

PANTHER PRESS

THE DIGITAL NEWSPAPER

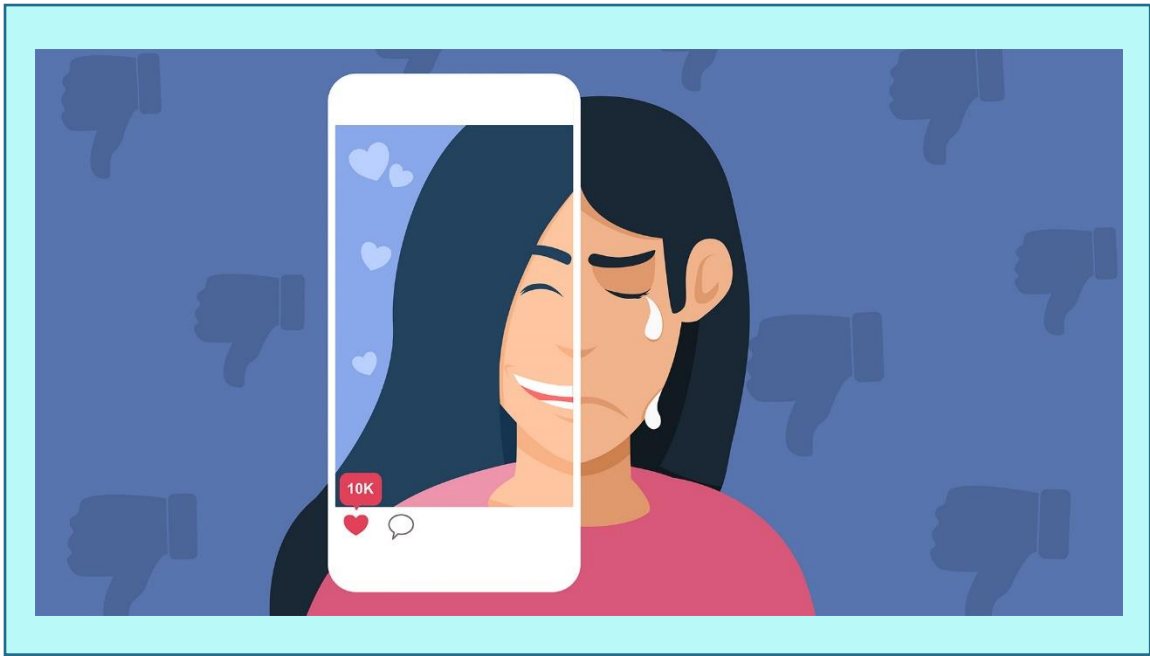


Image from: <https://red.msudenver.edu/2022/is-social-media-bad-for-your-health/>

Why is Social Media So Damaging?

----- BELLA POLLARA

According to Wellmore Behavioral Health, “13% of kids aged 12-17 report depression and 32% report anxiety. 25% of 18-25-year-olds report mental illness”. All of these age groups report a high usage of social media. Social media is not a bad thing. Humans need communication to thrive in life and stay steady. However, when you use social media in a way that it wasn’t meant to be used, it starts to harm you rather than help you.

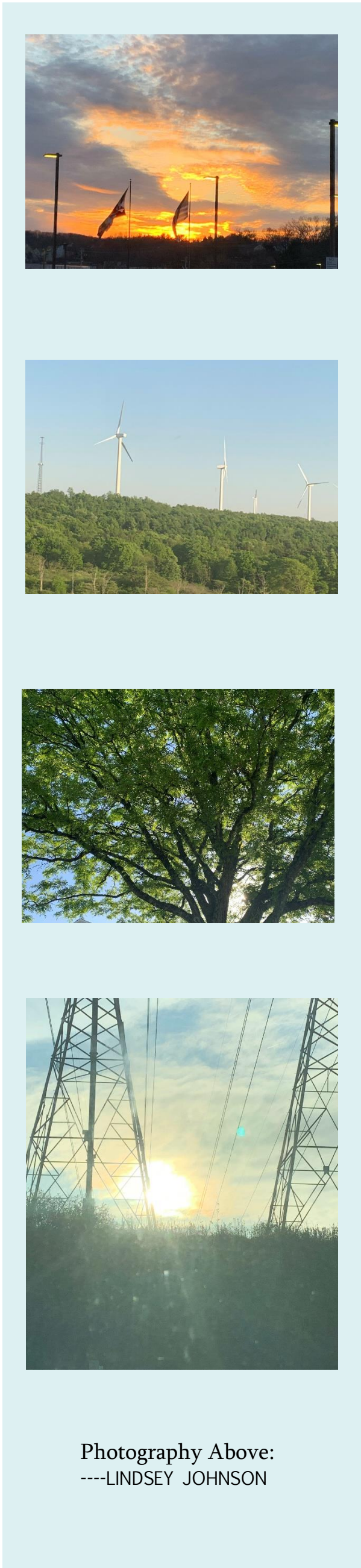
In today's day and age, children are given technology devices when they are very young and grow up with the media all around them. Exposure happens whether it’s on a big or small screen. Commonly used social media platforms are TikTok, Instagram, and Snapchat.

One of the things that has caused many people damage is constantly comparing themselves to others. Even before technology, it was common for people, mostly teenage girls, to compare themselves to celebrities or models in magazines; however, now these magazines are devices in our hands. Instagram is a big culprit, making people compare themselves to others. By constantly updating its feed of photos and videos of people, Instagram makes it impossible to ignore others. You could just be scrolling on your page and then you see someone with a better body, better life, or better friends and you start to feel bad about yourself. This can really hurt your body image.

F.O.M.O or the fear of missing out is now a reality. Another way people compare themselves is to their friends or those in their age group. When they see someone else doing something they are not, such as buying a new fancy home or going shopping without them, people can feel inferior. Before you realize it, you’re spiraling into asking yourself why you are not there having fun or why don’t you have a picture-perfect life. It can cause you to believe you are not good enough. This greatly affects the teenage population.

The final reason why social media is damaging is more obvious: it is addictive like any other drug and can cause physical harm. Like an alcohol addiction, an alcoholic keeps saying they will stop consuming even though they continue to drink. You keep saying you will get off social media but end up staying on it for a few more hours. Being on your phone for a long time can not only affect your mental health, but also your physical health. Some physical responses to a long-extended amount of time on your phone can cause bad sleep habits, bad posture, and can damage your eyesight.

Taking this all into consideration, next time you find yourself to be going through any of these damaging habits, try taking a break from social media and being more present in your real life.



Photography Above:
----LINDSEY JOHNSON

Camp Out with the Boy Scouts: Be Prepared!

----- CLAY REYNOLDS



The Boy Scouts of America is a group that meets every week at a meeting called a troop meeting. Everyone who is a part of the troop attends and participates in activities planned by another group in the troop called the PLC (Patrol Leaders Council). The troop is divided into patrols which consists of 3 or more scouts. There are then jobs in the patrol. The patrol leader, the assistant patrol leader, who assists the patrol leader and leads the patrol if the patrol leader isn't there, and a quarter master, in charge of the patrol's cooking supplies and food, make the troop run smoothly.

The troop usually goes on a camping trip once a month except for the months of July, August, and sometimes September. Every year the troop goes to a week-long summer camp where you pick the classes you want to take to earn merit badges. There are also ranks in the troop: scout, tenderfoot, second class, first class, star, life, and eagle scout. You need to do different requirements to rank up and earn merit badges.

When I go camping with my troop, they collect our phones once we get to the camping site every camping trip. My troop goes camping all over the country. I've gone camping as far north as Massachusetts and as far south as North Carolina. On some camping trips, the troop cooks for everyone. On others, the patrols cook for themselves. Sometimes the troop supplies the patrols with food and recipes.

I hope this article convinced you to join boy scouts or at least encourages you to go camping!

To Be or Not To Be...That is the equestrian! : Horseback Riding Tips

----- GWENDALYN PICKLE



Do you like horses? Do you like spending time with just yourself and amazing, majestic animals? If you answered yes to any of these questions, then horseback riding may be the sport for you! If you want to do horseback riding, you need to do the following steps.

- 1: Locate a farm where you can ride. Make sure this farm offers the level of riding you need.
- 2: Book a lesson. With most farms, you need to book a lesson, so make sure you contact the trainer and set a date. Be sure you let the trainer know what level of riding you need.
- 3: Get the right equipment. When you get there, your horse will need tack or equipment to ride the horse. Make sure you tell the trainer if you need help.



Here are some helpful tips that will help you when riding:

- Keep your heels down and your toe up
- Your reins are connected to your bridle.
- Don't look down at your horse's head. Keep your eyes up.

Have fun and good luck!

It's Not a Waste of Time to Care About Your Food: Small Changes Make Big Differences

----- VIENNA CHEUNG



How many times have you seen someone throw away perfectly good food? How many times have you done this yourself? According to the FDA, 30-40% of the food supply in the United States ends up in municipal landfills. Food waste costs us billions of dollars and wastes tons of resources.

One way to reduce your food waste is to stop buying excessive amounts of food. Only buy food if you know you are going to eat it. This can also help you save money. If you don't finish a meal, you can set the leftovers in the fridge to eat later. You can also donate unwanted food to food banks and people in need. If everyone takes part, together we can make a difference!



Top 8 Best Summer Recipes

----- ARABELA HOLMES AND AUDREY CRUMPTON

1.Strawberry-Halva Shortcake

Coved with chunks of sesame halva and bittersweet chocolate, these strawberry shortcakes are incredibly good. They are layered with cream and strawberries.

Find the recipe at-
<https://www.bonappetit.com/recipe/strawberry-halva-shortcakes>

2. Halo-Halo

There are layers of shaved ice and condensed milk on top of all different kinds of ingredients. This allows for an end result of many different contrasting textures. Some common foods in Halo-Halo are jellies, flan, macapuno, palm seeds, sweetened red beans, shaved ice, ube ice cream, fresh fruit, toasted coconut flakes, pinipig.

Find the recipe at-
<https://www.bonappetit.com/recipe/halo-halo>

3. Peach Pie

There are many ingredients such as nutmeg, vanilla, citrus juice, and zest that enhance the peach flavor without overpowering it. This recipe is a little hard to make so if you want to try, I recommend having a parent to help you if needed.

Find the recipe at-
<https://www.bonappetit.com/recipe/peach-pie>

4. Salted Pistachio Crumbles with Berries and Ice Cream

On top there are salty, crumbly pistachio pieces and juicy macerated fruit. Don't worry about using expensive or homemade ingredients, the Ben and Jerry's from Walmart will work just fine!

Find the recipe at-
<https://www.bonappetit.com/recipe/salted-pistachio-crumbles-with-berries-and-ice-cream>

5. Coconut-Peanut Mochi Balls

They are stuffed with crunchy roasted peanuts and are mixed with creamy peanut butter, honey, and little bit of salt. Coconut milk is what keeps the outside of the Mochi soft for days, while the peanut filling switches between sweet and salty. For people who don't know what mochi is, it is soft, chewy buns made of rice.

Find the recipe at-
<https://www.bonappetit.com/recipe/coconut-peanut-mochi-balls>

6. Bibingka Waffles

This extremely colorful recipe is inspired by bibingka which is a Filipino coconut rice cake. These waffles are topped with fresh fruit, coconut flakes, and coconut yogurt. This recipe is also vegan and gluten free.

Find the recipe at-
<https://www.bonappetit.com/recipe/bibingka-waffles>

7. Classic Banana Pudding

Made with homemade vanilla pudding, sweetened condensed milk, and mascarpone, it is customizable to your likings. You can use cream cheese rather than mascarpone. You could also get rid of the mascarpone or cream cheese all together. If you want to add something on top you could add wafers or some type of cookie. It is pretty simple to make and absolutely delicious.

Find the recipe at-
<https://www.bonappetit.com/recipe/best-banana-pudding>

8. Almond, Kale, and Banana Smoothie

If you are looking for a healthier option, this recipe is for you! It includes all the best fruits and vegetables blended together into one amazing smoothie. It is simple, and easy to prepare making it even harder to resist.

Find the recipe at-
<https://www.bonappetit.com/recipe/almond-kale-and-banana-smoothie>





It's All Fun and Games Until Somebody Puts the Candles Out...

----- MEGAN HERNANDEZ

Hi, my name is Megan. This is a weird story that happened on my sister's birthday. I will never forget it!

It was the day before her birthday, April 11th, 2021. Only just about over a year ago from now. My mom and I were thinking about what to do for her birthday. My mom decided to have the celebration outside on the porch just like she did for my birthday. She didn't have a lot of decorations and didn't want to waste any money, so we recycled some Hello Kitty themed decorations from the basement.

My mom and I wrote down all the things we were going to do for my sister's birthday. Then, we put it all in order. My sister was watching her favorite Roblox channel on TV.

"Go away, it's my birthday!" my sister, Madi, said as she pushed me away.

"No, it's not. Your birthday is tomorrow!" I replied feeling annoyed.

"SHHHHHHHH! Be quiet!" she yelled.

"Alright fine, spoiled brat!" I cried.

"GRRRRRRRR!" cried my sister.

I was so jealous that she could do whatever she wanted today and tomorrow even though my parents did not approve. So, I decided to do something that I later regretted so much!

The next day, I saw my sister who was very excited. I knew that this was the day for a prank! Though I hadn't told anyone yet, I was going to explain when the guests arrived.

"Finally, the guests have arrived!" Madi and I yelled, running to the door.

After having some fun at the party, I told a few of the guests, who were also my friends, about the prank. They all declined. Only one guest wanted to do a harmless prank. We decided to scare her and she seemed confused. This was not the reaction I was expecting. It seemed like one of the younger guests heard our conversation before the prank! Madi's friend gave us an evil stare and left with Madi. My mom had told me not to try and prank my sister, but I thought maybe I could make it a funny prank to make everyone laugh. For the rest of the party, we spent time playing games.

Unfortunately, the pranking did not stop. I think it was all because I started it and the other guests then thought it was ok to do. I saw another guest try to scare and annoy Madi a few times, which annoyed her very much. This guest even broke one of her Lego structures! I decided to distract Madi away from the guest because I could see she was annoyed. We played Duck, Duck, Goose to take a break. Then, when my sister got so tired of being scared, she kindly asked the guest to stop. Instead of apologizing, the guest then hurt my sister's feelings. Madi's best friend felt bad and tried to calm her down. I was so mad at the guest, but I couldn't really help the situation because the guest was only in Pre-K. I couldn't yell at her and she ran home feeling ashamed. I felt really bad about the whole situation.

Luckily, all the rest of the guests helped to make the rest of my sister's birthday celebration happy. By the end, we all had a very fun day, and my sister forgave her guest. Credit goes to my mom and sister for helping me out with the situation!

Stranded: A story of speaking out. Based on everything that happened in Germany with WWII.

----- LINDSEY JOHNSON

It started with fierce cats such as lions. I saw the odd things capture them and get put in a cage. This did not involve myself, so I did nothing. I heard the odd things in the cities, made from our homes that they destroyed. I heard them speaking their odd language that none of my comrades can understand.

Next, came the birds. I saw the odd things capture them and get put in a smaller cage. I did not involve myself, so I did nothing. I saw the odd things in the country, breaking down our homes and destroying them. I saw them doing the odd things that none of my comrades understand.

Then, came the sea people. I saw the odd things capture them and get put in a tank. This did not involve myself, so I did nothing. This time I knew. I sensed the odd things on the sea, that they have polluted our homes. I sensed them doing those terrible odd things that none of my comrades understand.

Finally, I heard the odd things coming. I knew it was time for another comrade to leave. I do not know what the odd things said. I saw them slowly walk up to me and my peers as I looked into their eyes -large and filled with fear. I realized danger was ahead, yet as I squealed to alert others it was too late. I felt the odd things capture us and put us into their large, odd things that looked like monsters. I squealed again to try to save myself and to save my comrades, but by that time there was no one left to save us.

After hearing and seeing what has happened to my friends, I remember. There were things they could've done while there was an option. There were things we could've done when there was an option. There were things I could've done while there was an option. After removing my friends, there must have only been one final choice - "The Final Solution."

Tap Into Your Typing Skills

How to Type Quickly

----- EMILY BOEHL

Do you want to type fast, flex your typing skills, beat your friends in typing races, or just hear the keys click? Well, you are in the right place because I can type as fast as 70 Words Per Minute or WPM. 70 WPM is considered “way above average”, which is a good skill to have.

In order to become a master of typing, I recommend going to websites like Edutyping (edutyping.com) or Type Club (typingclub.com). I suggest that you use these sites regularly while looking at the keys. This will help you know where the keys are.



After a few weeks or a couple of months, I suggest you take a cloth or something to cover your hands and the keyboard. Now, use those sites without looking at the keyboard.



Keep on using these websites with your hands covered until you feel that you know where every key is and can type fluently. After you feel comfortable, try to type a sentence with your eyes closed. Here I'll try: “The cat went down the stairs with a cup of coffe.” I did well, but I'm still not perfect.

Anyway, once you are decent at typing like I am, you don't need to cover your hands anymore, but you still shouldn't peek! Then, go to a site like Type Rush, Nitro Type, Type Race, or any type of race website. These websites tell you how many WPM you have. You can also race against other people or bots.

Also, Type Rush has a system where you can buy cars like motorcycles, trucks, boats, and sports cars. I use this feature often. This system makes the game fun and makes you better at typing. These websites give you the urge to type fast without stress.

Of course, if you feel you need to work on your typing, you can go back to any of these steps at any time. Typing is hard to learn. It took me a year and a half to master my skills, but it can take longer if you aren't motivated. So, start typing and don't give up!

The Tip of the Iceberg: Gender Identities

ABBY DI LIBERTO

THIS IS NOT EVERY GENDER, JUST A FEW OF THE MOST COMMON GENDERS, HENCE, 'THE TIP OF THE ICEBERG.'



Transgender

Transgender is a term used when someone does not identify with their birth sex/gender.



Intersex

Intersex is when someone is born with both male and female parts.



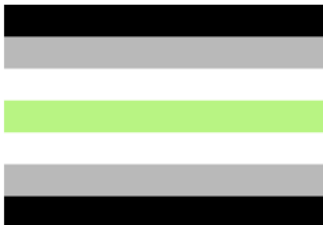
Non Binary

Non binary, or enby is someone whose gender is outside the binary, or male/female/intersex.



Cisgender

Cisgender is the term for those who identify with their birth sex/gender.



Agender

Agender is a gender where someone doesn't feel that they are any gender, binary or not.



Genderfluid

If someone is genderfluid, their gender changes over time, and could be any gender at any given moment.



Genderqueer

If someone's gender does not fit into 'gender norms,' or what is considered 'normal' for a certain gender, then that person is genderqueer.



Genderflux

Genderflux is a gender where someone's gender fluctuates in intensity, meaning they could be at 40% of a gender one moment, then 70% another gender. Genderflux is not the same as genderfluid.



Bigender

The word bigender means double gender, or two genders, and true to its name, bigender means that someone experiences two genders.



Demigender

Someone who is demigender feels partially like a gender, and partially not. That gender can be any gender.



Demiboy

Demiboy is a type of demigender, and means that someone feels partially male, and partially like no gender.



Demigirl

Demigirl is a type of demigender, and means that someone feels partially female, and partially like no gender.

Xenogender
A xenogender individual identifies as something that is generally different than what society think is 'normal' to identify as like an object or animal.



Pronouns

Some of the most common pronouns

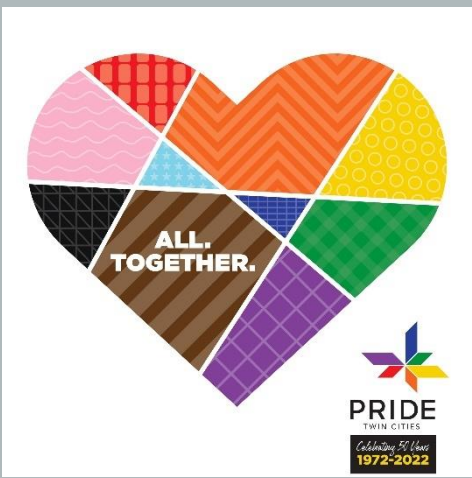
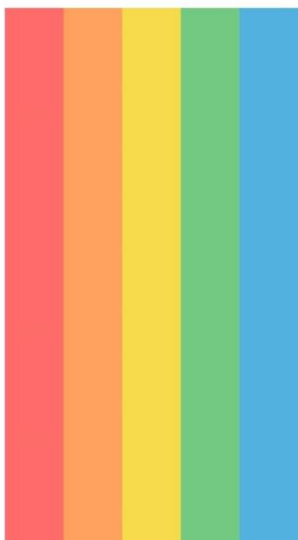
He	Him	His	Himself
She	Her	Hers	Herself
They	Them	Thiers	Themself
Ze	Zem	Zers	Zerself
Xe	Xyr	Xyrs	Xyrself
It	It	Its	Itself

How to use these pronouns in a sentence:

_____ is my friend. I have been friends with
_____ for a long time. _____ favorite color is lime.
_____ likes to be by _____.

**MAKE SURE TO ASK SOMEONE'S PRONOUNS,
DON'T ASSUME THEM.**

Happy Pride



The Tip of the Iceberg: Romantic Orientations

By ABBY DI LIBERTO

THIS IS NOT EVERY ORIENTATION, JUST A FEW OF THE MOST COMMON FEW, HENCE, 'THE TIP OF THE ICEBERG.'



Straight Ally
Someone who is attracted to the opposite gender and supports, but is not a part of, the LGBTQIA+ community.



Gay
A flag for male/ male-aligned people attracted to other men/men-aligned people.



Biromantic
Someone who is attracted to two genders, generally male and female.



Lesbian
A female or fem-aligned person who is attracted to other female/fem-aligned people.



Panromantic
Someone who's attracted to all genders equally.



Polyromantic
Someone who is attracted to multiple genders, but not all.



Aromantic
Someone who does not experience romantic attraction.



Omniromantic
Someone who is attracted to all genders, but prefers one or more genders over others.



Demiromantic
Someone who any experiences romantic attraction if they share a strong bond with someone.

A New Schedule for PHHMS

The 90-Minute Block Schedule



----- PAIGE CAVALLARO

This year, students were told that they were switching from a 50-minute class period to a 90-minute class period. Because of this, students were told that they had to eliminate 1 of their special area classes. They have to take P.E./Health, so that leaves a choice between Art, Tech Ed, and a Music course. Below are what some of the students at PHMS think about the new schedule. The first interviewee is Annie Ferringer, a seventh grader attending PHMS. The second interviewee is Molly Niemiec, a seventh grader attending PHMS.

What are some of your concerns with the new 90-minute schedule next year?

Annie: I feel like there are going to be more distractions because people will start getting antsy and it will be hard for me and others to focus which then could make what we are doing less productive.

Molly: I think that it could decrease students' grades and the reason I say that is because it's a 90-minute time period and some people already have trouble focusing 50 minutes. This means that we will have 40 more minutes added on to each class causing people to move at a slower pace. People will stop focusing because it's such a long time to pay attention and to do the same work.

What are you most excited about with the new schedule?

Annie: I am excited that I get to have a longer time to enjoy the specials and classes that I prefer and enjoy more.

Molly: I am excited that we might have less homework since the periods are longer so we can get all our work done.

Do you think you will have more or less homework? How does this make you feel?

Annie: I feel like I think that we would have less homework since what we would have more time to class to get everything that we need to get done. This would make you have more time for extracurriculars or other things, but an alternative for that could be that we would spend more time in class on just classwork and then we would have separate homework that we wouldn't have time for a class.

Molly: I think that I will have less homework because in my history class, whatever we don't finish in class is homework, so normally I always have homework. It takes me awhile to complete it. I feel like I will get a chance to finish all my classwork causing me to be less stressed.



Artwork by
Vienna Cheung

How efficient do you think you will be with an extended amount of class time?

Annie: I feel like for certain classes where it might be more engaging, I will be more efficient, but others that I am not as interested in, I may not be as efficient.

Molly: I think part of me thinks that I could get more work done in an extended amount of time, but then the other part of me thinks that I would just zone out and stop paying attention.

What special did you choose to get rid of? Why?

Annie: I chose to get rid of art this year because I felt that what I most enjoyed about art in years past had kind of been like taken away. We had less freedom this year with our own creativity that I would have liked to have executed in my artwork.

Molly: I chose to get rid of Tech Ed because, personally, it's not something that I'm very interested in. I feel like it can sometimes be really confusing.

Do you feel like you are getting cheated from the experiences that you would have in the class you are getting rid of?

Annie: I was really excited for the clay project that we were supposed to be doing next year in art which is kind of a little bit disappointing with this new schedule, but then I also know they're trying to get us more prepared for high school. I feel like what we're doing this year is to get us ready for High School, so i feel like the new schedule will benefit us more in the long run.

Molly: If you were really interested in that subject then yes, but if I was really interested in that, I wouldn't have dropped it. I normally don't have a whole lot of special classes with my friends. I don't think I will be missing out on anything.

How do you think that this new schedule will impact your daily routine?

Annie: Hard question. Well, we wouldn't have to transfer to as many classes each day which would eliminate the problems in the hallway each day. Just like I said earlier, I feel like it would give us more time for clubs after school. Also, you would have less classes during the day.

Molly: I am confused a little bit because if there's 90 minutes, we're not going to have every class that we normally have every day. It might be confusing in the morning trying to remember if it is an A or B Day before school. Also, you have to remember what classes you have each day and make sure you have all your supplies for each specific class.

Overall, both Annie and Molly feel like there will be challenges that will come with a change in schedule next year, but also have a positive outlook on it benefiting them for high school.

¿Cómo Se Dice “Help” en Español?

Tips and Tricks to Help You with Spanish

----- LINDSEY JOHNSON

Do you want to learn Spanish? No? Well, you might change your mind after reading these helpful tips!

When speaking Spanish, you use masculine and feminine terms. This means that the words end in like an O or an A. For example, you’d say niño which means boy or niña which means girl.

In Spanish, you don’t pronounce the H if it is at the start of words. Like how in English, we don’t pronounce the H in honor or hour. For example, you’d say “Hoy es...”. When you say this sentence, it should sound like “Oi ehs” with a short E sound.

Mi and me are two different words with two different sounds. Mi means my in English. The word Me is pronounced like “meh” in English. Me is used in different situations to refer to yourself. For example, “Me gusta...” is the way that we say the equivalent of “I like...” in English. Mi is pronounced like “me” in English.

You should put an upside-down punctuation mark at the beginning of a sentence to let the reader know how to read it. In English, when you write a question you would write it with the question mark only at the end. The reader doesn’t know it’s a question until the end of the sentence. For Spanish, write it like this; “¿Dónde está mi teléfono?” which translates to “Where is my telephone?”

In Spanish, when there is an accent mark over a letter, like an ñ is pronounced with a y sounding like (en-ya). For example this is used in the word, piñata. Most of the time, an ‘i’ in Spanish is pronounced like “ee” instead of like “eye”. An example of this is in the word identificar.

Use these notes to practice, prepare for tests, and to check your understanding

- Days of the week:**
domingo- Sunday
lunes- Monday
martes- Tuesday
miércoles- Wednesday
jueves- Thursday
viernes- Friday
sábado- Saturday
- Moths of the year:**
enero- January
febrero- February
marzo- March
abril- April
mayo- May
junio- June
julio- July
agosto- August
septiembre- September
octubre- October
noviembre- November
diciembre- December

- Numbers 1-31:**
Uno (1)
Dos (2)
Tres (3)
Cuatro (4)
Cinco (5)
Seis (6)
Siete (7)
Ocho (8)
Nueve (9)
Diez (10)
Once (11)
Doce (12)
Trece (13)
Catorce (14)
Quince (15)
Dieciséis (16)
Diecisiete (17)
Dieciocho (18)
Diecinueve (19)
Veinte (20)
Veintiuno (21)
Veintidós (22)
Veintitrés (23)
Veinticuatro (24)
Veinticinco (25)
Veintiséis (26)
Veintisiete (27)
Veintiocho (28)
Veintinueve (29)
Treinta (30)
Treinta y uno (31)

5 reasons to learn SPANISH

1

MORE than 500 million OF PEOPLE SPEAK SPANISH

2

SPANISH is the second language in the world in number of speakers

3

SPANISH is the third language on the internet

4

almost 20 million OF STUDENTS LEARN SPANISH as a FOREIGN LANGUAGE

5

in 2030 7.5% OF THE WORLD POPULATION WILL SPEAK SPANISH



Official language in 21 countries

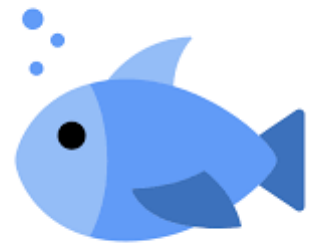
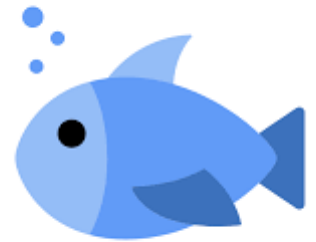
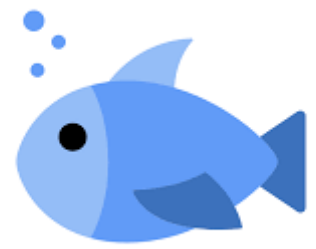






SPANISH QUESTION WORDS / PHRASES	
Palabras / Frases Interrogativas	
¿QUIÉN? Who?	¿CUÁNDO? When?
¿QUÉ HACE? What does he/she/it do?	¿A QUÉ HORA? At what time?
¿DÓNDE? Where?	¿QUÉ? What?
¿CON QUIÉN? With whom?	¿CUÁL? Which?
¿POR QUÉ? Why?	¿CUÁNTO? How many? / How much?





The Fisherman

----- MEGAN HERNANDEZ

The water is swooshing, swishing, and bubbling. The fisherman gets his fishing rod to go capturing and catching.

The fish swim. They swim away from the fisherman. The fisherman runs and comes closer. Closer to the fish as they swim away and escape.

The fisherman gets tired, deciding whether or not he should stay. The fish get tired of swimming and hiding, but they seem to sway.

The fisherman decides to stay as the fish decide to swim away.

The fish dodge every move. The fisherman gets annoyed and starts to whine.

With every move he misses, the fish swerve with every move.

SWOOSH! The fisherman grabs a fish with his bare hands. The fish flicks and flickers at the fisherman's tight grip. The fisherman caught another, and another. This method seems to work as the fish go one by one. The fisherman finally goes home with the fresh fish that he captured.



North America Word Search

NATHAN ZUBALIK

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

- | | | | |
|-------------------|----------------|-------------------|---------------|
| Revolutionary War | Mount Rushmore | Statue of liberty | United States |
| Williamsburg | Gettysburg | Washington DC | Bunker Hill |
| Puerto Rico | Petersburg | Guatemala | Antietam |
| Panama | Nicaragua | Civil War | Mexico |
| Cuba | Canada | | |

Summer is Here!

PAIGE CAVALLARO

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

- Rain
- Family
- Fun
- Ice cream
- Nature
- Rain
- Thunderstorms
- Barbecues
- Flowers
- Hikes
- July
- Outdoors
- Read
- Beach
- Fourth of July
- Hot
- June
- Pool
- Sun

