If you can get your hands on any of these items, you are in

good shape. However, if you would like to just stick to cereal, you could try Kashi GoLean Original, which according to an article in Reader's Digest has 13 grams of protein and 10 grams of fiber per ¾ cup. To put it in perspective, the popular cereal Froot Loops has 1 gram of pro-

tein, and 3 grams of fiber per cup. You could eat 13 cups of Froot Loops to equal ¾ of a cup of cup of Kashi GoLean. But then you'd inhale 156 grams of sugar. You would have to eat more than 8 ½ KING SIZE Snickers bars to equal that. Long story short, stay AWAY from

## Reviews & Previews

### 14 voices add 'Something Different'

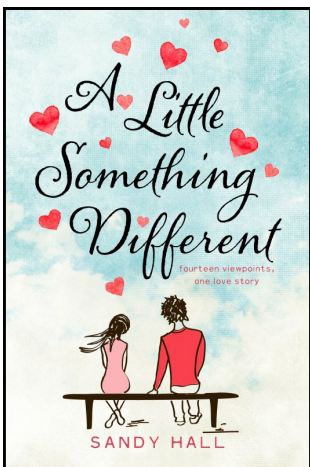
By Audrey McMillan

IMMS 7th Grade

Lea is a freshman in college and Gabe is a junior in *A Little Something Different* by Sandy Hall. They seem to have everything in common. Their creative writing teacher tries pulling them together with every assignment, but it seems like the two will never recognize their connection. They seem to run into each other everywhere only to find out that they drink the same coffee, eat the same food, watch the same movies, and use the same references and quotes... it's a romance that might never actually happen for these star crossed lovers. Is there anything else that is keeping Gabe away from Lea, or is he simply not interested? Gabe and Lea are destined to be together

but what if they're too shy to realize it?

In this novel told from 14 different viewpoints, Sandy Hall creates a riveting story about overcoming obstacles and falling in love. Though you may be put off by the idea of the story being told by everyone but Gabe and Lea, I assure you it's a new and refreshing format that will make you wish every book was written this way. This book comes highly recommended by me and I'm sure that if you read it you won't be able to help trying to persuade your friends to read it. Trust me you won't regret giving this book a try and I know that If you try it you will fall in love with the quirky ways of these characters.



Submitted photo

### Showin' Spirit

IMMS seventh graders, from left, Lindsey Hanson, Payton Jarrett, Andy Buchholz, Brock Felton-Brown, Jack Bretthauer, Aidan O'Leary and Kavion Guillen, entered their photo titled Spartan Super Heroes, which showed the most school pride in the IMMS Spartan Spirit Photo Contest.

## Hit novels spur latest teen films

By Erika Granados

IMMS 8th Grade

Do you need help picking a movie to watch?

Well, here are two of the latest movies highlighted for teens this year!

The new movie *The Maze Runner: The Scorch Trials* is based on a book by James Dashner, who also wrote *The Eye of the Minds*. The movie was released Sept. 18. In *The Scorch Trials*, Thomas (the main character) and his friends and fellow maze captives, also known as the Gladers, are out in a desert. They have to try to get to the Flat Trans, which is where the governing testers of WICKED promised to get them a cure for the disease they have called the flare. The flare is supposedly a disease that got started from the sun's rays of light coming in too strong. The virus attacks the brain, making its victim become crazy. The movie goes through two hours of mysterious adventures, which are full of thrills and pack fun.

One of the biggest movies that everybody has been talking about will soon be out. That's right; it is *Mockingjay Part Two*. The movie will be coming out on Nov. 20. This also is based on the final book in The Hunger Game series by Suzanne Collins. Jennifer Lawrence again plays Katniss Everdeen, the 18 year old who is trying to lead a rebellion against the Capital. Her lover Peeta Mellark, played by Josh Hutcherson, has been brainwashed by the Capital making him believe that Katniss is only trying to kill him.

## Ask Lili: Talk to friends when problems erupt

By Lili Grossman

IMMS 7th Grade

Have a problem? Need advice? Ask me!

### Advice of the Year

The best advice I can give anybody is to be yourself. In my opinion, all anybody can realistically ask of you to do just that. Nobody can or should expect anything from you, except being yourself and doing your best. So if your personality is fun and crazy, then show it! Don't be afraid to show it. And if people don't like you for who you are, don't worry about it. However, I think you'll find that the people who matter are the ones who will accept you for being yourself.

### Advice of the Quarter

I think something that everybody should know is that you should never be afraid to ask for help. I have had people come to me with problems but were too afraid to ask for help. Never be afraid. Sure it might be scary, but that is what courage is: doing something even if you're scared. And if you can't talk to a teacher about what's going on,

talk to a friend about it. Whatever problem it is, from bullying to suicide thoughts, never be afraid to ask for help.

### Advice to you

**Q:** My friend's a little (a lot) obsessed with her boyfriend. I have tried to talk to her but she won't listen. What should I do?

**A:** I've done some research on this and some girls just go a little boy crazy for awhile and talk only about him. Don't worry, it will eventually die down and she'll stop talking about her boyfriend. When I had a certain "guy" in my life, I would either only talk about him or completely forget about my girlfriends as a whole. In the end, I would've lost my friendship with them if they hadn't come talk to me. That's why the best thing to do, is pull her aside and talk to her privately. Just hanging out with a boyfriend and ignoring friends is not right. Neither is only talking about "him." Try to leave some hints that she's talking to much about her boyfriend. She'll eventually get it. And if they end up breaking up, don't say stuff like "I told you so" or "see?" It hurts like a kick to the gut. So talk to her about it and

hope she takes a hint.

**Q:** I might be moving and I told my friend. Now she is not talking to me and when she does it's something rude. I tried talking to her but she is not listening to me. What should I do?

**A:** I think the most likely reason that she, all of a sudden out of the blue, stopped talking to you is that she is sad that you're leaving. She thinks that if she's mean to you and pretends to not like you, your friendship won't matter as much when you leave. That's a game that leads to drama. Try talking to her alone. If she lives around your neighborhood, try going to her house. Most likely, if you can get her alone, she will confess why she's mad. Of most importance, don't spread rumors, like "So and so's mad at me because blah blah blah." Rumors are destructive. Just try talking to her and work things out. Ask her why she's mad and tell her how much you value your friendship. And if it works out, when you move, call her every night. She'll probably miss you like crazy.

Tell me if the advice worked and thanks for writing!

IMMS Messenger June issue contributors include: Riyadh Albasri, Bella Flatley, Alexis-Rose Fischer, Erika Granados, Lili Grossman, Claire Hall, Patrick Heasty, Ellie Kregness, Kami McGinn, Audrey McMillan, Klaus Schwoerer. To participate, contact Adviser Ms. Ndlovu at NdlovuT@mcfsd.org.



**Class of 2020 makes marks**

**Far left:** As part of the IMMS Banner Day events, eighth graders Peyton Witt and Lizzy Fortune place their handprints on the Class of 2020 wall section, along Empathy Way.

**Near left:** IMMS eighth graders Carson Aubey and Donovan Hudson compete during the Wacky Olympics on the Herbst Headbands ARRE time team.

*Photos by Erika Granados*

# The Package of Doom: The Beginning

**By Ellie Kregness and Abbie Cook**

IMMS 6th Grade

**Prologue**

*"Find the girl with fiery hair and emerald eyes. Find the girl I will forever despise."*

The familiar screech of my doorbell woke me, yet again. I rose slowly and wrapped a robe around myself. Yawning, I shuffled to the front door. I open the

door and was greeted by a package. I easily lifted it up and carried it to my bedroom. I struggled with the pink bow tied firmly around it, then started to rip away the packaging tape. I peered inside and fainted.

"Huh? What happened?" I muttered, blinking to adjust my eyes to the dim lighting.

"Nothing happened, besides you are now in my custody. And I will never let you go!" A mysterious voice cackled.

The lights turned on and I saw the reality of my cage, the

room, and the people. I realized I was still clutching the package.

"Hello, my name is Eleanor," said the woman with the cackling voice.

She would have been good looking if she hadn't had a crazy, murderous look in her eyes.

A scream built up in my throat as my eyes shifted toward Augustus. His bull-like face stared down at me, nostrils flared.

"AHHHHHHHHHHHHH!" a scream faded from the air as I listened.

"Where did that scream come from?" I asked nervously, fighting to keep my voice steady.

"That scream is coming from The Neverending Wood," Augustus' deep voice replied.

The next time the lights came on, I was kind of expecting to die. When nothing happened, I called out. "Hello."

"Hello" a voice echoed in reply.

"Get out. I'm here to save you," the man commanded as he grabbed me and led me out of

the building.

"Ouch!" I cried. "Who are you?"

"I am Sir Guille of Camelot," he said.

"And I'm the loyal servant of the Princess of Camelot," a woman added.

"Who the what now?" I asked, a confused look played across my face.

"Princess, are you all right?" they said in unison.

"Princess?" I repeated. "No, you have got me confused with someone else."

## What's where in McFarland

**By Klaus Schwoerer**

IMMS 8th Grade

One of the most confusing things about moving to a new town is trying to find out where you are. So here's some advice to all new students: In the middle McFarland is Main Street, which turns into Exchange Street. It separates some residential on the east from some industrial on the west. Farwell Street is a road that connects Main/Exchange to Stoughton Road, officially U.S. Highway 51. The highway leads to Madison in the north and Stoughton in the south. You will find many businesses on the highway and a few less on Main. Another major road is Siggelkow in the north. It spans from Lake Waubesa to a bit after Door Creek.

Here are some businesses in McFarland with their addresses:

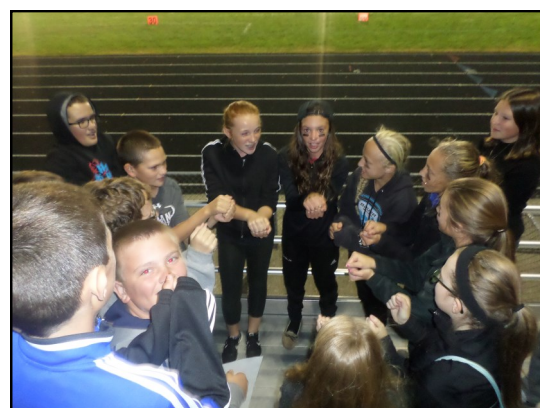
Name	Number	Road Name
<b>Food:</b>		
Green Lantern	4412	Siggelkow Road
Angelo's	4706	Farwell Street
McDonald's	4800	Larson Beach Road
The Beachhouse	4506	Larson Beach Road
Maple Tree	6010	US Highway 51
McFarland House Cafe	5923	Exchange Street
Spartan Pizza	5813	Main Street
Pizza Hut	5728	US Highway 51
<b>Schools:</b>		
Primary School	6013	Johnson Street
Waubesa Intermediate School	5605	Red Oak Trail
McFarland High School	5101	Farwell Street
<b>Churches:</b>		
Lutheran Church	5529	Marsh Road
Christ the King Catholic	5306	Main Street
McFarland United	5710	Anthony Street
Church of Christ		
<b>Other:</b>		
ED Locke Public Library	5920	Milwaukee Street
McFarland Community Ice Arena	4812	Marsh Road
McFarland Municipal Court	5709	Milwaukee Street



*Photos by Riyadh Albasri and Ellie Kregness*

**Football fun**

The IMMS football teams, including the eighth grade team (above) played special Saturday games to end their seasons with both teams beating Marshall. Bottom left, IMMS seventh graders sing at the game. Bottom right, Spartan students show their school pride at a game earlier in the year.



# 15 tips and tricks to make life easier for middle schoolers

**Bella Flatley**

IMMS 6th Grade

Have you ever had to sit by a kid on the bus while he pulled a soggy, smushed banana out of his backpack? Or have you ever stood next to a kid who opens her locker and an explosion of books, papers and clothing contaminates your space? Worst of all, do you know a kid who was late to class and lost all his work, getting all F's and who, instead of going to college, got 80 cats?

If you answered yes to any of these, you might be able to pass on some tips and tricks for organization.

1. Have an accordion folder instead of a bunch of folders. That benefits you by not having to carry as many individual items at one time.

2. Have a locker shelf or two, so you have additional levels for storing stuff in your locker.

3. Have materials prepared before time, so you do not have to make lots of locker stops and can avoid being late for classes.

4. Be clean in locker and out of locker. That will keep you organized and it will be easy to find stuff.

5. Be on time for everything. "Early bird gets the worm" is a truly rewarding metaphor, especially at lunch and in between classes.

6. Can't remember your schedule? Have it as your screensaver. That is great

for the new terms and the start of the school year.

7. Have no room for small items that you do not want to lose? Put them in an empty ice cube tray so you don't lose them.

8. Use a goal list. A planner with sticky notes you can rotate allows you to easily make changes and add reminders if you are forgetful.

9. Lose bobby pins or paper clips? Get a magnet, and the metal sticks so you don't lose them.

10. Can't keep track of cords for phone, kindle, or your iPad? Well, take the tab you get on bread to keep it fresh and put it on the cord, labeling it to help keep cords organized.

11. Also, you can take the tab from the bread and put it at the end of the tape so it is easier to take off and find end, saving time.

12. Need space or don't have room to use the little divider boxes they are great for at home and your locker they work great can put hair things or erasers.

13. Add hooks in your lockers for hanging your coats, backpacks, and for more room.

14. Add baskets for your locker to keep items organized.

15. If you forget your homework, identify a place that you check a lot and put reminders there. If you finish and turn in more homework, your grades could go up.



Popsugar.com offers this sticky note idea for organizing your goals and activities. An inexpensive way to organize small items is to use an ice cube tray.



## Sixth grade extra tips

**Kami McGinn**

IMMS 6th Grade

Seventh and eighth graders survived sixth grade and now they're going help you get through it. They share these tips and tricks:

One eighth grader said not put up decorations in your locker because if you do it would just take up more space in your locker. That makes sense, but there are decorations that could help you with keeping your locker organized like a pencil holder, basket, shelves, etc.

An IMMS seventh grader suggested you save your money in the money unit to get one of the bigger prizes in the raffle, such as a TV. If you can't avoid spending all your money on food, you will not have enough left when the prices are high.

IMMS teacher Mrs. McGinn said to work hard in the milk carton boat race, but don't rush in it or else your boat will just break. Make sure to use all of your materials you get or you'll regret it later when the race starts.

Finally, from a fellow sixth grader: Make sure to bring a snack or you'll get very hungry and you might get sick. It's unlikely someone will give you snack because they want to eat their snack or they'll get hungry and blame it on you.

## Spartan Spotlight



Photo by Audrey McMillan

### Meet startup YouTuber Riyadh

**By Audrey McMillan**

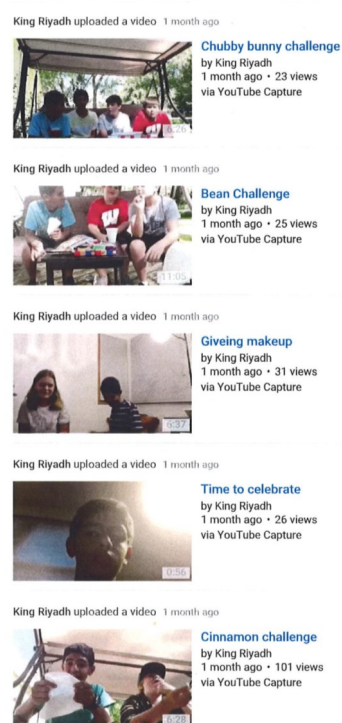
IMMS 7th Grade

Riyadh Albasri, a seventh grader at IMMS, recently started a Youtube channel, Riyadh King. Riyadh was inspired by Kevin Hart, the comedian, and the YouTubers KSI. Riyadh has six videos on his channel with topics such as the Chubby Bunny Challenge, the Cinnamon Challenge, and a Makeup Challenge. He was inspired to do the challenges after seeing other videos on YouTube.

"The Cinnamon Challenge was my favorite," Riyadh said. "It was fun ... just eating the cinnamon and then almost dying."

Riyadh features guests, mostly his friends, on his videos. At his most active, he was adding videos weekly to his channel.

Riyadh is very passionate about his channel and videos and someday hopes to become a YouTube star. He wants to be famous but not too famous. He wants lots of subscribers but



that's all; it's not like he wants to be the most famous person on YouTube.

Riyadh has a second video channel, but it is currently experiencing technical difficulties. With it, he hopes to focus on gaming videos.



Staff photos



### Geared up for Halloween

The IMMS GirlUp Club held its first Costume Party on Wednesday, Oct. 28. Activities included a costume contest and pumpkin decorating. Group members also sold chips, baked goods and soda. In addition, participants had options to play Halloween themed games, watch a movie and win prizes. Money raised from the event will go to support United Nations projects. In its first year at IMMS, the GirlUp Club joined others around the globe to raise \$259,583 in 2014-15. This year's focus countries include Guatemala, Ethiopia, Liberia, Malawi and India, where funds will help programs in education, health, safety and leadership.

**Above:** Tatum Mueller, left, sells snacks to costumed students.

**Left:** Olivia Pili paints a pumpkin.