

THE MIDDLE PAGES



Picture by MJ Brooks



Hempfield

Centerville Middle School

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TEACHER SPOTLIGHT

This year's quarter 2 teacher spotlight is 7th grade English teacher Mrs. Moore. Mrs Moore has been an educator for 18 years! She has been a teacher here at CMS since 2017. She wanted to go into teaching because she had a lot of really great teachers as a student, and she was inspired by the positive impact they had on her. The school she attended growing up was Saint John the Baptist located in Philadelphia, PA. The reason she chose the subject English was because she read a poem called "Oranges" by Gary Soto, and her professor was very impressed by her analysis. Her professor said she should become an English teacher, and that's what she did! Mrs. Moore's favorite subject growing up was history. We asked her the question, "If you could teach anywhere in the world, where would you choose?" Her answer was CMS because "it's the most amazing place on earth." Mrs. Moore is very passionate about teaching, poetry, William Shakespeare, and the Philadelphia Eagles.



CMS POLLS - WINTER EDITION

For the second marking period of the 2023-2024 school year the newspaper club conducted a survey about multiple winter topics. The first question was which main course students prefer the options were turkey and ham. The preferred option was turkey with 51 students voting for turkey and 37 voting for ham. The second question was favorite snow day activities. There were multiple choices however, sledding was the top choice with 33 votes and the second most popular option was to watch movies with 20 votes. The third and final question was what your favorite cookie during the holiday season is. The favored option was Chocolate chip cookies with 42 votes.



BOOK REVIEW

A great book that I have read in the past is, “The Last Fallen Star” by Rick Riordan. The book is about a girl named Riley Oh, she was adopted into the Oh family. They are a family of healers that practice ancient Korean magic. Her family belongs to the Gon Clan, and she desperately wants to be in. On the night of her sister’s initiation ceremony she would get her Gi bracelet which would allow her to cast spells without parental supervision. On this night they planned to do a spell to allow Riley to do magic. The spell cursed Riley’s sister and she got lost in the spirit realm. Riley is given the task to find the last fallen star of the Godrealm. She goes on a quest to save her sister and find the star. This book was a great read and I enjoyed it immensely. I hope this makes you want to read it because there’s a lot more to the book than just this. It has a lot of twists and turns.



JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

The Fulton has put on many amazing shows for the past couple of years but none like Joseph and the Amazing Technicolor Dreamcoat. This production was directed by Mark Robyn who has worked at the Fulton for over a decade. Joseph is



played by Jake Levy, this is his first production at the Fulton. This spectacular cast has been practicing since September to give us this sensational show. The musical is based on the Bible story of Joseph and his brothers. Joseph is one of twelve sons that Jacob his father has. Joseph has amazing dreams and can interpret other people's dreams. Joseph is Jacob's favorite son and to show this Jacob got Joseph a special technicolor dreamcoat.

His brothers thought this was the last straw since his father always cherished Joseph over them and threw him in a pit. Then when the Ishmaelites came by they thought of selling Joseph to make some money. They ripped his coat and dragged it through goats blood to make it look like Joseph got in a terrible accident. Joseph got sold to a very rich and powerful man named Potiphar. Potiphar grew to like him and made Joseph head of his house. After Potiphar's wife accused Joseph of making a move on her he was sent to prison wrongfully. Joseph meets a butler in prison who explains his dream to Joseph. Joseph gave him good news and Butler was soon released. The butler tells the Pharaoh about Joseph and the Pharaoh orders him out so Joseph can explain his dream. Joseph gives the pharaoh amazing news about Egypt and then becomes Pharaoh's right hand man. He eventually reunited with his brothers and father.

The show is based on this story but expresses the events through singing and fantastic dancing. The show was an hour and forty minutes long and usually had a twenty minute intermission. The show ran from November 17 to December 30. I was in the youth ensemble of the show and it was the best show I have ever had the chance to be a part of. I hope whoever got to see the show loved it as much as I did and if you didn't get a chance to watch the next three shows at the Fulton are It happens in Key West, 9 to 5, and Charlie in the chocolate factory.

WINTER FASHION

It's officially winter, and trends come and go, and there are a few different style suggestions the members of the newspaper have for the Centerville Student Body to stay up with the trends!

This winter, combat boots or any form of military-style boot have resurfaced as popular wear. Doc Martens are a strong example of these types of boots for the winter time. They pair well with many different styles, and are always a good touch on a chilly winter day.



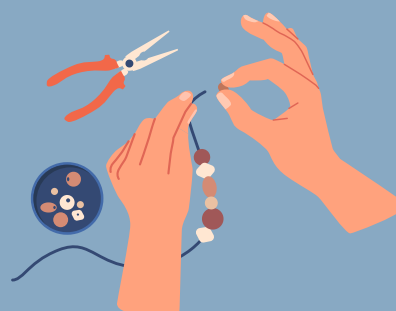
Flannels will be forever timeless, as an oversized addition to any wardrobe. Yellows, oranges, greens, purples, and reds are the colors of the season. Plaid is a timeless staple that never goes out of style, so make it a point to incorporate this versatile print into your outfits this season!



Cargo jeans have always been something that I've always second guessed, but they really are growing on me, Black acid wash, or light to medium wash are some of our favorites. Tan cargo pants are also a great option for all year round, but they can be a bit cold for the winter time. For any pants in the winter season I recommend wearing fleece lined tights underneath for some added warmth in the colder months.



Accessories can add a lot to any outfit, no matter what they are, but one of my favorites this year are necklaces with large pendants, and long chains. It's a fantastic way to add personality to your outfits, and a good way to incorporate color. Another favorite of mine are thin chain bracelets, it's a very subtle touch to add to any outfit.



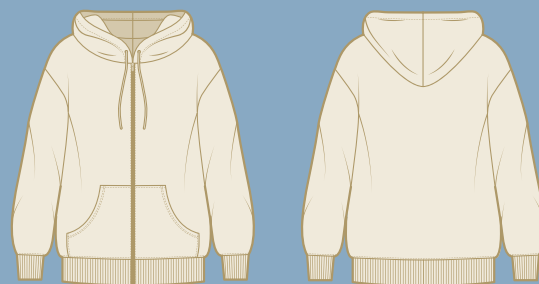
WINTER FASHION

Sweatshirts are always comfortable, and warm thru are perfect for a winter day. But how do we style them to look good? My first recommendation, may be a controversial one, but It is time to lose the cropped sweatshirts. Zip up hoodies can also be a great way to add style to your comfy sweats! You can unzip them to show off your favorite t-shirt, while still maintaining that cozy warm, snow day feeling!

Something else for colder temperatures are layered looks. Sometimes they can look sloppy, but if you do them right, they can look really good. For example, you could layer a flannel overtop of a sweatshirt for a more festive look depending on the colors you combine!

Because it's so cold, having a statement jacket or hoodie is a good idea. It's smart to pick one that matches with a lot of things in your closet. So you can throw it on over anything without worrying about whether or not it matches. (A black, grey, or white one is a good idea because those colors match with everything.)

One of the things people should wear more would be winter vests. Vests are an amazing way to style a sweatshirt, a T-shirt, or a long sleeve shirt. Vests also can be a replacement for a large winter jacket!



ANIMAL HIGHLIGHTS

REINDEER



Two Reindeer

You've heard of reindeer such as Dasher, and Dancer, and Prancer, and Vixen..... but do you recall the most famous reindeer of all..... Rudolph! While all of those well known reindeer are myths themselves, reindeer themselves are actual animals, and interesting ones at that!

Reindeer are more than something that is sung as a song, they're majestic mammals that have unique antlers coming from their heads. They sadly do not have red noses, not even those named Rudolph. In fact, reindeer are the only species of deer to have hair that completely covers their nose! Male reindeer sometimes happen to shed their antlers every late fall, leaving them without their antlers until the following spring. Females tend to keep theirs until they give birth to their calves in Spring. Reindeer are actually the same thing as caribou, the only difference being that in Europe they call them Reindeer and North America calls them Caribou. Just as the name suggests, reindeer are in fact, a type of deer. Their antlers can grow up to 4.5 feet! Another impressive fact is that studies show Reindeer are the only mammal to be able to physically see ultraviolet light. Reindeer often form herds, most of the time around 15 per group. However, in the spring they can merge into a herd of up to 100,000 reindeer! While reindeer usually move at a slow walk, they can run rapidly at up to 50 mph. Reindeer are amazing animals that have many unique features about them that shows how interesting they are!

PENGUINS

What can range from 2 pounds to 80 pounds and from 15 inches to 3 ½ feet and usually lives in freezing cold weather? Penguin species can range greatly in weight and height and are popular during the winter. Penguins are unique in many ways including the fact that each species of penguins have different characteristics and that penguins fly underwater instead of in the sky. (continued on next page)



Emperor Penguins

ANIMAL HIGHLIGHTS



Blue Penguin

PENGUINS CONTINUED

One type of penguin is called an Emperor Penguin. Emperor penguins are the largest penguins and they can dive deeper than all other birds, 1,800 feet at the most. They can also grow up to about 4 feet. They are simply colored black with a white belly and some yellow scattered around their body.

Emperor Penguins eat krill, fish, and squid. Meanwhile, Leopard Seals, Orcas, and Fulmars are their predators. The International Union for Conservation of Nature (IUCN) considers that Emperor Penguins are near threatened due to global warming and climate change. Penguins spend lots of time on ice, but global warming melts the ice and stops ice from forming, which ruins the penguin's habitat, threatening them.

Another type of penguin is the Blue Penguin, the smallest penguin known. The Blue Penguin is colored pale blue, while Blue Penguin chicks, baby penguins, are black and brown. There are also six types of Blue Penguins that can live in Australia, Tasmania, and New Zealand. The diet of Blue Penguins includes fish such as anchovies and sardines, squid, crustaceans, and even krill. Their predators include seals, killer whales, sharks, and sometimes animals such as dogs and foxes on land. Their eggs are prey for gulls and skuas. Thankfully, Blue Penguins are in the least concern of endangerment.

A third type of penguin is the Macaroni Penguin, which have very unique hairstyles. Starting from above their beak, Macaroni's have yellow and orange feathers that lead onto their heads. Their basic appearance of black with a white belly looks even cooler with yellow feathers and red eyes. Juvenile Macaronis are completely different though. They have no yellow and orange hair and brown eyes. Adult Macaroni's weigh 12 lbs and they can be 28 inches (2 feet and 4 inches) tall. Macaroni's usually eat krill but sometimes eat other crustaceans and small fish. Macaroni Penguins are hunted by seals and Killer Whales. Sometimes they can dive up to 375 feet! Unfortunately, Macaroni's are said to be vulnerable according to the IUCN, meaning they could be extinct soon.

Macaroni Penguin



Those are just two of the many species of penguins in the world. In conclusion, penguins are very unique animals because of their unique appearance, diet, and capabilities.

WINTER HOLIDAY FOODS

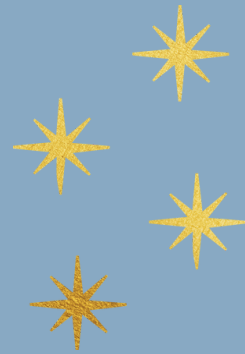
Around the holiday season many families celebrate different holidays. Jewish families celebrate Hanukkah, African-American families celebrate Kwanzaa, and Filipino families hold family gatherings to celebrate Christmas. Everybody celebrates these holidays differently, but here are some of the main foods people eat at these holidays.

At Christmas time Filipino families hold large gatherings of friends and family. At these gatherings, people share a variety of foods and drinks. The foods at these gatherings vary, but some popular foods are lumpia (loom-pee-ya), pancit (pun-seat), and leche flan

The Filipino appetizer, lumpia, is a popular food at parties and gatherings. This roll is usually veggies and meat wrapped in a thin, crepe-like wrapper. It may be filled with a sweet or savory filling. An example of a sweet filling could be bananas rolled in brown sugar. Another filling would be ground pork with chopped carrots, celery, and onions. Most families will have a small dish full of a sweet chili dipping sauce alongside their lumpia.

Pancit is a Filipino dish of stir-fried noodles, meat and vegetables coated in a savory-sweet sauce. Pancit, which means “noodles”, has many variations. One recipe is made with tender rice noodles, carrots, cabbage, and chicken or pork, known specifically as pancit bihon. Pancit noodles can be topped with Lechon Kawalii, crispy and juicy fried pork belly, or it could also be eaten with white rice.

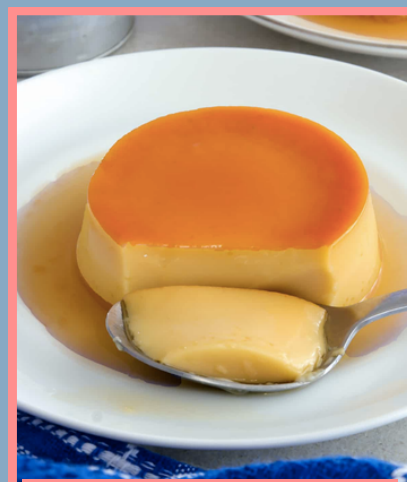
For dessert at gatherings, families will eat leche flan, a sweet custard dessert with a sugary caramel sauce on top. The custard is very similar to the Spanish flan, but the Filipino custard consists of egg yolks and condensed milk, instead of the whole egg and evaporated milk. This makes it sweeter, richer, and denser in consistency.



Lumpia Dish



Pancit Dish



Leche Flan

WINTER HOLIDAY FOODS (CONT.)

In the 8 days of Hanukkah, Jewish people enjoy deep fried foods to celebrate an oil lamp that lasted 8 days instead of just one. Jews prepare many foods to be fried in olive oil. Some of these deep fried foods may be Sufganiyot and(or) latkes.



Potato Latkes

A latke is a type of potato pancake or fritter in Ashkenazi Jewish cuisine that is traditionally prepared to celebrate Hanukkah. Latkes can be made with ingredients other than potatoes such as cheese, onion, carrot, and zucchini.

Sufganiyot is a jelly filled donut. The jelly inside these donuts is usually a strawberry filling but sometimes is a raspberry jelly. Some other recipes could have the donuts filled with a chocolate cream, Dulce de Leche, halva, Araq, vanilla cream, and other fillings families choose to fill their Sufganiyah with. These recipes could also have their donuts topped with, rather than the regular powdered sugar, coconut shavings, fruit pastes, or meringue.



Sufganiyots

Families that celebrate Kwanzaa don't eat many specific foods, but whatever a family makes for Kwanzaa is considered a Kwanzaa food. Every family celebrates differently and has different foods they eat, but some examples could be Accras or Maduros. Accras are a salted cod dish that is battered lightly and fried. This dish is very popular in the Caribbean as well!



Accras Dish

No matter what holiday you celebrate, it is important to remember that there are so many unique and special foods that different cultures hold near to their hearts. If you have never tried any of the foods listed above, take some time this year to try something new!

WINTER RECIPIES

GINGERBREAD THUMBPRINT COOKIES

Everyone knows that the holidays are filled with excitement, fun and tasty treats! There are plenty of flavors specific to the holiday season, one being the infamous gingerbread. While it is past The season for festive foods, anyone can still enjoy them just as much.

A treat with this great flavor is gingerbread thumbprint cookies! The recipe from <https://www.swankyrecipes.com>, was chosen after drooling over plenty of other festive foods. The cookies are made with a molasses/gingerbread mixture, the filling is mostly white chocolate chips and more cozy flavors like cinnamon and more molasses, and the topping drizzle was purely melted white chocolate chips. This recipe is as follows:

~Cookie ingredients~

- unsalted butter ($\frac{3}{4}$ cup)
- Granulated sugar or packed light brown sugar ($\frac{3}{4}$ cup)
- 2 tbsp packed brown sugar
- $\frac{1}{2}$ cup molasses
- 1 large egg
- 3 cups all purpose flour
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- $\frac{1}{4}$ ground nutmeg
- $\frac{1}{4}$ tsp pumpkin pie spice
- $\frac{1}{2}$ tsp salt
- 1 tsp baking soda
- 1 tsp pure vanilla extract
- $\frac{1}{3}$ cup granulated sugar (for dusting)

~Filling~

- 1 cup white chocolate chips
- 4 $\frac{1}{2}$ tsp milk
- 1 tsp molasses
- $\frac{1}{8}$ tsp ground ginger
- 2 dashes ground nutmeg

~Topping~

- $\frac{1}{3}$ cup white chocolate chips
- 2 tsp milk



Finished Cookies

GINGERBREAD THUMBPRINT COOKIES (CONT.)

Baking Instructions

In a medium bowl, whisk together all-purpose flour, ginger, cinnamon, nutmeg, pumpkin pie spice, salt, and baking soda; set aside.

In a bowl fit with a mixer, beat butter, granulated sugar, and brown sugar on medium-high speed; about 4 minutes.

On medium speed, beat in molasses until combined. Beat in egg and vanilla extract. Use a spatula to wipe down the sides of the bowl and beat until combined; about 2 minutes.

With the mixer on low, slowly beat dry ingredients into wet ingredients until combined. Wipe the sides of the bowl down with a spatula then beat; 1 minute.

Cover mixing bowl with plastic wrap and refrigerate dough for at least 1 1/2 hours.

Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper.

Using a cookie scoop, scoop dough. I used a 1 1/2 tablespoon scoop. Cut cookie scoop dough in half then roll each half into a ball. Each ball is mini; about 3/4 inch or about a little more than 1/2 tablespoon of dough.

Roll dough into 1/3 cup granulated sugar then place on a prepared baking sheet.

Place dough 1 inch apart. Using a teaspoon measuring spoon, carefully indent the cookie in the center and press in just to form the center. Don't puncture through the dough to the cookie sheet.

Bake cookies for about 7-9 minutes. I baked mine for 8 minutes but oven temperature may vary.

Using a teaspoon measuring spoon, indent the center of the cookie. Allow cookies to cool before filling.

To Make the Filling

In a small saucepan over low heat, melt white chocolate chips and skim milk. Stir in ginger, cinnamon, nutmeg and molasses.

Working in batches, carefully spoon about 1 teaspoon chocolate mixture into the indent. I had about 50-60 mini cookies. Reheat chocolate mixture as needed to spoon easily into indents. Allow to cool; about 10 minutes.

To Make the Topping

In a small saucepan over low heat, melt white chocolate and skim milk until silky smooth. Carefully drizzle cookies with chocolate. Allow cookies to cool then store in an airtight container.

Final Thoughts

Construction of these cookies took ~3 hours. The cookie base was made and popped in the fridge to cool for 1 1/2 hrs, after which the filling was prepared as the base baked. The cookies were finally put together and looked delicious. The baking of the cookies was relatively easy; nothing different or more challenging than any other recipe you have made at home.

Speaking of taste, maple syrup or honey could be used instead of molasses for those who don't enjoy the flavor of this ingredient. While very sweet, the base of the cookies was what you would imagine a holiday treat to be- warm and cozy with a bit of holiday spice. The filling is what gave the cookies their sweetened flavor, which complimented the base very well. Overall, anyone is greatly encouraged to enjoy this delicious cookie recipe tomorrow or next holiday season!

WINTER SPORTS

BOYS BASKETBALL (7TH AND 8TH GRADE)

The 2023 boy's basketball team is off to a good start this school year! The boys have two teams, there is the 7th grade team and 8th grade team. The 7th grade team has won 10 games and lost 3 games. The 8th grade team has won 6 games and lost 7 games.

Every team has strengths and areas to grow. The boys basketball team is very strong and their specialty is shooting and 3 pointers. But they need to improve on passing and their communication on the court. The Boys team thinks 2 of the hardest teams they will play are Cedar Crest and Manheim Township. They expected them to be tough competition and be a high scoring game. The boys said they were excited to win games this year. To prepare to win games the boys practiced at home to work on things they were struggling with. They are approaching the end of the season and so far have 2 wins and 3 losses.



To conclude, the Boys Basketball season has been amazing so far and they have worked hard. The team appreciates everyone who came to watch their games and cheer them on. Congrats on a great season boys!

GIRLS BASKETBALL (7TH AND 8TH GRADE)

People presume basketball to be a normally indoor court game between two teams of usually five players each. Basketball is way more than a sport, it connects people and helps bring people out of their shells. This year's girls basketball season was a great one with the girls winning all their games except for one. For example, Kendall Hartenstine scored 14 points through the whole season. She believes the most difficult basketball team she went up against was Wilson because of their strong defense. She is a guard and likes playing defense because it shows her aggressive side. Alivia Crawley is also one of the most influential players on the teams, she had a total of 45 points during the season and also believed that Wilson was their hardest opponents. She is a Center and enjoys her position because it ends with her scoring the majority of points. Another example of a phenomenal player on the girls basketball team is Alexis Atwater she scored a total of 30 points this season, and believes the hardest game this season was against Wilson as well . She is a guard and enjoys her position because it involves her scoring. Jenna Ernst is like the manager of the team, she took care of all of the team's plans for planning practices with their coaches Coach Hanusa and Coach Miller. Jenna sadly got injured at the end of the season but was a great asset to the team.

GIRLS SOCCER

The 2023 girls soccer team had a fantastic season this year! The girls had two separate teams, JV and Varsity. On each team there is around 18 players. The girls team played a total of 12 games, playing each school twice. The varsity girls team had an undefeated season meaning they did not lose a single game. The JV team lost 3 games but won 9 games!

Among all of the games that the varsity team played, many of the players agreed that Penn Manor was the most difficult matchup. Players from the team, Alexandra Deck, Caroline Stadden, and Elle Strassman stated that, “They were our biggest competition. We didn’t play that well, and they outplayed us in all parts of the game.” Aside from the most difficult game, the players on the varsity team each agreed that this season was successful. Acknowledging that your team needs improvement on things and working on fixing them is an important part of sports. Alexandra Deck, Elle Strassman, and Brynn Boyd all agreed that making runs to the corner is something their team needed to work on. Making a run to the corner is when a player runs to the corner of the field and the player with the ball passes the ball to that person.

In conclusion, the girls had a fantastic year and are sad that it’s over! Be on the lookout for the Hempfield Black Knights Girls Soccer Team this upcoming season!



CMS CHEER

What is cheerleading?

Cheerleading is an activity in which the participants (called cheerleaders) cheer for their team as a form of encouragement. It can range from chanting slogans to intense physical activity. It can be performed to motivate sports teams, to entertain the audience, or for competition. Cheerleading routines typically range anywhere from one to three minutes, and contain components of tumbling, dance, jumps, cheers, and stunting.

Middle school cheerleading may seem easy, but it's actually very tough and complicated. It's no easy task when it comes to things like stunts, motions, and the constant movement. In order to be a cheerleader, you don't only need to have Stamina, you need to be able to cooperate with your peers. In cheerleading, there are 4 spots you can have. The back, the base, the flier and the front. Although a front is not needed, the back, base, and flier are all important in order to perform a good stunt.

Not only is it necessary to practice these stunts frequently, it's also important to have good jumps, flexibility, and sometimes acrobatic abilities. It is also important to not be afraid, to try your best when it comes to things like competitions, and to stay positive.

To learn more about cheer, the Middle Pages interviewed students who are on the cheer team for Hempfield. CMS 7th grader, Izzy Elusme, stated, "I am mainly a back and sometimes a front. Although it's hard to keep the flier in the air, I really enjoy doing this. It's hard to learn the grips you need to know, because there are a bunch of different stunts." Similarly, Emily Stauffer, another 7th grade student at CMS said, "I'm a base, and it's really hard but it's also really fun. I get really nervous when I think the flier is going to fall because we almost dropped her a lot." It is clear from these two students that being a base in cheerleading is difficult but can be rewarding when done correctly!

While cheerleading can be physically taxing, many of our CMS students love the sport and the memories they have made during competitions. 8th grade CMS student, Gabby Bowman, stated, "My greatest memory is getting to hang out with my friends 3 days a week even outside of school, and the competitions. Although it's really hard to learn stuff and keep up, it's always worth it to keep trying."

Jayloni-Lynn Iverson-Lewis said, "My best memory is from the banquet because I had a lot of fun with my friends there. When you cheer you can do all sorts of fun extra activities with your team and the banquet was one of them I guess." When asked why should people cheer Caroline Musser stated, "You shouldn't join cheer if you get offended easily, or don't take criticism. But it is pretty fun and exciting to do competitions, even if the football games seem pretty boring."

Final information

If you are interested in being a cheerleader, talk to any of your school coaches or friends who are cheerleaders and sign up! You won't regret it, because cheerleading is not only fun, but rewarding.

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