

# The Middle Pages

Centerville Middle School



## Staying Strong during a Tumultuous Time

The staff of the Middle Pages would like to acknowledge the hard work, perseverance, and patience of our students, families, and members of the Hempfield community. Whilst this is uncharted territory for all of us, we will get through this together. Students continue your great work into 2021!

Additionally, the members of the Middle Pages would like to acknowledge the staff of CMS for all of their hard work during this time. Your dedication to the students and families of this school are unmatched, and we truly appreciate everything you do.

### Remember, we are CMS:

**C:** Choose to be safe

**M:** Make responsible decisions

**S:** Show respect



### Fall Sports (Pages 2-3)

Check out CMS' Fall Sports Teams!



### Fall Recipes & Holiday History (Pages 4-7)

Check out the best fall recipes and the history of Halloween! researched



### The F.O.R. Club (Page 8)

Learn about the FOR Club at CMS!

# CMS FALL SPORTS

## GIRLS & BOYS SOCCER

**By: Olivia Schmidt-Vargas & Sofia Blyznyuk**

The Hempfield girls' soccer team maybe didn't win as many games as they would've liked to, but they sure put up an amazing fight. This season, they won 3 games, tied 1 and lost 8. As you may know, we are living in the middle of a pandemic. Sport rules have changed due to COVID-19. "When we get there, our bags have to be spread out, and we have to wear masks till we go out on the field to play. There are gallons of water to refill your water and they have to have a dispenser because we are not allowed to touch them or the coach has to press the button," Izzy Heisey includes—one of the players on the Hempfield girls soccer team.

On the other hand, the Hempfield boys' soccer team won all of their games except 1. Because of coronavirus, people could feel uneasy with these certain conditions. Samantha Earhart states that, "I feel comfortable playing the current conditions because it was all outside and the coaches did a good job keeping the team socially distanced."



Photo courtesy of Hempfield Athletics

In summation, the Centerville girls Middle school soccer team worked hard, fought, and became a team this season. Their hard work during this unpredictable is admirable.

## Girls Field Hockey

**By: Callie Landis & Olivia Schmidt-Varga**

Three wins, 2 ties, and 5 losses; that was the record of Junior high field hockey this fall season. Even though the players didn't win as many games as they wanted. They tried their hardest and worked together as a team. As we all know, COVID 19 affected sports this school year, but that didn't stop the girls' field hockey team from working together as a team and performing their best. Both the players and coaches had to do their part in keeping the team safe.

The assistant coach, Coach Zeiber stated some of the safety protocols the team had to follow: "Coaches have to wear a mask the whole time, we have to insure players are spread out on breaks and following sanitizing rules, and we have to spray mouthwash, on mouth guards." Two other teammates, Laken and Maddie said, "Even though these safety procedures were required, the season went really well, and everyone stayed safe." Some players also included their thoughts on how the season went. Megan said, "Pretty well. We won some and lost some, but when we lose, we always learn something and try to improve from it."

Coach Zeiber additionally commented on the outcome of the season as she states, “I think it is going wonderful, girls are really following the rules in place and managing to keep their spirits high despite all those rules.” No matter if they won or lost, the Hempfield girls’ field hockey team gave their all and played the sport they love.



Photo courtesy of Hempfield athletics

## Cross Country

By: Olivia Schmidt-Varga, Haley Knouse, and Nathan Moore

This year's Middle School Cross Country team was on point. They may not have won all their meets but they sure put up a good fight. The fantastic coaches, Coach Groff and Coach Halderman used their 32 years of knowledge into helping this year's team. The team finished with a record of three wins and six losses. Even through tough moments during the season, the players worked together as a team to perform their best. A lot of the players say that they would recommend cross country because of the teamwork, like Elli Yaeger, stated “Yes. It’s hard work, but you make new friends and stay active in a fun way.” The home meets were a favorite to the fans, the coaches, and the players. “Home meets allow more parents to come watch their child run and give a chance for all the runners to come compete.” Coach Halderman stated in an interview. In conclusion, the Centerville Middle School Cross Country team is a fun, athletic, team bonding experience that is fun for the whole family.

**To all of CMS’  
fall sports:  
GREAT JOB  
THIS SEASON!**



Photo courtesy of Hempfield Cross Country

# FALL THEMED RECIPES

## Pumpkin Brownies

By: Callie Landis & Berence Lezama-Acosta

### Ingredients:

Brownie mix of your choice  
1/2 can pumpkin (NOT pumpkin pie filling)  
6 oz cream cheese  
3 tablespoons Sugar  
1 tablespoon pumpkin pie spice  
1/2 cup milk chocolate chips

### Instructions:

1. Preheat your oven to whatever instructions are on the brownie mix box. 350F works well.
2. Make the brownie mix in a separate bowl. Follow the directions on the box. Add the chocolate chips to the brownie mix. Stir them in and set the bowl and set to the side.
3. Mix the pumpkin, cream cheese (softened), sugar, and pumpkin pie spice in another bowl. Mix until very smooth.
4. Spray your pan with cooking spray before starting. Pour half of the brownie mix into the pan and spread out so the entire bottom of the pan is covered.
5. Next add the pumpkin. You can either spoon the pumpkin filling onto the brownie in chunks or spread it out evenly. Cover the pumpkin with the rest of the brownie batter and smooth out the top.
6. Now you're ready to bake! I added 10 minutes to the directions on the box (cooked for 35 minutes for my pan size). Since you're adding quite a bit of depth with the pumpkin mix...you'll need to cook longer. To check if brownies are done...dip a fork into the middle of the brownies. If the fork comes out clean...they're done! Enjoy!

### Review:

Hi! I am Callie, and I made this pumpkin brownie recipe. This recipe was very good, and the brownies turned out delicious! I made my own brownies from a family cookbook, I had at my house; it still turned out very good! The ingredients were very simple to have on hand, the only thing I had to go out and buy was the can of pumpkin purée. These brownies taste like pumpkin pie inside of a brownie and the combination was very good! I would definitely give this recipe a try out, and it is a great fall recipe for you and your family to try.



Photo from Callie Landis

## Pumpkin Roll Recipe

By: Haley Knouse & Mila Wachstein

### **Cake:**

1. Cooking spray
2. 1 cup granulated sugar
3.  $\frac{3}{4}$  cup all-purpose flour
4.  $\frac{1}{2}$  tsp kosher salt
5. 1 tsp baking soda
6.  $\frac{1}{2}$  tsp pumpkin spice
7. 3 large eggs
8.  $\frac{2}{3}$  cup pumpkin purée
9. Powdered sugar, for rolling

### **Filling:**

1. 12 ounces cream cheese, softened
2. 1 tbsp melted butter
3. 1 tsp pure vanilla extract
4. 1  $\frac{1}{4}$  cups powdered sugar
5.  $\frac{1}{2}$  tsp kosher salt

### Instructions:

1. Preheat oven to 350°. Line a 15" x 10" jelly roll pan with parchment and grease with cooking spray. In a large bowl, combine sugar, flour, salt, baking soda, pumpkin spice, eggs, and pumpkin puree until just combined. Spread into a prepared pan and bake until a toothpick inserted in the center of the cake comes out clean, 15 minutes.
2. Meanwhile, lay out a large kitchen towel on your counter (try to use one with little to no texture) and dust with powdered sugar. When cake is done baking, flip onto a kitchen towel and gently peel off parchment paper.
3. Starting at a short end, gently but tightly roll the cake into a log. Let cool completely.
4. Meanwhile, make filling: In a large bowl, combine cream cheese, melted butter, vanilla, powdered sugar, and salt. Using a hand mixer, whip until smooth.
5. When cake is cooled, gently unroll (it's ok if it remains slightly curled) and spread with cream cheese filling. Roll back up and dust with more powdered sugar. Slice and serve.



## Creamy Chicken & Mushroom Soup

By: Alexandra Cluck & Leah Brenneman

### Ingredients:

3 tbsp. butter  
 3 cloves garlic, minced  
 8 oz. baby bella mushrooms, sliced  
 1 yellow onion, chopped  
 3 large carrots, sliced into 1/4" rounds  
 2 stalks celery, chopped  
 1 tbsp. fresh thyme leaves  
 1/4 c. all-purpose flour  
 4 c. low-sodium chicken broth  
 1 c. milk  
 1 c. basmati or jasmine rice  
 2 boneless skinless chicken breasts



### Directions:

1. In a large pot or Dutch oven, melt butter. Add mushrooms, onion, carrots, and celery. Cook, stirring, until vegetables are tender and liquid has evaporated, 6 minutes. Add chicken and cook until golden, 3 to 4 minutes, then add garlic, thyme, and stir until fragrant, 1 minute. Season generously with salt and pepper.

2. Add flour and whisk until golden, 1 minute. Pour over chicken broth and milk and season with salt and pepper. Add rice and bring to a simmer until rice is tender and chicken is cooked through.

3. Adjust seasoning and serve

## HALLOWEEN INSIGHT

By: Alexandra Cluck, Leah Brenneman, Madison Smith, Haley Knouse, Lariah Bruce, and Berenice Lezama-Acosta

### Origins

Halloween started with the 2,000 year old Celtic festival Samhain (sow-in). The druids (priests of ancient Gaul and Britain) would light large bonfires and dress up as spirits to drive them away. They would also offer them food to protect themselves from their tricks. The Celts believed that ghouls and spirits would be able to walk the Earth on All Hallows' Eve, the day before All Hallows' Day, or All Saints' Day. All Saints' Day was made to honor saints with no days of their own. The night before was called All Hallows' Even, which was later shortened to Halloween.



Photo courtesy of Wiki Commons

## Trending Costumes for 2020

This Halloween there was a wide variety of trendy costumes going around. Some are based on video games, popular tv shows, and some are just random. Here's a list of this year's trendy costumes. Under the video game category we have *Minecraft*, *Roblox*, *Mario Kart*, *Fortnite*, and *Among Us*. For popular tv shows there were a lot of options for costumes. *Stranger things*, *Friends*, *Scooby Doo* and *The Office*. This year there were plenty of funny, scary, and plain awesome costumes. This includes M&Ms, blow-up dinosaurs, horror movie characters and even COVID-19.

## Traditions

The most popular Halloween traditions are known to be pumpkin carving, trick or treating, having costume parties, visiting haunted attractions, bobbing for apples, playing pranks, watching horror films, and telling scary stories. Some classic movies people watch during this season include movies such as *Hocus Pocus*, *Halloweentown*, *The Nightmare Before Christmas*, and *Ghostbusters*. Some traditional Halloween costumes over the years have been a witch, ghost, superhero/villains. People carve goofy and scary faces into pumpkins. They carve shapes as eyes, noses, and mouths. On Halloween night most people place a candle inside the pumpkin and light it so that the inside is brightened. Lastly children up to 12 years old go trick or treating. They go door to door in a costume to homes with porch lights on in hopes of getting candy.

## Covid-19 Precautions this Holiday

This is a devastating and difficult time for all of us especially when the holidays are just around the corner. For example, Halloween. You might be wondering what neighborhoods are doing to keep kids, as well as themselves, safe and how they are dealing with this major obstacle. Well, Ms. Bonner from the NY times decided to stay home for the evening stating, "It's too scary out there. If you're going to have people in these big clusters close together, that just doesn't seem like a safe option." Others plan to revert back to goodie bag stations and candy driveway pickup. According to the MetroWestDaily News



Photo courtesy of Google Advanced



Photo courtesy of Marin Mommies



Photo courtesy of Cone Health

people are thinking creatively and thought to string candy to a clothesline, so whenever someone comes they can just come, grab, then go without any unnecessary interaction. That way they at least try to keep everyone safe.

## Friends of Rachels Club at CMS

By: Callie Landis, Mila Wachstein, Sofia Blyznyuk, Lindsay Over, and Cecily Stephens

The F.O.R. Club started when Rachel Joy Scott was killed in a school shooting at Columbine High School, Colorado in 1999. She kept journals with all of her thoughts and feelings. F.O.R. Club stands for Friends of Rachel club, and has a purpose of spreading kindness and love through our schools and communities. Rachel treated all people with kindness and respect, and her death started a chain reaction for many others to follow. The F.O.R. club does activities that help spread her dreams and actions around our schools, and encourage others that kindness is very important. The purpose of F.O.R. Club is to tell others about Rachel and be like her and Spread a little kindness to everyone.

Mr. Ackerman, Centerville Middle School's vice principal, is the one who brought the F.O.R. club to the school. He recently stated, "I found out about the F.O.R club from the principal of North Eastern middle school about 5 years ago." After hearing about the changes that the club had on that school, he decided to bring it to CMS. The impacts that the F.O.R. have had on the school after just one year are exceptional. Mrs. Moore, a 7th grade teacher at Centerville middle school included her thoughts on how the school changed by having the F.O.R club at CMS. She stated, "Because of the F.O.R club, people are more aware of the effects of kindness, and the students want to start a chain reaction." Another teacher at the middle school, Ms. Bolettieri shared her thoughts on how the school was impacted; she stated, "I am extremely impressed how many students want to be in the F.O.R. club, and to me that is a sign of change to see students that want to be kind." Mr. Ackerman has seen a very large change in the school since the F.O.R. club was introduced. He states, "We have seen a lot more opportunities to make a difference and more people are willing to volunteer to help others." Mrs. Moore also adds, "We are always looking for people. We wouldn't turn anyone away. Even if you are not in the club, it's always important to be kind." The F.O.R. club encourages everyone to be kind and to spread Rachel's positivity and joy to everyone.



Photo courtesy of CMS F.O.R. Club  
Instagram: @cmsforclub

## ABOUT THE MIDDLE PAGES

Centerville Middle School's newspaper is compiled of a group of 7th and 8th graders. The students brainstorm new ideas each quarter to cover; their purpose is to inform their peers about topics that they believe are valuable. Mr. Harbeck, a 7th-grade ELA teacher advises this group of students throughout the school year as each paper is published. The members of the Middle Pages are as follows:

### **8th-Grade Members:**

- Lindsay Over (Chief Editor)
- Brady Rigard (Director of Athletics)
- Callie Landis (Director of Art)
- Mary Loiseau (Director of Photography)

### **7th-Grade Members:**

- Sofia Blyznyuk
- Leah Brenneman
- Lariah Bruce
- Alexandra Cluck
- Haley Knouse
- Berenice Lezama-Acosta
- Timothy Morvin
- Olivia Schmidt-Varga
- Madison Smith
- Cecily Stephens
- Mila Wachstein
- Nathan Moore