



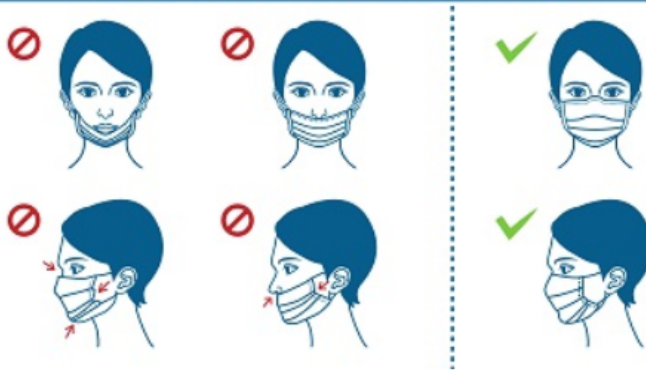
WE A.R.E. SPARTANS

— ACHIEVEMENT RESPECT RESPONSIBILITY EMPATHY —

The IMMS Messenger, Virtual Edition 2-2 November 23, 2021

Wearing masks

How to wear a face mask correctly



By **Svenja Muehlenhaus**
IMMS Grade 7

The mask mandate remains in effect at Indian Mound Middle School. According to the CDC, “Wearing masks can help communities slow the spread of COVID-19 when worn consistently and correctly by a majority of people in public settings and when masks are used along with other preventive measures, including social distancing, frequent handwashing, and cleaning and disinfecting.”

Properly wearing a mask is a safety requirement at school. Principal Tarnutzer said, “Wearing a mask properly is about keeping everyone safe and we are so glad the majority of students consistently wear them properly, but we have to do better.”

For those who are not wearing masks properly, he said, “One thing students may not know is that we have been following up with students that need frequent reminders to wear their mask properly with teachers addressing it with students and their families first and then Mr. Jondle doing so if it continues. While we have seen some improvement, there are definitely some students that have not improved and need something more.”

For more on masks, see page 2.

TIPS AND TRICKS FOR WEARING MASKS CORRECTLY

- Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask.
- Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.
- Knot and tuck ear loops of a 3-ply mask
 - Knot the ear loops of a 3-ply face mask where they join the edge of the mask
 - Fold and tuck the unneeded material under the edges
- Check for gaps by cupping your hands around the outside edges of the mask.
 - Make sure no air is flowing from the area near your eyes or from the sides of the mask.
 - If the mask has a good fit, you will feel warm air coming through the front of the mask and may be able to see the mask material move in and out with each breath.
- For more information on the science behind improving how your mask protects you, see [Improve the Fit and Filtration of Your Mask to Reduce the Spread of COVID-19](#).

Sources

www.hopkinsmedicine.org

www.cdc.gov

www.olmmed.org

IMMS needs to be more strict about masks

By **Svenja Muehlenhaus**
IMMS Grade 7

Students at Indian Mound Middle School are not wearing their masks properly. It is infuriating when you are worried about getting yourself sick or a family member who has a bad illness or even if you have someone in your family who is too young to be vaccinated. My sister is too young to be vaccinated, and she gets sick quite easily. It is time IMMS does what they say they would do and enforce proper mask wearing.

Different Types of Wrong



Don't pull below the nose

I have seen so many people put their mask below their nose. It is for their own health and for everyone else's that we wear them correctly. This is the biggest issue because people think if their mouth is covered that is good enough. But, it isn't, so please try having people wear them correctly. Also, we need to stop giving people more than three chances. If you threaten them, they aren't going to stop unless someone of higher power other than the teachers tells them.



Don't pull below chin

Another thing is that some people aren't even wearing their masks. In the hallways people just take their mask and put it under their chin. Like I said already, it is for their own health and for everyone else's that we wear them correctly. If you threaten them, they aren't going to stop unless someone of higher power other than the teachers tells them. I know that IMMS can be better at this than they currently are. We need to try to stop this from happening.



Don't wear loose mask

Conclusion

Now is the time to prove to IMMS students that we mean what we say. The fact that people can't even keep wearing their masks correctly means that we need to start working harder on this issue. One more thing is, you keep telling us to tell others to wear their masks correctly. Someone I know was called a Covid Karen for asking someone politely to put their mask on correctly. It's time we start doing the job we promised we would do.

Thanksgiving now: A story about how people should give thanks today

By **Maggie St. Clair**
IMMS Grade 7

Comparing the original big feast to how people celebrate Thanksgiving now, it's not that much of a difference. Many of us have family and friends come to town, and we have a big meal.

Those who have that are thankful, right? Most people say they are thankful, but how do they show it and why only on a specific day; why not every day?

Giving thanks should be a normal thing, especially this year. Some people lost family members, and many lost touch with family. You might be one of those families, so it is important to be thankful for what you have and who you have. Tell people you love them, even if you think they already know that or it's "embarrassing," because it is important.

Some ways people can give thanks include putting food on the table for everyone and people saying



Credits: City of Lawton

thank you; saying, "I love you" or "Thanks for coming." On that note, I have a special task for all of you: tell your friends and family you are thankful for them and that you love them because the reality is they might not always be there.

Thanksgiving's history: A story of friendship

By Rachel Stolyarov
IMMS Grade 7

Thanksgiving Day is an amazing holiday filled with tasty food and great company. This year, it is on Thursday, Nov. 25. However, Thanksgiving wasn't a national holiday until 1863, during the Civil War, when President Abraham Lincoln proclaimed Thanksgiving to be a national holiday celebrated in November.

The history of this holiday is one of friendship. In 1620, a small ship called the Mayflower left Plymouth, England, journeying across the ocean. Many sources record that the 102 passengers attempted this treacherous journey to be able to practice their faith free of the king's or queen's authority to mandate religious practices as head of the Church of England. The travelers, now known as Pilgrims, endured a long, uncomfortable, and dangerous voyage, filled with storms and sickness. Finally, after 66 days, the Pilgrims dropped anchor in Cape Cod. This was far north of their intended destination, the mouth of the Hudson River. One month later, the Pilgrims crossed Massachusetts Bay where they began building a village and establishing a government. However, even with freedom of religion and more local control, they still were subjects of the



Photo by Rachel Stolyarov

Youth pastor Bradley Grennier dons a fowl costume for the Thanksgiving celebration at Door Creek Church.

British government and paid taxes.

When winter arrived, conditions were colder and harsher than those of England. As a result, the Pilgrims left the shelters they were building and crowded again onto the Mayflower. Confined to close quarters, sickness spread. Only half of the 102 pilgrims left the ship alive.

In March, the remaining passengers went ashore where they received a surprise visit from a member of the Abenaki, one who could speak English. The visitor brought Squanto, who was of the Pawtuxet tribe and also spoke English. Squanto taught the Pilgrims how to farm corn, catch

fish in the rivers, avoid poisonous plants, and so much more. He also helped them form an alliance with the Wampanoag.

In November 1621, after the Pilgrims' first successful harvest, Governor William Bradford organized a feast and invited allies from neighboring indigenous groups, including the Wampanoag Chief Massasoit. This feast was massive with a lot of food and drink. In addition to a day to share food, this first Thanksgiving symbolized friendship between the Wampanoag and Pilgrims.

Nowadays, many people celebrate Thanksgiving as a secular holiday with a focus on food, family, or football. Although some remember the celebration was based on Governor William Bradford declaration that this day be "a day of Thanksgiving and prayer to God." People who continue to thank God as part of their celebration, might read the Bible verse 2 Corinthians 9:11, which says, "You will be enriched in every way so that you can be generous on every occasion, and through us, your generosity will result in thanksgiving to God."

Sources:

<https://www.history.com/topics/thanksgiving/history-of-thanksgiving>
<https://catholicstraightanswers.com/is-thanksgiving-was-a-civil-holiday-or-a-religious-holiday>



Applauding costumes

Speaking of being grateful, we would like to give thanks to the people who put in a little bit of extra effort to celebrate Halloween! Some members of the newspaper staff snapped photos of seventh-graders in their costumes and put them in a slide show. Click to see more.

[Halloween costumes](#)

Celebrate with sweet potatoes

By Kate Mischnick
IMMS Grade 7

Which kind of potato is recognized in the month of November? Okay, that was a trick question. The answer is sweet potatoes, but technically they are only distantly related to potatoes. And yes, while it may sound crazy, November is Sweet Potato Awareness Month.

To celebrate this delicious root crop, a few recipes have been compiled, completing a delicious meal of sweet potatoes, with a main dish, two side dishes, and, of course, dessert. Important note: most of the really good recipes include sugar and/or butter (that's what makes them so good).

The Main Dish: Sweet Potato Apple Soup

At first, this title may sound a little weird, but I can guarantee that this is a recipe you don't want to judge by its cover. A unique but flavorful winter soup complete with carrots, apples, and sweet potatoes, this recipe is one you may want to try out over Thanksgiving break. It will make a delicious addition to your holiday meal.

The First Side Dish: Candied Sweet Potatoes

There is simply no way to put this dish into words. If I had to describe it, I would probably choose the word "yum."

The Second Side Dish: (cue music) Sweeeeeeet Potato Fries (dun dun duun)

Everyone knows what french fries are, but could you recognize a sweet potato fry? And here's the trick question; could you make one? These fries are much healthier than the ones you get at McDonald's, and, bonus, they taste almost as good.

The Dessert: Sweet Potato Pie

Probably the most popular and classic dish when it comes to sweet potatoes, this is a great alternative to the classic pumpkin pie. Finish off your meal of sweet potatoes with a mouthwatering dessert like this one.

Enjoy your meal!



Photo from North Carolina SweetPotato Commission

Sweet Potato Apple Soup

INGREDIENTS

4 tablespoons unsalted butter
2 medium yellow onions, chopped
1 tablespoon curry powder, plus a bit more for serving
1 pound carrots, peeled and chopped into 1-inch pieces
1-1/2 pounds sweet potatoes (about 2 small), peeled and chopped into 1-inch pieces
8 cups chicken broth, best quality such as Swanson
1-3/4 teaspoons salt
1 tart yet sweet apple (such as Honeycrisp or Fuji), peeled and chopped
2 tablespoons honey
Freshly ground black pepper


INSTRUCTIONS

1. In a large pot, melt the butter over medium heat. Add the onions and cook, stirring frequently, until soft and translucent, about 10 minutes. Do not brown. Add the curry powder and cook a minute more.
2. Add the carrots, sweet potatoes, chicken broth and salt and bring to a boil. Cover and simmer over low heat until vegetables are very tender, about 25 minutes.
3. Stir in the apples and honey.
4. Using a stick blender, puree the soup until smooth and creamy. (Alternatively, cool the soup slightly, then puree in a blender in batches. Be sure to leave the hole in the lid open, and cover with a kitchen towel, to allow the steam to escape.)
5. Season to taste with salt, pepper and more honey. Ladle soup into bowls and sprinkle with more curry powder if desired. (Note: As the soup sits, it will thicken, so you might add a bit of water to thin it out.)

~Recipe from Onceuponachef.com

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| <p>INGREDIENTS</p> <ul style="list-style-type: none"> ● 6 large sweet potatoes ● ½ cup butter ● 2 cups white sugar ● 1 teaspoon ground cinnamon ● 1 teaspoon ground nutmeg ● 1 tablespoon vanilla extract ● salt to taste | <p>Candied Sweet Potatoes</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Peel the sweet potatoes and cut them into slices. 2. Melt the butter in a heavy skillet and add the sliced sweet potatoes. 3. Mix the sugar, cinnamon, nutmeg and salt. Cover the sweet potatoes with sugar mixture and stir. Cover skillet, reduce heat to low and cook for about 1 hour or until potatoes are "candied". They should be tender but a little hard around the edges. Also the sauce will turn dark. You will need to stir occasionally during the cooking. Stir in the vanilla just before serving. Serve hot. <p style="text-align: right;">~Recipe from Allrecipes.com</p> |
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| <p>INGREDIENTS</p> <ul style="list-style-type: none"> ● 2 large sweet potatoes, peeled, cut into 1x3-inch wedges ● 3 tablespoons soybean oil (often labeled "vegetable oil") ● ½ teaspoon sea salt ● ½ teaspoon freshly ground black pepper ● ¼ teaspoon paprika ● ¼ teaspoon garlic powder | <p>Sweet Potato Fries</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Position rack in upper third of oven and preheat oven to 425 degrees F. Spray baking sheet with non-stick spray. 2. Place sweet potatoes and soybean oil in a large bowl, toss lightly. Sprinkle with salt, pepper and paprika. 3. Arrange potatoes in a single layer on prepared baking sheet, being sure not to overcrowd. 4. Bake until tender and golden brown, turning occasionally. Cooking time is 18 to 24 minutes. Cool 5 minutes before serving <p style="text-align: right;">~Recipe from Allrecipes.com</p> |
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|  <p>Photo from North Carolina SweetPotato Commission</p> | <p>INGREDIENTS</p> <ul style="list-style-type: none"> ● 1 (1 pound) sweet potato ● ½ cup butter, softened ● 1 cup white sugar ● ½ cup milk ● 2 eggs ● ½ teaspoon ground nutmeg ● ½ teaspoon ground cinnamon ● 1 teaspoon vanilla extract ● 1 (9 inch) unbaked pie crust | <p>Sweet Potato Pie</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin. 2. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust. 3. Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and then will sink down as it cools. <p style="text-align: right;">~Recipe from Allrecipes.com</p> |
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Tips for organizing your school supplies

By Ada Geiger

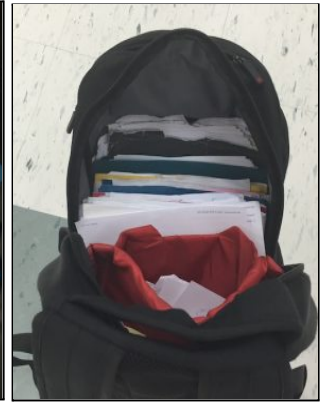
IMMS Grade 7

As we get further in the school year, we accumulate more papers and material. Our lockers and backpacks might become a little stuffed or cramped, in other words: MESSY! Here are some tips to help you continue the school year with organized supplies.

1. It helps keep your locker clean by carrying all the materials you use during the school day in your backpack so that you don't have to stop at your locker between each class. This helps because if you stop to drop and pick up papers between each class, you would most likely be in a hurry and leave your locker picked at and cluttered.
2. You also should keep all of your papers in individual color-coded folders for different classes to sort them and keep them organized; this helps because you know where they are and easily get them when you need them.
3. Another thing that helps is throwing out papers when you are done with, so that your folders don't become cluttered with papers that aren't needed anymore; this also provides more space for new papers.



Unorganized
Backpack



Organized backpack

Images from:

<https://waghostwriter.com/46135/features/how-to-organize-your-locker-and-backpack/>
<https://www.janegoodwin.net/2014/09/18/classroom-tips-hovering-worried/>

4. Another thing that helps to organize papers and material is to have individual pockets in your backpack for different types of supplies. This will help the materials not get mixed together or lost in the blackhole called your backpack.



A double winner!

Claire Rattmann won this year's Peace Poster Contest. She also is the winner of the IMMS Messenger October Challenge. Claire was correct in solving the puzzle Learning in the IMMS fun ways harvesting bravery was based on the first word of every headline throughout the paper.

November's challenge puzzle is CAT BAT TWIG. List the method for creating this statement along with your name and send to Ms. Ndlovu at NdlovuT@mcfisd.org by Dec. 10.

Bravery: Kai meets Lloyd

By Eva VandeKieft
IMMS Grade 7

Kai had planned on talking to the guy who had given him his phone back, but his history teacher's demand to stay after class changed that. Bored as ever, he scowled through the rest of history.

“Yes, everything's fine at home,” Kai said, adding, “Bye,” as he stood up and walked out of class. Well, I got out of detention for today, Kai thought. He started to walk to lunch. He got far enough away from the classrooms that no one would hear if a fight broke out.

“Hey, hot head. Yeah, you. The famous fire ninja.” It was the school bullies back for more teasing. They were scowling.

“What. Do. You. Want.” Kai said through his teeth. He really didn't want to fight.

“We want to know how you got your phone back.” They snapped. Two against one. Not good odds. For Kai at least. The bullies cracked their knuckles.

“Hey, you two boneheads.” It was the blond guy. The bullies glared at him.

“What did you just call us, Garmadon?” One of them asked. That name sounds familiar, thought Kai. But, he thought, why does it matter?

“You hard of hearing or something? I called you boneheads. Got that?” The guy asked.

“We are gonna end you!” The bullies launched themselves at the guy, but he rolled out of the way, almost right into some lockers.

“Hey! Stop!” Kai said. The bullies didn't answer. They kept lunging at the guy. He dodged most of their attacks, but one gave him a good punch in the shoulder.

The blond guy let out a hiss of pain.

Kai kicked one where it would be most painful for a guy to get kicked. That one collapsed to the ground groaning. The other one took one look at the two people standing in front of him, cursed, and ran off.

“Thanks for that,” Kai said, looking at the blond guy.

“Oh, and do you mind if I asked you your name? My sister wants to know and, uh, y-you know,” Kai said, blushing. Oh my first spinjitzu master. Way to blow it. He won't tell you now, Kai thought. He cringed inwardly.

“I'm Lloyd. And I know when people are lying so don't try,” Lloyd smiled.

“Uh, well thanks, Lloyd. For my phone and that,” Kai said. Huh, he answered, Kai thought.

“And you are?” Lloyd asked.

“Oh, right. I'm-” Kai was interrupted by Jay who had come around the corner.

“Hey, Kai! I finally finished my homework. Also where were you? You didn't come to lunch right away. Oh, hi person-I-don't-know-the-name-of-yet-but-know-you-gave-Kai's-phone-back,” Jay said and smiled.

“Uh, hi?” Lloyd said, looking a little stunned.

“Jay this is Lloyd; Lloyd this is Jay. You get used to his big mouth.” Kai said with a smirk.

“Hey! I do not have a big mouth!” Jay said, getting defensive.

“You do have a big mouth.” Kai said back.

Lloyd looked at both of them.

“Sorry about them. I'm Nia, Kai's sister.” Lloyd jumped and looked around and saw a girl coming over to them.

“Hi Nya,” both Jay and Kai said before going back to arguing.

IMMS Fall Messenger Staff and Contributors

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Getting ready for winter sports



By Brooke DeShong
IMMS Grade 7

Winter is right around the corner, as some of us might not like. But besides the cold, winter brings in some new sports that we don't normally partake in the summer. Below are some sports that are more unique to winter.

Snowboarding and skiing

Some common winter sports include skiing and snowboarding. Wisconsin temperatures are perfect for this type of activity in the winter time. Some common areas to do this are at Cascade Mountain located in Portage ([link to site](#)). Cascade Mountain includes all types of courses from a bunny hill up to a black diamond, whatever level you are at they have it here. Another common place in the area is Tyrol Basin located near Mount Horeb ([link to site](#)). Tyrol Basin offers unique courses for everyone of all ages.

Ice Hockey and Free Skate

Although ice hockey can be a year round sport, winter is when hockey really shines. This unique sports season is normally in the winter. The Mcfarland Ice Arena has a hockey program ([visit this site for more information](#)). If you're not sure you want to do hockey but still want to ice skate, Mcfarland Ice Area also offers open skating. Visit the site above for more information.