

# International Times

Volume #16

Newsletter



February '23

## Announcements

-If you are interested in joining the Newsletter Team, Book Club, Art Club, Math Team, Puzzle and Games club, and Pre-Med club be sure to contact your success coach for more information on how to apply.

-The Book Club is currently reading "Counting Down With You" By Tashie Bhuiyan

-The Middle School book club is currently reading "A Long Walk To Water" By Linda Sue Park

-Student Government is working on special projects to celebrate the month of February make sure to stay tuned for more information on how to participate!

-Make sure to fill out the NHS "A New Year Calls For New Ideas" google form attached below! Click [HERE](#)



-IVLA will be closed on 2/20/2023

## February Schedule

Click the events below to join!

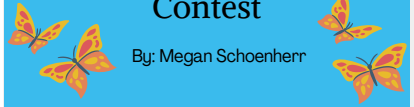


Events shown in time zone: Pacific Time

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				10 am Math Tutoring- Austin 2 pm Science Tutoring- Lawe 6 pm Middle School Homeroom 7:30 am Elementary School Homeroom	1 pm Puzzle Club	
4	6	7	8	9	10	11
6 am Social Hour- Wilson 3 pm Middle School Math Meetup	11 am Social Hour- Tarrert/Chadwick 12 pm English Tutoring- Mire 2 pm Newsletter Team 4 am Middle School Homeroom	1 pm Science Tutoring- Pellegrino 9 am Middle School Homeroom	1 pm Newsletter Team 8:30 am Elementary School Homeroom 4:30 Middle School Math Meetup		6 am Academic and Executive Functioning Workshop - Melachuk-Opal	
12	13	14	15	16	17	18
9 am World Languages Practice and Tutoring - Ibanez 7 pm Science Tutoring- Aponte	3 pm Social Hour- Hedden 4 pm Middle School Homeroom	2 pm Book Club- Alexander 2 pm Math Tutoring- Forgeson		6 pm Middle School Homeroom		
19	20	21	22	23	24	25
	IVLA CLOSED	2 pm Newsletter Team 3 pm Social Hour- Glauser 4 am Middle School Homeroom	11 am Math Tutoring- Baer 9 am Middle School Book Club	9 am Math Tutoring- Gilliam 12:30 pm English Tutoring- Lee 4:30 pm Middle School Math Meetup 8:30 am Elementary School Homeroom	9 am World Languages and Practice Tutoring - Ibanez	
26	27	28	1	2	3	4
	12 pm Social Hour- Bills/Long	10 am Art Club- VanDyke 4 pm Middle School Homeroom		10 am Math Tutoring- Austin 2 pm Science Tutoring- Lawe	1 pm Puzzle Club	

### Middle School's Spring Drawings for the Coloring Contest

By: Megan Schoenherr



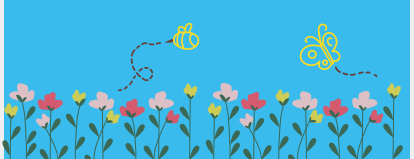
Are you a 6th-8th grader interested in drawing a spring-themed coloring page for elementary students to color? The drawings are due February 17th. Submissions will be judged, and the winning drawing will be included in a future issue of the newsletter for an elementary school coloring contest.

Click [HERE](#) to submit your drawing!

## Black History Month

By: Peyton Basnight

Black History Month or African American History Month lasts 28 days (sometimes 29) through February. It is a celebration where the accomplishments of African Americans and Black people are acknowledged. Although it is the shortest month of the year, that does not in any way take away from all of the beautiful creations and successes that African Americans have achieved, still achieve, and will continue to achieve. African American History Month originated from "Negro History Week," which was created by African American historians such as Carter G. Woodson. All month long, stories are told and celebrations are held in honor of the African Americans that have paved a way for change and for those that carry on the legacy. Overall, African American History Month is a celebration of Black elegance. This year's theme for Black History Month is "Black Resistance." This theme highlights how strong the African American and Black communities are for surviving, thriving, and resisting through all the pain, suffering, and incredible burdens that they have been faced with for hundreds of years, in every single way.



Continue to find:

National Green Week, Talking With Teachers, Presidents Day, and more!

# National Green Week

By: Mia Isabella San Inocencio & Aria Alicea

Happy National Green Week! From the first week of February to the end of April, you are encouraged to pick a week to raise awareness of the environmental changes happening to our community around the world. As global climate change rises more over the years, it is important to help with small actions that eventually lead to huge impacts. In what ways could you help your community and make a difference on the matter?



## Talking With teachers

By: Quade Goss

**What is your name?**

Mrs. VanDyke

**What do you teach?**

High School English

**Where are you from?**

I am originally from Fort Wayne, Indiana, but I currently live in Grand Rapids, Michigan!

**What is your favorite memory from high school?**

There are so many good ones! I'd probably have to say participating in extra-curricular activities. I played soccer, was part of our school's theatre department, was on our school's speech and debate team, and was the team photographer for my brother's high school hockey team (my dad also coached this team.) I didn't have much free time, but I loved the chaos of it all and having things to do! Placing at state for speech team may be the favorite specific memory, though!

**What is your favorite book or movie?**

Favorite book: *Orbiting Jupiter* by Gary Schmidt, *Perks of Being a Wallflower* by Stephen Chbosky, or *The Opposite of Loneliness* by Marina Keegan (how can an English teacher choose just one?!); Favorite movie: *The Incredibles* or *Dead Poet's Society*

**What is your least favorite food?**

I'm not a huge fan of peas (unless it's in a soup - then they're fine.)

**Do you have a special talent?**

I am very good at tying my shoes. I also can play "Skip to my Lou" on the guitar!

**What do you like about being a teacher?**

I love helping students find their voice!



# Presidents Day

By: Ellah Stewart and Megan Schoenherr



Presidents Day is a federal holiday that is celebrated in the USA, occurring on the third Monday of February each year. The holiday was originally established in 1885 in recognition of President George Washington. President Washington was the first president of the USA. At first, the holiday was just known as Washington's Birthday. It was an unofficial observance in the early 1800s and did not become a federal holiday until the 1870s.

By the early 2000s, about half of the 50 United States had changed the holiday's known title from "Washington's Birthday" to "Presidents Day." Today, all kinds of services and businesses across America are closed. The post offices, schools, and many other businesses that are not essential are closed for Presidents Day.



## Poll Results

By: Bella Stoffel

The results from the winter break poll are in!

- 78.6% of the students who took the poll planned on taking a break, while 21.4% did not.
- Of the students who took a break, 60.7% traveled, while 39.3% stayed home.
- An overwhelming 55.6% of students stay home during the break rather than travel.
- The number 1 way to spend a break amongst the students is to take time for yourself. This was followed up by spending time with friends and sleeping!
- Some of the fondest memories from past winter breaks are: going to the beach, spending time with family, making gingerbread houses, traveling to Rome, and watching fireworks and snow days!
- See all the charts for this month's poll results [Here!](#)

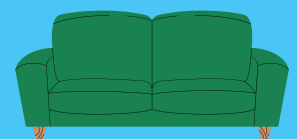
## Poll For Next Month

By: Bella Stoffel

Whether you do your school on a couch late at night or a desk early in the morning, your school is uniquely you. Share with us a bit about your at-home school experience!



[Click Me](#)



[Click Me](#)

Continue to Find:

Club Leader Corner,  
History of Valentines  
Day, American Heart  
and Cancer Prevention  
Month, and much more!



# Valentine's Day

By Mia San Inocencio and Alessandra Nungaray



Happy Valentine's Day!

Before the name of Valentine's Day, it was known as Lupercalia. The Roman holiday was held in mid-February and was known to be for men to choose the women they wanted to be with. Towards the end of the 5th century, Pope Gelasius I prohibited the celebration of Lupercalia and replaced it with St. Valentine's Day. The holiday was much darker before the 14th century until the Pope reinvented the holiday to celebrate true love! Now Valentine's Day consists of giving gifts, writing cards to your loved ones and appreciating those around you!



# American Heart Month & Cancer Prevention Month

By: Peyton Basnight & Mia Isabella San Inocencio



We celebrate the month of February by tributing to both American Heart Month and Cancer Prevention month. American Heart Month focuses on informing people of the dangerous threats that heart diseases propose and how to maintain a healthy lifestyle to prevent and be cautious of the matter. In 1924, The American Heart Association was formed, which eventually led to National Heart Week in 1945. President Lyndon B. Johnson, in 1963, established American Heart Awareness in February. Additionally, we raise an equally important opportunity to spread awareness of Cancer Prevention Month, by living better, healthier, and happier lives. In 2020, scientists estimated more than 10 million deaths relating to cancer. Cancer Prevention Month honors and shines important attention on all the patients battling cancer.

# CLUB LEADER Corner

**What is your name?**

Isabel Garcia



**What club do you lead?**

Book Club

**Why did you join IVLA?**

I joined IVLA due to the spread of COVID-19 in 2020.

**Why did you join the club you lead?**

When I was younger, I always aspired to join or start a club for books. Being able to share my love for books with others was something I really hoped to do. I then heard the idea going around at IVLA and decided I wanted to join.

**Why did you run for the leader of the club?**

I am very passionate about books and I needed leadership experience for future opportunities. I decided this was the perfect opportunity.

**What are you hoping to do in office?**

I am hoping to create a community of people with like interests while spreading knowledge about important worldly topics.

**What do you like most about the club you lead?**

I have helped gather a diverse group of students whom all share like interests, which is something I always wished I could have done. Seeing how passionate everyone is about books is my favorite part.



# IVLA Valentine's Art Contest

By: Megan Schoenherr

IVLA's High School is having a Valentine's Day Art Contest! Be sure to submit your art by February 7th. There are three different prompts and categories to choose from. Winners will be announced on Valentine's Day. See more information [here!](#)

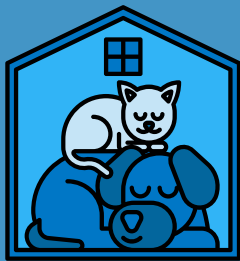
Click [here](#) to submit your art!



# National Love Your Pet Day

By: Alessandra Nungaray  
& Emma Zelenger

February 20th is a special day to give your pet a little bit of extra attention! Submit a photo of your pet [here!](#)



# Snowman Drawing Contest Winners

By: Bella Stoffel

Congratulations to Juliette V. & Aiden Alex V. for a first-place tie!

Click [here](#) to see other winners!



Thanks for reading this month's newsletter!  
- *The Newsletter Team*

**Ellah Stewart:** Grade 7, USA - Writer

**Aria Alicea:** Grade 9, USA - Writer, Communications

**Megan Schoenherr:** Grade 10, USA - Writer, Designer, Editor, Communications

**Emma Zelenger:** Grade 10, USA - Writer

**Mia Isabella San Inocencio:** Grade 10, Puerto Rico - Writer, Designer, Communications

**Alessandra Nungaray:** Grade 10, Mexico - Writer, Designer

**Peyton Basnight:** Grade 10, USA - Writer

**Gerhard Fischer-Buder:** Grade 10, Namibia - Editor

**Leonhardt Fischer-Buder:** Grade 12, Namibia - Communications

**Quade Goss:** Grade 12, USA - Writer, Editor

**Bella Stoffel:** Grade 12, USA - Editor, Writer, Designer, Communications

## NO-BAKE *Nutella* CHEESECAKE

BY: ARIA ALICEA & MIA ISABELLA SAN INOCENCIO

### INGREDIENTS ♥

- OREO COOKIE 24X
- BUTTER, MELTED 1/3 CUP
- CHOCOLATE HAZELNUT SPREAD, 1 JAR
- CREAM CHEESE 8OZ
- WHIPPED TOPPING, OR WHIPPED CREAM 8OZ
- WHIPPED CREAM
- CHOCOLATE HAVING 2/3 CUP

### ♥ METHOD

1. CRUSH COOKIES AND MIX WITH MELTED BUTTER
2. SPREAD MIXTURE OVER PIE PAN
3. REFRIGERATE CRUST WHILE MAKING FILLING
4. MIX NUTELLA, CREAM CHEESE, AND WHIPPED TOPPING UNTIL SMOOTH
5. SPREAD MIXTURE OVER THE PIE CRUST.
6. DECORATE THE PIE THEN REFRIGERATE FOR AT LEAST 4 HOURS OR IN THE FREEZER FOR AT LEAST 4-5 HOURS, OR OVERNIGHT.
7. ENJOY!

