

SEPTEMBER OCTOBER



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# Regionals

A big congrats to our 8 skaters  
for going to reagonals !!!

PHOEBE STUBBLEFIELD

SWAY CRAWFORD

TAYLOR NGUYEN

VANESSA PHAM

ALYSSA SKOF

ANDREA ARAGON

RACHEL SKOF

CRICKET DARLING



# HAPPY HALLOWEEN

## HALLOWEEN TREATS

BOO! IT'S THAT TIME OF THE YEAR WHERE EVERYONE CAN DRESS UP AND GET SOME NAUGHTY TRICKS OR SOME SWEET TREATS. THIS PAGE IS GOING TO BE DEDICATED TO SHOW YOU GUYS HOW TO MAKE A DELICIOUS TREAT FOR YOUR FRIENDS, FAMILY, OR YOURSELF! THEY ARE SO CUTE AND CREATIVE AND CAN BE A FUN ACTIVITY TO DO IN YOUR FREE TIME.



# HAPPY HALLOWEEN

## MATERIALS NEEDED FOR MUMMIES:

- 2 BANANAS(SAVE THE EXTRA PIECES)
- WHITE CHOCOLATE
- SHREDDED COCONUT
- 4 EDIBLE EYES
- 4 LOLLIPOP STICKS

## FRANKENSTEINS:

- GREEN FOOD COLORING
- 4 LOLLIPOP STICKS
- 2 DATES
- 8 EDIBLE EYES
- WHITE CHOCOLATE
- SOME SUNFLOWER SEEDS

## INSTRUCTIONS:

1. LINE BAKING SHEET WITH SOME WAX PAPER. GENTLY PLACE THE LOLLIPOP STICKS THROUGH THE BANANAS, BUT NOT ALL THE WAY THROUGH.

2. DIP EACH PIECE INTO THE MELTED WHITE CHOCOLATE( OR GREEN CHOCOLATE FOR THE FRANKENSTEINS) AND USE A SPOON OR FORK TO HELP AND SECURE THE BOTTOM OF IT. WARNING: AT THIS POINT THEY ARE VERY FRAGILE SO TRY NOT TO MAKE THEM STAND UP RIGHT.

3. FOR THE MUMMIES:

COVER THE BANANA WITH SHREDDED COCONUT AND IMMEDIATELY PLACE AN EYE IN THE MIDDLE OF IT. YOU CAN USE SOME MELTED CHOCOLATE TO HELP SECURE THIS.

4. FOR THE FRANKENSTEINS:

TOP WITH THE DATE END PIECE AND PLACE 2 SUNFLOWER SEEDS ON EACH SIDE OF HIS NECK, MAKING SURE EVERYTHING IS COMPLETE. LASTLY ATTACH 2 EYES ON.

5. PLACE ALL BANANA POPS ON THE BAKING SHEET AND FREEZE FOR ABOUT 15-20 MINS OR UNTIL SET. AND YOU'RE ALL DONE!

THESE FUN AND EASY TO MAKE HALLOWEEN TREATS WILL SURE BRING OUT THE CREATIVE SIDE IN YOU THIS YEAR. MAKE SURE TO TRY THIS AT HOME AND HAPPY TRICK OR TREATING!

# HAPPY BIRTHDAY!!!

- Daniella de Sousa 9/01
- Kate Puhala 9/08
- Ianna Caitlin Palmones 9/11
- Melisa Warne 9/12
- Ayshin Karayaka 9/25
- Ryan O'Donnell 9/25
- Muren Pyc 9/27
- Alice Gee 10/3
- Grace Pullin 10/04
- Lily Prat 10/18
- Ella Grace Jones 10/19
- Hallie Dollins 10/20
- Emma Johnston 10/22
- Jessica Ramirez 10/23
- Zoey Willoughby 10/25
- Abby Villareal 10/25
- Rachel Skof 10/25

# Skater Spotlight



## Vanessa Pham

- ❖ I'm 11 years old
- ❖ My level of skating is Prejuvenile Freeskate, juvenile MIF
- ❖ I've been skating for 7 years now
- ❖ My coaches are Roman Zaretsky, Megan Faulkner, Nicole Nichols
- ❖ My favorite skater is Yuna Kim
- ❖ My favorite move is the Double Lutz
- ❖ My goal is to make it to the Olympics
- ❖ I like to read in my free time
- ❖ Solving Rubik's cubes in under a minute is my hidden talent