

# THE KNIGHTLY NEWS

Indian Hills Middle School Newspaper

**MAY 2019: VOLUME 1, ISSUE 1**



## MAKING HISTORY

In the second year of our school's journalism classes, our entire journalism crew is proud to publish our very first school newspaper. Above, representing current year and next year's leadership (L to R) were Hassan Sufi, Caroline Gould, Annie Reda, Sophie Lindberg, Gretchen Garbe, Elison Holy, Emilie Elmore, Nora Hill, Emma Kuhlman, Parker Roehr and Nora Lynn in the center. PHOTO BY PHOENIX FISK



News Staff & Editorial

Indian Hills Middle School

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# THE KNIGHTLY NEWS

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# Editorial: THE TRUTH OF THE YOUTH

BY CAROLINE GOULD

The Knightly News is the beginning of a new tradition at Indian Hills Middle School. We are extremely grateful to get the opportunity to inform our community about what is happening around us from the viewpoint of middle schoolers. We are honored to be among the first group of middle school students in our district to have come out with one. The purpose of our newspaper is to inform others about what is going on in our school, in our community and in places beyond. Something we take to heart is the necessity to maintain the integrity of truth and justice throughout every part. Much time has been spent in verifying every detail, to accurately inform our readers. Our team hopes you enjoy our first newspaper and are excited for the issues to come.



## KANSAS CITY NEVER FORGETS

BY SEAN BYARD

### Where It All Began

Private Nicholas J. Gojmerac was born on June 27, 1914 to Matthew and Rose Gojmerac, who were immigrants from Croatia. According to the online Missing Marines latest information, Nick Gojmerac and his siblings Rosemary, Michael and Ann grew up in nearby Strawberry Hill, KS. After Michael's death, in 1936, Gojmerac began working at Swift and Company meatpacking plant. In 1940 Gojmerac registered himself for the draft.

### To Battle

Gojmerac was infuriated by the attack on Pearl Harbor and in January of 1942, responded by enlisting as a Marine. Four months later marked the first time he set foot on the Samoan island of Upolu. Soon after, Gojmerac heard that a new battalion known as the 3rd Raiders, was being formed and needed soldiers and quickly joined.

In May of 1943, he was transferred to the 4th Raider battalion. They were ordered to go to the island of Enogai and group up with the 1st Raiders. The group set out for the island of New Georgia. When they arrived at the island they advanced and opened fire on four enemy soldiers. This altercation was over quickly and the battalions suffered no casualties. However, the gunfire alerted the remaining soldiers in the area.

The group was soon involved in a large firefight. From his position, Gojmerac heard a cry for help from a fellow Marine who was lying out in the open, and ran to save him. Bullets whizzed past and mortars exploded around him as Gojmerac walked straight into the danger zone.

Finally reaching the man and after administering first aid, he dragged him to safety. In the heat of the situation, Gojmerac was struck down by a machine gun. As the Marines pulled out, he was unfortunately, not accounted for.

He was listed as missing in action and officially declared dead on July 21, 1943.

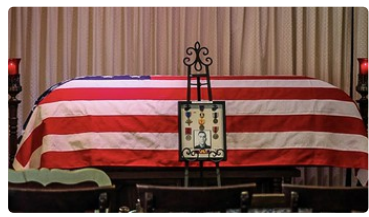
## Finally Home

Gojmerac's remains were positively identified in September of 2018 and finally brought home on April 9 of this year, nearly 76 years from his death. Sadly, while all of his direct family had passed, his four nieces Rosemary \*Byard, Kathy Wolf, Therese Moeller and Sue Kemp were there to welcome him home.

On April 12, he was buried at Fort Leavenworth, with full military honors. Gojmerac was awarded the Service Cross, the POW Medal, the Marine Corps Medal, the Pacific Campaign Medal, the WW2 Victory Medal and the Purple Heart.

"[Getting the call that he had been found] meant that part of my past that I knew nothing about, but was inquisitive about, can now be part of my present knowledge. It was quite an experience to go through that, to be able to pass it on to our children and grandchildren, and to show them how proud we should be of our military. Because I feel that we are starting to lose some of that and what that means. We had information about Nick, but everything was left unresolved with just a Missing In Action status," Byard, who was the one to receive the phone call about Gojmerac, said. "I'm thankful that our government continues to look for our military personnel, that they identify them, and give them back to their families. Nick is now buried and will have a continual remembrance."

\*Reporter is a descendant of Private Gojmerac and attended the homecoming.



### MISSING NO MORE

PFC Nicholas Gojmerac's casket and medals as the funeral begins at Skradski Funeral Home in Kansas City on April 12, 2019. PHOTO BY SEAN BYARD



### NEVER FORGOTTEN

Six Marines carry Private Nicholas Gojmerac's casket to the grave site on April 12, 2019. PHOTO BY SEAN BYARD



### ALWAYS FAITHFUL

The Marines Patriot Guard stand watch as the family of PFC Nicholas Gojmerac get ready to enter the limos awaiting to transport them. PHOTO BY SEAN BYARD



## HOMETOWN HERO

Seventy six years later, another local Marine folds the American flag, preparing to hand it over to the descendants of World War II, PFC Nicholas Gojmerac of Strawberry Hill, no longer missing in action.  
PHOTO BY SEAN BYARD



**There were roughly 16 million people who served in WWII from the United States, of which 1,072 soldiers didn't make it back to Kansas City.**

<https://missingmarines.com/by-name/george/nicholas-j-gojmerac/>



Local News

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# COMING TOGETHER

BY ABBY WHITEHEAD

Looking for a way to be more active in the community? Volunteering in the community is a great way to start. There are many different great places to volunteer in the Kansas City area alone.

If volunteering to help feed others is sounds interesting, [Harvesters](#) is the place to get the job done. They work with their volunteers to make it work into their schedules.

“Harvesters offers a lot of different types of opportunities,” said Harvester’s Community Engagement Manager, Danielle Pinnell. “You could work directly with clients we serve. We also offer opportunities where people who are artistic and like to draw can make greeting cards that go into some of the senior food boxes.”

Another option to help within the community is volunteering at [Brighton Gardens of Prairie Village](#) where volunteers can work with senior citizens. There are opportunities to help with programming, creating activities and with assisting them with their signature dining during the holidays. Volunteering can also happen as an individual or a group.

Animal lovers can volunteer at [Wayside Waifs](#). During your time at their facility, volunteers can spend time with and take care of the animals waiting to be adopted.

“Time is just as important as money or items for the shelter,” Amanda Smasal, Community Outreach Coordinator at Wayside Waifs, said. “If you don’t have extra time to volunteer, then you can donate money or buy toys for the shelter, and children ages 13-15 can come with an adult.”

Another way to volunteer and be involved in the community is by participating in the [Hospital Hill Run](#). This fun event is on June 1st at 7:00 AM. The run will start at Crown Centerk with thousands of racers participating each year. Those who join the run can do a 5k, 10k or a half marathon. The run raises money for a variety of small charities and organizations. Every racer gets a free Charlie Hustle race T-shirt with your registration. Visit the Hospital Hill Run website for more information.

To find more fun activities in Kansas City, go to the [Visit KC](#) website.



## MAKING A DIFFERENCE

Amanda Smasal is not only the Community Outreach Coordinator for [Wayside Waifs](#), but she is also a believer in what they do. Posing with her, is Sampson, a furever friend that she adopted. When it comes to how volunteers adapt to what they get to do, Smasal, "Every single animal at the shelter has a different personality, so it's kind of interesting to see how you'll relate to the animals when you start volunteering, because you will definitely kind of figure out which animals you gravitate to. All of us have different personalities, so it's about finding your niche and finding what you're really really interested in and what you want to do." PHOTO BY ABBY WHITEHEAD



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# THE KNIGHTLY NEWS

## SUMMER PLANS

BY CAROLINE WOOD

Each year, about this time, students and staff are ready for summer break. With so much done throughout the school year and the stresses of school for all involved, it is nice to have this welcome transitional time.

Soon, sixth graders will enter as our newest knights, seventh graders will become eighth graders and eighth graders will become high school freshmen. The students are only at Indian Hills for two years, and these years move by quickly. These turning points in life can be overwhelming, but there is a nice break between them, summer. Most students and staff look forward to these few months off where



they don't have to go to school. Summer provides a nice break between the school years for both the student and staff.

With only single digits days left, the anticipation of summer is building up. The plans for summer break are coming together. Over the summer many students are looking forward to going to camps, doing sports, swimming and a great number of other activities. For those going into high school, some may be taking summer classes, such as P.E. or Health. Another common event during this upcoming season are going away on vacations, according to a recent poll of students last month.

Associate Principal, Tara Mahoney, advised students to make sure to go outside and enjoy the summer. Whether it is to go swimming, play sports or hang out with friends, it is a good idea to spend more time outdoors, when much of our days during the other seasons is spent inside.

Another idea that Mahoney suggested for summer is reading. Finding reading material that interests you, combined with time to read, makes for some great carefree and enjoyable time. Mahoney believes it is always good to read a book, because over the summer there is more free time, and it keeps minds active for an easier transition back to school. Other ways to keep the mind active are by using artistic outlets, volunteering, etc.

With summer break right around the corner, many students and staff have been getting ready for the school year ahead. While taking some self care time for yourself, it is important to remember that one of the best things to do in preparation is to keep the mind sharp.



## **CAREFREE DAYS OF SUMMER**

While enjoying time of relaxation, during summer break, with some creativity it is always possible to find ways to engage your mind. PHOTO BY CAROLINE WOOD



## **A MINDSET OF MENTAL HEALTH**

BY ELISON HOLY

According to Indian Hills' Social Worker Nicole Nelson and School Counselor Jessica Andrade, there are numerous mental health concerns affecting middle school students around the country. These range from learning to eating disorders, with anxiety and depression as the most common. There are many mental health disorders, but they all have different coping strategies.

One of the steps for coping with depression is being able to acknowledge that there is a problem. This can be hard for middle schoolers to do on their own so it usually takes a friend, parent or another adult to notice that something has changed. Depression can also vary in severity.

Some middle schoolers are able to cope by spending time around positive people, keeping a regular sleep schedule, being physically active and engaging in hobbies or activities that they enjoy like sports or music, journaling or art.

Other common and more focused ways of coping with depression include therapy (individual, family or group) and medication management. It is important to remember that therapy and/or medication do not solve depression symptoms without effort still from the person affected to make changes in their daily lives and engaging in the other coping skills listed prior.

Anxiety is definitely a rising concern and can affect an individual's academic performance, home life, social life, and physical health. Individuals with anxiety disorders may regularly feel on edge, irritable and unable to focus. They could also feel fatigued with frequent headaches or stomach aches.

Some students find relief from anxiety with coping strategies such as deep breathing, listening to calming music, exercising, yoga, journaling or questioning intrusive thoughts. Many people with anxiety disorders find it helpful to receive treatment from a health care professional or therapist.

Always remember, there are also helpful people in our building, like the school counselors, social worker and more who are all here, to help students along the way. To reach one of them, click here:

[IHMS COUNSELING](#)

## **PUTTING THE PIECES TOGETHER**

BY NORA LYNN



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## THE KNIGHTLY NEWS

### AFFECTING FUTURE GENERATIONS

BY EMILIE ELMORE, VERONICA MANGINE, CATE HOLZBEIERLEIN & PARKER ROEHR

Pollution is a problem that has been around for centuries. So why the big concern now? Greenhouse gases have been found dating back to the days of Ancient Rome, but that is nothing compared to the pollution levels of today.

[Sciencing](#) states that as air pollution keeps getting worse irritation occurs to the eyes, throat, and nose of many, let alone other health issues that are caused by air pollution due to air, water, and soil pollution to people and animals.

Our nation's [Environmental Protection Agency](#) have data to support that our increased plastic use, deforestation and fossil fuel emissions have greatly contributed to the environmental and health problems of today. Consequences for these problems have already started to take places such as melting glaciers, clean water shortages, severe weather, habitat loss, and food supply shortages.

After the Industrial Revolution of the 18th and 19th centuries, pollution levels rose drastically. Yet, the effects were not truly felt until the mid-1950s according to Smithsonian.com. Even [History](#) channel's website documented that even with the knowledge of these effects, too little was done to combat

these changes before they grew into larger problems. Now, it is up to this generation to combat this pollution and to preserve the Earth for future years to come.

One does not need to change every part of their life to help the environment. Our Environmental Protection Agency has something for everyone to do, to help solve this pollution problem: [WHAT CAN I DO?](#) Small changes in everyday tasks can make a large positive impact for the future.



## OUR RESPONSIBILITY

The issue of pollution has made many impacts on our environment, none of which are positive. Everyone can do something to protect our environment, even if it is something as simple as picking up a piece of trash. Doing everything to keep our environment clean now will help keep it preserved and habitable for future generations to come. PHOTO BY AFA'ANWI AKWANKA'A



## THE STRUGGLE OF GROWING UP TOO FAST

BY HADLEY SEIBERT, ASHLYN HALEY & JESSICA BOUNDS

There were days when people could remember the days where they could stay out with friends for hours, totally carefree. It was a time when people didn't worry about where they were or what they were doing. However, life has changed.

With these changes, many kids and teens are feeling like they're growing up much faster. Whether it's from family members, school or society, too many students everywhere are feeling the pressure of

having to grow up too fast.

Surveys done from the [American Psychology Association](#) showed that 31 percent of teens report experiencing stress.

The president of the Chicago-based Erikson Institute for Advanced Study in Child Development, Jame Garbarino said in an interview with [The Los Angeles Times](#) that "the problem is, if a 9-year-old gets into the habit of thinking he is responsible for himself, by the time he is 15, he will expect to be treated like an adult and resent parental intervention."

Even at Indian Hills Middle School, there are students feeling the pressure.

"I feel like some teachers expect too much from kids who just want to be kids," Hadley Chapman, an eighth-grade student, admitted.

It is good to remember that this isn't a brand new development. Many current adults felt this pressure as children, too.

"I was 12 when my brother was born, so I had to help raise him and didn't get to experience everything normal teenagers would be able to do," said Nichole Hoehn, a science teacher at Indian Hills.

Studies from the [People](#) website have shown that many people think that hurrying children through experiences will make them more successful as adults. There is much evidence by professionals in child development that this is causing more concerns that help, in the long run. Today, there are many more problems with children's intellectual development, rather than vast improvements.

[The Huffington Post](#) even documents that some parents try to teach their child to count and read before they can even walk, and "this rushed childhood creates undue stress that many psychologists believe can have devastating effects."

Stress can come from different scenarios, and middle school can be one of the most stressful times for kids. It is a drastic change from elementary school.



## TOO MUCH

Many kids and teens don't get enough breaks and simply feel overloaded. PHOTO BY AFA'ANWI AKWANKAA



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# THE KNIGHTLY NEWS

## BEFORE IT'S TOO LATE

BY MADDY ANGELL, GIA SORCE & AMINA SANKPILL

Did you know that 3.05 million high school students use e-cigarettes? That's about 20.8 percent of high school students in the United States alone, according to the [US Food and Drug Administration](#).

Believe it or not, it's not only adults and high school students. Middle school students are using e-cigarettes, as well. About 570,000 middle school students use e-cigarettes.

Many people have done studies to find out why there has been such a huge increase in the use of e-cigarettes. After many studies, the FDA found that the increase is most likely due to JUUL, which is an increasingly popular e-cigarette brand.

In contrast to popular belief, there are many dangerous side effects to the now popular product. Even though some of these products give flavors attractive to children with packaging that appeals to them, they are not for kids.

With the health concerns and the fact that vaping has become such a big epidemic in schools, it's time students pay more attention to the effects of vaping and what it does to their bodies.

[Children's Hospital of Wisconsin](#) said that JUUL is targeted to the youth market especially, and over 20 million JUULs are sold per month. It is made as a slim cartridge that many have mistaken for a USB drive, because people can charge it through a USB port.

It is also highly addictive and it has different flavors making it even harder to resist the product. With YouTube videos teaching kids how to use a JUUL and being able to buy it off the internet so easily, it makes it really hard to keep it away from teens.

"I think that middle school is a time where students inevitably have more freedom, and so middle school has always been an interesting time for students to experiment with things. I think that the biggest thing that we have this year is an explosion of vaping, which is obviously not good and obviously what we don't want to see, but that is a societal thing," said IHMS school principal Blake Revelle about the problem of vaping. "You look at any time in the past few years and there was this lull in student usage. We always have somethings that happens, a few instances of drug usage, a few instances of tobacco, a few vaping . . . but this year it seems like it became a thing [starting right after last] summer. It became really big in a lot of places; not just here. Go to any middle school in the Shawnee Mission School District, any school in Johnson County, any school in the state of Kansas and all of a sudden it was like boom."

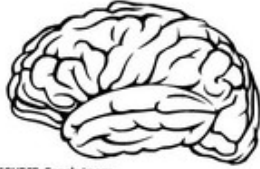
Unfortunately, students have learned how to become very discreet when using their JUUL at home or even at school. The impact on users' bodies have already become known, and there are many health concerns linked to vaping.

The CHW said that "e-liquids have been linked to lung disease and lung damage. The aerosols used in e-liquids leaves chemical residue behind when you inhale it into your lungs. "The aerosols can also cause major health issues that could be fatal. Harvard University did a study and found that over 75 percent of the flavored e-cigarettes contain chemicals that were linked to severe respiratory disease."

While vapers seem to be oblivious to the damaging effects that it can have on their brains and bodies, that doesn't mean that they aren't there. Taking time to think about the consequences of vaping, is important.

The popularity of vaping is getting out of hand, and the evidence has become clear from at least the medical community that it must stop.

# TEENS & VAPING



SOURCE: Google image

## BRAIN RISKS

- Mood disorders
- Permanent lowering of impulse control (failure to resist temptations)
- Youth and young adults are also at risk for long-lasting effects of exposing their developing brains to nicotine.
- It also can harm the section of the brain that controls attention and learning



Made By: Piper Benjamin

## ADDICTION

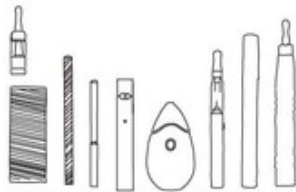
- Because addiction is a form of learning, teens especially can get addicted more easily than adults.
- The nicotine in tobacco products and in e-cigarettes can also make you more susceptible to addiction to other drugs such as cocaine.



SOURCE: Google image

## BEHAVIOR RISKS

- E-cigarette use among youth is strongly linked to the use of other tobacco products.
- Vaping devices may affect risky behaviors and the developing brain.



SOURCE: <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>

## USE OF TWO OR MORE TOBACCO PRODUCTS

- Makes you more likely to smoke cigarettes in the future.
- Some studies show that non-smoking youth who use e-cigarettes are more likely to try actual cigarettes in the future than the non-smoking youth who do not use e-cigarettes.



News

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# THE KNIGHTLY NEWS

## RESISTING THE URGE

BY NORA HILL & ERICA BABICK

It's not uncommon for teens to try to change themselves to be like others. Many fixate on popularity, instead of focusing on things that may matter more. Even when there are people around who are kind and understanding, people who would make great friends, it can be hard to resist the urge to chase the approval of "the popular kids."

As [Your Teen](#) magazine pointed out, "Fitting in is a primary concern for just about every adolescent. As they seek relationships with others based on shared interests, sometimes cliques surface, leading to feelings of discomfort and insecurity. And then there is the dastardly notion of popularity, which can wreak havoc on just about anyone."

Middle school students tend to follow one another's example. For instance, if someone sees a classmate they consider to be popular doing drugs, they may feel more tempted to try them. In recent years, most middle schools are facing situations like this with vaping.

The [New York Post](#) was just one of many that have showed how high the number of teens vaping have become. Many students have been compelled to give in to temptation and try vaping. Some have been able to resist the urge and do what is safe and healthy, while others have become accustomed to



negatively impacting their lungs. Vaping may make someone seem “cool” to their classmates now, but in the long run, it can cause serious health problems and become something they regret for the rest of their life.

Countless people have seen the well-known movie “[Mean Girls](#),” which is about a girl who becomes friends with the popular group at her new school in order to fit in. She pretends to like the popular girls, laughing at their jokes that put others down and adopting their “I’m-better-than-you” attitudes. She constantly hangs out with them, and slowly becomes one of them without realizing it.

Only caring about how she looks and how much power she has, the main character finds that she had strayed so far from her normal self that she doesn’t even know who she is anymore. Though it came out 15 years ago, the message of this film is still one that should be considered and taken to heart today: a friendship where you have to change yourself isn’t a real friendship.

[Psychology Today](#) shows that all of this is normal, but also why in the middle school years, people may do what they do to fit in.

If someone is hardworking, or if they have straight A’s in classes, they are at risk of being laughed at and made fun of for simply being themselves. Many students purposely dumb down to appear like someone who doesn’t care how well they do.

Not caring about school may make you seem relaxed and easygoing to peers, but it also negatively impacts success for the future.

Having a good work ethic, staying motivated, and caring about the quality of the work you produce are all characteristics employers will look for. One must ask themselves which is more important: the opinion of the pimply 13 year-old that sits next to them in math, or the skills that will help determine their future career?

The world we live in today creates, throws out, and recycles trends at an alarming rate. Social media and it’s “influencers” encourage kids to follow the lead of others, regardless if it has a positive or negative influence.

In an on article about fitting in, writer [Lida Citroen](#) explained, “Unfortunately, in our effort to connect with others, we can lose our sense of self.” There is no shame in wanting to change your look. Seeing an outfit that looks good and wanting to tailor it to one’s personality is normal and encouraged. However, changing clothes for one’s self and not to fit in with others, is important.

As Jeff Haden wrote about in [Inc. magazine](#), explains how it is possible to be yourself and have a positive impact on others. The only way to truly feel fulfilled and happy is to be true to one’s self. It may seem hard at first, but in the end, it’s a much more relaxed lifestyle than pretending to be someone different.

Expressing interests, sharing thoughts and idea and staying true matters. Fake versions will never compare to the person someone actually is, and acceptance is much easier when someone accepts their own self.



## THE STRUGGLE

Fitting in with others can be difficult. Inwardly, many struggle with a desire to be a part of a group, any group. PHOTO BY EVE BENDITT

*“Be yourself. Everyone else is already taken.”*



- Oscar Wilde

DESIGNED BY ANNIE REDA



News

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**THE KNIGHTLY NEWS**

# JUDGMENT FREE ZONE

BY ELISE WELCH, ARLENA HOCH, CORA PRAISWATER & EMMA KUHLMAN

Body shaming affects thousands of teens across the globe. This type of bullying can be found lurking in workplaces, social media and even in homes. Body shaming has become a fire starter to the bonfire of insecurity.

As shown by the [Park Nicollet Melrose Center](#), body shaming can be the root of mental health issues such as depression, anxiety and eating disorders. As the public's standards grow higher, body shaming has been growing with it, and the amount of people with eating disorders has skyrocketed, primarily in younger children.

Negative feelings towards one's body, or someone else's starts at a young age. By the age of ten, 81 percent of children are afraid of being overweight or that their figure is not good enough, as reported by the [Body Image Therapy Center](#).

This is what childhood has become, instead of children wondering how far away Cinderella lives, kids are questioning if they are as pretty as the models on Instagram accounts. Cyberbullying is often tied into body shaming, making body shaming one of the most prevalent forms of degradation.

As the [National Eating Disorder Association](#) states, "When in the wrong hands, social media can sometimes do more harm than good – especially when it comes to body-shaming and cyberbullying."

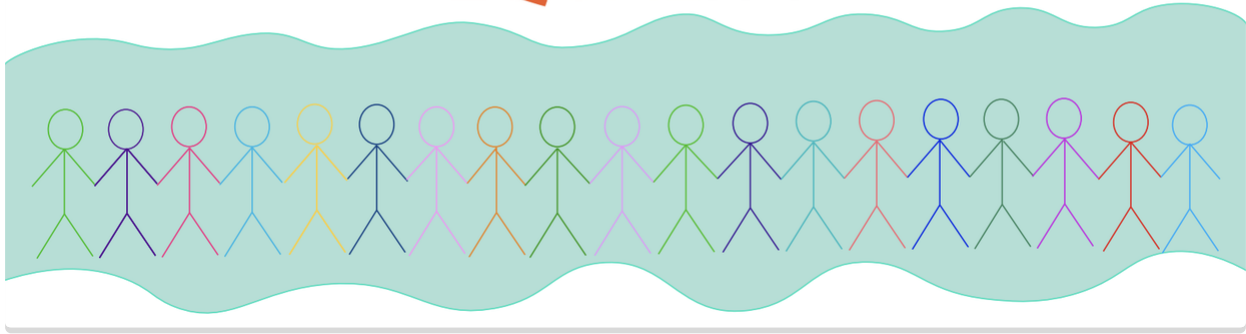
A parent often believes that commenting about their child's weight can help motivate them to stay fit, but it can instead lead their child to become negative toward their own body. As Anna Almendrala has written about in the [Huffington Post](#), this isn't just a female issue. While females more typically get body shamed about weight, males are made to feel likewise about height and strength.

When affected by body shaming, one of the most efficient ways to keep a positive mindset is by visiting a therapist and/or school counselor, for they work as shoulders to lean on and friends to trust. [Enlightenment Portal](#) has many great ways to help people focus on what is good about one's self, especially when dealing with issues, like body shaming.

Some suggested daily activity suggestions include a compliment journal where one can write positive compliments about themselves engaging in a new hobby, making a chart transforming negative self comments into positive ones, and plenty more.

Thankfully, the battle against body shaming and eating disorders has begun, and many are pitching in to help. One of the best ways to stop body shaming is to remember that no matter the age, size, skin, gender, or height we are all equal.

# EQUALITY



## LET IT BE

When people see one another as who they are, accepting them instead of shaming others for what they are not, problems like body shaming can become a thing of the past. BY TREY HYDE



Opinion

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## THE KNIGHTLY NEWS

## POSITIVE SELF TALK

BY SOPHIE LINDBERG, MIA WALTERS, NATALIE DEGROFF & COOPER BLAIR

There are many things that bring people down. Every day there is something new to deal with that can cause stress, such as issues at school or within the family or any number of situations. There are those moments that can make it difficult to cope.

While it can be hard, learning how to get through the hard times in a positive and uplifting way can make these moments easier. There are many ways to have a positive mindset, something that is beneficial to have, no matter the situation.

Some are skeptical that positive thinking even works, but studies have shown that it does. For example, [Barbara Fredrickson](#) who is a positive psychology researcher at the University of North Carolina ran tests, proving that when people have a positive mindset, actions are influenced in a positive way.

Even with those who were given positive things to focus on and weren't necessarily positive people in general, showed that it works.

As [James Clear](#) stated in his article on the subject, "Researchers have long known that negative emotions program your brain to do a specific action," and tests like Fredrickson's and others show that positive emotions do the same.

It can be hard to stay positive, but there are ways to make it easier. Thinking positive can help you feel better in many ways, such as your health, attitude, social life and thoughts.

"Just thinking about who you are, and how you're good for who you are and not what you achieve, or not for how others view you is really important," said [Kansas City MOCSA](#) Representative Becca

Anderson, "If you're focusing so much on the negative aspects, you're always going to be seeing things that confirm that."

Although our bodies don't always respond how they should, the only way we can explain these mysteries is through the power of the mind.

As Socrates once said, "There is no illness of the body apart from the mind."

The benefits of positive thinking include increased life span, lower rates of depression, lower levels of distress, greater resistance to the common cold, better psychological and physical well-being and better coping skills during hardships and times of stress, as documented in Dr. Lissa Rankin's book, [Mind Over Medicine](#).

"Sometimes people feel like they can't share negative feelings, so I think it's important to allow people share negative feelings and if they're feeling down, then validating that. It helps for them to think about things they appreciate about themselves," said Anderson, "because the little voice in your head telling you 'I'm going to fail the test' or 'I can't do it,' is negative self talk. We often underestimate the power of our own thoughts and shaping how we view things."

You may feel that you can't negotiate with both your negative and positive thoughts, but you can. Yet, every person needs to, at some point.



Feature

Indian Hills Middle School

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## THE KNIGHTLY NEWS

### THE LADIES BEHIND THE LADLES

BY KATE WHITEFIELD, BLANE HARNDEN, DAISY STRY & ABI LIMBIRD

We see them. We hear them. We know they are there. But, do we ever really stop and think about how much we rely on them?

How much we depend on those blue-shirted, hair-netted, latex-gloved ladies of the cafeteria? We certainly do not do it enough, because we would completely feel the loss if lunchtime never had options, other than just what we brought from home.

There is no other way to put it. Our cafeteria staff put in a lot of time every day to feed the students here at this school. It seems that for all they do for us, the lunch ladies just don't receive enough appreciation. That needs to change. They are part of our knights family.

Work in the cafeteria begins bright and early. Wilma Richards, the cafeteria manager who's worked here for 15 years, usually wakes up around 5:30 a.m. She, like most of the cafeteria workers, has children of her own to help get ready for the day before she makes her way to school.

Once she arrives at school, it's right to work. While the crew is short-handed, they still get the job done, even when it means more work for each person.

The meal plan for the day is already drawn up on a menu, so the women are able to get right to cooking. On Mondays, Wednesdays and Fridays, lunch needs to be cooked and ready to serve by 11:30.

Making sure everything is prepared on time every day is a remarkable feat when you consider the number of kids these ladies are responsible for feeding. Knight Time days allow a little more time, but not much. It can be stressful work, but with their sense of teamwork, determination and skill, they are able to pull it off and provide each hungry student with a hot and delicious meal.

Running a school kitchen is a big responsibility, and the lunch ladies all have skills that help them succeed every day. Like Richards, all the lunch ladies have children of their own to care for, before heading into work.

With having young kids and interacting with middle schoolers daily, these women are clearly very accomplished when it comes to working with people, especially youth. Collectively, they expressed that their favorite parts of the job is working with kids, which is good since they interact with over 800 students a day.

Their endurance and ability to keep their composure is another notable quality the lunch ladies share.

“I’m grateful for their patience,” said eighth-grader Fritz Sullivan.

Other skills these lovely ladies of the lunchroom have under their belt that make them perfect for their positions are the abilities to be prepared, read a recipe, manage money, work as a team, and, of course, cook!

What people don’t typically realize is that life as a lunch lady is harder than it may seem. It’s too easy to take for granted all that they do for us, and one could think the lack of appreciation (as unintentional as it may be) shown to these women may dishearten them.

However, the heroines of the hot lunch don’t let it get to them. They all keep a positive attitude and are always ready to offer a smile to anyone who seems like their day may need a little brightening.

“Some of the kids come into the line with a frown on their face, so if you’re able to say something that makes them smile it’s always nice,” said Dana Triggs, a lunch lady who has been working at our cafeteria for almost a year now.

Eighth-grader Nora Alferman, who purchases lunch at school about once a week, agrees that the lunch ladies deserve more recognition. “They work so hard,” Alferman said.

So next time you’re walking through the cafeteria line, take a minute to thank a lunch lady. Be grateful for the food you eat and for the incredible women of the cafeteria that made it for you.



## SERVICE WITH A SMILE

Our cafeteria ladies are always ready with a smile, happy to serve and help every knight who needs them, knowing they are an important part of the IHMS family. PHOTO BY ABI LIMBIRD



Feature

Indian Hills Middle School

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# THE KNIGHTLY NEWS

## MR. GARRETT, OUR BEHIND THE SCENES HERO

BY ANNA MITCHELL & GRETCHEN GARBE

By this point in the year, everyone knows or has seen our head custodian, Chris Garrett. He's often seen smiling or his infectious laugh can be heard in the halls.

Hard working, Garrett is always somewhere around the school, making our building and school grounds amazing. Garrett, however, is known for going above and beyond at everything he does.

Of his almost 20 years at this job, 17 of them have been spent right here, at Indian Hills Middle School. He took the job originally, because it was the only one available, but he never imagined that he would impact our school as much as he does.

This past February, he was awarded with the "All Star Award" from the Shawnee Mission School District. This award is given to one out of four-thousand employees who take their job to the next level and are a positive influence in the school environment to the students as well as the teachers. They are also willing to help unconditionally.

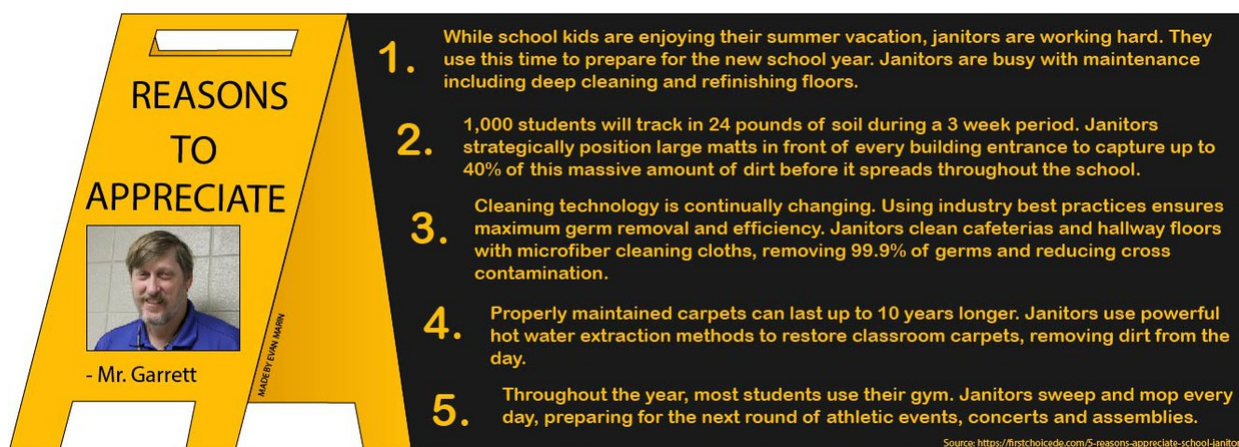
In a job with not enough thank yous for all that is done, this win for Garrett was well earned.

Garrett's reason for why he enjoys his job so much was put simply as, "[It's] the students. That's why we are all here. We do what we do, for them."


The Indian Hills community is extremely fortunate to have him as a part of our team.

The next time you see him in the halls give him a wave and say hello, for he is a big part of why Indian Hills is a great school. If you're a Star Wars, Marvel or DC Comics fan, he is the one to talk to and has a wealth of knowledge about a huge array of topics of all types.

Not only is Garrett an amazing person, he is indeed our behind the scenes hero.



**REASONS TO APPRECIATE**

  
- Mr. Garrett

MADE BY EVAN MOON

1. While school kids are enjoying their summer vacation, janitors are working hard. They use this time to prepare for the new school year. Janitors are busy with maintenance including deep cleaning and refinishing floors.
2. 1,000 students will track in 24 pounds of soil during a 3 week period. Janitors strategically position large mats in front of every building entrance to capture up to 40% of this massive amount of dirt before it spreads throughout the school.
3. Cleaning technology is continually changing. Using industry best practices ensures maximum germ removal and efficiency. Janitors clean cafeterias and hallway floors with microfiber cleaning cloths, removing 99.9% of germs and reducing cross contamination.
4. Properly maintained carpets can last up to 10 years longer. Janitors use powerful hot water extraction methods to restore classroom carpets, removing dirt from the day.
5. Throughout the year, most students use their gym. Janitors sweep and mop every day, preparing for the next round of athletic events, concerts and assemblies.

Source: <https://firstchoiceds.com/5-reasons-appreciate-school-janitor/>



Sports

Indian Hills Middle School

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# THE KNIGHTLY NEWS

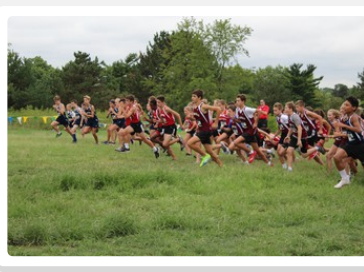
## SPORTS PHOTO STORY





## **CROSS COUNTRY SEASON: Fall 2018**

The Girls' Cross Country team placed third overall.  
PHOTO BY ELISON HOLY



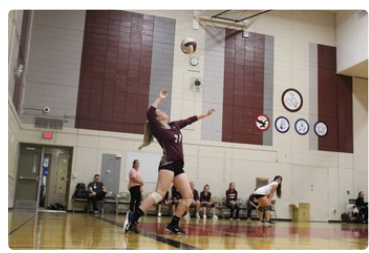
## **CROSS COUNTRY SEASON: Fall 2018**

The Boys Varsity Cross Country team won every meet they were involved in, and four of the runners placed in the top five, which led to winning the championship at Rim Rock.  
PHOTO BY HASSAN SUFI



## **CROSS COUNTRY SEASON: Fall 2018**

After an outstanding year for all teams, the runners celebrated all of their victories together at a pizza party.  
PHOTO BY ELISE WELCH



## **VOLLEYBALL SEASON: Fall 2018**

This season was the first season that our school had a non competitive team called the intermediate team.  
PHOTO BY GIA SORCE



## **VOLLEYBALL SEASON: Fall 2018**

Instead of playing competitively they improved their skills.  
PHOTO BY GIA SORCE



## **VOLLEYBALL SEASON: Fall 2018**

Along with that, the A1 girls' volleyball team made their way to the District Championship and finished in second place.  
PHOTO BY ABI LIMBIRD



## **WRESTLING SEASON: Fall 2018**

This was the wrestlers' best year, yet! Not only did they win the District Tournament last year, but they won it again for the second time in a row. PHOTO BY AMINA SANKPILL



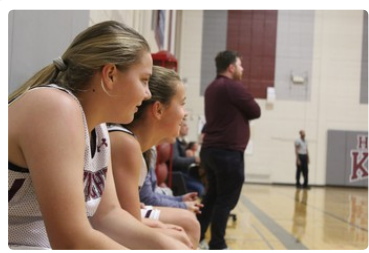
## **WRESTLING SEASON: Fall 2018**

The reigning champs got to work with the wrestlers at Shawnee Mission East for extra practice. PHOTO BY AMINA SANKPILL



## **WRESTLING SEASON: Fall 2018**

Not only did they win and work with high schoolers, but for the first time we had more female wrestlers on the team. BY ABI LIMBIRD



## **GIRLS' BASKETBALL SEASON: Winter 2019**

Here are a few highlights of each successful girls basketball team: The A1 team got 3rd place in the district tournament. PHOTO BY AFA'ANWI AKWANKA'A



## **GIRLS' BASKETBALL SEASON: Winter 2019**

The A2 team had a new coach named Molly Miller. PHOTO BY PIPER BENJAMIN



## **GIRLS' BASKETBALL SEASON: Winter 2019**

The A3 team played really well in their division, so they were moved up to compete against more difficult teams. PHOTO BY PIPER BENJAMIN



**BOYS'  
BASKETBALL  
SEASON: Winter  
2019**

The A1 team got runner up in the district tournament.  
PHOTO BY PHOENIX FISK



**BOYS'  
BASKETBALL  
SEASON: Winter  
2019**

Meanwhile, the Silver team tied for first in their division, winning seven games and only losing one game.  
PHOTO BY ANNA JOHNSON



**BOYS'  
BASKETBALL  
SEASON: Winter  
2019**

The Maroon team went undefeated throughout the whole season. PHOTO BY MIA WALTERS



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Indian Hills Middle School

**THE KNIGHTLY NEWS**

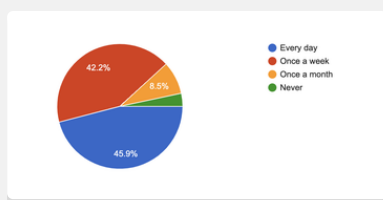
**INDIAN HILLS STAFF**

BY NORA LYNN

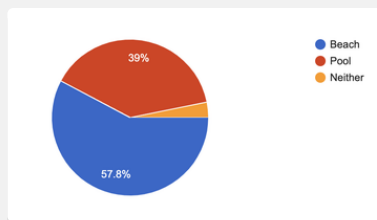


## KNIGHTS DURING THE SUMMER

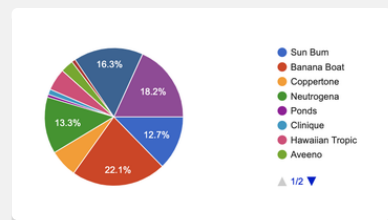
\*poll of 7th & 8th grade IHMS students (April 2019)



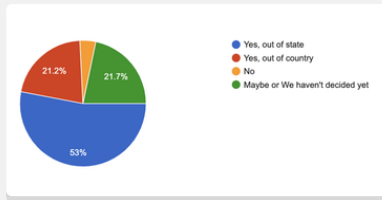
**HOW OFTEN I PLAN TO GO SWIMMING**



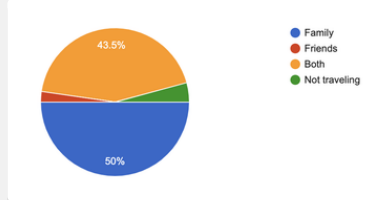
**BEACH VS POOL**



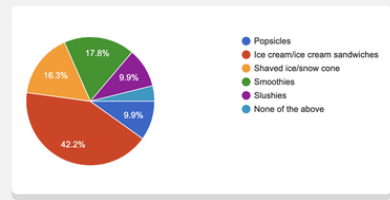
**FAVORITE SUNSCREEN**



### SUMMER TRAVELS



### SUMMER TRAVELING COMPANIONS



### FAVORITE COLD SUMMER TREAT



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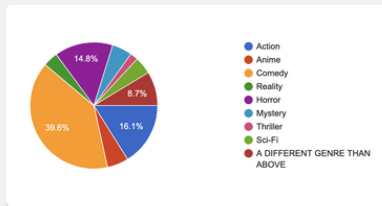
Indian Hills Middle School

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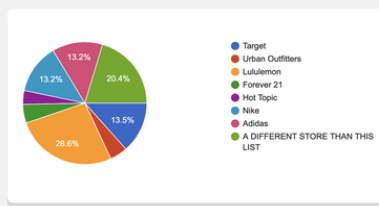
# THE KNIGHTLY NEWS

## IHMS STUDENT TRENDS

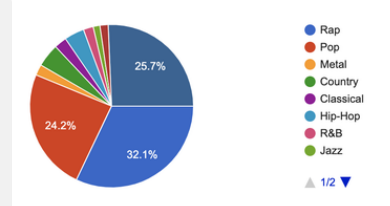
\*poll of 7th & 8th grade IHMS students (April 2019)



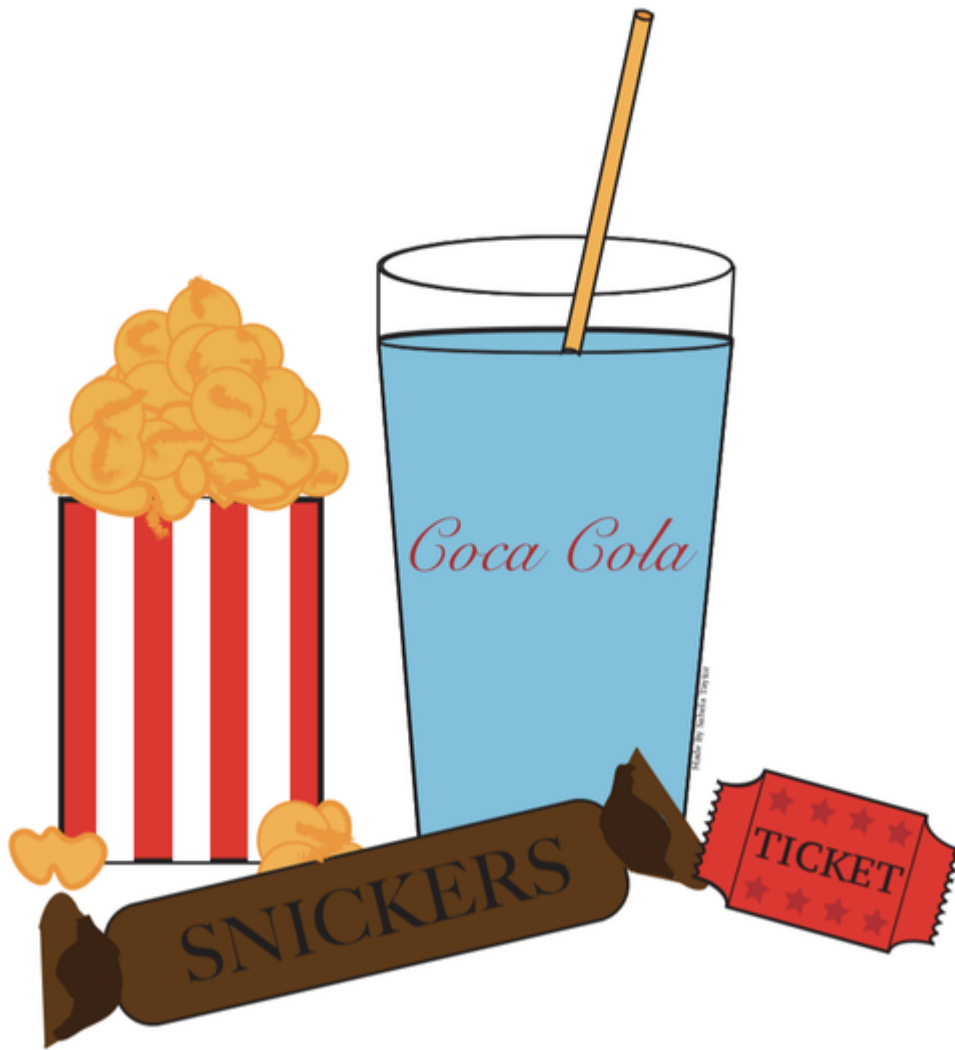
### FAVORITE MOVIES/TV GENRE



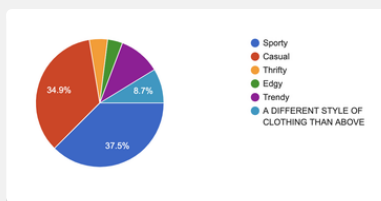
### FAVORITE RETAILERS



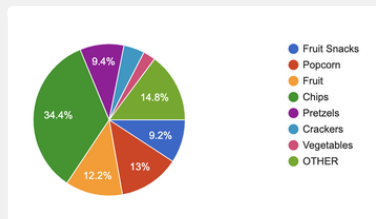
### FAVORITE MUSIC GENRE



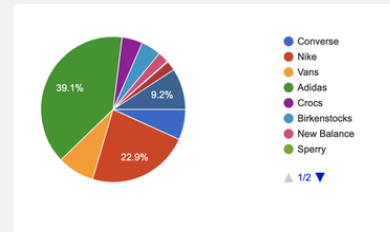
## Summer Fun at the Movies BY SAHELA TAYLOR



**FAVORITE CLOTHING STYLES**



**FAVORITE SNACKS**




**FAVORITE SHOE BRAND**




# THE KNIGHTLY NEWS


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