

Ironmen Outlook

NOVEMBER EDITION



Sports News

Home of Ironmen Athletics

ADAIR WARRIORS SPEAR IRONMEN IN FINAL FOOTBALL GAME OF SEASON

On November 3, the Ironmen took on the Adair Warriors for the final football game of the 2023 season. It was quite a doozy. Adair is one of the best teams in the state, and although they did not show their full potential against the Ironmen, they still put on quite the slaughter fest, beating the Ironmen 52-0. Walking off the field knowing you will never play another down of football is a feeling unlike any other. It happened to me in softball. All of the sudden after you've been beaten, you come to the harsh realization that there is no "next game"; and then suddenly you are stuck in an ever-turning world while yours has just stopped. "You bear witness to the end of your journey. It is not always a happy one."

ESPORTS BREAK EVEN ON SEASON, JUST BARELY MISSING PLAYOFFS

Nowata Drifters had their final game last night which ended in a win. The end of their season results in them batting .500 (4-4), but barely missing the playoffs with a ranking of 23/40. Nowata Legends had a winning season, ending at 4-3 ranked 18/52.

In Other News...

SCHOOL BOARD GOES PAPERLESS

The Nowata School Board goes paperless after new members and the Superintendent found the packets to be severely wasteful and inconvenient.

SEVERAL IRONMEN RECIEVE HONORS IN RESPECTIVE ACTIVITIES

Faith Branstetter received honors in softball including All-District, All-Conference, and All-Regional.

Tatum Swalley received honors in softball including All-District and All-Conference.

Adyson Hayes earned 2nd at an FFA regional competition.

Basketball is Back!

It's that time of year again! The Ironmen and Lady Ironmen basketball teams have been working hard for the past month, shooting thousands of points in preparation for this season. This Friday, they will debut their talent on the court in the annual Basketball Meet the Ironmen.

The Ironmen return 3 of their 5 starters, and the Lady Ironmen have primarily fresh meat, returning only 2.

Coach Ott will be leading his boys with the help of Coach J and Coach Phelan.

Coach Hewitt will be leading our girls with the help of our very own Coach (Halley) Hewitt.

We are very excited to be covering these games for you, and hope to see you there.

Upcoming Games in November:

28th - @ Fairland

Brackets for the Ty Hewitt Memorial Tournament have also been announced. Pick up a brochure at the tournament to follow along. The Ironmen Tip-Off on 12/5 Tuesday at 8:30 PM for their first round, and the Lady Ironmen Tip-Off on 12/5 Tuesday at 7:00 PM.



Pumpkin Pie? Who is She? - A Review of Sweet Potato Pie

If you're like me, you hate the flavor of pumpkin. And yes, we are very rare, but I am here to represent my community. Believe it or not, there is a better alternative to the god awful pumpkin pie for Thanksgiving. The wonderful, fantastic SUPER FOOD called sweet potatoes.

Sweet Potato Pie is creamier, sweeter, and much more texturally satisfying than pumpkin pie could ever dream to be. PLUS, it's a super food packed full of vitamins and nutrition. I have been making sweet potato pie for Thanksgiving for coming on 4 years now. Every year, I use the recipe from NYT Cooking (linked below) with some minor tweaks. I have found it to be the show stopping dessert at my family functions.

The recipe is fairly easy. While yes, you can put sweet potatoes in the microwave to cook them, I prefer to either grill them in a charcoal grill, or bake them in the oven at 400 for around 45 minutes. This will give you the good Caramelization, which is basically a fancy word for the same taste that caramel has. Burning the correct amount of sugars tastes yummy.

Other changes I made included using 3 eggs and heavy cream, adding the seasonings of a pumpkin pie, and using a brown sugar-white sugar ratio. The use of Evaporated Milk in this recipe was a wartime fix to the shortage of heavy cream. However, heavy cream is thankfully not in short supply right now, and will add richness. Adding extra eggs also adds richness and contributes to a more delicate melt-in-your-mouth feel. For the spices, add 1/4 teaspoon of cinnamon, 1/4 teaspoon of allspice, and 1/8 teaspoon of nutmeg to bring in the spirit of fall. The last substitution I did was a brown sugar-white sugar ratio. This calls back to that Maillard Reaction we were talking about earlier as well as simple sweet potato etiquette. I opted for a 1/2 cup of brown sugar and 1/4 cup of white sugar. This ensures proper texture while adding that molasses taste.

Get the recipe at: <https://cooking.nytimes.com/recipes/251-sweet-potato-pie>



This Month's Snaps



Veteran's Day Remembrance

The American Legion presents the folding of the flag during the Veteran's Day Assembly.



Pregame Hype

Jose Wilson hypes up the Ironmen for the final football game of the season.



Tackle Ends in Near Disaster

Keyshawn Verner has ball stripped away in offensive run. Bear Savala tackles the Warrior just in time to save a fumble recovery.



From the Eyes of a Ref

Peyton Trotter drives down the field with 2 guys hanging onto him.

Thanksgiving Fun Facts

Thanksgiving is right around the corner. Here is a little knowledge to share around your table this Holiday!

FIRST THANKSGIVING

During the autumn of 1621, at least 90 Wampanoag joined 52 English people at what is now Plymouth, Massachusetts, to mark a successful harvest. It is remembered today as the "First Thanksgiving." It wasn't until the mid-19th century that a national Thanksgiving holiday was established by Abraham Lincoln.

TOUCHDOWN!

The Detroit Lions and the Chicago Bears played each other on Thanksgiving Day, 1934 to start the mark of a tradition. The 1934 Lions had not allowed a touchdown until their eighth game and entered the game with the Bears with a 10-1 record. They would go on to defeat the reigning champions 19-16. The Thanksgiving Tradition was then born in Detroit, as they have played every year since. In 1966, the Cowboys decided they wanted a piece of the pie, and so they also play a game on Thanksgiving.

PARDONING THE TURKEY

This event began during the Civil War when Tad Lincoln asked his father to spare a turkey named Jack from a holiday meal. President Abraham Lincoln obliged his son and pardoned the fortunate turkey. Years later in 1947, President Harry Truman pardoned the first National Thanksgiving Turkey. Every year since, the National Turkey Federation has raised a turkey to participate in the ceremony at the White House. The turkey will live out her remaining years at the Frying Pan Park's Kidwell Farm, a petting farm for children in Herndon, Virginia.

FOOD SCIENCE: MAILLARD REACTION

For many of us, roasted turkey is a Thanksgiving staple. But why does it taste better than say, boiling a turkey? The answer is in amino acid. The Maillard reaction is a chemical reaction between an amino acid and a reducing sugar. Like caramelization, it is a form of non-enzymatic browning. The reactive carbonyl group of the sugar interacts with the nucleophilic amino group of the amino acid. This process accelerates in an alkaline environment because the amino groups do not neutralize. In the process, hundreds of different flavor compounds are created.