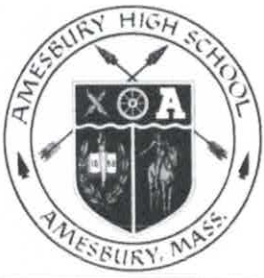


The AHS Weekly

Vol XLVIII Issue 7





Quote of the Week:

Quote: "Five competent people
can do more than 100 slackers. -
-Leary

Vol XLVIII, Issue 7

Established 1979

Free

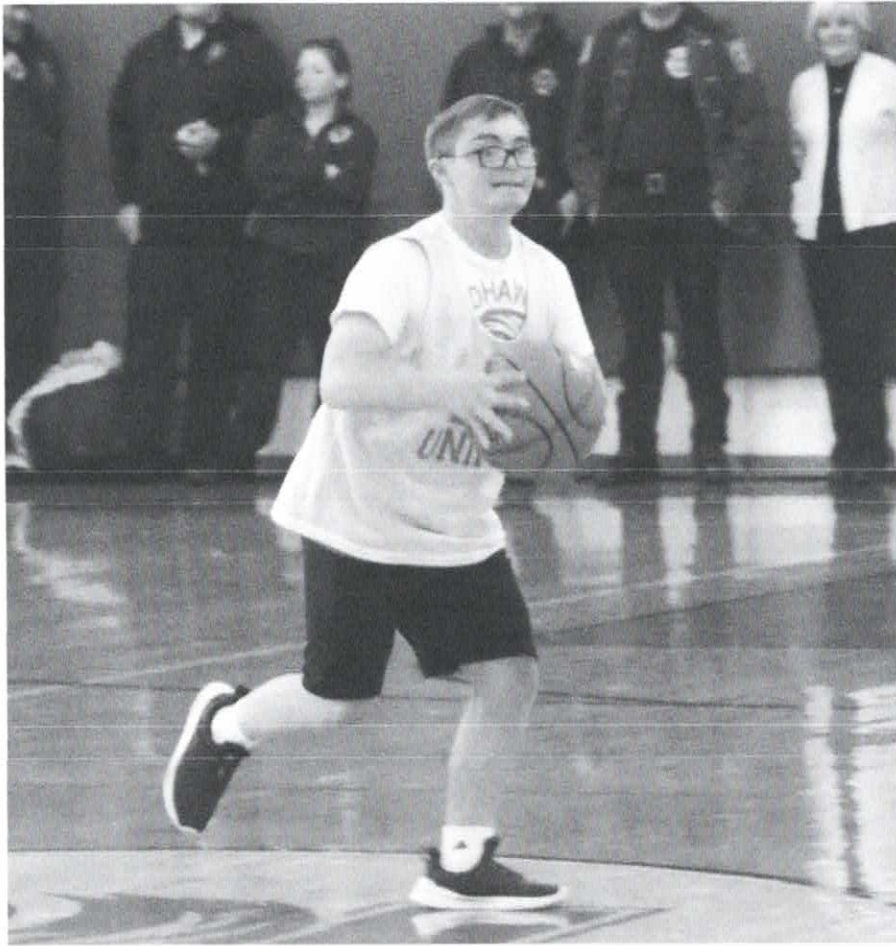
October 23, 2026

UBB OPENS SEASON

The Redhawks Unified Basketball Team opened their season against an obviously more experienced Triton team in the AHS gym on Wednesday at 3:30. AHS went all out for the event. The cheerleaders cheered, the varsity football team were spectators for the first half, there were official refs, and the scorekeeper was athletic director Craig Genuardo.

The national anthem was played by music teacher John McShane. The Amesbury athletes and partners were welcomed onto the court by a tunnel of Amesbury police officers. The gym was packed with families, friends, and members of the high school staff.

The game consisted of two twenty minute periods. Although Triton led almost all the way, and ended up winning 48-29, the



Marco D'Agnese takes the ball down the court.

Redhawks athletes put up a good fight, assisted by partner athlete Sam Tavares, the boys basketball captain. Peter Blake took the tipoff and eventually ended up scoring five points. The high scorer was Eliza Froncki, who had 11 points, including an impressive three pointer. Mike Almond had four. Others who put up at least one basket were Justin LaBonte, Gabriel Griffin, Abby Chmielewski, Aden

Hindman, Marco D'Agnese, and Jackson Gadsby.

Other members of the team are Lilly Cook, Ryan Cox, Henry Hawkins, Brady Lang, Ari Martin, Eliana Mantia, Gabe Potter, Landon Resendes, and Arianna Sanchez-Frometa. The head coach and founder of the program at Amesbury is Christina Lynch, assisted by Heather Orr. Other coaches assisting are Peter O'Dowd, James Hindman, and Leigh

Noyes.

The Redhawkes will get another chance with Triton later in the season. Meanwhile, they play Masconomet next Tuesday, which is also at home.

Continued on next page

COMPETITION IN ACTION

Unified Basketball (continued)



The whole team: Front: lillian Cook, Abby C, Brady Lang, Eliza Froncki, Peter Blake, Landon Resendez, Ryan Cox, Gabe Potter, and Ellie Mantia

Back: Jackson Gadsby, Mike Almon, Aiden Hindman, Marco D'Agnese, Justin Lablanc, Gabriel Griffin, Arianna Sanchez-Frometa, Henry Hawkins, Sam Tavares.



Peter Blake plays defense.

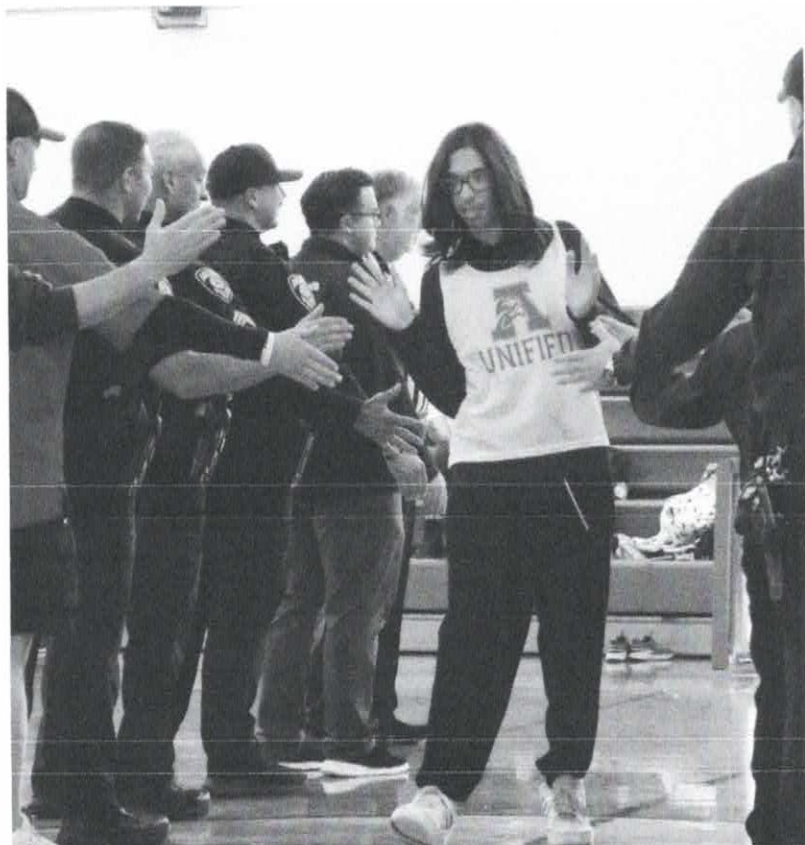


San Travares watches Jackson Gadsby go after the ball.

Continued on next page

HAVING A GREAT TIME

Unified Basketball (continued)



Gabriel Griffin goes through the police line.



Abby Chmielewski is ready to shoot.



The Cheerleaders give their support.



Eliza Froncki looks for a shot.

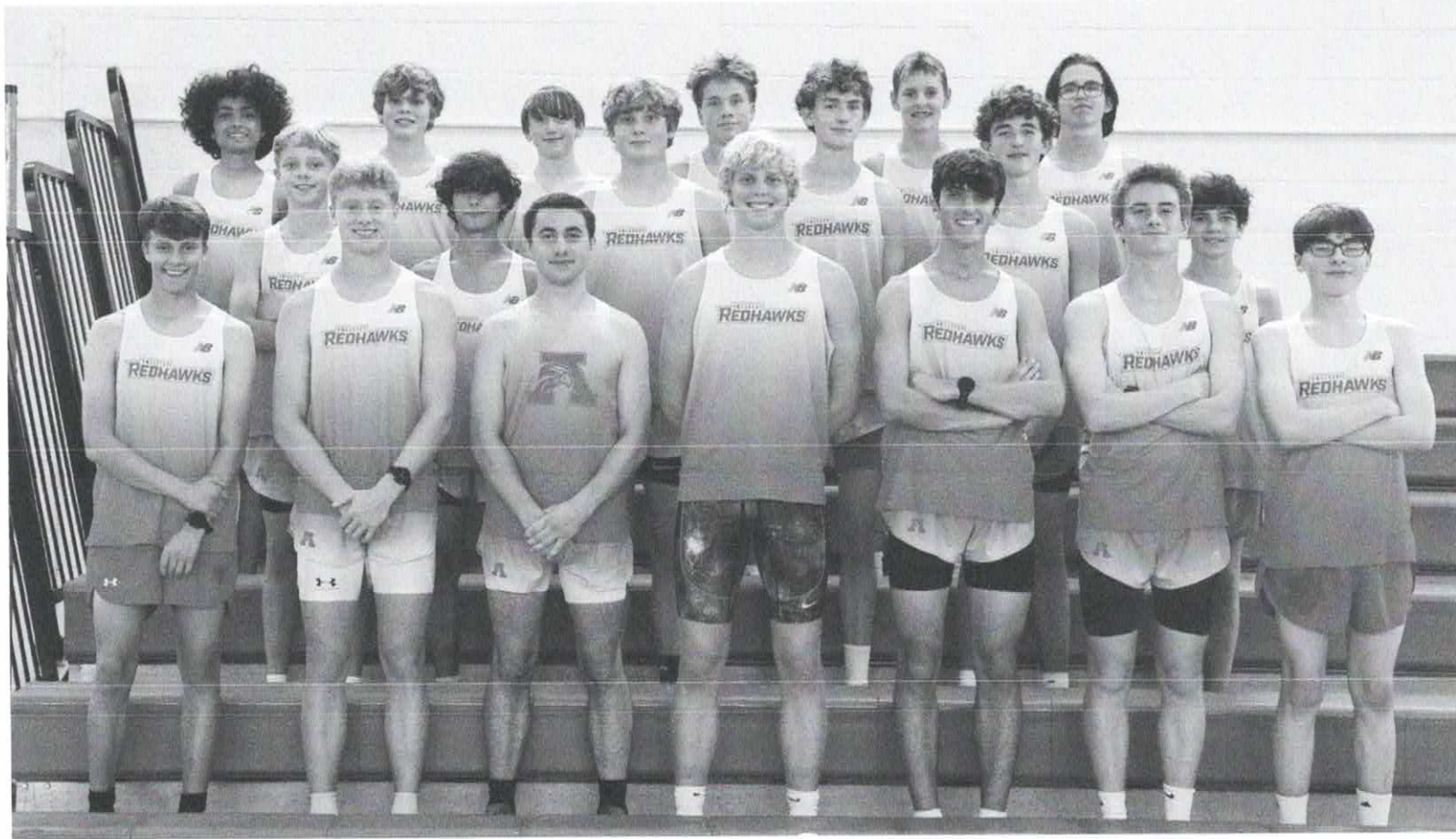
WE'RE NUMBER ONE

Boys Cross Country

By Josiah Fugate

After last week's win at Ipswich, boys cross country officially ended their regular season. However, much more importantly, they finished 5-0, taking down every team in the CAL Baker to become undisputed Baker Champions. For the first time since 2017, the Amesbury Redhawks won the regular season, leaving one major goal left: an outright Cape Ann League Championship, which would be the first time in at least fifteen years.

The team owes a large part of this success to the group expanding from ten to nineteen runners, along with intense summer training and excellent coaching by long time track coach Ernie Bissaillon and training guru Andrew Goodwin (who is also an English teacher at AMS). With a strong team led by five seniors and a varsity squad of two sophomores, three juniors, and senior captains Josiah Fugate and Ty Giangregorio, Amesbury is built for success now and in the coming years.



The CAL Champs boys' cross country team: Row 1: Andrew Roberts, Landon Mitchell, Keith Welch, Josiah Fugate, Ty Giangregorio, Mather Sekelski, Aiden McIntire. Second row: Joey Sullo, Ben Cloucher, Levi Fugate, Leo Oakes, Isaac Boehl, Silas Lynch. Third Row: Liam Steward, Micah Fugate, Patrick Cook, Luke Babcock, Finn Lennon, and Harrison Sullivan.

OBSERVER

KJ GETS HONORED

Amesbury really did win the Super Bowl once, back in 2008. A running back and captain on that team was our own PE teacher Kevin Johnston, who also still owns the school record in the 55m for track. In 2008, he was the state champion in that event. KJ was among three people honored at the 6th annual athletic hall of fame ceremony last Thursday night in the auditorium. Among Johnston's other high school accomplishments were 1036 rushing yards and 24 touchdowns in his senior year. In track he was a record holder in the 100 meter dash and 4x200 relay, was a CAL star in 2007, 2008, and 2009, and was the MVP of both winter and spring track in both his junior and senior years. Track kids will tell you he knows what he's talking about for a reason.



MORNING ANNOUNCEMENTS

Kids say they don't know what is going on, which is probably true since we doubt many student read the principals newsletter. Of course, you could read the AHS Weekly, but meanwhile the Student Advisory Council is bringing back morning announcements. You can't attend something if you don't know it's happening. The goal is to highlight a few of the more important things going on every day.

CAR DETAILING

The AC3 program for post graduates is taking on another project. They will clean faculty cars inside and out for \$10 on Thursdays. The program is expected to be open to students in the spring.



Damion Record and Peter Blake wash cars.

AVA O'FARRELL

Senior Profile

By Dom
Beane

Ava might be described by her friends as short, but she would describe herself as a pretty upfront person who values being truthful and always telling people how it really is. She has been a successful cheerleader at AHS and works at Kume and a daycare in Rowley. The best thing about school in her opinion has been being with her friends, especially this year which has been her favorite. Her favorite class is Foods because she loves cooking and trying the food; her favorite food is chicken parm.

Ava's favorite singer is A Boogie Wit A Hoodie, specifically his song, "I Know What's Real," and her favorite movie is *The Wolf of Wall Street*. When she was a



little kid one of her favorite things to do was to play hop scotch, now she loves to go shopping at the mall.

Ava plans on going to Northern Essex Community College after graduating. She hopes to get her degree to become a registered nurse. In ten years, she sees herself

working as a nurse and hopefully living in a nice house with enough money to have some for spending. She also wants to have a family when she is older. She has always dreamt of going into medicine because she wants to be there for people who are in need, help them, and one day be someone's hero.

One of Ava's favorite teachers is Ms. Sweeny because she is really kind and always there to listen to and help out students. Ava is very close with her family. Her personal hero is her mom, who has always been there to help her when she is feeling low. One of her greatest accomplishments is being a good older sibling.

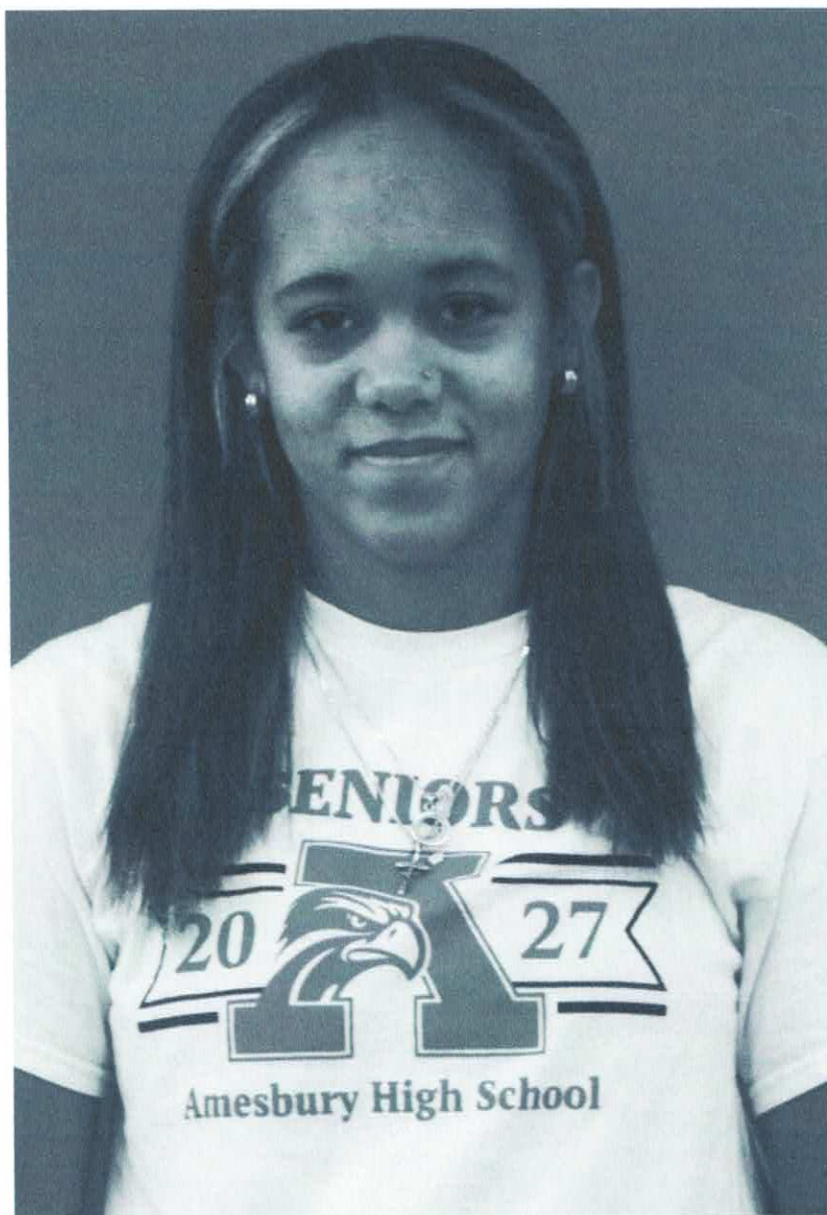
TRINITY KENT

Senior Profile

By Dom Beane

Trinity's favorite memories of high school have been the ones with her friends, especially being energetic at rallies and attending Senior Celebration, which have made senior year her favorite. Energetic and rambunctious are actually the words she would use to describe herself, because she is usually in a good mood, and is never afraid to be loud. When no one is watching she likes to lip sync along with her music.

One of her favorite classes has been algebra because she loves Mrs. Sweeney, who is always a kind and caring person to



talk to. She is very appreciative of her friend and classmate Ava O'Farrell who has always been right by her side and been a good friend to her since they were young.

If Trinity could change any one thing about her life, she would love to live in Florida because it would mean being closer

to some of her family. If she could have any superpower, she would like to be able to read minds so that she could avoid all dishonesty.

Trinity is planning on going straight to college after graduating from Amesbury High School, and in ten years she sees herself hopefully living a happy life and being married. The best advice she would offer to her past self and to anyone else would be to always try your best, and never change yourself for anybody else. Her favorite quote, and the idea she tries to live by is "You only live once."

HORNETS REVENGE

Football

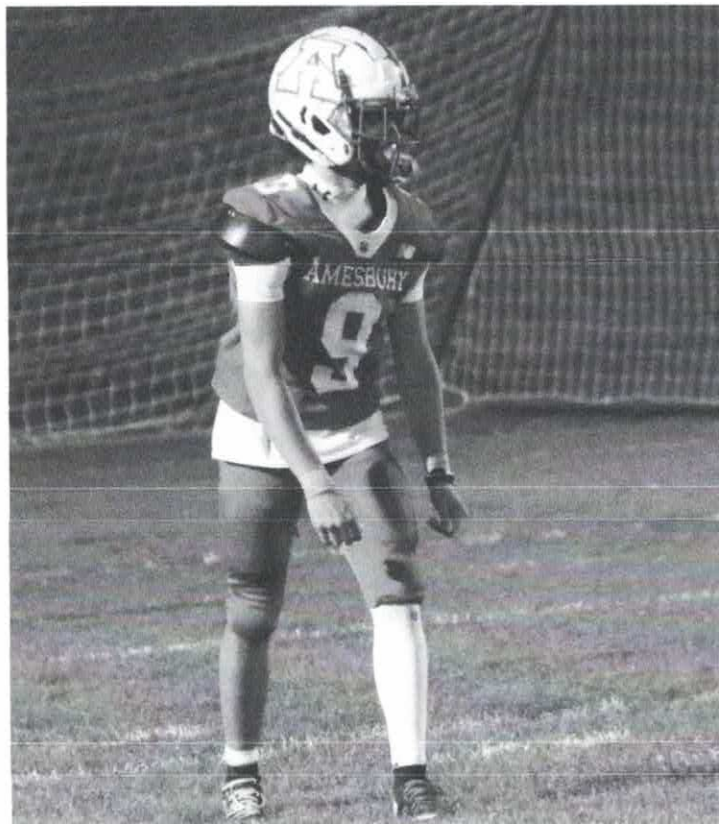
After five consecutive losses in this decade, the North Reading Hornets finally were able to beat the Redhawks football team.

The Hornets came out buzzing at Landry and put one on the board quickly on strong passing. They added a second in the next period as the Redhawks just couldn't get anything going except penalties. It was a strange position for Amesbury to be down 13-0 at the half. It could have been more, but Amesbury stopped the Hornets in the red zone near the end of the half. Connor Scialdone spent more time punting than picking up yards as the North Reading defense largely shut down Amesbury.

Then the rains came. Just as the athletic hall of fame recipients were being announced, the sky opened to an absolute deluge. Some tried to wait it out until the lightening came too. Everyone scrambled to their cars or the middle school gym.

After an extended half time, the Redhawks came out more ready to play. Joe Puleo quickly put up a score on a pass from Dylan Edic. By this point, however, the field was so waterlogged it was nearly unplayable. Both sides traded punts multiple times until the Hornets finally added a field goal near the end, making it 16-6. Props to the Amesbury defense, however. North Reading had at least two other chances to score in the red zone but were held.

Next Friday night the Redhawks meet the Triton/Ipswich team at home in a senior night match up.



Freshman CJ Riviera is the future of AHS Football.



The team huddles up.



Mikey Olbrot kicks off.

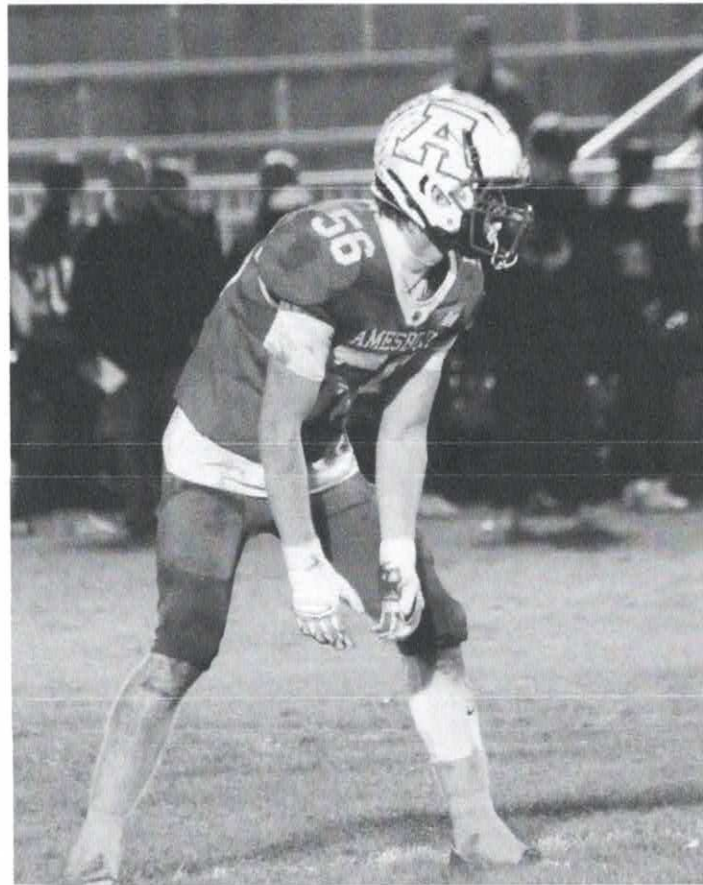
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Now 3-2

Football (Cont.)



Joe Puleo carries.



Evan Murphy waits for the play.



The offensive backfield, Joe Puleo annd Connor Scialdone.



Brody Getchell plays center.

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DELUGE FLOODS SECOND HALF

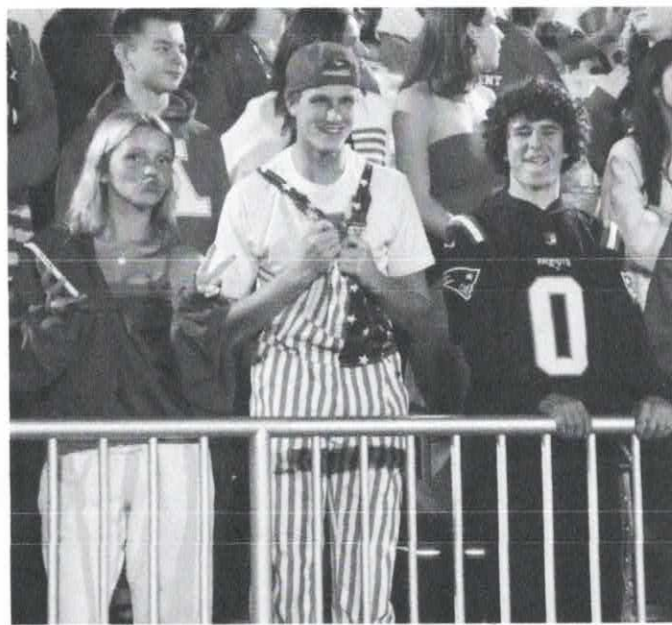
Football (Cont.)



The team celebrates an interception.



Dylan Edic keeps the ball.



Nicky Creps is leader of the cheering section.

THE BOAT SHOP IS BACK

Lowell's Boat Shop



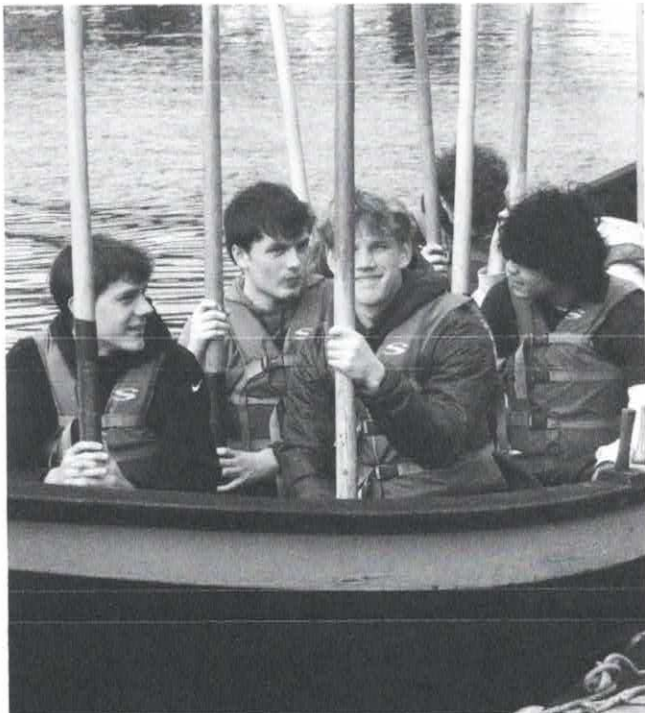
Ms. Leary's favorite boys prepare for sea.



Ailyn Jurta, Gabbie Bonia, Lily Clark, Sarah Jonk, & Liv Jusfredo are ready to row.



The girls reach, dip, and pull!



The boys toss oars.

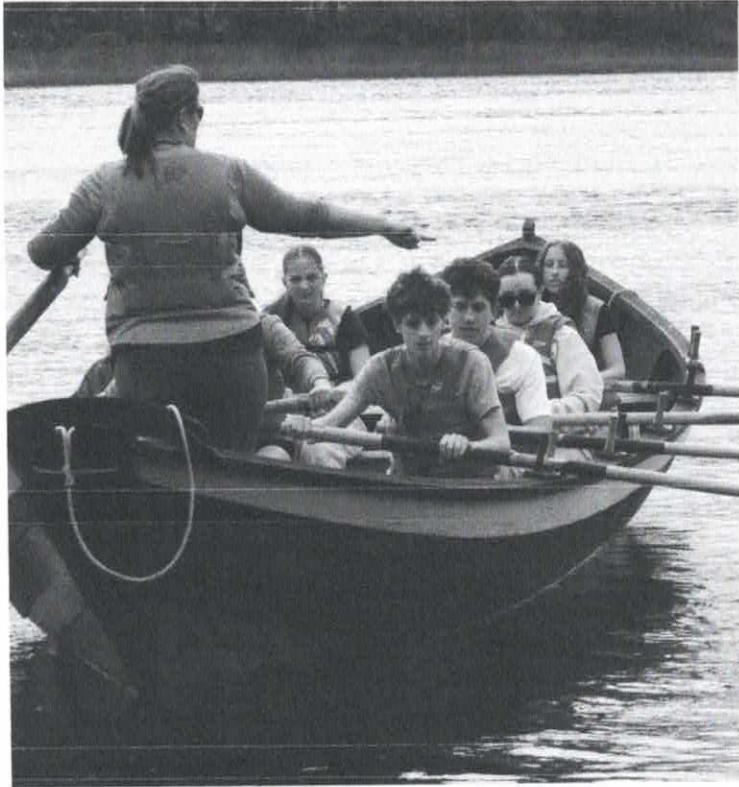


Isla Doyle captains Lucy nachtygal, Norah Costigan, Ariana Mengocaro, and Violet Davis.

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SEXTANTS & SUNSHINE

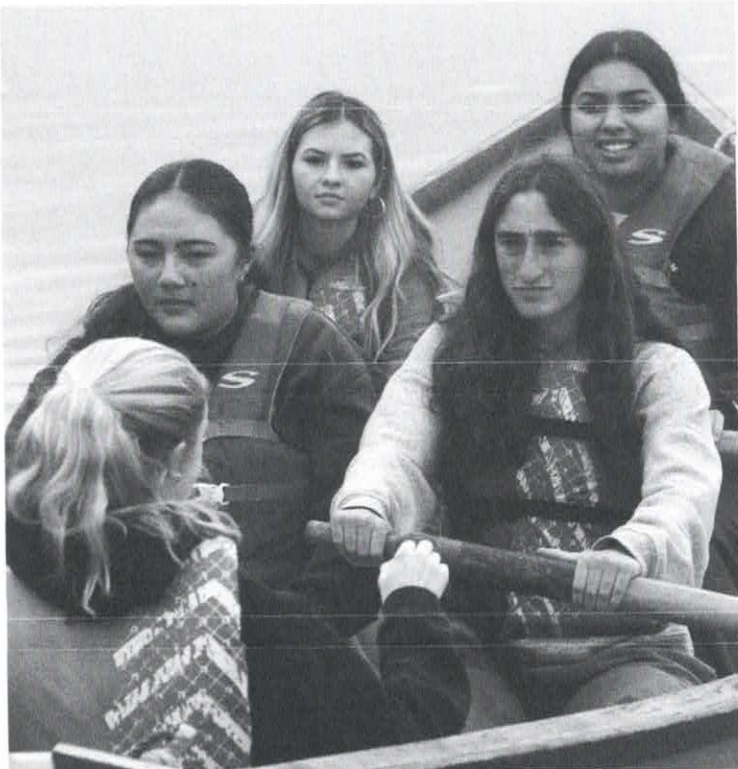
Lowell's Boat Shop



Mrs. Regis leads the surf boat across the river.



The boys get vested up and ready to row!



Gemma Peacock and her group are locked in.



Captain Lauren Talbot and her group journey across the Merrimack.

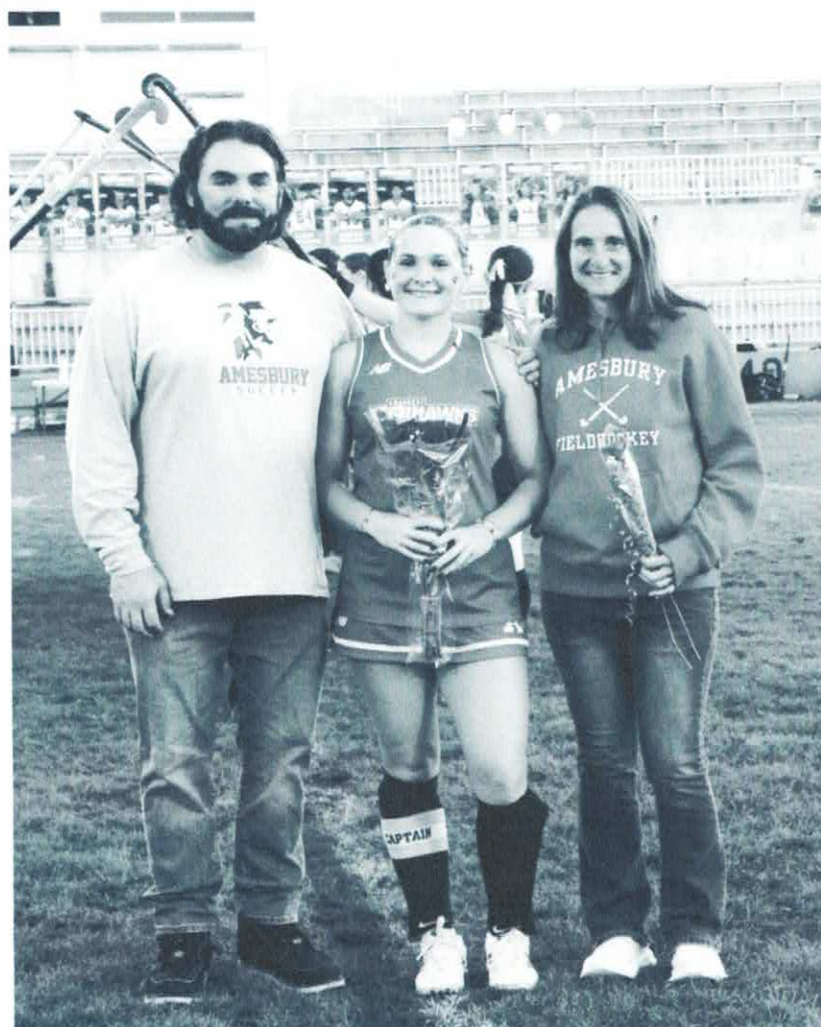
FOCKEY DUB

Field Hockey

The field hockey team held their senior night game Monday against Rockport, honoring the three seniors, Hope Shanahan, Addy Cooper, and Sophia Le.

Amesbury won the game 3-0, adding on to a tie and win from the previous week. Shelby Massey had yet another shut out. Goals were scored by Charlotte Kime, Hope Shanahan, and Lucy Nachtygal.

The Redhawks lost to Newburyport Wednesday 1-5. They play against Lynnfield away on Monday.



Captain Hope Shanahan poses with her family



Addy Cooper stands with her family.



The Le's come to support Captain Sophie Le.

Continued on next page

NEST WAS PACKED

Field Hockey (Cont.)



The team celebrates a goal.



Lucy Nachtygal takes the ball down the field.



Junoir goalie Shelby Massey is ready.



Celia Taverns, Gabbie Bonia, and Leo Fonceca support the seniors.

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KEEP PLUGGING

Field Hockey (Cont.)



The girls are estastic for their win.

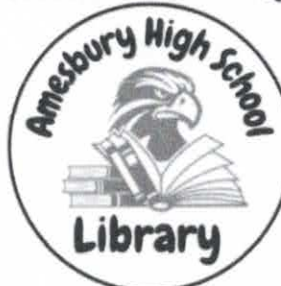


Charlotte Kime, Hope Shanahan, and Ailyn Jurta are locked in.



Sophia Le is honored.

Redhawk Book Talk



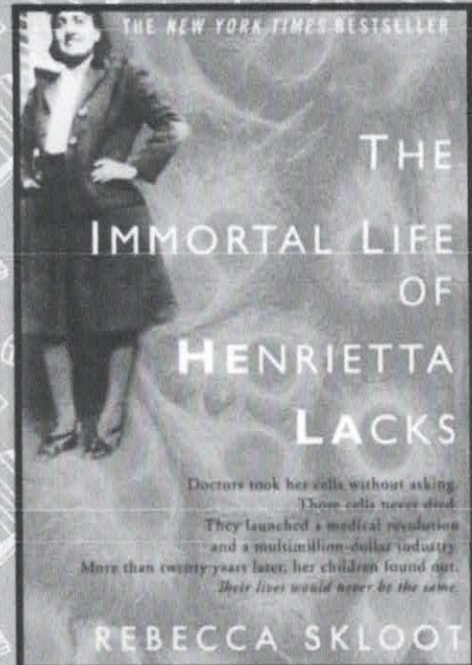
Mrs. Alley
Life Science Teacher

Book Title: *The Immortal Life of Henrietta Lacks*
Author: Rebecca Skloot

Book summary:

In the 1950s South, Henrietta Lacks' cancer cells were taken without consent, creating the first immortal cell line, HeLa. While these cells fueled decades of medical breakthroughs and massive corporate profits, her family was left in the dark and uncompensated.

Today, this is still an on-going lawsuit as her family is fighting health industries in order to receive compensation in their ancestor's honor.



**Reason for
Recommending:**

I read this book in my first year of graduate school while studying a master's degree in health promotion. It was important to read about the realities of the scientific community before consent laws were established.

I found myself empathizing with Henrietta and her family in their fight to receive compensation for her mistreatment.

Interested in
this book?
You can check it
out in the
library!



Horoscope

ARIES (March 21 – April 19)

LIFE: You happily walk out of school prepared for the weekend. Someone informs you it's only Thursday.

SCHOOL/WORK: Your brilliant idea will be rejected by everyone until someone else suggests exactly the same thing. Congratulations! You're a trendsetter with absolutely no credit.

TAURUS (April 20 – May 20)

LIFE: A fortune cookie will predict great wealth. Unfortunately, your financial windfall will consist of finding 37 cents and a Canadian nickel in an old jacket.

SCHOOL/WORK: You'll accidentally become the leader of a group project simply because you were the only person who brought a pencil. Great power comes with great responsibility.

GEMINI (May 21 – June 20)

LIFE: A pigeon will follow you for three blocks. Don't panic. It's probably just trying to sell you an extended car warranty.

SCHOOL/WORK: Your attempt to appear intelligent by nodding thoughtfully will backfire when someone asks you to explain what everyone just agreed to.

CANCER (June 21 – July 22)

LIFE: Your refrigerator will begin making mysterious noises at midnight. Scientists will eventually determine that it's trying to communicate with a submarine off the coast of Maine.

SCHOOL/WORK: You'll receive an important assignment involving teamwork, creativity, and leadership. Your only responsibility will be carrying a cardboard box.

LEO (July 23 – August 22)

LIFE: A small child will point at you in public and loudly announce that you look like a famous cartoon character. Unfortunately, the character is a talking potato.

SCHOOL/WORK: You'll make a dramatic entrance into a room, only to discover that everyone is staring because you have toilet paper stuck to your shoe.

VIRGO (August 23 – September 22)

LIFE: Your horoscope predicts a mysterious visitor. It turns out to be a kid from guidance delivering a pass for something you're sure you never signed up for.

SCHOOL/WORK: Your perfectly organized notes will attract the attention of a confused classmate who asks to borrow them. You will get them back covered in drawings of frogs.

LIBRA (September 23 – October 22)

LIFE: You'll become involved in a heated argument about whether a hot dog is a sandwich. Can't you find something more unique to fight over?

SCHOOL/WORK: An ordinary discussion in Mr. Horst's class

will somehow turn into a 20-minute debate about whether dinosaurs would have enjoyed pizza.

SCORPIO (October 23 – November 21)

LIFE: You'll discover that your neighbor has been secretly training a duck to deliver the mail. Unfortunately, the duck keeps opening everyone's packages and eating them.

SCHOOL/WORK: Someone will ask you a question you cannot answer. Respond confidently with "That's classified." You'll be amazed at how often this works.

SAGITTARIUS (November 22 – December 21)

LIFE: An unexpected adventure awaits! You slip in the parking lot and end up in the emergency room. You sit there for 4 hours until a doctor tells you it's just a sprain. Ice it.

SCHOOL/WORK: You'll volunteer for something without knowing what it involves. By lunchtime, you'll be dressed as a giant ear of corn promoting school spirit.

CAPRICORN (December 22 – January 19)

LIFE: Your plans for a relaxing weekend will be interrupted by a neighbor who needs help locating an escaped hamster. You should never have walked out on the porch.

SCHOOL/WORK: You are babysitting Saturday so you bring your little cousin to the Halloween Bash. The kid goes into the Haunted House and never comes out.

AQUARIUS (January 20 – February 18)

LIFE: A strange object will fall from the sky and land in your backyard. It will turn out to be a mangled drone carrying a frozen meatball.

SCHOOL/WORK: You'll invent a revolutionary new method for completing assignments. You pay your little brother to do them. Unfortunately he doesn't know anything about anything except dinosaurs so dinosaurs become a cause of the Civil War.

PISCES (February 19 – March 20)

LIFE: A psychic will predict that someone tall, dark, and mysterious will enter your life. It turns out to be a six-foot inflatable Halloween decoration blowing across your lawn.

SCHOOL/WORK: You'll be asked to explain your unusual answer to a simple question. It was totally made up so you start speaking in Greek.

CLOUDY WITH A CHANCE OF MEATBALLS

Weather

FRIDAY, OCTOBER 23: 
37°-56°, 0% Precipitation, 52%
Humidity, Winds 3-10 mph

MONDAY, OCTOBER 26: 
42°-66°, 0% Precipitation, 55%
Humidity, Winds 3-5 mph

THURSDAY, OCTOBER 29: 
44°-63°, 50% Precipitation, 82%
Humidity, Winds 3-12 mph

SATURDAY, OCTOBER 24: 
32°-59°, 0% Precipitation, 57%
Humidity, Winds 3-5 mph

TUESDAY, OCTOBER 27: 
47°-57°, 0% Precipitation, 69%
Humidity, Winds 2-7 mph

SUNDAY, OCTOBER 25: 
35°-64°, 0% Precipitation, 51%
Humidity, Winds 3-5 mph

WEDNESDAY, OCTOBER 28: 
42°-55°, 0% Precipitation, 75%
Humidity, Winds 2-6 mph



WHAT IS YOUR FAVORITE PASTA SHAPE?

Roving Reporter

Zoey R: Mafaldine

Isla D: Rigatoni

Jackson D: Penne

Tori W: Ravioli

Scarlett C: Circles

Aiden N: Angel Hair

Colby N: Spaghetti

Kaia B: Rigatoni

Summer C: Penne

Abby L: Rigatoni

Kenzie C: Jackson

Levi F: Macaroni

Violet M: The Kenzie Kind



Want to submit an answer?

Follow us on Instagram

@ahsweekly

**& keep an eye out for our weekly
questions!**



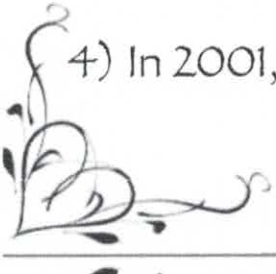
Today In History



1) In 1707, the first parliament of Great Britain was formed.

2) The Battle of El Alamein took place in 1942 during World War II.

3) In 1976, Led Zeppelin made their first TV debut, performing "Black Dog" and "Dazed and Confused".



4) In 2001, Apple introduced the iPod which changed the music industry.



Trivia



1. What is the world's favorite pasta shape?

2. What year was tomato sauce first paired with pasta?

3. Where was the first pasta factory opened in the U.S.?

4. What are the two main ingredients of pasta?

5. True or False: Pasta was served with cinnamon and sugar before the 1700s.





Amesbury Public Schools Educational Access Channel 8

P r o g r a m S c h e d u l e W e e k o f O c t o b e r 2 6 , 2 0 2 6

Monday, October 26th

5:00pm Amesbury School Committee Meeting -Recorded 10/5/26
 7:00pm Amesbury School Committee Meeting -Recorded 10/19/26
 10:00pm Whittier Tech School Committee Meeting -Recorded 9/9/26
 11:30pm Information Bulletin Board

Tuesday, October 27th

6:00pm AHS Magazine Show -New! -Show 93 -Topic: AHS Student Advisory Council
 7:00pm Whittier Tech School Committee Meeting -Recorded 9/9/26 (R)
 9:00pm Amesbury High School 2026 Athletic Hall of Fame Induction Ceremony -Recorded 10/15/26 (R)
 10:00pm Information Bulletin Board

Wednesday, October 28th

6:00pm Behind the Brick Wall -Amesbury's Entrepreneurs -Show 12 "Industrial History Center & Amy Els" (R)
 7:00pm Amesbury High School 2026 Varsity Football vs Triton-Ipswich -Recorded 10/23/26
 9:00pm Amesbury High School Class of 2026 Top Ten Dinner -Recorded 5/11/26 (R)
 10:30pm Information Bulletin Board

Thursday, October 29th

5:00pm Footprints -Amesbury's History from Those Who Have Lived It -Show 2 -Guest: Terry Axten (R)
 6:00pm Around Amesbury -Show 98 -Guest: Scott Winters on Question 8 (R)
 7:00pm Amesbury High School 2026 Evening of the Arts Concert -Recorded 4/30/26 (R)
 9:00pm AHS Magazine Show -Show 93 -Topic: AHS Student Advisory Council
 9:30pm Information Bulletin Board

Friday, October 30th

5:00pm Behind the Brick Wall -Amesbury's Entrepreneurs -Show 12 "Industrial History Center & Amy Els" (R)
 6:00pm Amesbury High School 2025 Halloween Rally -Recorded 10/31/25 (R)
 7:00pm Amesbury High School 2026 Halloween Rally -Recorded 10/30/26
 8:30pm Amesbury Public Schools 2026 Excellence in Education Awards -Recorded 5/18/26 (R)
 9:30pm Information Bulletin Board

Saturday, October 31st

8:00am Amesbury Educates -Shows from the Archives of this Long Running Series (R)
 9:00am Amesbury School Committee Meeting -Recorded 10/19/26
 12:00pm Around Amesbury -Show 98 -Guest: Scott Winters on Question 8 (R)
 1:00pm Footprints -Amesbury's History from Those Who Have Lived It -Show 2 -Guest: Terry Axten (R)
 2:00pm Information Bulletin Board

Sunday, November 1st

7:00pm From the Archive:
 Amesbury Middle School 2014 Geography Bee -Recorded 1/17/14
 9:05pm From the Archive:
 Amesbury Middle School 2015 Geography Bee -Recorded 1/23/15
 10:30pm Information Bulletin Board

YUMMY

Lunch Menu

October Amesbury High School				
Monday	Tuesday	Wednesday	Thursday	Friday
 Chicken Bacon Cheddar Melt Served with Seasoned Spiral Fries 5	 <u>Taco Tuesday</u> 6 Two Crunchy Beef Tacos, cheese Sour cream, salsa Fiesta Rice	 Home made 7 Macaroni & Cheese Diced Buffalo or BBQ Chicken Seasoned Corn	 Meatball Sub 1 On a fresh Fantini Roll Served with Sweet Potato Fries	 French Toast Stic 2 Sausage Patty Home made Warm Apple Crisp
NO SCHOOL 12	<u>Taco Tuesday</u> 13 Chicken & Cheese Or Cheese Quesadilla Served with Rice & Beans	Home made 14 Chicken Broccoli Alfredo Served with a warm garlic breadstick	Bacon 15 Cheeseburger Lettuce, tomato, onion On a Fantini Bun Crinkle Fries	Chicken and Waffl 16 Bakers Craft Belgian Waffle Chicken Tenders Strawberries
 Chicken Nuggets 19 Cheesy Mashed Potatoes Fruit Salad	<u>Taco Tuesday</u> 20 Nachos With all the fixin's Served with Mexican Rice	Spaghetti 21 With homemade Meat or Marinara sauce Seasoned green beans Herb breadstick	Grilled Cheese 22 With or without bacon Campbell's Creamy Tomato Soup Goldfish Crackers	Mozzarella 23 Filled Breadsticks With Marinara And a garden side salad
Popcorn Chicker 26 Served over Caesar Salad Wiht a warm Dinner roll	<u>Taco Tuesday</u> 27 Two soft beef tacos Cheese, lettuce, tomato, salsa, sour cream, mexican rice	Thai Pineapple 28 Chicken Fried Rice Choice of Vegetable Eggroll Or Dumpling	Turkey BLT 29 Club Served with Seasoned Waffle fries	Tony's 30 Deep Dish Pizza Served with a Carribean Side Salad

Also served Daily: Hamburgers, Veggie Burgers, Chicken Patty, Pizza, assorted wraps salads and parfaits
 All lunches served with fruit, vegetable and milk choices
 A la carte items sold separately

Top 5 Best Pasta shapes

1. Spaghetti
2. Bowtie
3. Fettuccine
4. Rotini
5. Ravioli



MAMMA MIA!

Word Search



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

MARINARA

BOWTIE

ORZO

LINGUINE

RIGATONI

SHELLS

RAVIOLI

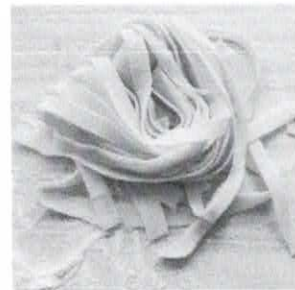
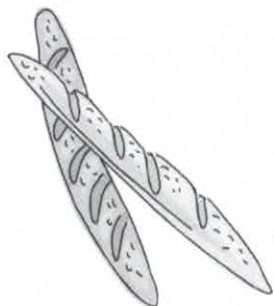
MACARONI

FUSILLI

PENNE

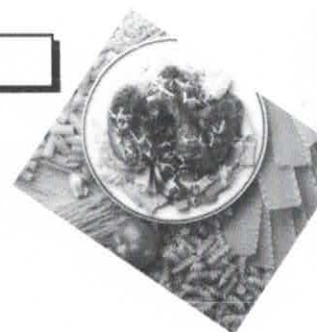
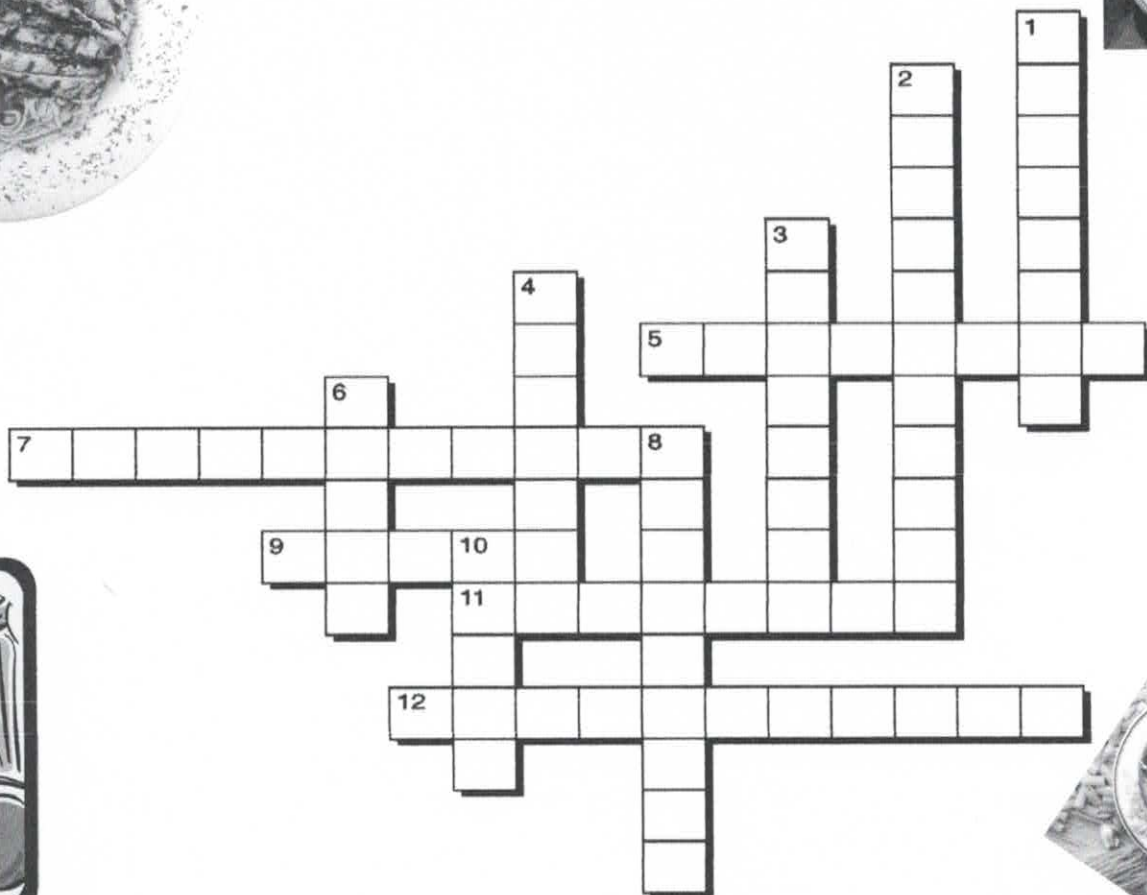
GNOCCHI

FETTUCCINE



PASTA LA VISTA

Crossword



Clues

Across

Down

5) _____ and cheese!

7) Popular spaghetti soup

9) the thinnest kind of pasta

11) think of ratatouille

12) tube-like

1) means ridged in italian

2) I looked this one up, good luck

3) thick and long

4) filled with cheese

6) often made in vegetable dishes

8) most popular form

10) it hurts to hit yours



YOU IMPASTA!

Sudoku



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



