

TMS Pride

OCTOBER 2025

Dear Parents and Families,

As we wrap up the first quarter of the school year, I want to thank you for your support and partnership. It's been a great start—we've done a lot of growing, and we are truly making progress as a school community.

I am incredibly proud of our students and all they have accomplished so far, and you should be too. Their hard work, resilience, and dedication are showing every day.

We're just getting started! We will continue to grow, improve, and push ourselves to be even better in the second quarter. Please stay on the lookout for more updates and exciting things to come.

Thank you for being such an important part of our journey.

Warmly,

Caesar Alvarez
Principal, Tularosa Middle School



OCTOBER NURSE NEWS 2025

Breast Cancer Awareness Month

How can you raise awareness for Breast Cancer?

Here are 2 ideas:

Go Pink (Wear Pink) to raise awareness for breast cancer. Decorate a pumpkin in pink. Get your family and friends involved and see what other ideas you can come up with.

Sudden Cardiac Arrest Month

Cardiac arrest can strike without warning

Do you suspect that someone is experiencing cardiac arrest? Here are the signs:

- ☐ **Sudden loss of responsiveness** The person doesn't respond, even if you tap him or her hard on the shoulders, or ask loudly if he or she is OK. The person doesn't move, speak, blink or otherwise react.
- ☐ **No normal breathing** The person isn't breathing or is only gasping for air.

What to do

If you have tried and failed to get the person to respond, and you think the person may be suffering cardiac arrest, here's what to do:

- ☐ **Yell for help** Tell someone nearby to call 911 or your emergency response number. Ask that person or another bystander to bring you an AED (automated external defibrillator), if there's one on hand. Tell them to hurry – time is of the essence.
 - o If you're alone with an adult who has these signs of cardiac arrest, call 911 and get an AED (if one is available).
- ☐ **Check breathing** If the person isn't breathing or is only gasping, administer CPR.
- ☐ **Give CPR**: Push hard and fast Push down at least two inches at a rate of 100 to 120 pushes a minute in the center of the chest, allowing the chest to come back up to its normal position after each push.
- ☐ **Use an AED** Use the automated external defibrillator as soon as it arrives. Turn it on and follow the prompts.
- ☐ **Keep pushing** Continue administering CPR until the person starts to breathe or move, or until someone with more advanced training takes over, such as an EMS team member.

Taken from American Heart Association

Your School Nurse is certified to teach CPR/AED/First Aid

FLU SHOTS

Yes, it is flu season, Please get your Flu shot.
Pharmacies and physician offices are giving flu shots.



Breast Cancer Awareness

According to [breastcancer.org](https://www.breastcancer.org), Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and prevention of the disease, which affects 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at: supporting people diagnosed with breast cancer, including those with metastatic breast cancer educating people about breast cancer risk factors encouraging women to go for regular breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk fundraising for breast cancer research In the month of October, there are also specific dates designed to raise awareness of specific groups within the breast cancer community.

This information is provided by [Breastcancer.org](https://www.breastcancer.org).

[Donate](#) to support free resources and programming for people affected by breast cancer. The event began in 1985 as a week-long awareness campaign by the American Cancer Society, in partnership with Imperial Chemical Industries, a British company that made tamoxifen. The campaign eventually grew into a month-long event. In 1992, the pink ribbon came into play after Alexandra Penney, SELF magazine's Editor-in-Chief, partnered with Evelyn Lauder, Estée Lauder's Senior Corporate Vice President and a breast cancer survivor, to distribute pink ribbons after the magazine's second annual Breast Cancer Awareness Month issue. Other variations of the pink ribbon have emerged in recent years to raise awareness that all people with breast cancer are not the same. These include ribbons for raising awareness about metastatic breast cancer, men with breast cancer, inflammatory breast cancer, and more.

“Breast Cancer Awareness Month.” [breastcancer.org](https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month). 2024, <https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>.



OCTOBER BREAST CANCER AWARENESS MONTH



Early detection is the best prevention

Risk Factors :

- * Family history of breast cancer
- * Consumption of alcohol, animal fat and tobacco
- * Past history of cancer in the body & obesity

Prevention :

- * Breast self examination monthly
- * Clinical breast examination annually
- * Sono mamography - after age of 40

HISTORY OF HALLOWEEN

By Nealani Henley, Emma Betancur, and Fallon Martinez

According to History.com, Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the 18th century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, later Halloween. People celebrate with activities like trick-or-treating, carving pumpkins, festivals, and wearing costumes.

For more interesting facts about Halloween, visit the History Channel.com. They have information about ghosts, trick or treating, and witches.

History.com Editors. "History of Halloween." A&E Television Networks, LLC. *History.com* 2025. <https://www.history.com/articles/history-of-halloween>.



The Stanley Hotel

By Fallon Martinez

The hotel was built in 1909 by Freelan Oscar Stanley, inventor of the Stanley Steamer car, and opened in 1909 as a luxury resort and a health retreat for those with tuberculosis. The hotel is known for its architecture, historical significance, and its role as the inspiration for Stephen King's novel, *The Shining*. Its reputation as one of the most haunted hotels in America is based on many paranormal reports from guests and staff. leading to its reputation as one of the most haunted hotels in the United States. It is now a popular destination for tourists interested in its history and ghost stories, which include tales of a lingering chambermaid and spectral children in Room 418, according to [TheStanleyhotel.com](https://www.stanleyhotel.com).

IN 1974, writer Stephen King stayed at the Stanley Hotel as the only guest before it shut down for the winter. He claims he dreamed that his 3 year old son was being chased through the empty hall. He woke up and used that as his inspiration for *The Shining*. King stayed in room 217 while he was working on his book. In 1911, there was an explosion in this room. The hotel has a Shining Ball every October where people can dress up for Halloween. They also offer ghost tours and historical tours. The movie *Dumb and Dumber* was filmed here also. According to the website, guests and staff report encounters with the spirit of a homeless woman, a custodian who died of a heart attack, and the ghost of the hotel's founder.

The Stanley Hotel. "The Iconic Stanley Hotel." stanleyhotel.com. 2025, <https://www.stanleyhotel.com/>.



Top Scary Places in New Mexico

By Isabel McAlister

Dawson Cemetery

Located in Colfax County, New Mexico, the area was the site of two separate coal mining disasters in 1913 and 1923. The disasters left the town a ghost town. Visitors say they see bobbing lights in the cemetery and full bodied apparitions.

US Ghost Adventures. "Dawson Ghost Town and Cemetery." usghostadventures.com. 2025.
<https://usghostadventures.com/haunted-places/dawson-ghost-town-and-cemetery>.



Kimo Theater

Located in downtown Albuquerque, NM, the historic theatre has live performances, movies, art and more events. On Aug. 2, 1951, there was a water heater explosion in the lobby. At least 7 people were injured and one young boy died. Over the years there have been odd things happen that people claim were done by the ghost of the little boy. Performers leave toys, doughnuts and candy to make sure the ghost does not disrupt their shows.

"Kimo Theatre." cabq.gov. 2025, <https://www.cabq.gov/artsculture/kimo/history-of-the-kimo/kimo-history/ghost>.



Top 10 Costumes for Halloween

By CT Sambrano

This year -- like any -- you can expect revelers to take heavy inspiration from pop culture moments like the season 2 release of Tim Burton's "Wednesday," with costumes inspired by the characters already selling out.

"Jurassic Park" costumes, especially ones taken from the original film, are popping up as well, thanks to the latest film in the franchise, "Jurassic World Rebirth," garnering impressive box office numbers and inspiring a generation to revisit the 1993 classic that kicked it all off.

Other characters that continue to inspire Halloween lovers include "Squid Game" contestants, "Scream" villain Ghostface, Nintendo stars Mario and Luigi, and many more.

Beloved Halloween superstore Spirit Halloween recently issued a press release relaying its top trend predictions for the season based on sales so far, and included on that list are "K Pop Demon Hunters"-inspired getups, Glinda and Elphaba of "Wicked" fame, as well as other "Wizard of Oz" picks, "Fantastic Four" superhero looks, and pink, sparkly looks that play on the pastel Halloween trend of the past few years.

Spirit. "Halloween Costumes. Spirithalloween.com. 2025. <https://www.spirithalloween.com/category/halloween-costumes>.

Top 10 Halloween Candy

By Cobi Bigas

Now that Halloween is coming up, we will talk about the candy that people will be giving out. The top 10 candies are mostly chocolate. Chocolate seems to always be one of the favorites. Reese's peanut butter cups is coming in as the favorite, followed by M&M's with peanuts and then snickers. Candy that is not chocolate but is on the top 10 list is Twizzlers, starburst and skittles. Sour patch kids are also a favorite. There is also the candy that is small and you get a lot of these. These candies are tootsie rolls, war heads, dum-dum suckers and gum.

Thrillist. "Best Halloween Candies of All Time, Ranked." Thrillist.com. 2025.

<https://www.thrillist.com/eat/nation/best-halloween-candy>.

Top Ten Best Halloween Movies

By Kora Norton

The Karate Kid (1984)
House of 1000 Corpses (2003)
Donnie Darko (2001)
E.T. the Extra-Terrestrial (1982)
Pumpkinhead (1988)
Halloween III: Season of the Witch (1982)
The Nightmare Before Christmas (1993)
Trick 'r Treat (2007)
Hocus Pocus (1993)
Halloween (1978)

Ceron, Ella. "The 25 Best Halloween Movies of All Time, Ranked." harpersbazaar.com. 28 Aug. 2025,

<https://www.harpersbazaar.com/culture/film-tv/g65810240/best-halloween-movies-ranked>.



Top 10 Halloween Monsters

By Max Ruspoli

Werewolf

Witch

Skeleton (undead)

Demons

Clowns

Vampires

Mummy

Ghost

The Grim Reaper

Swamp monster



Hall, Vanessa. "15 Classic Halloween Monsters and Their Scary Origins." parade.com
15 Sep. 2025, <https://parade.com/living/halloween-monsters>.



Pepperoni Pizza Pumpkins

By Matthew Todd

Pepperoni pizza bites are so easy to make using just 4 simple ingredients: refrigerated pizza crust, marinara sauce, sliced pepperoni, and mini mozzarella balls. However, if you want to dress them up for Halloween party or Thanksgiving dinner you'll have to put in a little more effort. To transform these mini pizza bites in festive food you'll have to wrap the twine around the dough ball to create a pumpkin shape.

Prep Time: 15 minutes Cook Time: 20 minutes Yield: 8 pumpkins 1x Method for Cooking: Oven

The Ingredients

- 1 can refrigerated pizza pie crust
- 2 tablespoons marinara sauce + more for serving
- 16 slices of pepperoni
- 8 mini mozzarella balls (or 8 cubes of mozzarella)
- 1 egg -slightly beaten with 2 teaspoon water

Z., Vera. "Pepperoni Pizza Pumpkins." omgchocolatedesserts.com. 12 Oct. 2019.
<https://omgchocolatedesserts.com/pepperoni-pizza-pumpkins/>.



Bat Appreciation Month

By Brayden Schofield

October is bat appreciation month. In addition to the month-long observance, there are two other related annual events:

- **International Bat Appreciation Day:** Celebrated every year on April 17, when bats are typically emerging from hibernation.
- **International Bat Night:** Held on the last full weekend of August, it's a global event to educate the public about bats and their importance.

Why bats are celebrated

Pest control: Many bats are insectivorous and consume a huge number of insects, including agricultural pests and mosquitoes. This saves farmers billions of dollars annually in pest control costs.

Pollination: Nectar-feeding bats pollinate a wide variety of plants, including many that produce fruits like bananas, mangoes, and guavas, as well as the agave plant used to make tequila.

Seed dispersal: Fruit-eating bats disperse seeds in their droppings, which helps reforest damaged areas and maintain healthy ecosystems.

Medical advancements: Research into bats' unique biology has contributed to advances in vaccines and other medical fields.

Alhadeff, Naomi. "October is Bat Appreciation Month!" NWF Blog. Blog.nwf.org. 1 Oct. 2025.

<https://blog.nwf.org/2025/10/october-is-bat-appreciation-month/>.



Debate Class Learns from the Experts

Tularosa Middle School Debate class with Mr. Lehman has enjoyed a variety of special guest speakers since the beginning of the school year. Students have heard from many professionals about careers and topics for debate.

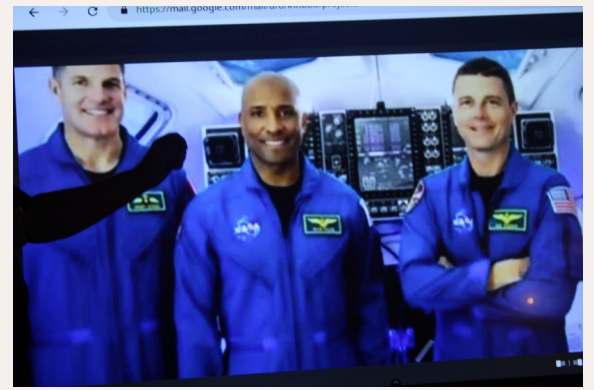
The Eddie Van Halen guitar was brought in by the Carrizozo Rock n Roll Museum owner James E. Lane. He goes by Jimmy. The kids keep asking for me to bring back "that cool old rocker dude Jimmy". They enjoyed his presentation on guitars, laser light shows, and wavelength math. Jimmy also acted with Johnny Depp in the Lone Ranger and he spoke about that as well. The officers from the Tularosa Police Dept. were officers Dean Lester and Sarah Light. They let the kids see their taser and videos of Officer Sara Light being tasered in a training session. The students were also allowed to see their police cruiser and some of the kids sat in the cruiser and spoke on the loudspeaker. Officer Dean Leaster called Tularosa dispatch first to get approval. It was an entertaining presentation all the way around.

We brought in Dr. Rebecca Michael from the New Mexico Museum of Space History. She brought in Neil Armstrong's space suit from the moon landing. Dr. Michael gave a slide presentation on NASA's Artemis program and gateway to Mars (attached). We learned that NASA is planning to colonize both the moon and Mars. Also, we learned that NASA landed astronauts on the moon twice in 2021. The project was top secret (not anymore). However, Google AI says it did not happen. Overall, these are very interesting topics for debate.

Our debate class is a mixture of philosophy (i.e., Plato's cave as well as Ethos, Pathos, Logos), psychology (internal/external motivation; The 16 Habits of Mind, which are 16 essential intellectual dispositions that describe the characteristics of intelligent, effective problem-solvers and lifelong learners), and bringing in community experts. Our class is also project and team-based. I also make modifications and provide supports for our IEP students. Future community experts can include: Tularosa Equine Clinic, the Humane Society of Ruidoso, Lynn Crawford-the Mayor of Ruidoso, Workforce Connections, Francisco Gomez, Ace Hardware of Tularosa (the owner Cary is my neighbor in Ruidoso), Eddie Van Halen's guitar from the Carrizozo Rock n' Roll Hall of Fame, the Alamogordo Police Dept, and Ms. Richardson and the Math App she is developing along with a pitch deck and business plan.

Jan Waffuls, film liaison from the Otero County Film Office shared the following information with Mr. Lehman.

Sixth graders are super smart kids and I love working with them. The film office co-sponsored and I co-directed the Desert Light Film Festival held in conjunction with NMSU-Alamogordo at the college campus here for 20 years. It was the only annual recurring student film festival day & competition in the state of NM for Middle School and High School students. Part of the duties for directors was to go to schools and speak about how to get involved with the festival, show winning films, and encourage students to attend the teaching seminars we offered each year on festival day. Teaching our students film skills was our priority. Now most of those students have grown up and are adults actively working in careers in the NM Film Industry. If my founder and co-director, Joan Griggs, had not finally taken a long-overdue retirement, I would still be working on that event, but it is not something that any one person can organize and do.



Mr. Patterson

TMS Art Teacher

TMS would like to welcome our new art teacher Christopher c Patterson.

I was born and raised in Springfield, Illinois, a place that greatly shaped who I am today. Growing up there gave me a deep appreciation for community, creativity, and the value of education, which inspired my passion for teaching and continues to influence the way I connect with students and encourage their imagination.

I have over a decade of experience in education, with several years dedicated to full-time teaching. Before coming to Tularosa Middle School, I taught at Carrizozo Municipal Schools as both an English and Art teacher. I came to Tularosa because I wanted to inspire creativity and help students discover how powerful their imagination can be.

Art has always been my favorite subject, though I have also enjoyed history and English for the way they allow me to explore stories, ideas, and human creativity across time. My love for learning extends beyond the classroom into a wide range of hobbies. I enjoy carpentry, painting, sculpture, and other hands-on artistic pursuits, as well as spending time outdoors hunting, fishing, and exploring nature. I also earned a culinary degree many years ago, which exposed me to a wide variety of foods and inspired me to try new recipes whenever I can. Musically, I listen to country most often, though I enjoy many different genres depending on my mood.

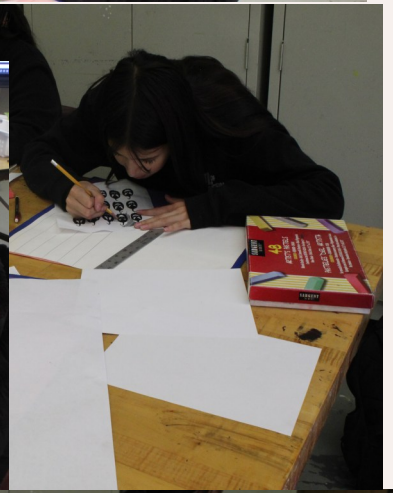
I am an avid reader and have many favorite authors, including J.R.R. Tolkien, Ray Bradbury, Charles Dickens, Shakespeare, George Orwell, and Mark Twain. Reading has always been a passion that fuels my creativity and informs my teaching. Athletics have also played a role in shaping who I am; I wrestled and played baseball in high school, experiences that taught me discipline, teamwork, and the value of hard work.

I have traveled to some incredible places, including Mexico and Canada, and I've explored nearly every state in the continental U.S., with only five left on my list. I also have three small dogs who bring energy, joy, and personality into my life.

Family is incredibly important to me. I am the proud parent of seven children—six daughters and one son—who are all grown and thriving on their own. Watching them grow into independent, capable, and kind adults has been one of the greatest joys of my life, and they continue to inspire me every day.

Something that might surprise people about me is that I have appeared on screen—I was in the movie GOLD with Matthew McConaughey and in seasons 4 and 5 of the TV series Longmire. It has been an exciting experience to be part of the film and television world alongside my teaching and artistic pursuits.

Overall, my life has been shaped by creativity, curiosity, and a love of learning, and I strive to bring that same energy and inspiration into my classroom every day.



Cynthia Bond

TMS 6th Grade Math

TMS would like to welcome our new 6th grade math teacher, Cynthia Bond. Cynthia shared that she came to Tularosa to teach in a small, family centered community. Before coming to Tularosa, she taught for 20 years and was previously in Alamogordo.

Cynthia was born and raised in Pomona, CA. Her favorite subject in school was math and Algebra. Her hobbies include sports, music and crafting. In school she played softball and soccer. Her favorite sports team is the Boston Red Sox. She enjoys Mexican and Italian food and she loves many genres of music. Her favorite book is by C.S. Lewis "The Chronicles of Narnia." She has 4 children.

She also shared that she was catcher for fast pitch softball for 15 years. She played piano, base guitar, and sang vocals in rock and country bands.

Welcome to TMS, Mrs. Bond. We hope you enjoy our community.





HALLOWEEN

WORD SEARCH PUZZLE

BAT
CANDY
CARVE
COSTUME
GHOST
HARVEST
HAYRIDE
HAUNTED
MOON
NIGHT
ORANGE
PARTY
POTION
PUMPKINS
SCARE
SCREAMS
SKULL
SPIDER
SPOOKY
TRICKS
WEB
WITCH
ZOMBIE

H	S	E	M	U	T	S	O	C	A	L
E	S	K	G	S	M	A	E	R	C	S
D	V	C	U	N	I	G	H	T	L	K
I	O	R	A	L	A	Y	D	N	A	C
R	H	Y	A	R	L	R	P	Z	H	I
Y	A	K	W	C	E	A	O	C	W	R
A	R	O	E	D	R	M	T	E	E	T
H	V	O	I	T	B	I	I	N	B	S
T	E	P	Y	I	W	M	O	O	N	O
A	S	S	E	D	E	T	N	U	A	H
B	T	P	U	M	P	K	I	N	S	G

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

