

Our Lady of Sorrows 2009

Knightly News

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Breast Cancer Walk

On October 23rd, our school, in conjunction with the American Cancer Society, held a **Breast Cancer Walk**. The PTA, Mrs. Uhaze, Mrs. Albanese, and Mrs. Winter worked together to organize this event. Yellow and pink ribbons were cut for the students, faculty and staff to wear throughout the day. Our school raised awareness for breast cancer by walking three miles, or four laps around the school building. Mrs. Terelle, Mrs. Sosna, and Mrs. Uhaze, all breast cancer survivors, contributed and participated in the cancer walk. We received donations from many contributors, even from those who do not attend our school. Our Lady of Sor-

rows walked as one towards faith, knowledge, and wisdom as a school community to support the people we love.

Brennen McCoy & James Albanese



Our Sixth Grade Explores Egypt



The sixth grade is working on a project about Egyptian Pharaohs. We are creating rap lyrics, a play on Egypt, a jeopardy game, and PowerPoint presentations. We are reading about pharaohs, like King Tutankhamen, also known as King Tut, who led Egypt. We are also learning about hieroglyphics and how to write our names in hieroglyphics. We realized most of our subjects had to do with Egyptian life. In science, we mummified oranges. In language arts,

we are reading a book called The Egypt Game. In art, we drew mummies and created our own cartouches. We love working on in-class group projects. It helps us to collaborate as a team and learn from each other. We all had a lot of fun with this Social Studies lesson.



By: Tony M. and Gamaniel C.

Casual, Comfortable and Stylish.

Guys—

Cool, casual, and effortless outfits is the boys fall fashion. Vintage feel and layers. Pair patterns like plaids and stripes. Graphic tees with a dominating color in the patterns. If you're going for the sporty look track suits fresh and cool. Casual button up shirt open and untucked looks great over a t-shirt. Track jackets, hoodies and zip ups. Jeans that are roomy but not over baggy that are dark colored. For shoes Nike is a great idea for a casual look.

Boys hair short and trendy. Also flippy and a little swipe across the forehead.

By: Emily Clark, Lianna Rossi, and Nina Carella

Ladies—

The 80's are back! Girls get out your leather jackets and graphic tees. This fall is going to be filled with vibrant colors. Polka dots and sequences are completely in. On your legs, leggings and stockings add color to your outfit. A stylish outfit is a short and sleek skirt with knee-high boots. The colors of the season are American beauty red, purple heart, honey yellow, iron, crème brulee, nomad, burnt sienna, rapture rose, warm olive, and majolica blue. Makeup! In this season, sleek liquid liners, soft shadows, and soft sheer lips are the way to glamour. Don't ever forget softness and balance in the portions of your eyes. Hair short and flawless.

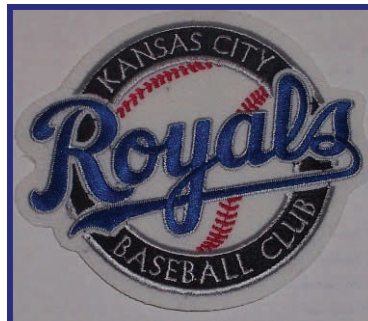


American League CY Young Award

This week Zack Greinke was awarded the **A.L. CY YOUNG** award. He finished the season with an impressive record of 16-8 with a 2.15 ERA. His team finished last in their division with a poor record of 65-97, but Zack was a huge help to his team. Coming in second place was Felix Hernandez. He finished the season with a remarkable record of 19-5 and an era of 2.49. The third contestant was the high-speed throwing pitcher Justin Verlander. He finished the season with a record of 19-9 with a 3.45 ERA. Although he is a great pitcher, his team fell short of the postseason with a close hard fought game with the Minnesota Twins.

Our fourth competitor was the mighty CC Sabathia. He wrapped up the season with a 19-8 record and an ERA of 3.37. He brought his team to the world series where they would eventually beat the former World Champs the Philadelphia Phillies.

By Mike Winter, Tyler Roberta



Zack Greinke

OUR NEW KINDERGARTEN...Learning About Land Forms

This year we welcome the Class of 2018 to Our Lady of Sorrows School. The graduating class of 2018 seems very polite and well behaved. They all raised their hand and waited patiently. They were learning to cut out their shapes and make pictures out of them. During the month of November Mrs. Sheppard taught them about landforms. The students made a diorama of all the different landforms using ice cream cones, shred-

ded wheat, candy mint leaves, marshmallows, and fruit roll-ups. We interviewed a few of our kindergarten students and this is what they had to say: Isabella B. and Braydon S. said, "They learned that rivers have water. They made the rivers on their dioramas by coloring and putting two pieces of fruit roll ups on the paper. Braydon S. also said, "he learned about hills; hills are flat on top!" While

they were learning about landforms they also learned how to glue objects without breaking them.

The Newspaper Staff wishes our kindergarten class and Mrs. Sheppard a successful school year and great years to come at **Our Lady of Sorrows School.**

By: Leanne C. Cynthia L. Daniela D. Lizzie K.



FROM THE KITCHENS OF OUR FACULTY

PUMPKIN SQUARES w/ Cream Cheese Frosting

4 eggs, beaten
1 cup oil
1 2/3 cups sugar
2 cups (16 oz. can) pumpkin
1 tsp. salt
2 tsp. cinnamon
1 tsp. baking soda
2 tsp. baking powder
2 cups flour

Mix eggs, oil, sugar and pumpkin well. Add remaining ingredients and beat with mixer

until well blended.

Spray a jelly roll pan (or cookie sheet with inch high depth 15X10X1) lightly with Pam

(or equivalent). Bake at 350 degrees for about 20+ minutes. *I check with a toothpick at 15 minutes.

FROSTING:

3 oz. cream cheese, softened
½ cup butter
2 cups powdered (10X confectioners) sugar
1 tsp. vanilla
1 tsp. milk

Beat until light and fluffy.

Let pumpkin squares cool.

Then spread icing on squares.

Garnish

with finely chopped walnuts.



Baked Penne with Roasted Vegetables

2 red peppers, cored and cut into 1 inch wide strips
2 zucchini, quartered lengthwise and cut into 1-inch cubes
2 summer squash, quartered lengthwise and cut into 1-inch cubes
4 cremini mushrooms, halved
1 yellow onion, peeled and sliced into 1-inch strips
1/4 cup extra-virgin olive oil
1 teaspoon salt, divided
1 teaspoon freshly ground black pepper, divided
1 tablespoon dried Italian herb mix or herbs de Provence
1 pound penne pasta
3 cups marinara sauce (store bought or homemade)
1 cup grated fontina cheese
1/2 cup grated smoked mozzarella
1 1/2 cups frozen peas, thawed
1/4 cup grated Parmesan, plus 1/3 cup for topping
2 tablespoons butter, cut into small pieces

Preheat the oven to 450 degrees F.

On a baking sheet, toss the peppers, zucchini, squash, mushrooms, and onions with olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, and dried herbs. Roast until tender, about 15 minutes.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook for about 6 minutes. Since you will be cooking the pasta a second time in the oven, you want to make sure the inside is still hard. Drain in a colander.

In a large bowl, toss the drained pasta with the roasted vegetables, marinara sauce, cheeses, peas, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Using a wooden spoon, gently mix, until all the pasta is coated with the sauce and the ingredients are combined.

Pour the pasta into a greased 9 by 13-inch pan. Top with the remaining 1/3 cup Parmesan and butter pieces. Bake until top is golden and cheese melts, about 25 minutes.

From: Mrs. Winter

Mexican Dip

- 2 blocks softened cream cheese
1 packet taco seasoning
8oz. salsa
Shredded cheddar cheese, olives, tomatoes
1. Use a hand mixer to whip together. Softened cream cheese, salsa, taco seasoning
 2. Spread mixture on bottom of plate and layer shredded cheese, diced tomatoes and olives
 3. Serve with chips and enjoy

RECYCLING INFORMATION

Visit www.resourcefulschools.org or www.earth911.org for more facts and recycling games and crafts, teacher programs too.

Why Recycle - Five Good Reasons

- a. Recycling conserves our valuable natural resources.
- b. Recycling saves energy.
- c. Recycling saves clean air and clean water.
- d. Recycling saves landfill space.
- e. Recycling can save money and create jobs.

BOX SCORES

When you recycle newspaper, it often gets turned into a cereal box. That means you get to "read" the paper a second time at the breakfast table. Look on the bottom of your cereal box to see if it's made from recycled paper. Kellogg's **Froot Loops**, for instance, come in a box made from 100 percent recycled paperboard. You can also get cereal, often for less money, in bags that have no box. **Quaker Oats**, for example, sells its **bagged cereals** for 35-40 percent below the price of boxed cereals

HITTING METAL

Aluminum baseball bats are recyclable, and are likely to contain recycled aluminum.

THE POWER TO WATCH

Recycling one aluminum can saves enough energy to run your TV three hours.

RECYCLE A BOTTLE; LIGHT A BULB

The energy saved from recycling one glass bottle can be enough to light a 100-watt bulb for four hours. Aluminum cans had straight sides until the 1980s, when manufacturers started to narrow their tops. Why? The little bit of aluminum saved per can translates into millions of dollars a year, and that's just at the St. Paul can-making plant. But don't worry: The cans hold the same amount of beverage, because there's always a little air at the top.

If you pay attention, you'll begin to notice recycling efforts all around you!

Congratulations to Our Confirmandi

On Saturday November 21st, Msgr. Gervasio presented 96 candidates to confirmation for Msgr. Richard Tofani. The confirmation ceremony was held at St. Anthony's church. The church was very crowded, filled with the 96 candidates and sponsors, as well as plenty of family and friends. The ceremony lasted for about ninety minutes.

Msgr. Tofani gave an inspiring homily about a teenage girl named Suzie who he met many years ago at Anchor House. At the end, during his final words to the Confirmandi, he made a joke about the confirmation names chosen by the candidates. He said, "If anyone had chosen his first name,

Richard, he would have won free tuition to Notre Dame High School. It was a lovely ceremony and after all their hard work, the candidates were very happy to be confirmed.

Congratulations 8th Grade Confirmandi.

Check out our school website for pictures of the ceremony.

www.OLSschool.us

By Sam Zdanowicz

Thanksgiving and Autumn Word Search

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

ACORN
 APPLE
 BIRD MIGRATION
 BLOWING LEAVES
 BLUSTERY DAY
 CANNING
 CHESTNUTS
 CHILLY
 COLD
 CROPS
 EQUINOX
 FALL
 FARMING
 FEAST
 FROST
 HALLOWEEN
 HARVEST
 HAYSTACK
 HICKORY NUTS
 LONGER NIGHTS
 NOVEMBER
 OCTOBER
 ORANGE LEAVES
 PIE
 PUMPKIN
 RAKE
 RED LEAVES
 SCARECROW
 SCHOOL
 SEASON
 SEPTEMBER
 SHORTER DAYS
 SQUASH
 SWEET POTATOES
 THANKSGIVING
 TURKEY
 WINDY
 YELLOW LEAVES

By: Sam Zdanowicz & Ricky Boytis

Thanksgiving Word Scramble

1. ylmiaf _ _ _ _ _
2. lmprgiis _ _ _ _ _
3. dniner _ _ _ _ _
4. eip _ _ _
5. pinukmp _ _ _ _ _
6. ervthas _ _ _ _ _

Holiday Jokes:

1. When does Christmas come before Thanksgiving?
2. Why do mummies like Christmas presents?

FUN WEBSITES FOR KIDS

<http://www.crayola.com>
<http://www.mlb.com/mlb/kids/index.jsp>
<http://kids.yahoo.com/>

Happy Thanksgiving from the
 OLS "Knightly News" Staff

Holiday Joke Answers:
 1. In the dictionary
 2. Because they're all wrapped up!