



NEWSLETTER
Volume #5
March 22

INTERNATIONAL TIMES

Mon	Tue	Wed	Thu	Fri
28 8:30am High School NHS Meeting - 12pm Social Hour - Bills 3pm High School Math Tutoring	Mar 1 12pm English Tutoring - Mire 2pm Newsletter Team	2	3 2pm Science Tutoring - Lawe	4
7 6am Social Hour - Wilson 1:30pm Math Tutoring - Smith	8 12pm Math Tutoring - Durr 3pm Social Hour - Hedden	9 10am Language Tutoring - Constan	10 1pm Newsletter Team	11
14	15 12pm Science Tutoring - Brier 2pm Newsletter Team 3pm Social Hour - Glauser	16 2pm Book Club - Alexander 3pm High School Monthly Teacher	17 10am Math Tutoring - Austin	18
21 5pm Social Emotional Learning Hou 8:30am NHS Science Seminar	22 6am Art Club 12pm English Tutoring - Lee 3pm Social Hour - McGarrh Comic Strip Contest Submissions Due	23 11am Math Tutoring - Baer	24	25 9am Conversational Language Prac
28 8:30am High School NHS Meeting - 12pm Social Hour - Bills 8:30am NHS Math Seminar	29	30	31	Apr 1

MARCH SCHEDULE

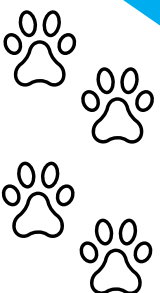
ANIMAL ANTICS: NATIONAL PUPPY DAY

By Alessandra Nungaray and Megan Schoenherr

National Puppy Day is on March 23rd! Celebrated since 2006, National Puppy Day is a day to celebrate your paw-fect dog! Colleen Paige created the holiday to help the public see the number of dogs that need to be rescued every year.

Luckily, there are a considerable number of ways to help those pups in need! You can volunteer, become a foster parent, or even donate money, food, and toys to help your local shelter! Adopting a puppy is not only a cute addition to your family, but it can also save the life of a puppy in need!

Here are some of IVLA's pups:



ANNOUNCEMENTS

- The IVLA Newsletter Team is sponsoring a comic strip contest! [Click here](#) to learn more.
- Did you know that IVLA has a Book Club, Art Club, Puzzles and Games Club, NHS chapter, student newsletter, and a new Student Government? Reach out to your success coach to learn how to participate or join the club meetings on the tutoring schedule (excluding NHS).
- NHS will be hosting a school seminar series covering different school subjects, college admissions, and tips on how to make the most of your IVLA experience!
- The HS Book Club will be beginning a new book soon!
- Interested in being featured in the Newsletter? Fill out [this form](#).

FEBRUARY STUDENT POLL RESULTS

By Sydney Fisher

The results from the Newsletter's February poll on entertainment preferences are in!

- ✓ Respondents chose TV shows/series (36.6%) as their favorite form of digital entertainment, followed closely by video games (29.3%)
- ✓ Two-thirds of poll takers picked pop as one of their top music genres, though indie-pop (40.5%), rap (31%), and rock (31%) also received many votes
- ✓ People were divided between the best way to listen to music, with 45.2% preferring to listen to a select few songs and an equal portion preferring listening to a full playlist
- ✓ For favorite movie/TV show genre, action (59.5%) received the most votes, with comedy (47.6%) trailing about 10 percentage points behind
- ✓ Pollees were split on binge-watching versus taking a series/show slowly, with 54.8% saying their watching style depends on the circumstances
- ✓ A majority of respondents chose fantasy (57.1%) as a favorite book genre, with fiction (45.2%) coming in second, and romance and detective/mystery (33.3%) tied for third



TALKING WITH TEACHERS

Featuring IVLA math teacher Jamie-Lynne Goodman from Long Island, New York.

By Mia Isabella San Inocencio



What is your favorite memory from highschool?

Either dancing in the homecoming skit or playing the flute with the HS band at the football games!

What is your favorite book/ movie?

Circus Mirandus, The War That Saved My Life, and Harry Potter

What is your least favorite food?

Anything with red meat other than burgers!

Do you have a special talent?

I'm not sure if this is a talent, but I can pick things up with my feet. It comes in handy sometimes!

What do you like best about being a teacher?

I love seeing my students finally understand a concept. That "ah-ha" moment is so fun to see!

Continue to the next page for student written articles on March celebrations!



MARCH NEWSLETTER POLL

By Sydney Fisher and Bella Stoffel

Fill out the International Times' monthly student poll! This month's theme is Food Favorites! Responses are anonymous and results will be published in the April Newsletter.



Click [HERE](#) to begin!



New Comic Strip Contest!



Join the Newsletter Team!

Would you like to be a part of the newsletter team? Join us the first and third Tuesdays (2pm PT) and second Thursday (1pm PT) of the month on GoToMeet, or join the IVLA High School Students Discord (ask your success coach!) and ask to be added to the Newsletter chat!

Interested in being featured in the next edition of the International Times Newsletter? Fill out this form: [Newsletter Feature Submissions](#).

ORIGIN BEHIND ST. PATRICK'S DAY

By Mia Isabella San Inocencio & Maria Dominga Jimenez

Happy St. Patrick's Day! We celebrate St. Patrick's Day all around the world. Before his death in the fifth century, he was known to be a Patron saint of Ireland. While St. Patrick was a Roman Britan and kidnapped to Ireland, by the age of sixteen he was already a slave. He was most well-known for escaping and turning to the religion of Christianity, Holy Trinity. In Ireland, they celebrate by attending church, dancing, and a traditional meal of Irish bacon and cabbage. The holiday is the memorial day of St. Patrick, Ireland's patron saint. St. Patrick's Day began as a religious feast and ceremony, but as Irish immigrants arrived in the United States, it evolved into a secular celebration of Irish culture.



Down Syndrome Awareness

By Mia Isabella San Inocencio & Enam Zigi

As we welcome the month of March, let's also raise awareness of Down Syndrome. Each year around the world more than 3,000 to 5,000 people are born with Down Syndrome. Besides recognizing March 21st as World Down Syndrome Day, we would also like to acknowledge the amazing accomplishments made by people with the disorder. Chelsea Werner is a Special Olympics gymnast gold medalist. Actor Chris Burke has worked with the National Down Syndrome Society, raising awareness throughout the years. And Ángela Barchiller is the first city councilor in Valladolid, Spain with Down Syndrome. People with Down Syndrome should be viewed equally like everybody else. From participating in major sports to becoming successful, people with Down Syndrome have dreams, goals, and desires just like everyone else.



WOMEN'S HISTORY MONTH

Shiloh Nagwekar / Maria Dominga Jimenez/ Bella Stoffel



Though women had long been campaigning for better rights, the US Women's Rights Movement officially began in 1848 during the



Seneca Falls convention in New York.

Notable figures such as Elizabeth Cady Stanton, Susan B. Anthony, Lucretia Mott, Sojourner Truth, Ida B. Wells, Frances Ellen Watkins Harper, Mary Church Terrell and many others worked diligently to make life for women better. Eventually, in 1920 the 19th Amendment was passed providing women with the right to vote. More than four decades later, in 1963, a women's right to equal pay was put in place though it failed to fully close the gender pay gap.

Women's History month began as a small local celebration in Santa Rosa California, and it wasn't until 1978 when the Education Task Force of Sonoma County declared a "Women's History Week". As Women's Day is March 8th, they decided to extend it from March 6th to 12th, eventually becoming Women's History Month!

Peanut Butter and Honey Muffins

Ingredients

- 1 cup flour
- 1 1/2 teaspoons baking powder
- Pinch of salt
- 3 tablespoons Peanut butter (crunchy or smooth)
- 2 tablespoons oil
- 3 tablespoons honey (agave nectar if vegan)
- 3/4 cup milk (almond, soy, etc. if vegan)
- (This recipe makes 6 muffins)

Steps

- Preheat oven to 350 degrees. Whisk the flour, baking powder, and salt.
- Add the Peanut butter and oil and mix with a fork until crumb form.
- Add the milk and honey and mix until just combined. Do not beat.
- Pour into muffin tins (about 3/4 full) and bake for 10-12 minutes, until tops are golden brown and spring back when you touch them.

By Maria Dominga Jimenez



CARNIVAL HOLIDAY

By Izi Cisneros

Carnival is a tradition celebrated all around the world, at the end of February and beginning of March. It originated from Christianity, and it celebrates the beginning of Lent. Now, carnival is not an exclusively religious holiday, and can be celebrated by everyone!

Carnival is celebrated in many different countries; mostly in Latin America and some European countries. Although it's celebrated differently all around the world, some similar characteristics include dressing up in bright colors, partying, and dancing. Rio de Janeiro had the biggest carnival in the world, according to the Guinness Book of World Records. In northwestern Argentina, carnival is a mix of ancient indigenous traditions and traditional carnival aspects. In Ecuador, people get foam and/or water, and they gather outside and play with them.

Do you and your family ever celebrate carnival?

Mini Cookies 'N' Cream Ice Cream Pies:

By Shiloh Nagwekar

Ingredients:

- 12 chocolate sandwich cookies
- 2 tablespoons butter, melted
- 1 cup heavy whipping cream
- 7 oz condensed milk
- 1/2 teaspoon vanilla extract
- 6 chocolate sandwich cookies, crumbled - Oreos



Preparation

1. Separate the icing from the chocolate sandwich cookies. Reserve the icing and put the cookies in a resealable plastic bag.
2. Pound the cookies with a rolling pin until they reach a fine crumble. Transfer to a small bowl.
3. Mix with the butter until well combined.
4. Evenly distribute the crumble mixture into a 6-cup muffin tin lined with cupcake liners and firmly press the crumbs to form an even crust in each cup.
5. In a medium bowl, combine the cream, condensed milk, vanilla extract, and the sandwich cookie icing. Whisk the ingredients until soft peaks form.
6. Gently form in the cookies.
7. Transfer the mixture to the muffin tin.
8. Freeze for 4 hours, or until the ice cream has solidified.

THANKS FOR READING THIS MONTH'S NEWSLETTER!

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