

The AHS Weekly

Vol XLVIII

Issue 3



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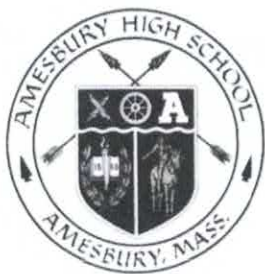
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Barbara Leary

The AHS Weekly welcomes your questions, comments, and opinions. To submit a letter to the editors or join the staff, contact Barbara Leary or come to the Mac Lab (105) any Wednesday or Thursday after school. Send articles and comments to ahsweekly@gmail.com.

We are giving away the newspaper for free until further notice. We are doing this because we want to know if we need to make changes, or if you just don't have a quarter. No, we do not take Venmo!!



Quote of the Week:

"I feel like I'm the girl who hates punkin spice"
- @sbektb

Vol XLVIII, Issue III

Established 1979

Free

September 25, 2026

GET INVOLVED

Every day at 2:15 cars start lining up outside the school to pick up students who don't do after-school activities. Many clubs and organizations are hoping that will change as clubs start up and kids, hopefully, will start getting more involved. There is an activity fair next week on October 5th, but feel free to join something before that. **HIGH SCHOOL IS MORE FUN IF YOU ARE INVOLVED!** Here are some of the things you can join.

Newspaper: The AHS Weekly meets every Wednesday and Thursday in the MAC Lab, which is now room 105. Even if you are not a good writer, there are jobs you can do, such as layout pages, make puzzles, or help productions. You can also write a column about just about anything (music, politics, movies, etc) and submit it. We give community service and there are always snacks. Since the paper comes out every week, this is a somewhat high stress activity which is only for people who really want to accomplish something. To join, just show up on a Wednesday or Thursday, or talk to one of the Editors in



The 2026 - 2027 Student Advisory Council executive board.

chief- CeCe Currie, Isla Doyle, or Tori Woodsom. The newspaper has come out on time every week for 48 years.

Student Council: The Student Council runs a lot of fun activities at the school, such as rallies and Spirit Week. To join, fill out an application outside Mrs. Johnston's room (223) and then show up for the monthly meeting, the third Wednesday of each month at 7PM in the cafe. For more information, see President Liv Jusfredo.

Student Advisory Council: This organization meets on Thursday nights at 7PM in Mr. Del's room (238). If you are a freshman you can run

for a position in the class elections, or anyone can just show up at a meeting through October. The purpose of SAC is to make school life better for students. They do projects with that objective and discuss school policies. The chairperson, Brooke Woodsom, sits on the city School Committee. The next meeting is October 1st. The advisors are Ms. Leary and Mr. Dell.

Art Club: If you like art and want something low stress, come to the art room every Monday after school. Mr. Jackson will let you work on any personal art projects you want.

Literary Magazine: If you like publications but don't want something as high stress as newspaper, you can try the literary magazine, run by Mrs. Daileanes in room 116, every other Tuesday. It publishes an annual magazine of stories, poems, and art. You can win some pretty nice prizes by participating in their contests. The next meeting is October 6th

Book Club: Want to talk about books and eat snacks? Mrs. McGonagle runs the book club

Continued on next page

IN THE CLUB(S)

Clubs to Join

the first Monday of each month in the library, which means the next meeting is this coming Monday and the book being discussed is *Hitchhiker's Guide to the Galaxy*. There is more information on google classroom (code:).

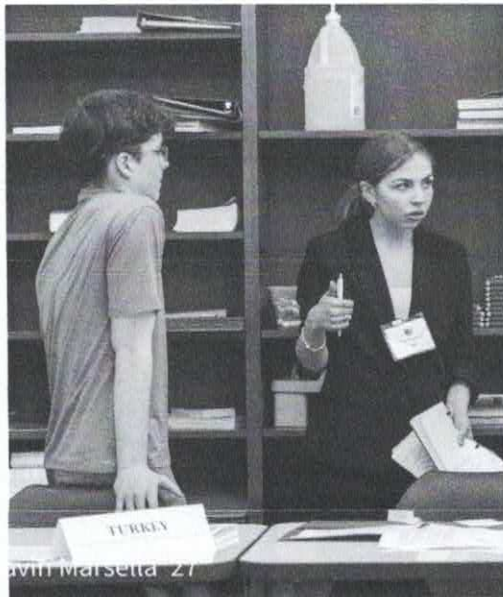
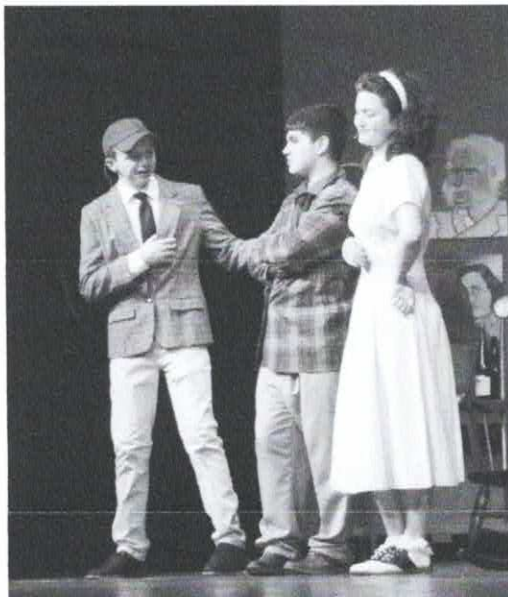
Drama Club: Show up next Monday or Tuesday in the auditorium if you want to join Drama Club. There are lots of jobs, from acting to tech crew. Rumor has it they are planning TWO plays this year. The president is Madison Martin.

Environmental Club: Mr. Casto is in the process of organizing the environmental club for this year. The first meeting date has not yet been set.

Model UN: Mr. Foley says the first Model UN meeting will be October 5th at 6PM in his room, 227. This was one of the biggest clubs at AHS last year, they went to several Model UN's conferences at various schools, and even won awards.

Interact: Interact is a community service organization connected to Rotary. They hold various service events/projects/fundraisers throughout the year. The first Interact meeting is Thursday, 10/1 after school in Mrs. Little's room (110). For more information about joining Interact, see:

Maggie Himmel, Lauren Talbot, or Jamie Hawkins (or Mrs. Little)



Left to right: Drama Club, Model UN and Student Council's AHS Summer Cup.

OBSERVER

OK, WE GOOFED

Last week we didn't run off enough newspapers. Second lunch didn't get any. However, if you want to know what was in last week's paper, we got you. Go to www.ahsweekly.com. Our website is back up and running with postings of the newspapers and all the photos we took for each issue, whether we used them in the paper or not.

We admit we slacked in keeping the site updated last year but we are pledging to do better. You can even purchase full color, high quality pics on the site for \$1.

WHERE ARE ALL THE FOOTBALL TEAMS?

Amesbury seems to have no trouble rounding up kids for football, but that doesn't seem to be the case everywhere. Georgetown has not been able to field a team since 2022 due to low numbers. Georgetown has only 214 kids total in grades 9-12. Georgetown kids can play football for Pentucket. This year Ipswich has been unable to field a team and has formed a co-op team with Triton. Ipswich has 447 students, grades 9-12, which is approximately the same as Amesbury. However, concerns about athletic injuries, along with a less than spectacular record in recent years, caused the Tigers to abandon their independent football program and team up with Triton. The loss of teams is one of the reasons Amesbury is playing a non-league game against Portsmouth, a team they have NEVER faced before, tonight at Landry. Right now there are 10 football teams in the CAL: Lynnfield, Newburyport, Amesbury, Hamilton-Wenham, North Reading, Triton, Essex Tech, Manchester Essex, and Pentucket.

CHANGES TO NHS

For the past half century, students applying for NHS were selected by the Faculty Advisory Council. Some years that was mostly what FAC did. This year FAC decided they wanted to pursue other projects, so the administration is rounding up a new group of faculty members to just deal with NHS. From now on, there will only be one induction, which this year will be November 2nd. This makes sense because the fall induction in the past, for just seniors, had very few kids involved. This way juniors can get to be NHS members for most of junior year, and seniors can still be inducted in the fall.

Students who meet the academic criteria have already received their packets to fill out, due October 7th. They have to prove they also have leadership, character (voted by the faculty), and service. Service does not have to be community service - it can be just about anything you do which you don't get paid for and helps the school or community. Club membership, sports, helping in the library, and so forth count. (Playing video games at home doesn't). Leadership can be a club officer, team captain, manager at work, boy scout leader, etc.

VISIT www.ahsweekly.com

ELLIS KASZUBA

Senior Profile



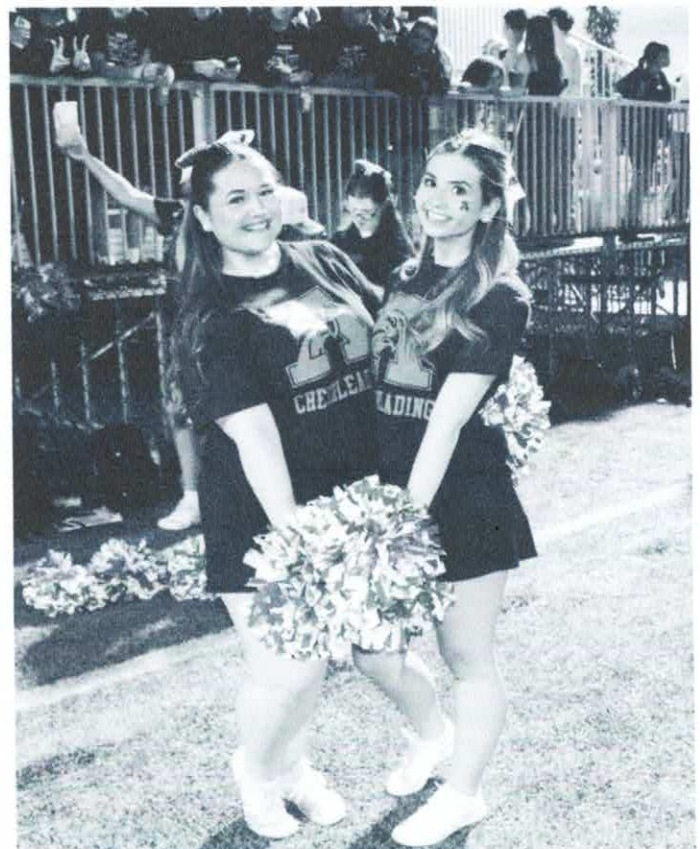
By Dom Beane

Ellis, or Ellie as most know her, has been a cheerleader all throughout high school and a captain for the past two years, so it's no wonder that her favorite part of school has been her cheerleading team and the family-like bond they all share. Some of her best memories have been from the football games. She loves Ms. Schalck who is always helpful and understanding. She also appreciates her friend Jess Silva for always bringing a smile to everyone's face. Even with all of her amazing achievements, she would still say that her biggest accomplishment has been being a big sister. It is fitting that her friends would use the word compassionate to describe her.

Ellie's favorite subject is history because she loves to learn about the past and her favorite year has

been senior year! If a genie gave her three wishes, Ellie would want a purple Dodge Challenger, unlimited pets, and a whole lot of money, plus she would also love to meet Harry Styles. She absolutely loves Noah Kahan and will listen to any of his music. She also loves reading and legos so it's no surprise that her favorite stores are Barnes & Noble and the Lego store.

After high school Ellie wants to start at a community college and then finish her degree at a four year school. She hopes that the seniors won't wish their time away just because they're excited for what comes next. The most valuable piece of advice that she has lived by is to take responsibility for your own life and manage your expectations rather than being controlling of others. If she could give her eight-year-old self some advice it would be to enjoy the easy homework before it becomes so much harder.



Ellie with Ava Harlow at the Pentucket Football Game.

SOFIA LE

Senior Profile

By Dom Beane

Sofia, or Sofi, plays softball, is the field hockey captain and a class rep for the senior class. She is full of school spirit and some of her favorite school memories have been color days and the preparation leading up to it. Aside from athletics she is also driven in academics, having achieved a Junior book award of which she is rightfully proud.

After high school Sofia plans on studying health sciences, specifically kinesiology or exercise science. When she was a kid she wanted to be a vet because she loves animals, but now she aims to become a pediatric occupational therapist—a type of doctor that works with children to



support development and physical independence. In ten years she sees herself doing just that, and having a cute chocolate lab.

Even though Sofia hated getting stuck behind slow walkers, she has many

great memories of high school. Her favorite teacher is Dr. Walsh because she always lets her hang out, and always shares snacks. Her favorite class was stats because Santa taught it well and made it enjoyable. She also loves going to Friday night football games with her friends.

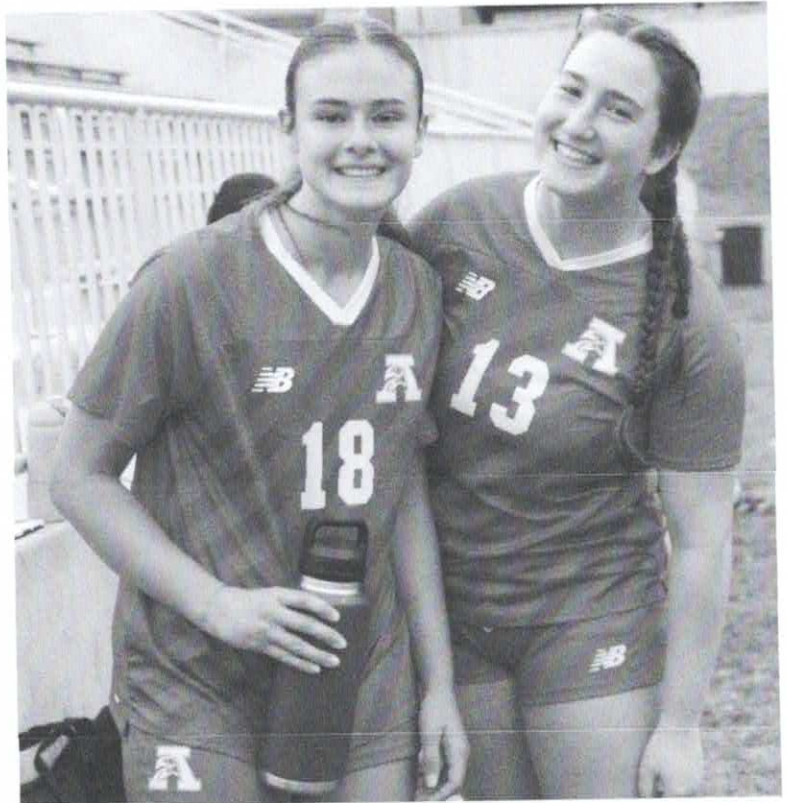
Her biggest hero is her mom, for always supporting her and always pushing her to be the best that she can be. Sofia also appreciates her friend Leo, and all of the quizletts that he makes. The best advice she has been given is to not worry too much about what others think of her, and the advice she wishes to give to the seniors is to do what is best for them and have some fun too! We wish Sofia the best after high school and we hope she has a great time!



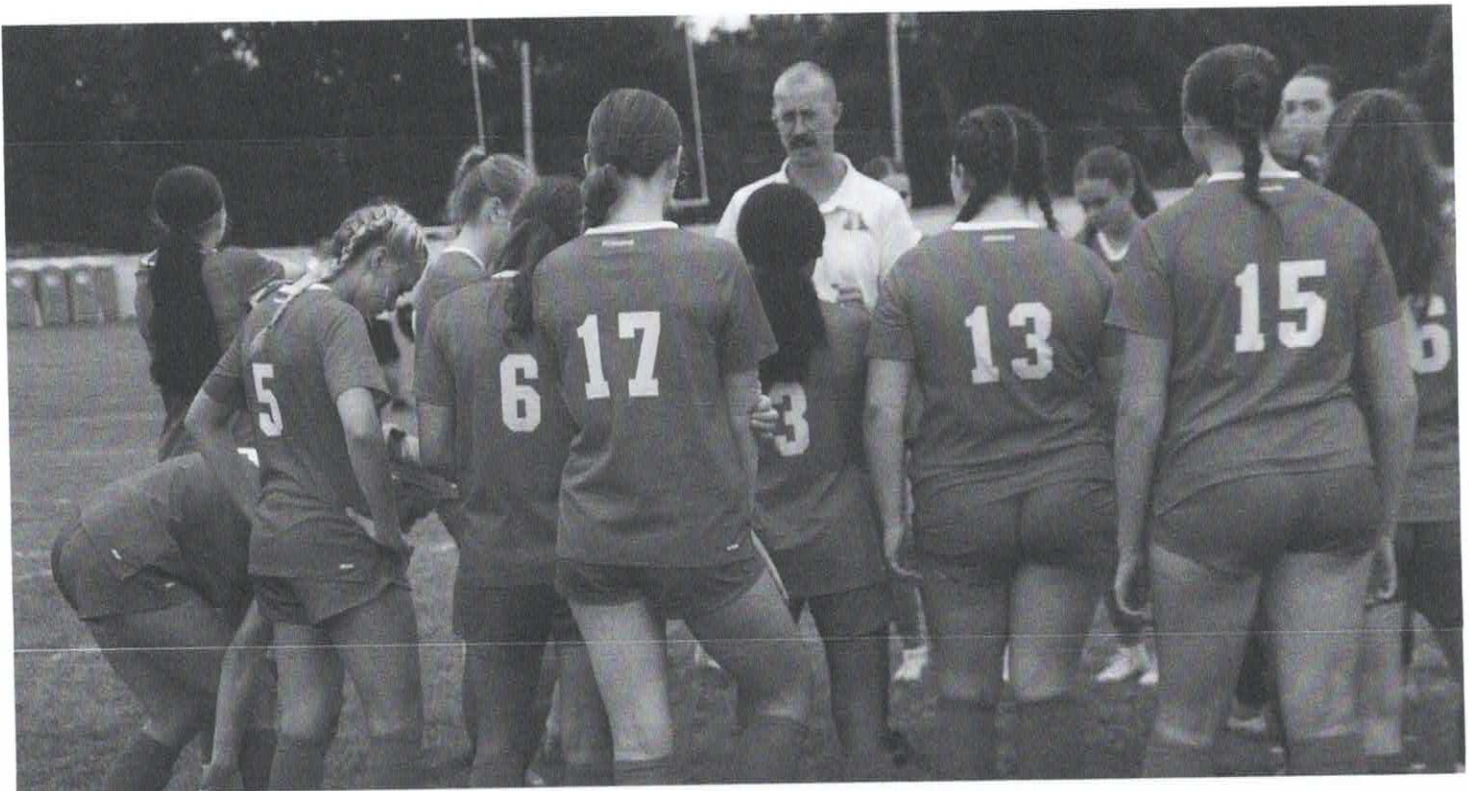
BETTER LUCK NEXT TIME!

Girls Soccer

On Tuesday, September 22nd, the girls soccer team had an unfortunate 0-1 against Triton. The goal was scored by a Triton girl at the end while the Amesbury team was fighting hard on defense. Although this loss was unexpected, there is always the next game.



Elise Puleo & Adele Bailin are all smiles on the sidelines!

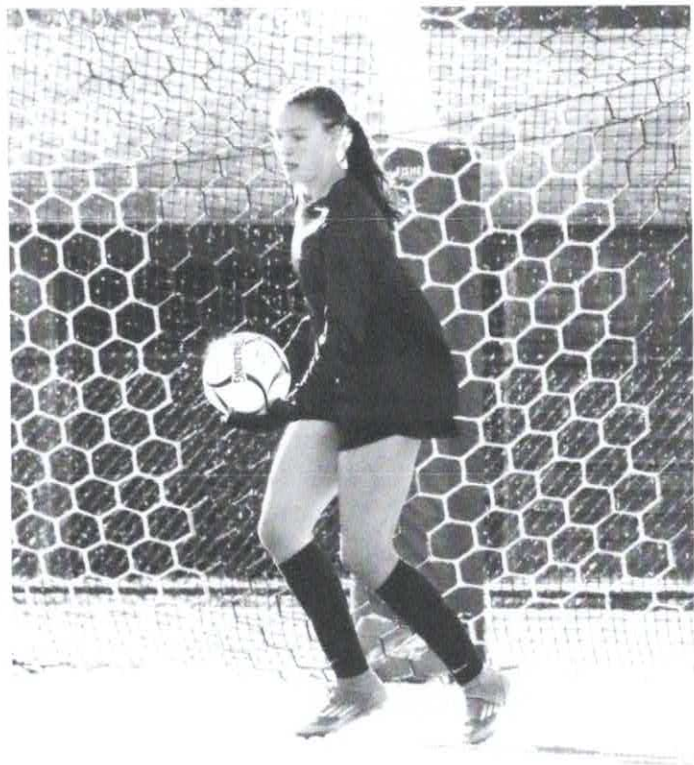


Gabbie Bonia keeps her eyes on the ball.

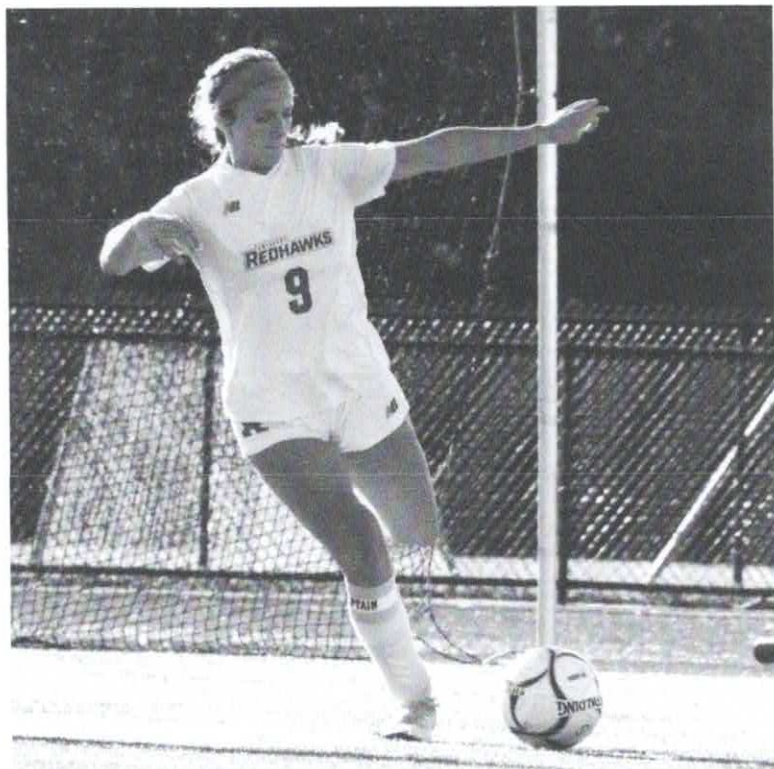
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LETS GO GIRLS!

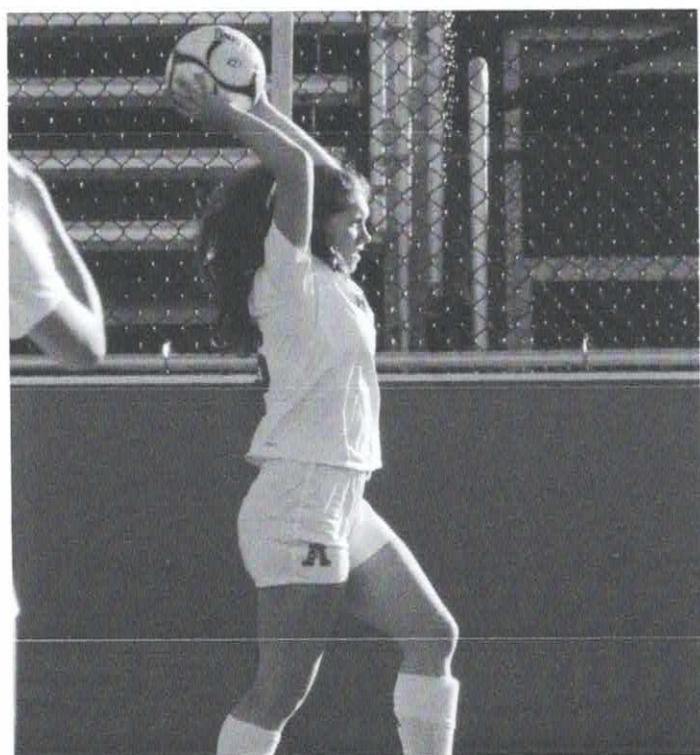
Girls Soccer (continued)



Goalie Delaney Sargent handles the ball.



Lexi Desmond throws the ball.



Kaia Bartosik throws in the ball.



Haley Dube prepares to kick the ball.

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Whooo!!!

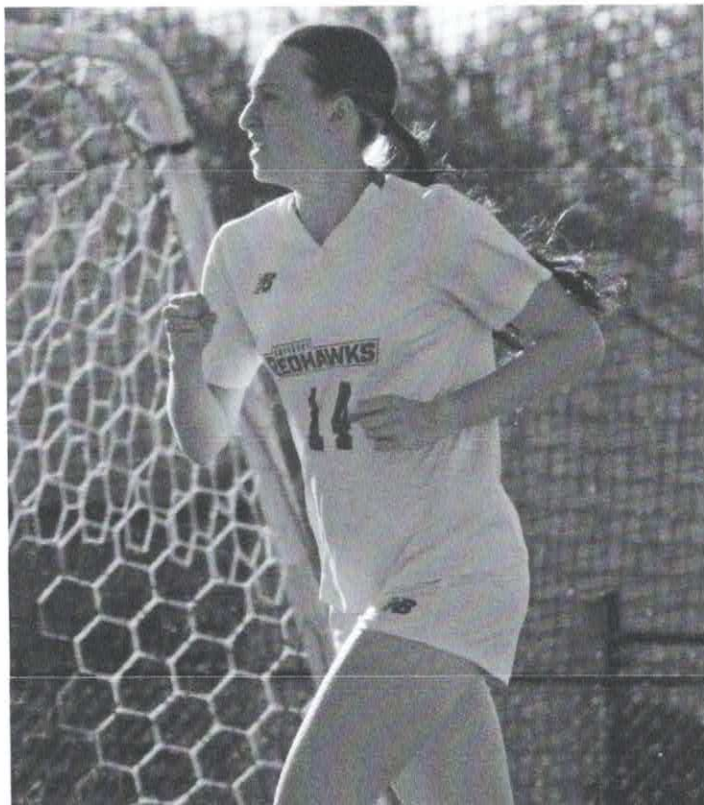
Girls Soccer (Continued)



Maddy Rodrigues chases the ball.



Gabby Bonia is lock in on the ball.



Ellison Talbot tracks the ball.



The team is huddled up.

GAME CHANGERS

Boys Soccer

On Tuesday the Soccer team took on Triton Regional High School. After the first half the game was tied 0-0 and it was anybody's game. The game remained scoreless until the 63rd minute when sophomore Derick Turcios would score his first goal of the season. The boys would remain up 1-0 until there were about 3 minutes left when Triton would sneak a lucky one past Theodore Hildt who played a great game. The boys eventually came out with a tie, their first tie of the season! They took on Rockport last night on senior night and hopefully came out with their first win of the season!



Brooks Linsey and Muhammadu Jalloh defend the net.



Derick Turcios kicks the ball.



Julian Sherwood calculates his next move.

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BOOTS & BALLS

Boys Soccer



Teddy Hildt throws the ball back into the field.



Matt Way is ready to make his next play.



Ethan Tenney blocks the opponent's path.



Parker Lovejoy goes for the ball.

Continued on next page

NEXT UP, GEORGETOWN

Boys Soccer



Mohammadu Jalloh throws the ball.



Sage Bogart looks for the ball.



Derick Turcios kicks the ball while Matt Way watches.



George Haight runs.

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GO TEAM

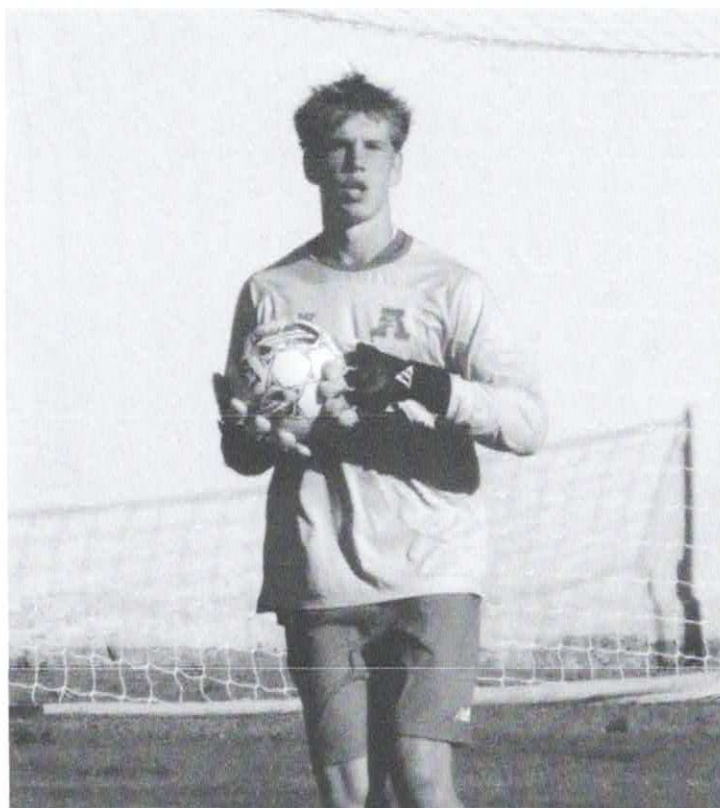
Boys Soccer



Marshall Hall chases the ball.



Ethan Tenny wants to win it all.



Goalie Teddy Hildt prepares to inbound.



Brooks Lysnsey runs quick.

REDHAWKS MAUL PANTHERS

Varsity Football

The Redhawks brought their record to 1-1 with a 32-15 win over Pentucket at West Newbury Friday night. Somehow, despite the loss to graduation of quarterback Justin Dube, running back Joe Celia and a line with stars such as Stacy Peck, Coach Collin McQueen has managed, once again, to put together a strong line-up that had little trouble running over the Panthers.

Joe Puleo is the escape artist, averaging almost 15 yards a carry. Connor Scialdone is the strong man, barreling up the middle for 5 to 6 yards a carry. The third backfield player is freshman CJ Rivera, who had only 22 yards but has tremendous potential for the future.

On defense, Brody Turner, Ryan Houlihan (also the center), Chris Iandolo, Gino DiLorenzo, Braden Delisle, and Evan Murphy are excelling on defense.

The surprise story of the game, however, had to be second string quarterback Dillon Eric. QB Tommy Mitchell didn't have much time to prove what he could do since he broke a bone in his arm in the Lynnfield game and played through it anyway. Props to Tommy. With Mitchell now in a cast, Edic was called up to play. No offense to Edic, but he comes up to the shoulders of his offensive linemen - not the kind of QB you expect to score on a QB sneak up the middle. That, however, is exactly what happened on Amesbury's first score. This kid is good.

In the second quarter, Puleo broke out for a 30 yard run and also scored the points after. Edic pushed in from the one on Amesbury's next score but Puleo adding the points. It was 24-8 at the half.

The third quarter was uneventful. Pentucket seemed to have new life, but couldn't put anything together in the scoring department. In the fourth Scialdone scored from the one with 5 minutes left and Edic hit Puleo with a pass for the extra points.

The Red Hawks play Portsmouth, perhaps for the first time ever, in a non-league game at Landry. Don't miss it.



Joe Puleo carries past the defenders.



Braden Delisle watches the play.

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IT WASN'T CLOSE

Varsity Football (cont.)



The fans were there.



Ryan Houlihan is the center this year.

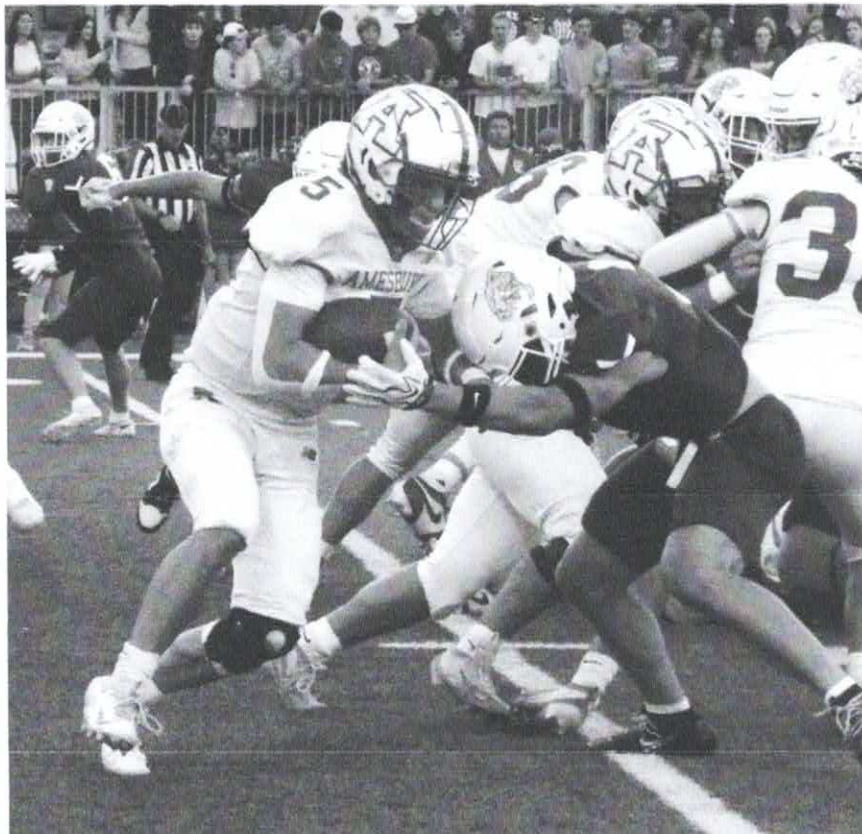


He's a freshman!!! CJ Rivera carries.

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AMESBURY DOMINATES

Varsity Football (cont.)



Connor Scialdone is a powerhouse.



Dillon Edic tells the big guys what to do.



Mikey Olbrot readies his team for the kick off.



The line opens a hole as big as a house for Joe Puleo to ramble through.

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BERRY BALL

Varsity Football (cont.)



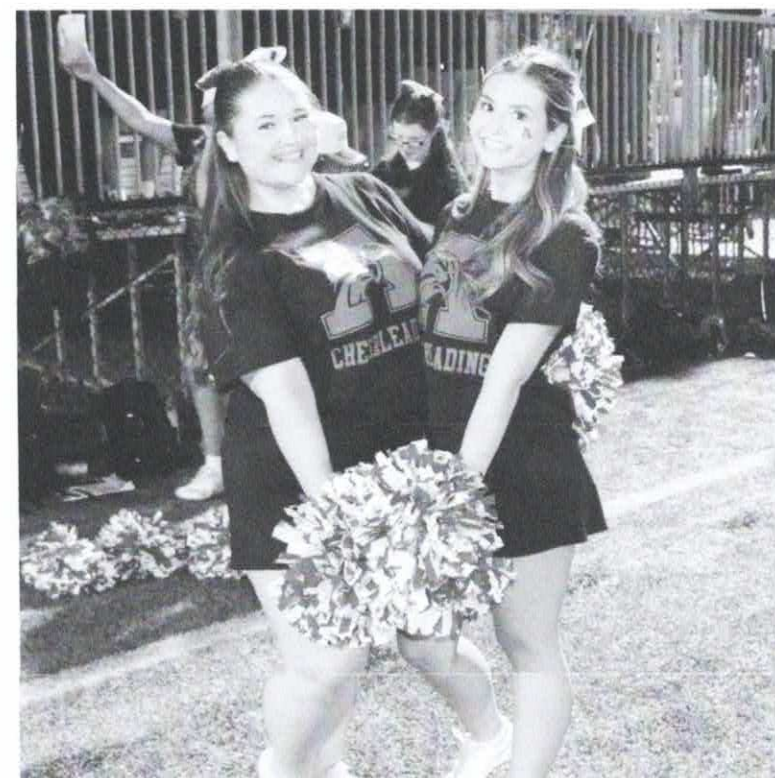
Brody Turner waits for the play.



Collin Cate defends the backfield.



Edic hands off to Scialdone.



Ellis Kaskuba and Ava Harlow are ready to cheer on the team.

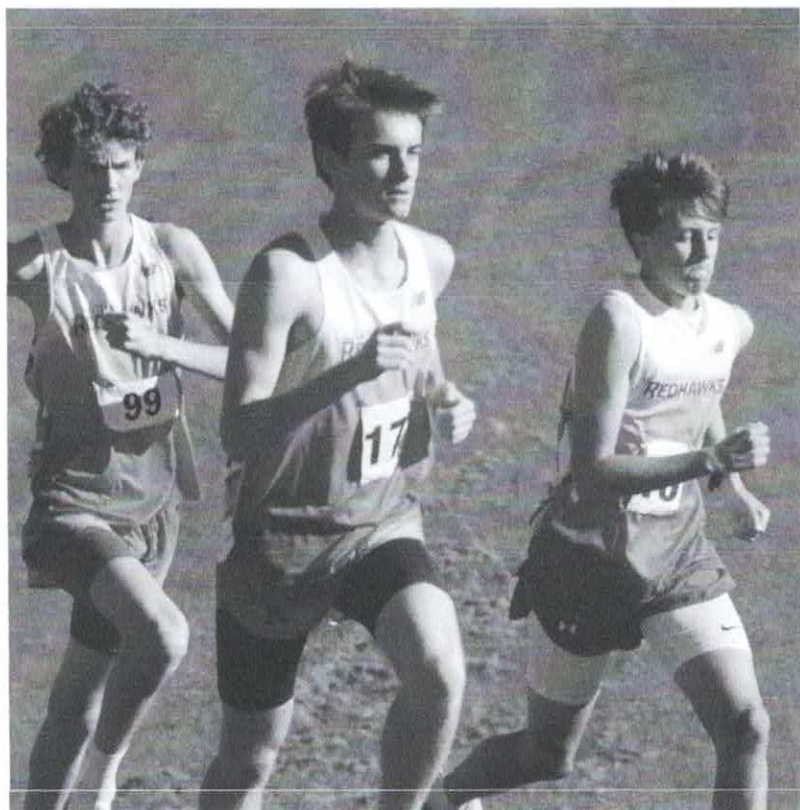
BOYS WIN AGAIN

Cross Country

On Wednesday, the boys' XC team put up a dominant performance at Woodsom Farm, crushing Georgetown with a perfect score of 15-50. The guys put 11 sub 20, with ten of them coming crossing the line before a single Georgetown runner. Leading the charge was a tight pack of Senior Captain Josiah Fugate (16:12), Junior Harrison Sullivan (16:16) and Senior Captain Ty Giangregorio (16:17). Next up for the Redhawks was Junior Landon Mitchell (17:00) and Sophomore Ben Clocher (17:11) to secure the perfect 15 points. Wrapping up the varsity top seven, Sophomore Leo Oakes had a monster performance in 6th (17:37) and Senior Captain Mather Sekelsky crossed the line in 17:47. Meanwhile, on the girls side, Georgetown was forced to forfeit when two runners dropped out Wednesday morning, leaving the Amesbury girls with their first win. Next week, Amesbury will host senior night at Woodsom Farm at 4pm against four time defending CAL champs Hamilton-Wenham. BE THERE.



Captain Josiah Fugate leads the charge.



Leo Oakes, Mather Sekelski, and Andrew Roberts keep the pace.



Keith Welsh runs through the bushes at Woodsom.

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KEEP ON RUNNING

Cross Country



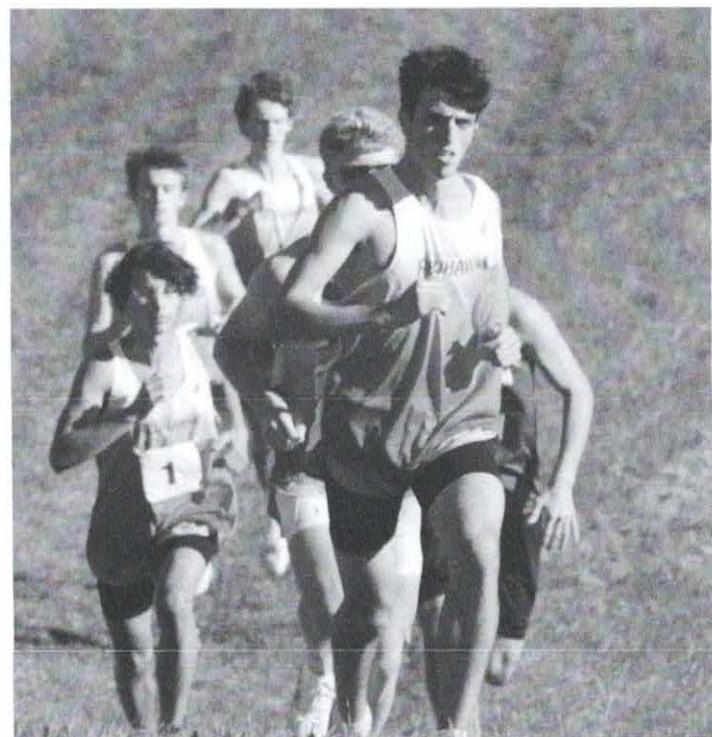
Eighth grader Joey Sullo keeps up the pace.



Freshman Luke Babcock finishes the race.



Liam Steward keeps on running.



Ty Giangregorio runs with determination for third place.



Micah Fugate and Luke Babcock go up the hill.

GIRLS WIN BY FORFEIT

Cross Country



The Fugate family (Micah, Levi, and Josiah) apparently have the running gene.



Harrison Sullivan and Josiah Fugate finished second and first respectively.



Landon Mitchell and Ben Cloucher come out of the woods.



Freshman Isaac Boehl sprints to the finish.

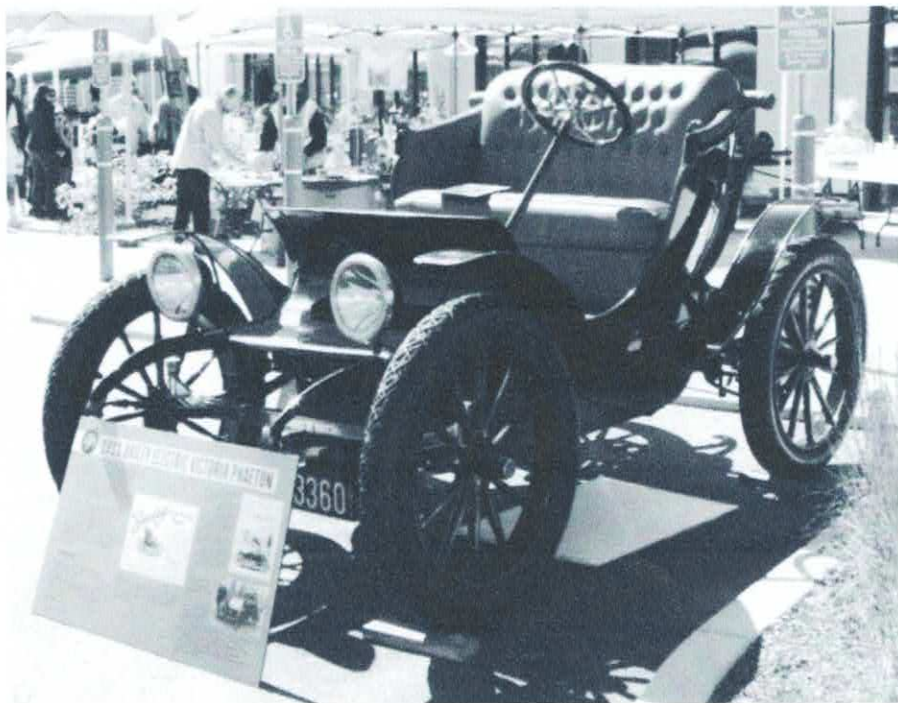
CAR SHOW

By Eliza Froncki

On Saturday, September 19, 2026, Amesbury, Massachusetts had roughly their tenth year of old cars. It was so cool to see and discover people that had the same interest in cars. There was a car that was built in Amesbury in 1911 and was selling for \$2,000. There was also a car that represented The Hulk. It was green and the license plate had the name hulksmash. There were many other cars too. There were even pick-up trucks and a few old firetrucks. One of the firetrucks was from Salem, Massachusetts.

My Dad, Mr. Froncki, the computer teacher here at AHS, told me that maybe my grandfather worked on that firetruck (He was a

Right: Braden Froncki sits in a fire truck.



This car sold for \$2000



INDIANAPOLIS 500 CAR



firefighter for about 36 years.) He is a great man. He helped all around Salem. Thank you Grampy. My brother Brayden, our cousin Vinny, my mom and my auntie Amanda took our picture as I went inside the firetruck. There were modern cars also like Lamborghinis, Corvettes, and ETC.

Also at the car show there were few motorcycles that were around the 1980's. There was even a car that was in the Indianapolis 500. If I had to choose one car that stood out to me, it would be the Bailey 1911 car. This car stands out to me because I like how cars evolved over the years from 1911 to 2026. This year they put the car show at the new Munters near the bubble (the white dome), not downtown like past years.

HOROSCOPE

ARIES

LIFE: You will spend twelve minutes looking for your phone while holding it in your hand. A friend will witness the entire event and vote you for CLUELESS in the senior superlatives.

SCHOOL/WORK: You will confidently answer a question you completely misunderstood. Your confidence will be so impressive that three other people will change their correct answers. When they find out, they will not speak to you for a week.

TAURUS

LIFE: You really looked forward to last Friday's football game at Triton. You get there, pay your admission, and find Triton is playing Lynnfield, not Amesbury.

SCHOOL/WORK: Your greatest accomplishment this week will be needing a snack.

GEMINI

LIFE: You are already late for the Pentucket football game when you get a flat tire on Middle Road. You call your parents. A cow comes up and says hello.

SCHOOL/WORK: A group project is coming. One person will do everything, two people will be absent, and someone will contribute a decorative font.

CANCER

LIFE: You will hear a strange noise in your house at 2:00 A.M. It is probably nothing. Your brain, however, decides that the foods room ghost has moved to your house.

SCHOOL/WORK: You decide to join the book club. You show up, sit down, and strangely see a whole room full of guys. You've stumbled into a football meeting.

LEO

LIFE: You trip over absolutely nothing in front of several people. Well, now at least you now have something to write under "most embarrassing moment" in your senior profile.

SCHOOL/WORK: You will walk into a room with great purpose and immediately forget why you are there.

VIRGO

LIFE: You decided to get organized. You buy a carload of storage organizers at Dollar Tree and organize so thoroughly that you will never be able to find anything again.

SCHOOL/WORK: You will spend twenty minutes making the title of your document look perfect and four

minutes actually doing the assignment. .

LIBRA

LIFE: You will face a major decision: pizza or tacos. After forty-five minutes neither is left.

SCHOOL/WORK: Someone will ask, "Does anyone have a pencil?" You will say nothing because history has taught you that loaned pencils never return.

SCORPIO

LIFE: Someone will tell you, "We need to talk." You will immediately review every questionable decision you've made since kindergarten. They just want to ask what time something starts.

SCHOOL/WORK: You will discover that "I thought it was due tomorrow" is not technically a time-management strategy.

SAGITTARIUS

LIFE: You go to the store and return with 11 things—none of which are the thing your Mom needed.

SCHOOL/WORK: You will attempt to quietly open a snack during a silent moment. The wrapper will produce a sound roughly equivalent to a helicopter landing.

CAPRICORN

LIFE: You will decide to "get your life together." This ambitious project will begin with cleaning one drawer and end with you sitting on the floor looking at your sisters' yearbook from 2019

SCHOOL/WORK: You stayed up until 3AM to finish a paper. The teacher is absent and leaves a note that it's really due next class.

AQUARIUS

LIFE: You drive by the front of the school and see a deer on the lawn. It makes no attempt to move and looks hungry. You decided to throw your leftover MacDonalds order in it's direction. Bad move. Tomorrow it will be back with friends.

SCHOOL/WORK: Guidance posts a new plan for getting things done on their giant "iPad" outside the guidance office. It moves so fast to the next notice, however, that you never get to read it.

PISCES

LIFE: You will enter a room and forget why you went there. You will leave, remember, return, and forget again. This could continue until Tuesday.

SCHOOL/WORK: You didn't turn in your senior yearbook packet. Leary is after you. Hide in back of the cafe lady.

FALL WEATHER AHEAD!

Weather

FRIDAY, SEPTEMBER 25: 

49°-65°, 60% Precipitation, 66% Humidity, Winds 7-15 mph

MONDAY, SEPTEMBER 28: 

55°-60°, 90% Precipitation, 88% Humidity, Winds 8-16 mph

THURSDAY, OCTOBER 1: 

58°-77°, 0% Precipitation, 67% Humidity, Winds 8-10 mph

SATURDAY, SEPTEMBER 26: 

56°-61°, 95% Precipitation, 73% Humidity, Winds 14-18 mph

TUESDAY, SEPTEMBER 29: 

55°-65°, 70% Precipitation, 81% Humidity, Winds 3-8 mph

SUNDAY, SEPTEMBER 27: 

55°-58°, 95% Precipitation, 86% Humidity, Winds 16-18 mph

WEDNESDAY, SEPTEMBER 30:

55°-74°, 0% Precipitation, 73% Humidity, Winds 3-9 mph 



WHAT'S YOUR FAVORITE FALL ACTIVITY?

Roving Reporter

Shelby M: Eating

Aiden N: Watching Hocus Pocus

Kenzie C: Picking cranberries

Sarah J: Getting pumpkin chai

Cece C: Watching scary movies

Leary: Football (& AHS Weekly)

Lorelei D: Baking

Jackson D: Jumping in leaves

Amali S: Frolicking in leaves

Robbie W: Soccer

Lauren T: Apple picking

Eliza F: Football

Kaia B: Getting pumpkins

Quinn F: Hanging out with friends

Colby N: Watching football





Today In History



- 1) In 1890, Yosemite National Park was officially established in California.
 - 2) In 1951, the popular actor, Mark Hamill was born.
 - 3) In 1890, President Benjamin Harrison established Sequoia National Park.
 - 4) In 1789, the U.S. Congress proposed the first 12 amendments to the constitution, later becoming the Bill of Rights.
- 
- 

Trivia



- 1) Which U.S. state named apple cider its official state drink?
 - 2) What classification of fruit do pumpkins belong to?
 - 3) Which country is credited with popularizing the tradition of carving jack-o'-lanterns?
 - 4) True or False: Cranberries grow in water
- 
- 



Amesbury Public Schools Educational Access Channel 8

Program Schedule Week of September 28, 2026

Monday, September 28th

5:00pm Amesbury School Committee Meeting -Recorded 9/14/26
7:00pm Amesbury School Committee Meeting -LIVE
10:00pm Whittier Tech School Committee Meeting -Recorded 9/9/26
11:30pm Information Bulletin Board

Tuesday, September 29th

6:00pm AHS Magazine Show -Show 86 -Guest: Former AHS Principal, Jerry Schrock (R)
7:00pm Whittier Tech School Committee Meeting -Recorded 9/9/26 (R)
9:00pm Amesbury High School 2025 "Mr. AHS" Pageant -Recorded 12/8/25 (R)
10:30pm Information Bulletin Board

Wednesday, September 30th

6:00pm Behind the Brick Wall -Amesbury's Entrepreneurs -Show 11 "Morrill Electric & Lucy's Love Bus" (R)
7:00pm Amesbury High School 2026 Varsity Football vs Portsmouth -Recorded 9/25/26
9:00pm Amesbury Educational Foundation 2026 Hall of Honor Induction -Recorded 5/9/26 (R)
11:00pm Information Bulletin Board

Thursday, October 1st

5:00pm Footprints -Amesbury's History from Those Who Have Lived It -Show 9 -Guest: Barb Leary (R)
6:00pm Around Amesbury -NEW! -Show 97 -Guest: Mayor Gove
7:00pm Amesbury High School 2026 Fall Sports Rally -Recorded 9/25/26
9:00pm AHS Magazine Show -Show 86 -Guest: Former AHS Principal, Jerry Schrock (R)
9:40pm Information Bulletin Board

Friday, October 2nd

5:00pm Behind the Brick Wall -Amesbury's Entrepreneurs -Show 11 "Morrill Electric & Lucy's Love Bus" (R)
6:00pm Amesbury Middle School 2026 Spring Chorus Concert -Recorded 5/13/26 (R)
7:00pm Amesbury Middle School 2026 Spring Band Concert -Recorded 5/14/26 (R)
7:30pm Amesbury High School 2026 Spring Concert -Recorded 5/6/26 (R)
8:30pm Amesbury High School 2026 AEFI Hall of Honor Assembly -Recorded 5/9/26 (R)
9:30pm Information Bulletin Board

Saturday, October 3rd

8:00am Amesbury Educates -Shows from the Archives of this Long Running Series (R)
9:00am Amesbury School Committee Meeting -Recorded 9/28/26
12:00pm Around Amesbury -Show 97 -Guest: Mayor Gove
1:00pm Footprints -Amesbury's History from Those Who Have Lived It -Show 9 -Guest: Barb Leary (R)
2:00pm Information Bulletin Board

Sunday, October 4th

7:00pm From the Archive:
Amesbury High School 2019 Lip Sync Contest -Recorded 11/13/19
8:00pm From the Archive:
Amesbury High School 2019 Drama Club Cabaret Night -Recorded 10/3/19
9:00pm Information Bulletin Board

YUM YUM

Lunch Menu

 LUNCH SEPTEMBER 2026 Amesbury High School				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	Home made Creamy Macaroni & Cheese Buffalo Chicken Seasoned Corn	Chili Cheese Dog on a Fantini Roll Served with Waffle Fries	4 <u>NO SCHOOL</u>
7 <u>NO SCHOOL</u>	<u>Taco Tuesday</u> 8 Beef Nachos Lettuce, tomato, cheese, onion, sour cream, salsa, Rice	Home made Chicken Broccoli Alfredo Garlic Breadstick	BBQ Rib Sandwich Corn on the Cob Sweet Potato Fries	Tony's French Bread Pizza Served with a Side Caesar Salad
Chicken Parm Served on a fresh Fantini Bun Served with Seasoned Spiral Fries	<u>Taco Tuesday</u> 15 Two Soft Shell Beef Tacos Shredded Cheddar, Lettuce, tomato	Spaghetti and Meat or Marinara Sauce Seasoned Green Beans, Breadstick	Bacon Cheeseburger On a soft Fantini Bun Served with Straight Cut Fries	Pancakes Sausage Patty Hash Brown Strawberries
Mashed Potato Bowl Popcorn Chicken Corn, Gravy, Cheese Cinnamon/Sugar Breadstick	22 <u>NO SCHOOL</u>	Pasta With meatballs and Marinara Mixed Veggies Dinner Roll	Double Grilled Cheese Sandwich Campbell's Tomato Soup	Mozzarella Filled Breadsticks Served with a Side Garden Salad
Spicy Chicken Patty on a Fantini Bun Seasoned Spiral Fries	<u>Taco Tuesday</u> 29 Walking Tacos Beef, Cheese, Sour Cream, Salsa Fiesta Rice	General Tso's Chicken Popcorn chicken in a spicy sauce served over Vegetable LogMeln		

Also Available Daily: Chicken Patty, Burgers, Pizza, Grilled Cheese, Sunbutter, assorted wraps, salads and parfaits
All lunches served with milk, fresh fruit and vegetable choices
A la carte items available for purchase

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com



Top 5 Apple Flavors

1. Honeycrisp
2. Granny Smith
3. Fuji
4. Pinata
5. Cosmic Crisp



FALL FEELINGS

Word Search

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

AMBER

COZY

EQUINOX

FROST

SOCCER

AUTUMNAL

DORMANCY

FOLIAGE

GOLF

SPICY

CHILLY

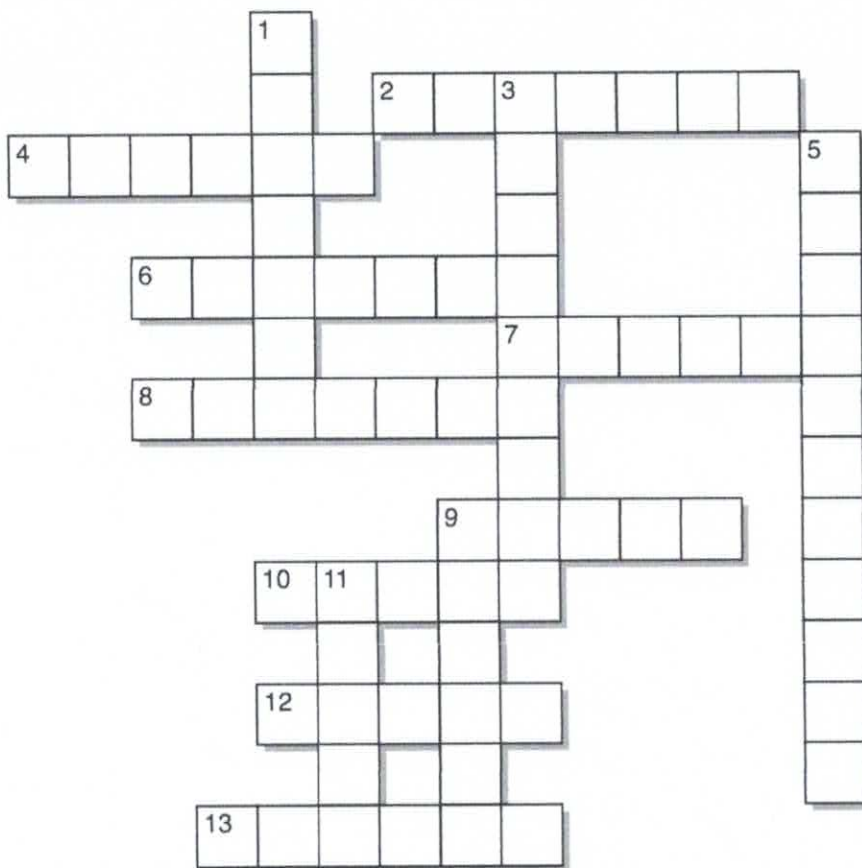
EARTHY

FOOTBALL

OVERCAST

COZY FALL PUZZLE

Crossword



Across

2. You carve these
4. These become different colors
6. Fall month
7. Season
8. This makes it so you can pick special fruits
9. These might be cute for walking around, or helpful for muddy endeavors
10. Squirrels like these
12. Not the hard kind!
13. You may have picked these at cider hill farm!

Down

1. You wear a nice one of these when it gets chilly, say, cashmere
3. Birds do this in an arrow formation
5. Popular fruit associated with fall, and they sing "Zombie"
9. This makes the air chilly
11. The air becomes this, like an apple



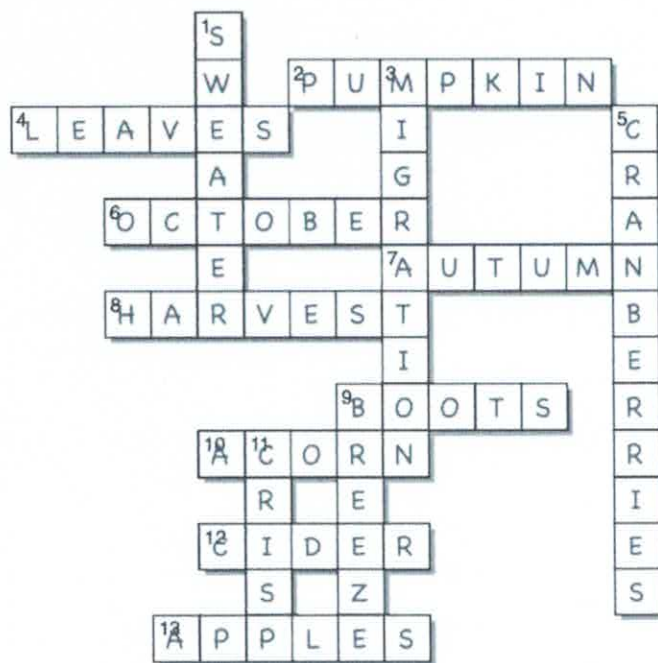
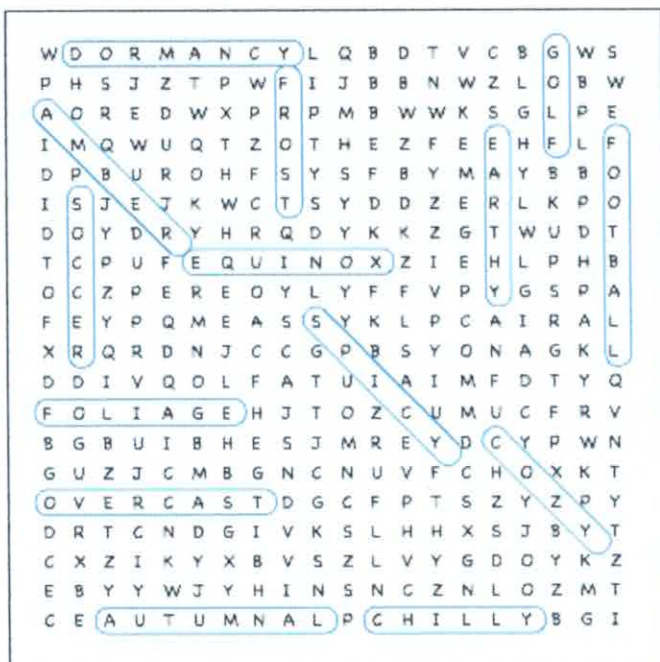
NUMBERS FOR DAYS!

Sudoku

	4	2						
7	1		8	5		2		3
		5	2			8		1
5		1	6					
	2		4	3		1		
	8		7	1			6	2
4		8		2				
1	6	9	5			3		
			1		6	9	7	8



PUZZLE ANSWERS



Trivia Answers...

8	4	2	3	9	1	7	5	6
7	1	6	8	5	4	2	9	3
9	3	5	2	6	7	8	4	1
5	9	1	6	8	2	4	3	7
6	2	7	4	3	5	1	8	9
3	8	4	7	1	9	5	6	2
4	7	8	9	2	3	6	1	5
1	6	9	5	7	8	3	2	4
2	5	3	1	4	6	9	7	8

- 1.) New Hampshire
- 2.) Fruit
- 3.) Ireland
- 4.) False

