

# Spartan Newsflash

December  
2023

Volume 4, Edition 1

## STUDENT REPORTERS

### FEATURED IN THIS ISSUE:

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Cassie Phelps  
Mya Sapletal  
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Aniyah Spears  
Will Sutton  
Chloe Willhite

## YEAR FOUR IS OFF TO A GREAT START!

Welcome to the fourth volume of the Inver Grove Heights Middle School student newspaper: the Spartan Newsflash! This newspaper was created as a place for students to share the stories that are important to them. The goal of the Spartan Newsflash is to connect our community, allow for the diverse voices of our students to be heard freely, and showcase the (mostly) unedited talents of the Spartan Newsflash reporters.

A reminder: all content of this paper



(Photo credit: Jae Johnson, grade 8)

is created by students, and for that reason, this paper will never be perfect. The Spartan Newsflash philosophy is that learning is a lifelong process, and we all can improve through mistakes and reflection. Our hope is that as future editions are released, you see the growth of our reporters.

Thank you for taking the time to hear the voices of our reporters. The Spartan Newsflash hopes you laugh, learn, and hear differently as a result of the words you read and the pictures you viewed.

Jess Maloney, Staff Advisor  
[maloneyj@isd199.org](mailto:maloneyj@isd199.org)

## CHRISTMAS AND CLIMATE CONTROL

by Lauren Oswald, grade 8

When most people think of Christmas, they think of dazzling lights, snowy landscapes, and Santa with his eight reindeer. But, underneath the piles of cheer, there's a bigger problem lying underneath us all: waste. Although the holiday season does boost the U.S. economy due to the increase in supply and demand, Christmas isn't all merry and bright for our planet.

Ever since Christmas became an official holiday in the U.S. in 1870, Americans have spent more money on food, gifts, and trees than at any other time of the year. This leads to major increases in waste. Consumer waste is a big contributor to the growing problem of climate change because it pollutes the earth and releases harmful greenhouse gases into the atmosphere. This happens because when waste decomposes in a landfill, it releases methane into the atmosphere, which traps heat and warms our planet.

Some of the biggest climate change contributors from

Christmas are unwanted gifts, wrapping paper, and food waste. Although it may seem like your family Christmas party is not enough to directly affect our planet, think about how much wrapping paper the whole country is dumping in landfills!

There are many things we can all do as a whole to make this holiday better for the planet, as well as ourselves, starting with only buying what we really need. Earth911.com states, "approximately 4.6 million lbs. of wrapping paper is produced in the U.S. each year, and about 2.3 million pounds spend its life in landfills." Although we can't always control what we get for Christmas, we can control how we decorate and how we buy gifts for other people. Buying sustainable decorations and meaningful gifts can help prevent waste, and it's important to remember that even small acts can make a difference.

# WHY IS BEING BORED GOOD?

by Cassie Phelps, grade 8

Being bored can be a good thing for your mind. Most people I know don't like being bored because they say it's boring to be bored. I'm sure at one point you have heard others say "I'm bored" as one does when they are bored.

Did you know it might actually be good for you? According to "The Benefits of Boredom:" "boredom fosters creativity, self-esteem, and original thinking." Being bored increases

the time for your body to daydream. Daydreaming is when your consciousness leaves your body, and what you are doing, so that your attention can slowly go to a more personal place. Daydreaming helps creativity just like being bored.

Being bored also helps you plan goals for yourself. Some good goals people plan for themselves are completing a hard skill, learning a new skill, traveling, or how to make money. Our brains naturally tell us to take action or to do something, so sometimes when people are bored

they are really hungry, looking for attention, wondering about what other people are doing, or maybe just tired.

In one way or another, being bored is a good thing for your mind.

Translations by  
Ubah Abdulahi, grade 8

## SABAB BAY UFICANTAHAY CAJISKU?

Inaad Cajisto wax fican bu unoqan Kara maskaxdada. Dadka badan Koda an garanayo majecla inay cajis noqdan Sababto ah waxay dhahan wa cajis inad cajis noqotid. Wan huba inaad hal mar wax kabadan aad maqashay dad ko leh "cajis ban Ahay" waa waxay dhahan markey cajisanyihin. Maad ogtahay inuu ku ficanyahay Sida aysheegayn fa'idoyinka cajisnimadu oo ah "cajisnimadu wuxu so Sara fikirka xaqiqiga ee qofka sido kale wuxu dhisa hal-abuurnimada qofka". Caajisku waxay kordhiyaan wakhtiga uu jidhkaagu ku riyoonayo. riyo-maalmeedku waa marka miyir-qabkaagu ka baxo jidhkaaga, iyo waxa aad samaynayso, si dareenkaagu si tartiib ah u aado meel gaar ah. riyo-maalmeedku waxay caawisaa hal-abuurka sida caajiska oo kale.

Caajisashadu waxay sidoo kale kaa caawinaysaa inaad qorshayso yoolalka naftaada. Qaar ka mid ah yoolalka wanaagsan ee dadku u qorsheeyaan naftooda ayaa ah dhammaystirka xirfad adag, barashada xirfad cusub, socdaal, ama sida lacag loo sameeyo. Maskaxdeenu waxay si dabiici ah inoogu tidhaahdaa in aynu tallaabo qaadno ama aynu wax samayno, sidaa awgeed mararka qaarkood marka ay dadku caajisaan run ahaantii way gaajoodaan, oo ay raadiyaan dareen, ama ay la yaaban yihiin waxa ay dadka kale samaynayaan, ama laga yaabo in ay daalan yihiin.

Si uun ama si kale, caajisku waa shay u fiican maskaxdaada.



Translations by  
Ubah Abdulahi, grade 8

## لماذا يشعر بالملل جيد

يمكن أن يكون الشعور بالملل أمرًا جيدًا لعقلك. معظم الأشخاص الذين أعرفهم لا يحبون الشعور بالملل لأنهم يقولون إن الشعور بالملل أمر ممل. أنا متأكد من أنك سمعت في وقت ما آخرين يقولون "أشعر بالملل" كما يفعل المرء عندما يشعر بالملل.

هل تعلم أنه قد يكون مفيدًا لك بالفعل؟ وفقا لفوائد الملل: "الملل يعزز الإبداع، واحترام الذات، والتفكير الأصلي." الشعور بالملل يزيد من الوقت الذي يستغرقه جسمك في أحلام اليقظة. أحلام اليقظة هي عندما يترك وعيك جسدك، وما تفعله، بحيث يمكن أن ينتقل انتباهك ببطء إلى مكان أكثر شخصية. أحلام اليقظة تساعد على الإبداع مثلما تساعد على الشعور بالملل.

يساعدك الشعور بالملل أيضًا على تخطيط الأهداف لنفسك. بعض الأهداف الجيدة التي يخطط لها الناس لأنفسهم هي إكمال مهارة صعبة، أو تعلم مهارة جديدة، أو السفر، أو كيفية كسب المال. تخبرنا أدمغتنا بشكل طبيعي باتخاذ إجراء أو القيام بشيء ما، لذلك في بعض الأحيان عندما يشعر الناس بالملل يكونون جائعين حقًا، ويبحثون عن الاهتمام، ويتساءلون عما يفعله الآخرون، أو ربما يشعرون بالتعب فقط. بطريقة أو بأخرى، الشعور بالملل أمر جيد لكأميند.

# ADAM JOHNSON: WHO? WHAT?

by Isla Feldman, grade 8

If you haven't heard: Adam Johnson was killed in a freak accident while playing hockey. Adam Johnson was a former NHLer who played for the Pittsburgh Penguins, and then in Sweden with the Malmo Redhawks. In August 2023, Adam Johnson began playing for the Nottingham Panthers. During college, he played for the University of Minnesota Duluth, and he helped them get to two NCAA championships. He was born in Grand Rapids, Minnesota

Johnson died when he was only 29. Some of his friends and family gave statements about him: "Adam was a joyful, kind human being. He had a quiet unselfishness about him, but he was a guy you wanted to be around all of the time," said James Perunovich, a spokesperson for the Johnson family. "He didn't have to say much. You were a better person as a result of meeting him." The sad part was the thing that he loved the most was the thing that cost him his life.

He died on October 28th, 2023, in Sheffield, United Kingdom. The death happened when the Panthers were playing the Steelers. About 8,000 fans were watching the game. While playing during the game he was accidentally killed by Matt Petgrave. Johnson was skating, trying to get the puck from Petgrave, then Petgrave tripped and his skate flew up and hit Johnson, cutting his neck. Adam died on the spot. He received medical attention right away but it was too late.

Johnson's death sparked a huge debate about the need for neck guards in hockey. Neck Guards have never been required, or even specifically recommended, by the

hockey federations. Since Adam Johnson's death, many people think it's a good idea to require them. The opposite side of the debate believes that it's highly unlikely someone will get hit in the neck while playing in younger leagues. So neck guards might only be needed in college and NHL hockey. Again, the problem is it's also highly unlikely that you will get your neck cut in those leagues as well. There have only been 3 neck cuts in NHL history.

It took the NHL until 1979 to mandate helmets and goalie masks for new players. It wasn't until 2013 that eye-protecting visors became mandatory. Ask players if they have been cut by a skate in an NHL



game or practice, and the affirmative answers are startlingly high. Some cuts by skates are well-known: Erik Karlsson's Achilles tendon injury a decade ago and Evander Kane's sliced wrist last year, for example. The death of a prep school player in Connecticut in 2022 got some thinking about safety improvements as well, but no changes ever came of them. The thing

with the neck guards, and other safety measures for skates, is that hockey gear is already expensive for parents of hockey players to buy. Playing hockey has become less and less popular because people can't always afford it. Adding more gear requirements could make hockey even more expensive and make people less likely to be able to play hockey.

Adam Johnson was a great guy who died way too young. Hopefully, some things will change so tragedies like this don't happen again.

# CONFLICT IN ISRAEL AND GAZA

by Addison Bruce, grade 8

The Palestinian militant group Hamas launched an unexpected assault on Israel on October 7th, 2023. About 1,200 people were killed. The Israeli military claims 200 soldiers and civilians, including women and children, were taken to Gaza as hostages. More than 14,000 Palestinians in Gaza have been murdered in air strikes by the Israeli military. The most recent update is young children and the elderly are among the hostages back in Israel. It's been almost 2 months of fighting. Although Israel is at war, they do have some laws. Directing an attack against a zone that shelters the wounded, the sick, is prohibited. This means you cannot bomb a hospital during war unless they hide guns, bombs, or any sort of weapon in them. So far Israel has attacked 229 hospitals and healthcare centers. The last standing hospitals are packed with wounded and injured children, elderly, and other people. Throughout the Gaza Strip, Israel has been destroyed and completely ruined. An estimated 38,000 to 51,500 buildings have been damaged or destroyed. Hopefully, this terrible war will end soon!

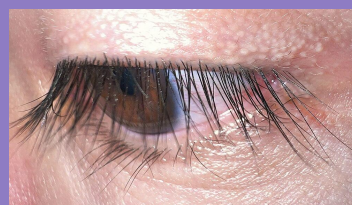
## DID YOU KNOW...

by Bianca Bohman, grade 6

DID YOU KNOW THAT snails can nap up to three years at once?



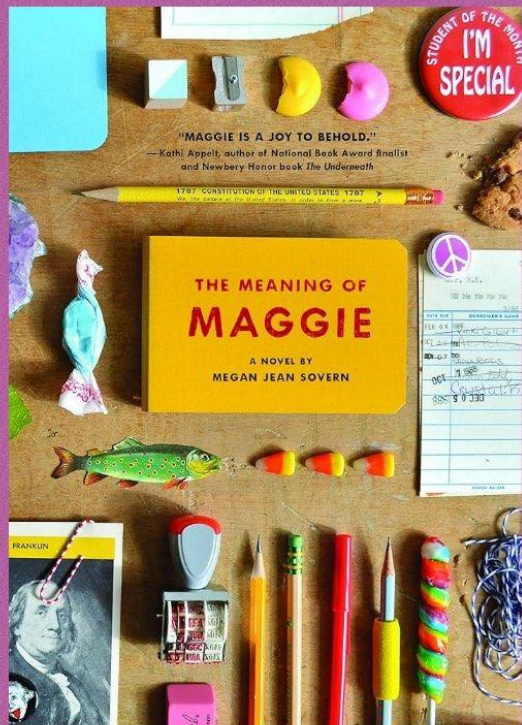
DID YOU KNOW THAT microscopic bugs called eyelash mites might live on your eyelashes?



*Facts from: The  
Encyclopedia of  
Unbelievable  
Facts*

**BOOKS BOOK REVIEW**

by Madeline Book, grade 8



**Rating**



**The meaning of Maggie  
By Megan Jean Sovern**



I think that this book was very meaningful and shows the thoughts of a middle school girl. The story itself goes through the life of Maggie, she lives with her 2 older sisters who are very opposite of her they are all about fashion and makeup meanwhile, she loves math and science and facts. She also lives with her working mom, and handicapped dad who's legs are paralyzed but he's still very happy and fun to be around. Maggie loves to eat snacks, school, research, and will be future president. Read this story and see what happens when Maggie realizes that her family is hiding things from her, so she decides to figure it out herself

**THE MAGNIFICENT MALONEY**

by Chloe Willhite, grade 6

We all know Ms. Maloney, the counselor for kids with the last names L-Z... but, do we REALLY know her? We go to her with OUR things, but do we know her things? I sat down with Ms. Maloney, with questions about her involvement with this school's newspaper, when she was a kid, and her job! There are eight questions, with eight answers!



Q. Why did you choose to be a counselor?  
A. "When I went to college, I thought I wanted to work with kids at a church, but I realized that I didn't want to work in a church. I still really liked working with kids, and eventually decided school counseling would be a better fit for me!"  
Q. What school did you go to as a kid?  
A. "JJ hill Montessori for

elementary, Humboldt Junior High, and Two Rivers for high school but it was called a different name back then."  
Q. Did you always work at IGHMS?  
A. "Nope, I worked at an alternative high school for five years before coming here."  
Q. What was your favorite class as a kid?  
A. "LA, I liked to read and write."

Q. What was your favorite school lunch?  
A. "Italian dunkers, or as they are called now, Garlic Cheese bread."  
Q. Did you start the news team or did you choose to join it and be a director?  
A. "Ms. Momany and I started it during the pandemic."  
Q. If you could do any job in the school, which one would it be?  
A. "School counselor, I like what I do."  
Q. Is this your dream job?  
A. "Yes and no, I love what I do, but I worry about being too old and not having the same patience for kids. So at this time, yes, but eventually, I want to work for the Department of Education."

**DID YOU KNOW...**

by Bianca Bohman, grade 6

**DID YOU KNOW THAT** the longest place name in the world is Taumatawhakatan gihangakoauauotamateaturipukakapimungahoronukupokaiwhenuakitanatahu. It's the name of a hill in New Zealand and is 85 letters!



**DID YOU KNOW THAT** the fastest lawn mower can go as fast as 150 mph.

Facts from *The Encyclopedia of Unbelievable Facts*

# THE CAKE

by Jessie Briones Herrera, grade 8



# STRANGE STORIES

by Anna Larsen, grade 8

A cargo plane heading to Belgium from New York had to turn around because a horse escaped its stall 30 minutes after take off. The plane was nearly 31,000 feet in the air when a pilot told air traffic control that they had to return to the airport. In the air traffic control audio, a pilot is heard saying, "We are a cargo plane with a live animal, a horse, on board. The horse managed to escape its stall. There's no issue with flying, but we need to go back to New York as we can't secure the horse." They were forced to make a U-turn just over the coast of Boston where they had to dump about 20 tons of fuel over the Atlantic due to the plane's weight. The pilot also requested a veterinarian to be at the airport when they arrived. It was unclear how the horse managed to escape. The flight was able to leave a short time later.

# VOTE FOR CAT OF THE MONTH & TEACHER OF THE MONTH

by Luna Flores and Anna Larsen, grade 8



SCAN ME

# HOW TO DRAW A HAND TURKEY

by Eshani Ohneswere, grade 7

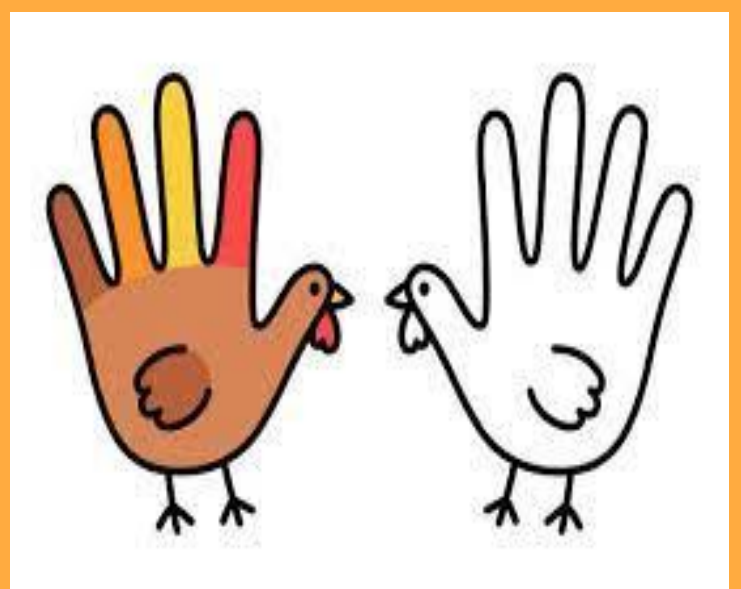
First, trace your hand or draw a hand shape.

Second, add a dot on the thumb for an eye.

Third, add a triangle on the thumb for a mouth and an upside down heart for the wattle (the red thing under the mouth).

Finally, in the palm add 3 curvy lines for the wing and add a bottom of an arrow for the feet.

Now, you can color it, but it's optional.



## MY STORY

by Isaac Satiah, grade 7

Hi! My name is Isaac. I'm 12 years old, going on 13. I live in Minnesota but I didn't always live in Minnesota. I used to live in Liberia, a country in Africa. I was in Liberia for 6 years and I have been in America for 6 years.

It was really fun in Liberia. Time works differently in Liberia than it works in Minnesota. Liberia is 5 hours ahead of Minnesota. Minnesota and Liberia are different in a lot of other ways like Liberia is always hot, and Minnesota, I guess you know. I did many different things when I was in Liberia. I could go out more because it was warmer. I had a lot of friends back there. I am the third born in my family. I have 4 brothers and 2 sisters. I loved soccer before I broke my leg.

I moved to Minnesota because I broke my leg. Do you want to know how I broke my leg? Yes? Okay. Here it is: I was playing soccer and was going to score a goal when someone kicked me really hard by accident and then my legs got broken. I was taken to many different places to get my leg fixed which surprisingly only made it worse. It was so painful but God heard my family's prayers and the next thing I knew I was on a flight to AMERICA. I had 2 different surgeries at Shriners Hospital on my leg. One was like a few months after I came to Minnesota. The other one was a week before sixth grade. I can walk with no more pain. It was like a miracle - the surgeries just took the pain away. But it wasn't a miracle - all thanks to God and the Doctors. Well, okay, maybe it was a miracle after all.

## THE UNDERGROUND GRAVEYARD

by Aniyah Spears, grade 8

My name is Annalise Michell. I am 5'6 with long black hair. This is the story of the night that my life changed forever.

It was a bright and early morning on November 2nd. I woke up and got ready and started packing because today was going to be very busy. I finished packing and called Josh Huston.

Josh is a 6'2 and brunette-haired. He may be 28 but he acts like he's three. Josh answered on the second ring and I said "Hello. Are you ready? I'm on my way." He said, "Yes, I'm ready Annie," using my nickname. I hung up the phone and started blasting The Weekend and Chase Atlantic.

I finally got to his house after an hour of driving. Josh got in and went to turn the volume down on the radio but I smacked his hand away. I told him not to touch my radio again. We drove to the catacombs of Paris. I had heard it's illegal to go into the catacombs, but I didn't care. It had been a dream to go into the catacombs ever since I was a little girl.

We entered the catacombs and walked around and I saw something out

of the corner of my eye. I turned around to see what it was and I got a glimpse of a person. I stopped walking and tried to look closer but the person was already gone. That's when I knew there was something much darker in here than we realized. Josh and I continued walking and entered a new room. We thought it was a normal room, but it was far from it.

Josh walked in and then I heard a scream. I saw Josh fall into a hole, and I couldn't reach him. It was too deep so I grabbed my rope. It didn't work at first but then I managed to get Josh out of the hole. Then people started walking in.

"What the freak?" I said. "Get up," one of them told me.

"Ok, I'm getting up," Josh and I both said. We were pushed out of the room. At the opening of the catacombs, I instantly thought the worst. I saw a reporters, police, and ambulances. I wondered what was going on. Josh and I got questioned and it turned out we had been missing for 3 days.

That was the day my life changed forever.



COMIC BITS  
by Ryan Lakhannon, grade 7

## SMALL PICTURE BITS

edited by Isla Fischer, grade 7



**ELIAS**  
by Elias, grade 8



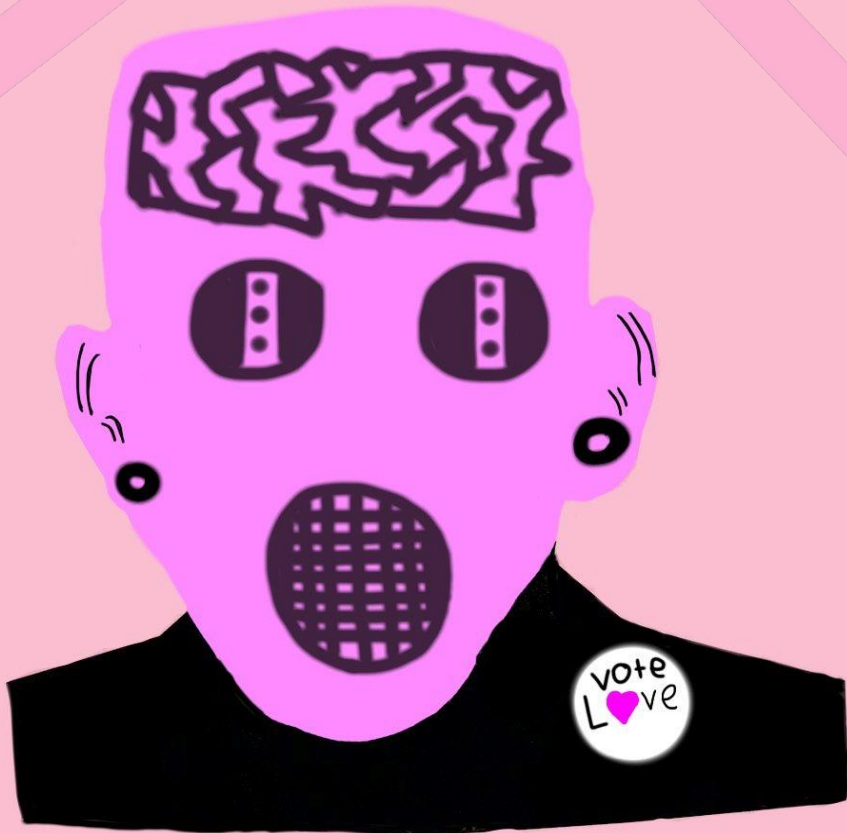
**BE KIND**  
by Janiyah Garrett, grade 6

## STUDENT NOVELS IN LIBRARY

by Ruby Nelson, grade 6 & Ms. McLaughlin

Looking for something new and interesting to read? Why not check out *The Land of the Mythics*, by Ruby Nelson, a 7th grader here at IGHMS. *The Land of the Mythics* is a story about an average 15 year old girl, Ivy, living her normal life, until she is told to bring stuff up to the attic where she finds a book that takes her to a magical place called the Everglade. As Ivy and her friends get there they find out that the Everglades is being taken over by the evil witch Fia. Ivy then finds she is destined to save the Everglades and kill Fia, but she is also given the chance to get a quick exit out. Will Ivy take the quick exit or risk her life to save the Everglade? Ruby got the idea from reading many fictional novels about mythical things and beings. She always loved reading them and decided since she loved reading them she thought writing one would be as much fun.

Through a partnership with Ms. Bass in the library, we are now able to add student novels to the library collection for other students to check out and read. Simply come down to the library, find the book, and check it out as you would any other book!

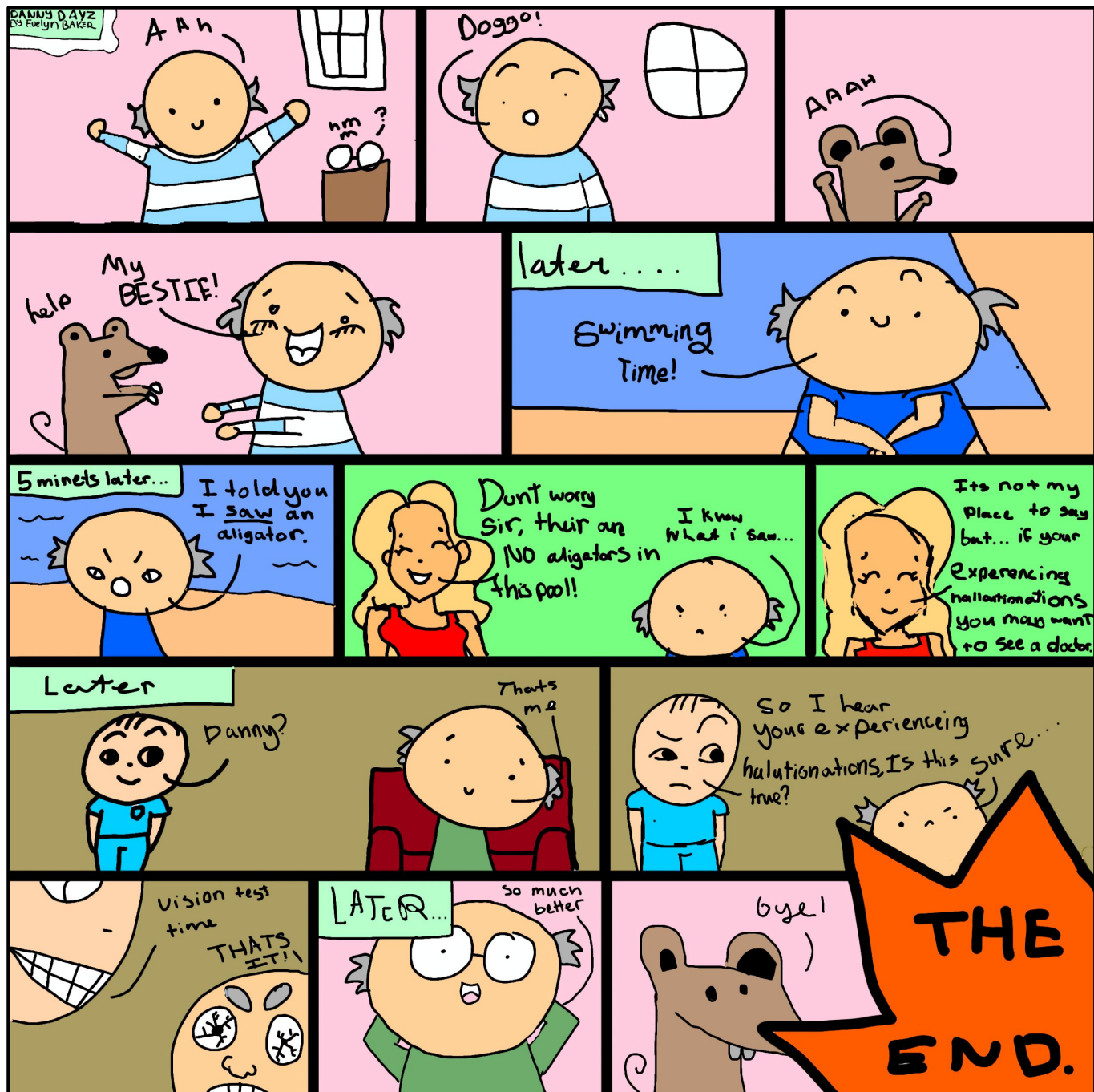


**VOTE LOVE**  
by Will Sutton, grade 7

# WHY I LOVE THE NEWS-PAPER

by Divya Ohneswere, grade 8

I love newspaper because I'm allowed to write about anything I want to! It's also a great way to get out of advisor sometimes. I get to see my friends! I love that other people can get fun ideas for crafts or stories! Reading the newspaper is also a great way to know more about what is going on in this school. I'm so glad to be a part of this newspaper group! I'm so sad that I won't be at the middle school next year.



**DANNY DAYZ**  
by Evelyn Baker, grade 7

# TAYLOR SWIFT ALBUMS RANKED

by Lily Murphy, Mya Sapletal, & Dakota Brinkman, grade 8

Albums :	Number of Votes:
Taylor swift	None
<b>FEARLESS</b>	<b>Seven</b>
Speak now	Eight
<b>RED</b>	<b>None</b>
1989	Seven
<b>REPUTATION</b>	<b>EIGHT</b>
Lover	Five
Folklore	four
Evermore	None
Midnights	Two
No Taylor Swift	Ten

THE WINNER IS...

A tie between.....

- reputation
- Speak Now

We surveyed 50 people on their favorite Taylor Swift's albums. Technically, the choice that really won was "No Taylor Swift" with 10 votes but if we were doing albums it is reputation and Speak Now that are the winners. In total 1/5 of the votes were "No Taylor Swift" or 20% voted for "No Taylor Swift."



# CLIMATE ANXIETY

by Annabelle Her, grade 8

A few days ago I was lying awake in my bed just thinking. You know the thoughts you get late at night, right before you are going to bed? I had one of those. Usually, these go away the next morning and I shrug it off as “no big deal,” but this was different. What was that thought? Well, I was thinking about climate change. I feel like we all know that climate change is a thing that is happening, but it seems like the type of thing that passes in the back of our minds while watching a nature documentary or something (which let's be honest, how often is that). It's not hard to forget about. It feels like on a day-to-day basis it doesn't affect us too much. But still, I kept thinking about this. When I grow up how will the world be? How long until there's nothing we can do? Is there anything we *can* do? That was when I went to my trusted friend, the internet, to ease my fears. That is when I learned about something called “climate anxiety.”

Climate anxiety, also known as eco-anxiety, is the fear of climate change and how it affects our lives and others. When you hear about climate change it's always the negatives. How by 2030 climate change will be irreversible. Or how every day almost 18,809,437 metric tons of CO2 is emitted in the United States, but let's take a step back.

Yes, all these horrible things are happening but are the effects of climate change 100% your fault? No, of course not! Climate change can not be traced back to one singular person, but that also means that not one singular person can help fix this.

Even knowing that it's not *all* your fault, climate change can be scary. What are some things you can do to

ease this tension you may ask? One way is taking a break from the news. Yes, you shouldn't ignore the fact that climate change is very real and happening right now, but sometimes hearing all the sad news about climate change can really affect you. It's good to take a break every once and a while from climate news.

Another thing you can do is realize that you are not alone. There have been many studies on climate anxiety and it was found over 50% of Americans are afraid of climate change. Climate change is a big thing and you have to focus on what you can control. Of course, you can't always walk to school instead of taking the bus, and you can't help it if your parents' house doesn't use solar panels.

It may be hard. Climate anxiety is ultimately the fear of the future. We don't know what's going to happen, but that's okay. You can at least try. No one, ever, has lived a 100% eco-friendly life. We have all contributed to climate change in some way or another. What you have to understand is that it is OKAY! If we work, bit by bit, maybe we can change some of the world that has been left behind by the people before us.

Even though it may seem helpless, you can start with the little things: using a refillable water bottle instead of plastic, using metal utensils at parties instead of single-use, and turning the lights off when you leave your room (even if you are going to come back!). To quote Mother Teresa, “I alone cannot change the world, but I can cast a stone across the water to make many ripples.”

# COMIC BITS

by Alex Martinez Beltran, grade 7



# COMIC BITS

by Katherine Alariste Dominguez, grade 8



<https://youtu.be/EikSAcgvTdY>