



TMS Pride

March 2022

**From the Principal's Desk
Mrs. Grace**

Why do we Test?

It is quickly becoming that part of the school year that everyone has been preparing for....NM Testing. I have had many students ask me this question, "Why do we test?"

There are several reasons why we must test. The first reason is because it is a requirement from the New Mexico Department of Education. In order to receive funding from both the state and federal government we must show that students are making progress learning the required standards and benchmarks. The tests are aligned to the Common Core State Standards and is the test we use to determine how well students have learned those standards. The second reason we test is to measure how well we have taught. Teachers want to know how they can improve their teaching skills. We look at students' performance on the NM Test to determine if we have adequately taught students what they need to know in order to be successful. Finally, we test because we use the results to help us plan for the following school year. We use the results of the test to plan instruction and school improvement.

Think of the NM Test as the final game in the state championship tournament. Every assignment and classroom test, Galileo Test, Star Test, etc. has been practice to prepare you for the big game, the NM Test. Have you learned from all the practice? Have you practiced enough that you feel confident to perform in the big game? This is why teachers and I continually encourage you to do your best. Every practice opportunity you have will better prepare you for the big game.

Ultimately, the NM test will be one way we determine if you are ready to graduate from High School. So I encourage all of you to do your best. Your results will reflect how well we have prepared you for the world that you will enter after you graduate. After all, that is the ultimate game, the game of life. We want you to have the skills you need to ultimately achieve your dreams, whatever they may be.



MARCH NEWS FROM THE NURSE'S DESK

SAVE YOUR VISION MONTH

We started vision screenings for 8th graders on March 30, 2022 with the help of Operation Kid Sight. We will have Student Nurses in April to help us finish the Vision and Hearing Screenings for 8th Graders. Vitamins C & E are helpful for Vision Health. Kiwanis of Tularosa collected and put together Dental Hygiene Packs for each student in our district. They will be distributed soon.

APRIL NURSE NEWS

ALCOHOL AWARENESS MONTH

Drinking alcohol increases people's risk of: injuries, violence, drowning, liver disease, and some types of cancer. Do not ride in a car if you know the driver has been drinking.

Every Kid Healthy Week

What makes a student healthy?

- Drinking 6-8 glasses of water a day
- Eating 4-6 servings of Fruit a day
- Eating 4-6 servings of Vegetables a day
- Limiting Sugar and sweets intake
- Getting 60 minutes of exercise daily
- Maintaining a healthy weight
- High Self Esteem
- Encouragement from Family and Friends
- Activities or Hobbies that the student enjoys
- Positive Thinking

UNDERAGE DRINKING STATS

Nearly 1/3 of all drunk driving deaths happen to people ages 16-20.

1/3 drunk driving deaths:
16-20 YEAR OLDS



There are about 10.8 million underage drinkers in the United States.



10.8
MILLION

One in six teens binge drinks.



Only 1 in 100 parents believes his or her teen binge drinks.

100 PARENTS

NATIONAL KIDNEY MONTH

Some ways to protect kidneys are:

Keep blood sugar, blood pressure, and cholesterol under control

Lose weight, if needed

Eat healthy meals

Take all medicines as prescribed

Get regular exercise

Don't smoke

Limit alcohol

Avoid some over-the-counter medicines (such as aspirin, naxoproxin, or ibuprofen) because they can harm kidneys

<https://www.kidney.org/prevention/your-kidneys-do-you-know-these-facts>

March NATIONAL SLEEP AWARENESS WEEK

According to the National Sleep Foundation, students should not watch TV or use electronic devices 1-2 hours before bed. “The blue light that’s emitted from these screens can delay the release of sleep-inducing melatonin, increase alertness, and reset the body’s internal clock (or circadian rhythm) to a later schedule.” (<https://sleepfoundation.org/sleep-topics/how-blue-light-affects-kids-sleep>)

Some activities students can do instead of electronics are:

- 1) Read a book
- 2) Do chores
- 3) Play board games
- 4) Meditate
- 5) Play solitaire with a deck of cards

NATIONAL NUTRITION MONTH

Eat more fruits and veggies.

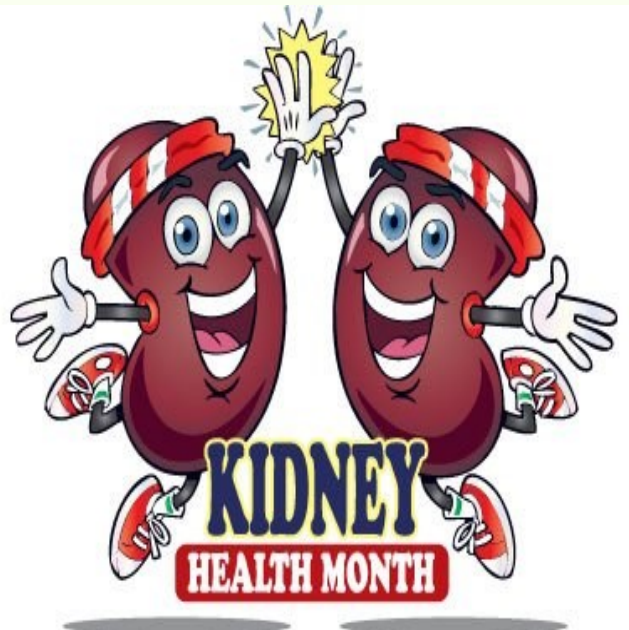
Eat meatless one day a week.

Drink ½ your body weight in ounces of water daily.

Exercise goes hand-in-hand with nutrition.

*Stretch

*Be Active 60 minutes most days of the week



Red Pandas

By Desire Duran

The red panda, also known as the lesser panda, is a small mammal native to the eastern Himalayas and southwestern China. It has dense reddish-brown fur with a black belly and legs, white-lined ears, a mostly white muzzle and a ringed tail they have cute and easily recognizable appearance they are not closely related to giant pandas they have their own independent genetic family they like eating bamboo and sweet food they spend most of their time eating and sleeping they are good at climbing trees. Red pandas were given the name panda first roughly fifty years before the black and white variety. They have a false thumb (an extended wrist bone) which has developed over time to help them climb trees and eat bamboo. Red pandas live up to 8 to 10 years. The red panda was first classified and given its scientific name, *Ailurus fulgens*, in 1825. Giant pandas were described much later and earned their "panda" name because of the similarities the two species shared, like eating bamboo. Red pandas have many common names, including firefox, and red cat bear.



Koalas

By Erik Chavez

Koalas were living well but in 2012 they became “vulnerable”. In the summer of 2019 and it is also known as the “Black Summer” an educated guess of 60,000 koalas were harmed during the bushfires that happened in the summer of 2019 in Australia. The koala population has been known as endangered for two decades. Koalas are a kind of animal that was listed to be known for about 25 million years and they were known to be huge. Some facts about the koalas are that they can sleep up to 18 hours a day. Another fact about koalas is that they aren't bears, they're marsupials. Another fact is that koalas are found in the southeastern and eastern parts of Australia. A fact about koalas is that chlamydia is bad. It harms a lot of koalas and it only starts when they are in stressful situations. Another fact is that koalas are losing their homes due to tree clearing. That is all the facts that I have found and lets hope koalas don't go extinct.

Where I got the facts: <https://www.wwf.org.au/news/blogs/10-interesting-facts-about-koalas>



Gooty Sapphire Ornamental

By Isabella Gomez















The Gooty Sapphire Ornamental goes by many names, its scientific name is *Poecilotheria metallica*. This tarantula is known for its admirable geometric anatomy, which is the only blue one in the *Poecilotheria* species. Interestingly enough, this blue hue comes through much more when a *Poecilotheria metallica* matures, as these tarantulas are much less chromatic when they are young (the blue usually starts showing around the size of 2 inches). Females can live for up to 12 years, males typically live 3-4 years. It can grow 6 to 8 inches (15 to 20 cm) is the fully grown leg span. Sadly this spider is going extinct due to the deforestation of their habitats, which is located in Andhra Pradesh region of South-East India.

As amazing as it looks, this exquisite arachnid is known to have an agonizing bite that can cause adverse side effects. The side effects include excruciating pain, nausea, and cramping. The spider usually has a 'dry bite' meaning no venom intact but some adults have fangs 3/4" in length and could cause significant damage. Luckily, there are no human deaths recorded. It eats appropriately sized insects such as crickets and roaches. A small sling might eat half of a cricket where an adult might eat several large crickets.

<https://www.tarantulaheaven.com/beginners-guide-to-gooty-sapphire-ornamental-poecilotheria-metallica/>

Animals Affected by Palm Oil

 Orangutan Sumatran (CR) pop. 7,300 Bornean (EN) pop. 45-69,000 ↓ ~1,000 / yr	 Sumatran Rhino (CR) pop. 170-230	 Sumatran Tiger (EN) pop. < 500	 Proboscis Monkey (EN) pop. < 6,000
 Clouded Leopard (VU) pop. < 1,500-3,200	 Sun Bear (VU) pop. ↓ 30% in last 10 years	 Flat-Headed Cat (EN) pop. < 2,500	 Bay Cat (EN) pop. < 2,500 <25 ever recorded
 Malayan Tapir (EN) pop. 1,500-2,000	 Asian Elephant (EN) pop. < 53,000	 Lar Gibbon (EN) pop. 15-20,000	 Fishing Cat (EN) pop. <10,000

White tigers

by:Ja'Neyah Sheehy

The white tiger or bleached tiger is a leucistic pigmentation variant of the Bengal tiger, Siberian tiger and hybrids between the two. There are only around 200 white tigers left in the world, according to the Indian Tiger Welfare Society.

White fur is a very rare genetic mutation. It occurs in the wild possibly in as few as 1 in 10,000 wild tiger births. Normal tiger behavior in the wild prevents the kind of inbreeding that would be necessary to produce white cubs.

The reality of the situation is that white tigers aren't an endangered species, their white coat is simply the result of a genetic anomaly which doesn't require conservation.

The white tiger is produced by a genetic fluke that occurs when two orange tigers with rare recessive forms of a gene, called alleles, happen to breed. White tigers are so rare in the wild that they have been seen only a few times in recorded history, with the last known wild white tiger killed in 1958.

White tiger cubs sell for \$5,000 each. Since tigers can have two litters a year of eight cubs, a breeder can earn \$80,000 a year. Many of these white tiger cubs are sold to small businesses that travel around the country displaying them as props and charging tourists to take pictures with them. They can easily reach up to speeds of 60 kilometers per hour. They usually run in short bursts. Aug They can jump up to 16 feet into the air, which means they can easily jump on top of an elephant's head! They can run at speeds of 35 to 40 mph for short distances. The tigers have amazing abilities to survive.



African Wild Dog

By Destiny Duran



Facts on the African wild dog is that it could run up to 44mph the same as a greyhound. The African Wild Dog has incredible hearing, with muscles allowing its large rounded ears to swivel. The African wild dog is extremely loyal to its species and habitat, failing to become domesticated by humans. They also can live up to 10 years. Each individual's coat is unique, like a fingerprint. They eat mice, voles , rabbits, birds, insects and so forth. The whole daytime sleeping with there pack usually in the shade near water, with bursts of activity in darker hours. They also have 40 teeth and only 4 toes they can run up to three miles or more.

https://www.google.com/search?rlz=1CARHZW_enUS978&hl=en&q=10+fun+facts+about+African+wild+dogs&sa=X&ved=2ahUKEwiYkNySIOz2AhWYg2oFHSrACeQQ1QJ6BQigARAB&biw=741&bih=675&dpr=0.92&safefe=active&ssui=on

Sacagawea

Who Was Sacagawea?

Sacagawea, the daughter of a Shoshone chief, was born circa 1788 in Lemhi County, Idaho. At around age 12, she was captured by an enemy tribe and sold to a French-Canadian trapper who made her his wife. In November 1804, she was invited to join the Lewis and Clark expedition as a Shoshone interpreter. After leaving the expedition, she died at Fort Manuel in what is now Kenel, South Dakota, circa 1812.

Early Life & Interesting Facts

Born in circa 1799(some sources say 1786 and 1787)in Lemhi County, Idaho. The daughter of a Shoshone chief, Sacagawea was a Shoshone interpreter best known for serving as a member of the Lewis and Clark expedition into the American West-and for being the only woman on the famous excursion

Husband

Much of Sacagawea's life is a mystery. Around the age of 12, Sacagawea was captured by Hidatsa Indians, an enemy of the Shoshones. She was then sold to a French-Canadian trapper named Toussaint Charbonneau who made her one of his wives.

<https://www.biography.com/people/sacagawea-9468731>



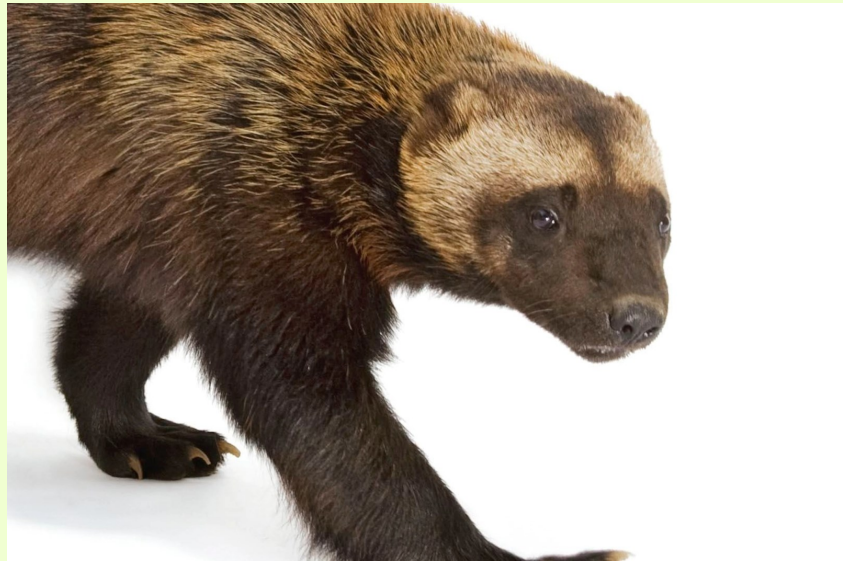
History of St. Patrick's day

By Ava Weigel

The history of St. Patrick's day is quite interesting. The celebration started in 1631 when the church set a feast day in celebration of St. Patrick. What did he do to deserve the title you may ask, St Patrick was a st who brought Christianity to his people of Ireland. When Patrick was 16 he was kidnapped and brought to Ireland. Later on he escaped and went back to Ireland to teach his people about the Christian faith. St Patrick also drove the snakes away from Ireland to teach the Irish Christianity.

Wolverines

Have you ever heard of the wolverine? I know what you're thinking, not the super hero an actual wolverine. Wolverines are a solitary, nocturnal hunter, which means they hunt during the night preying on all manner of game and not hesitating to attack sheep, deer, or small bears. Wolverines are also adept scavengers, and thus a large portion of their diet comes from scavenging the carcasses of elk, caribou, and other animals. The wolverine is noted for its strength, cunning, fearlessness, and voracity. It may follow traplines to cabins and devour food stocks or carry off portable items; its offensive odor permeates the invaded cabin. wolverines are very rare. If you see one do not epoch it or try to harm it they are very aggressive creatures. No animal except humans hunts the wolverine. Its fur is valued as trimming for parkas because frost and frozen breath can easily be brushed off the smooth hairs.



[wolverine | Description, Habitat, Photos, & Facts | Britannica](https://www.britannica.com)

<https://www.britannica.com>

The History of Easter

By Dallas J. Hudson

Do you enjoy Easter? It was probably a big part of your childhood whether you still like it or not. If it was, you probably remember looking for plastic eggs with treats inside. But have you ever wondered where this beloved holiday came from?

We have tracked the beginning of the holiday to the name of a pre-Christian goddess who was celebrated in England that was celebrated at the beginning of Spring. Easter, the goddess, was written about by a British monk who lived in the late seventh and early eighth century. He wrote about Eosturmonath, the month that English Christians celebrated the resurrection of Jesus. Even after Christians began affirming the meaning of the season, they continued to use the name of the goddess Eostre.

So where did the Easter Bunny come from? Well, rabbits are an ancient sign of fertility and new beginnings which fits rather well with what Easter means to a lot of people. How exactly the Easter Bunny became such an icon of Easter isn't very specific, but it was thought to have originated when German immigrants that had settled in Pennsylvania brought an egg-laying rabbit that was said to lay colored eggs.

Easter, and in addition, Spring, is meant to represent lots of things that people enjoy seeing come into the world. Something that Spring means for a lot of people is the rebirth and blooming of all the plant life and trees that stopped growing for the Winter. Another thing that Spring could showcase is fertility in the animal world after most animals hibernating, migrating, or resting up in general for the Winter.

Easter has an interesting history, from where it came from all the way down to how it's celebrated and what it means today.



Resources

<https://theconversation.com/why-easter-is-called-easter-and-other-little-known-facts-about-the-holiday-75025#:~:text=The%20naming%20of%20the%20celebration,seventh%20and%20early%20eighth%20century>

<https://www.history.com/topics/holidays/easter-symbols#:~:text=According%20to%20some%20sources%20the,could%20lay%20its%20colored%20eggs.>

Celebrating Women's History Month



Susana Martinez

First Hispanic female governor in the U.S.

(1959-)

PHOTO: H. DARR BEISER, USA TODAY; ILLUSTRATION: USA TODAY NETWORK

The first Hispanic female governor in the United States and the first female governor of New Mexico, Susana Martinez was raised in the Rio Grande Valley.

She graduated from the University of Oklahoma College of Law. Well respected for bi-partisanship in New Mexico's political arena, Martinez was an assistant district attorney in the 3rd Judicial District, where she focused her efforts on the prosecution of child abusers, domestic violence offenders and sexual offenses. Elected district attorney in 1996, she held the seat for three terms.

She sought the governorship in 2010 as a Republican. Martinez's two terms were punctuated by the passage of Katie's Law, a ban on corporal punishment in schools and the reinstatement of the death penalty for those convicted of murdering a child or law enforcement personnel.



Demi Moore

- Born: Roswell, New Mexico, USA (11/11/1962)
- Known for:
 - Jordan O'Neill in "G.I. Jane" (1997)
 - Madison Lee in "Charlie's Angels: Full Throttle" (2003)



Mabel Dodge Luhan **Art Patron and Writer (1879 - 1962)**

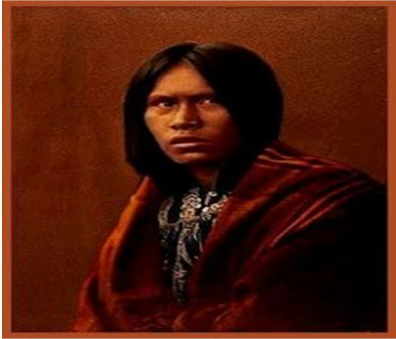
Rich in history, authentic in architecture, The *Mabel Dodge Luhan* House has been a center of Taos arts and education for nearly 100 years

Lozen

By Rolanda Pellman

Lozen was a female warrior of the Chiricahua Apache. Lozen grew up somewhere in New Mexico / Arizona / Northern Mexico, which called Apacheria at her time. Lozen didn't go to school; she was educated by her people and her brother. Some of Lozen's accomplishments throughout her life were being skillful at riding, shooting, and planning strategies. Lozen died at the age of 49 on June 17, 1889.

<https://www.ancient-orgins.net/.../lozen-intelligent-and-brave-apache-warrior-women>



Dorothea Begay

A Navajo sheep rancher in Cañoncito, Dorothea lived in a traditional world and carried a deep understanding of desert plants and animals. In 1996, she told Niederman, "We need to bring back our livestock. To learn to survive off that; to learn to work and farm. We must care for the community together."



Agueda S. Martinez

Agueda S. Martinez (1898–2000)

Agueda is the matriarch of Hispanic weaving in New Mexico. From a very young age, she was known for her complex designs and natural dyes. She was the subject of the Academy Award-nominated documentary film, "[Agueda Martinez: Our People, Our Country](#)." Her weaving is carried on by fifty-two direct descendants and can be seen today in many museums, including the Smithsonian.

Women of New Mexico

<https://libomeka.unm.edu/exhibits/show/aysp/biographies>



MELA SEDILLO 1925

Mela Sedillo Brewster Koeber was a teacher in the University of New Mexico Art Department from 1932 to 1951. She taught design, Spanish and Mexican folk arts and dance, Spanish language classes and worked with theater groups. She was the first dance teacher at the college. She was born in 1903 and received her BA in 1926 from UNM, continuing her studies in the 1930s. She received her Masters from Columbia University, having been granted a Rockefeller Fellowship to study there in 1935-1936.

Sedillo came from an established colonial Hispanic family that was involved in politics and local affairs. She was active in the revival of Hispanic arts and crafts and defense of Hispanic rights during the 1930s-1940s.



KATHERINE STINSON (OTERO)

Katherine Stinson was born in 1891 in Fort Payne, Alabama. She was introduced to aviation in 1911, when she participated in a balloon ascension. This started her life-long interest in aviation and made Katherine Stinson one of the first female pilots in the United States and the world. Her career covered many "firsts" (in aviation as well as for women) such as first night flight, long-distance records, air-mail services, and skywriting. In 1915 the Stinson family opened a flight school and Katherine attended aviation exhibition shows, in which she reportedly got paid up to \$2000 per flight. A major event in Kathrine Stinson's aviation career was an exhibition tour to the Orient.

SUSIE RAYOS MARMON

Susie Rayos Marmon: Laguna Pueblo. Born in 1877, educator and advocate for education.

Photo from the [Lee Marmon Pictorial Collection](#), [Center for Southwest Research](#), University of New Mexico





SOLEDAD CHÁVEZ CHACÓN

Soledad Chávez Chacón, the first Hispana to be elected to a state office, namely, the office of secretary of state; the first woman to pre-
side as NM governor (as acting governor); and the first Hispana NM
state legislator from Bernalillo County.

"Lala' Was New Mexico's First Female Governor"

Photo from "Soledad Chávez Chacón: A New Mexico Political Pioneer, 1890-1936" by Dan Chávez.



Adelina "Nina" Otero-Warren

First New Mexican woman to run for Congress

(1881-1965)

In 1922, Nina Otero-Warren made history by winning the Republican nomination for the U.S. House of Representatives. The state's first woman to run for Congress, she lost the general election, only to take up the cause of suffrage.

Otero-Warren's passionate advocacy for the right of each woman to vote in all state and federal elections was eclipsed only by her passion for the preservation of the Spanish culture unique to New Mexico. Otero-Warren's work was critical in winning the vote for New Mexican women in 1920, but she is also remembered as an educator, entrepreneur and writer.

Georgia O'Keeffe

Artist

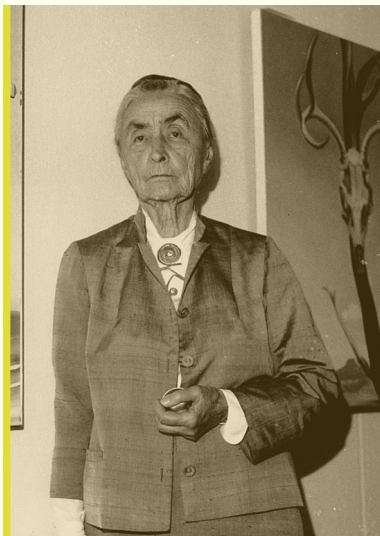
(1887-1986)

PHOTO: AP; ILLUSTRATION: USA TODAY NETWORK

A world-renowned artist, Georgia O'Keeffe called New Mexico and its stark and vast landscapes near Abiquiu home.

Dubbed the Mother of American modernism, O'Keeffe's stills and landscapes captured the attention of audiences nationwide. She rose to prominence following a 1917 exhibit of her work by Alfred Stieglitz in New York, whom she later married. Pursuing a career as an artist following her marriage, O'Keeffe produced dozens of original work in various mediums that continue to inspire generations of artists.

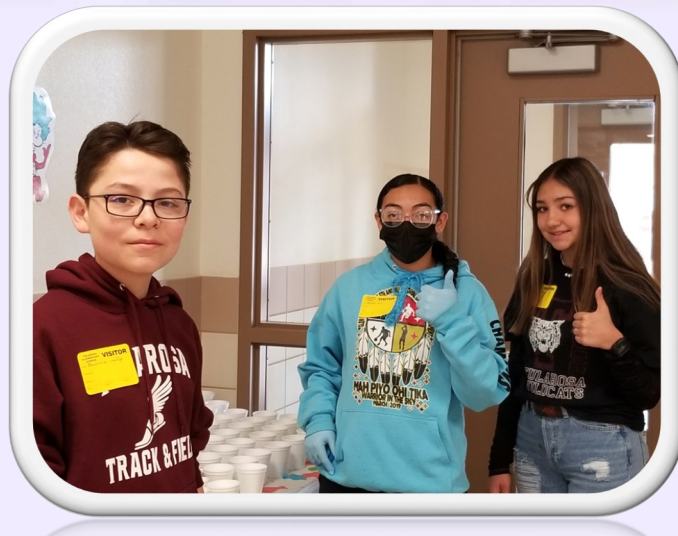
She died in 1986 in Santa Fe. For many Americans, her work was an introduction to the beauty of New Mexico's landscapes and the grace of the female spirit.



TMS Student Council Celebrates Dr. Seuss Day

On Thursday, March 3, TMS Student Council members participated in Dr. Seuss Day activities at Tularosa Elementary School. TMS students read books to the students, played games and handed out snacks. This was all in honor of Dr. Seuss Day and Read Across America.

Overall, the students had lots of fun and the younger students loved having them read their favorite books. Great job, TMS students. We appreciate your willingness to work with others.



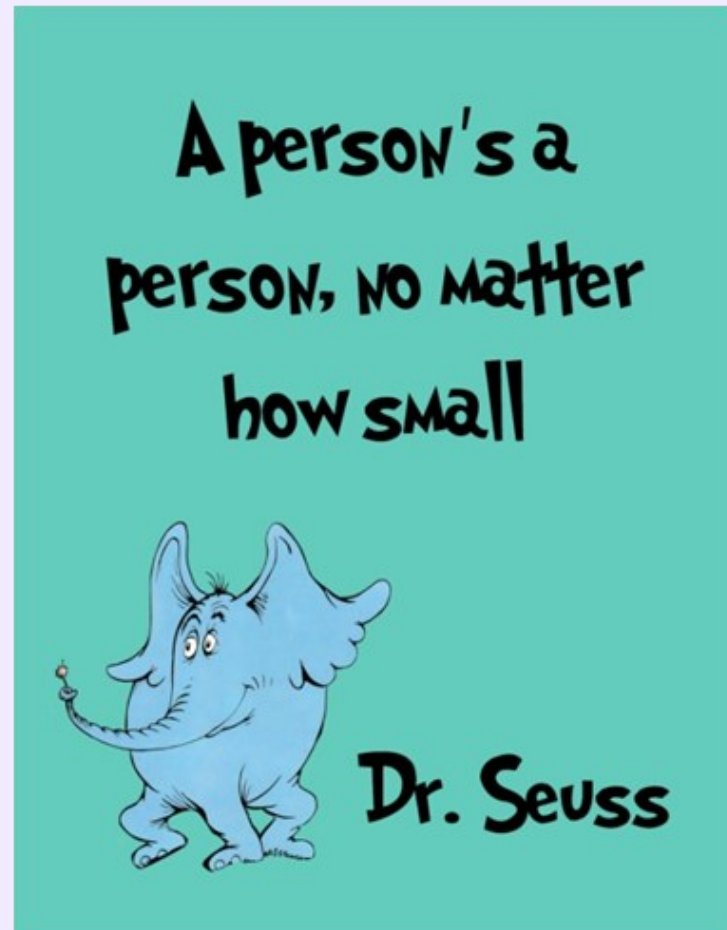
Dr. Seuss Day



Get involved! NEA's Read across America Day is a nationwide reading celebration that takes place annually on March 2—Dr. Seuss's birthday. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books and you can too! Incorporate these guides and activities to celebrate reading with young people.

Dr. Seuss was an American author born on March 2, 1904, and died September 24, 1991. He is known for his work writing children's books, political cartoonist, and animator. He wrote and illustrated more than 60 books, and selling over 600 million copies which were translated into more than 20 languages. Many of his books have been made into movies that we all love.

<http://www.seussville.com/Educators/educatorReadAcrossAmerica.php>





Spanish Classes Perform Play

By Mrs. Sanchez

These are from multicultural studies! They performed a skit about a family who was extremely annoying to townspeople! They believed they were above everyone but then the townspeople banned them from coming around! The family didn't care because supposedly they had the best house then they became so sluggish they turned into birds! The name of the skit was "La familia real!"





Dancing the la raspa





Tularosa Softball
A tradition of winning. To all of our ladies, great job and congratulations.



TMS Track



TMS LEADERSHIP CLASS WITH MRS. G.



TMS MARCH MADNESS 3 ON 3 BASKETBALL TOURNAMENT

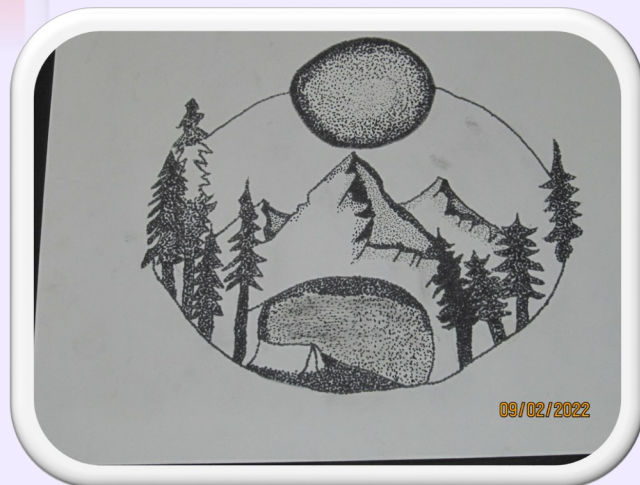
The winners of the TMS March Madness tournament are as follows:

Short Shorties; Sal, Ceveah, and Veronica

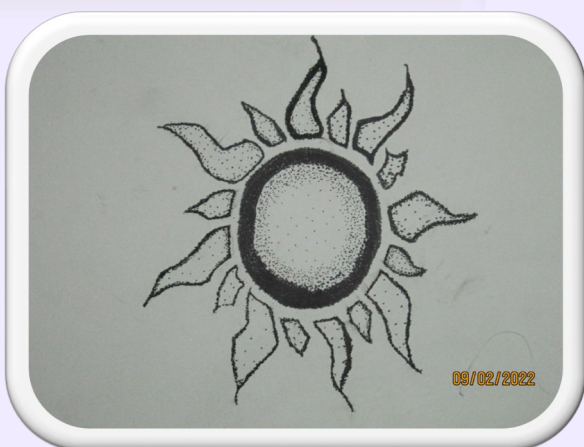
Congratulations to all the players who participated. Great job!



TMS Art News



TMS Art News



Cooking with Bernino



Doughnuts, cinnamon rolls, cupcakes, breakfast burritos, flan, sweet tea, and much more are being baked and cooked in the cooking classes. Great job you guys.





TMS 8th grade basketball team, 2021-2022.



TMS 7th grade basketball team, 2021-2022.

6th Annual Rose 5K

Fun Run/Walk

When: Saturday, April 16th, 2022

Where: Parking lot behind Wildcat Football Stadium

Time: 9:00 a.m. Late Registration 8:00 a.m.

Purpose: To benefit Tularosa Track Program

Contact: Head Coach, Pat Ventura for more
Information 575-973-4970, or any track
athlete.

