

Knighly News

Inside this issue:

Catholic School's Week	2
Volley Ball-A-Thon	3
Fashion	3
Student Appreciation	3
Recipes	4
Comic and Poem	5

Reindeer Games

This year, the Reindeer Games were the best by far! There were a few classic games you all probably remembered, but then there were also some new ones. The Student Council worked very hard to make these Reindeer Games special this year, and it sure did work! There were many decorations that we were all excited about, and they definitely made the games what they were. The games were broken down into categories, like they had been every other year. The categories were grades K-2, 3-5, and 6-8. They even had some very amusing games for the teachers! The students were very excited! Some of the 4th grade students said, "I am very ex-

cited about people being athletic for once," and, "It would be very fun watching my friends or me up there". Another reason the reindeer games were great was because all the money made went towards another fun day, Field Day! We appreciate all of the measuring, taping, cutting, gluing, and lots of hard jobs the Student Council and teachers did to help make this day happen. We're all looking forward to next year's Reindeer Games!

-Stephen Leonard
and Aaron Bartuska



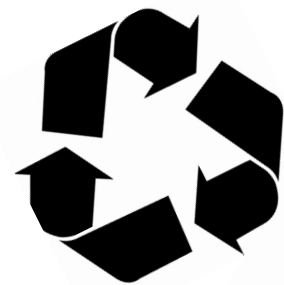
Recycling Club Under New Management

Ms. Schreier, our 2nd grade teacher has graciously offered to take over the OLS Recycling Club. The 2nd grade students will also be an integral part of our recycling program. The students in the Recycling Club prom-

ised to keep Mrs. Winter's dedicated efforts to keep our school "Green" and pass the "Juice Pouch Touch" over to Ms. Schreier. A monthly recycling schedule will be posted in the cafeteria and in the 2nd grade classroom.

Please continue to collect juice pouches, Nabisco wrappers and Frito-Lay bags (any size bag).

By: Cynthia Leavey and Michael Winter



CATHOLIC SCHOOL'S WEEK

2010



Catholic Schools Week was celebrated January 31 - February 6, 2010. The theme was "Catholic Schools - Dividends for Life." 2010 was the 37th time Catholic Schools Week has been held; the first celebration was in 1974. Catholic School's Week began with liturgy celebrated by Monsignor Gervasio. After the mass, students handed out appreciation letters, cards and poems to the parishioners to thank them for all their support. This was the 37th Catholic School's Week celebrated at Our Lady of Sorrows. We celebrated Catholic School's Week by having many fun and educational activities. On Monday, the students and staff started off the week with a free dress down day. On Tuesday, the middle school students went to Pump It Up, an "inflatable party zone." We were organized into different teams represented by different colors. Different grades were combined in each group.

Each group had to work together as a team and cooperate with each other.

While the middle school was at Pump It Up, the elementary students had a fun time with a mad scientist, with the Mad Science Program. On Wednesday, we had a snow day, and on Thursday, was the elementary student's Special Person's Day. The students got to pick a person special to them to have breakfast with. The most popular breakfast treats were Dunkin' Doughnut and McDonald's. On Friday, it was the middle school's turn. After the middle school had the Special Person's Day, the sixth grade hosted the monthly mass. To finish off the week, we had an activity called Snuggle Up and Read. The older students paired up with younger ones and read books, did puzzles and drank hot chocolate. Catholic School's Week is always a great experience! We can't wait to see what is planned for next year.

By: Erin Boytis, Leanne Consiglio, Cynthia Leavey, Lizzie Kite, Lianna Rossi, Gama-niel Cherilus and Tony Mack



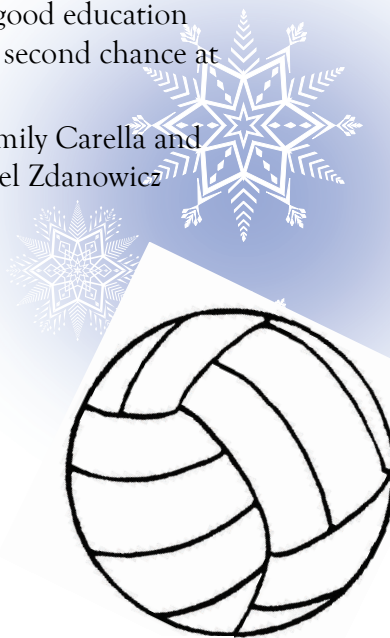
Youth Group Volleyball -A-thon

On Sunday, February 21, the Youth Group held their annual Volleyball-A-Thon to raise money for the four Ugandan orphans we support. For each child to participate, the students had to donate at least \$20 to the cause. There were about 90-100 kids that participated in this event. All of the participants split up into teams of about

nine or ten kids. Our goal was to raise \$1,200 in order to support the four kids from Uganda. The event began at 4:00 p.m. and ended at 9:00 p.m. During the event we raised a total of \$1,800, so now we are able to send two more orphans to school! Thanks to everyone's help the event was a huge success, and six Ugandan children will

get a good education and a second chance at life!

By: Emily Carella and Samuel Zdanowicz



Trendy Twist to a New Year !

Everyone

- Sweaters, scarves, and knitted hats are totally in!
- The country look will take you a long way into the fashion world of today!
- Mixing and matching in key to a stylish outfit.
- A double breasted jacket

The Retro English style of this theme is evoked by muted tones, luminous camel, greenish-blues, taupey-gray, rich burgundy. Add British cakes colors: pink, orange, yellow, and blue.

Girls-

- Scrumptious colors like violet, brick red, tan, and faded blue. For bases, revolutionary inspiration with red and bronze alongside dark gray.
- They cultivate a vintage mood with cottons and wool being worked to seem used, faded and softer. In a 70's, sporty mood, a range of relaxed fabrics: supple denims, thick canvases, casual fleece, washed out, checkered yarn-dyes.

Guys-

- Word of advice vests are the way to go
- Fashion tips for teen guys are very basic. Guys need to be able to move freely, comfortably and still look good.
- We cannot emphasize enough the point of wearing clothes that fit. Baggy pants below the waist makes you look like a fool!

By: Lianna Rossi and Emily Clark

Student Appreciation! Grades K–5

During Catholics School Week, grades K–5 got to see and participate in an assembly. Mad Science came and taught the kids that science can be fun. They demonstrated how nail polish remover can melt Styrofoam, see how hor-

ror movie effects were made, and then they created static electricity and lightning. The students also saw dry ice create smoke. "It is a neat way to learn", a second grader said.

By: James Albanese and Abbi Angelucci



RECIPES

Crunchy Parmesan Chicken Tenders

- 4 tablespoons plus ½ cup extra- virgin olive oil
- 1 cup buttermilk
- 1 ½ pounds chicken tenders (about 18)
- 3 large garlic cloves, minced
- ½ teaspoon salt
- 3 tablespoons balsamic vinegar
- Freshly ground black pepper
- 1 ¼ cup freshly grated Parmesan Cheese
- ¾ cup Italian-style seasoned bread crumbs

Preheat the oven to 500 degrees °F

Brush 1 tablespoon of oil over the 2 heavy large lined baking sheets. Place the buttermilk in a large bowl. Add the chicken tenders and stir to coat. Let it stand at least 15 minutes and up to 30 minutes.

Meanwhile, mash the garlic with the salt in a medium bowl. Whisk in the vinegar and the remaining ½ cup of oil. Season the vinaigrette, to taste, with pepper. Transfer the vinaigrette to a small serving bowl.

Stir the Parmesan cheese and bread crumbs in a pie dish. Remove the chicken tenders from the buttermilk and dredge them in the bread crumb mixture to coat completely, pressing to adhere. Arrange the coated chicken tenders on the prepared baking sheets, spacing evenly. Drizzle the remaining 2 tablespoons of oil over the chicken tenders and bake until they are cooked through and golden brown(about 12 minutes).

Transfer the chicken tenders to a platter and serve with the vinaigrette alongside for dipping.

Recipe courtesy of Mrs. Diken

Caramel Apple Cheesecake

- 1 (21oz.) apple pie filling
- 1 9" graham cracker crust
- 2 (8oz.) cream cheese - softened
- 1/2 C granulated sugar
- 1/4 tsp vanilla extract
- 2 eggs
- 1/4 C caramel topping
- 12 pecan halves, plus 2 tbs chopped pecans



Heat oven to 350 degrees.

Reserve 3/4C apple filling; set aside. Spoon remaining filling into crust. Beat together the cream cheese, sugar, and vanilla until smooth. Add eggs and mix well. Pour over the pie filling.

Bake 30-35 minutes, or until the center is set. Cool completely.

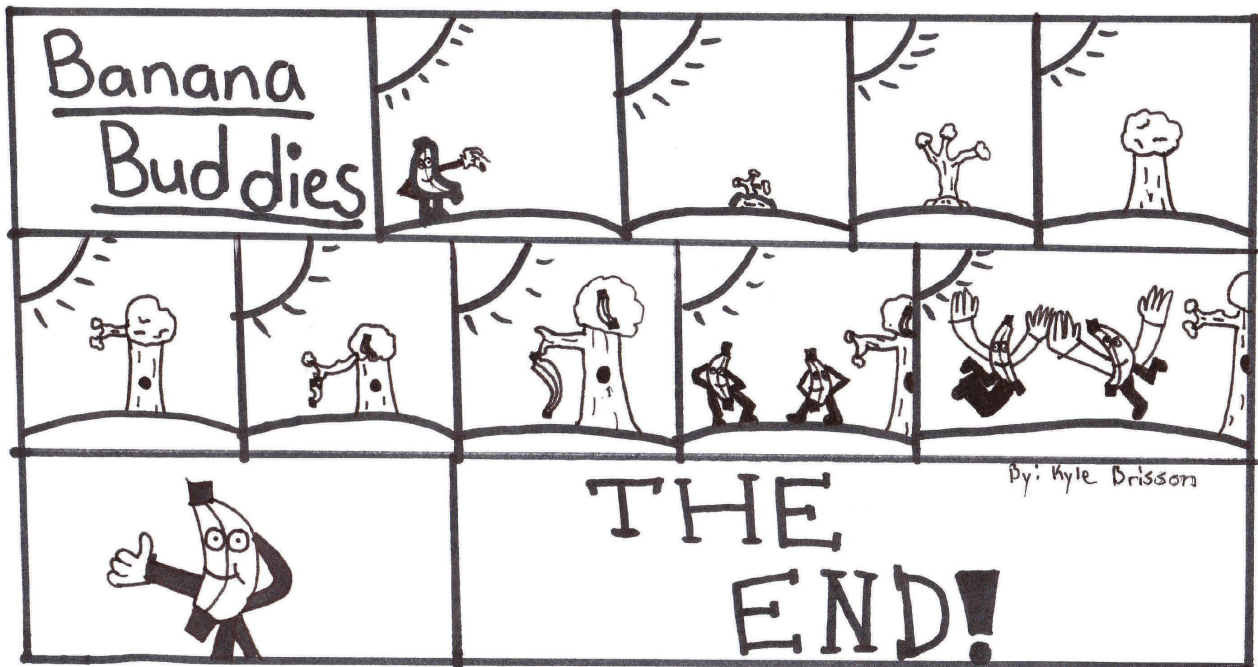
Mix the reserved pie filling and caramel topping in a small saucepan and heat for about 1 minute, or until spreadable. Spoon the apple caramel mixture over the top of the cheesecake and spread evenly. Decorate the edge of the cake with pecan halves and sprinkle with chopped pecans.

Refrigerate until ready to serve.

Recipe courtesy of Pam Toudouze

By James Albanese and Abigail Angelucci

Banana Buddies



Winter Poem

The winter is cold and filled with snow and ice,
it is a time to start rolling out cookie dough,
to put up Christmas trees, and sing holiday songs,
the blizzards begin so its time to stay in.

December oh so cold,
can't wait for Christmas to come,
to hang our stockings high,
excited for Santa to come flying through the sky.

January no leaves seen,
no colors on the trees,
still the snow is not melting,
you see footprints everywhere you go.

Last but not least February,
time to share our love with others,
to be prepared for spring,
say bye to snow and hello to the sun.

By: Faith E. and Daniela D.



Lenten Advice

- Avoid temptations
- Go to Church and stations of the cross
- Do good deeds throughout the Lenten season