

Official Newspaper of Rocky Hill Middle School

The Lady Wildcats has a fantastic season ending with a 5 and 1 record!

They lost a tough game to Lakeland's Park, 32-34 in their last game of the season. It was a hard fought game with the lead exchanging hands and the girls coming back at one point from being down 11 points. The team was led in scoring this year by Trinity Turner with 68 points; in rebounding by London Turner with 58; and Trinity Turner in steals with 39! Trinity now holds the Lady Wildcat record for most points in a game with 24, and London holds the record for most rebounds in one game with 23! Brie Cunanan now owns the record for most 3 pointers in a game with 6! Lauren Ceresini, Sienna Burns and Sharaya Foster also contributed meaningful numbers in points, steals and rebounds for the team. Greta Gleason, Makyra Wachter, Mackenzie Troffkin, Bella Zaffke, Amaya Duque, and Maddie Cole gave the team valuable minutes coming off the bench. Managers Fatou Diaite, Aniya Irvin, Sheila Agopame, Logan Edwards, Jackie Moore, and Sophia Ekieze also we're also able to make contributions in several games!

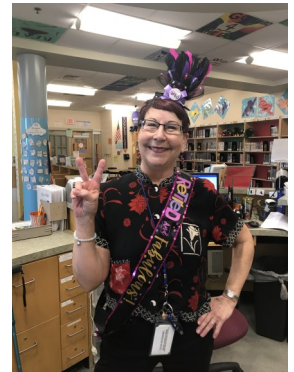


Coach Tip is very proud of the hard work all the ladies put in this season!

The Great Ms. Heidary Retires!

By: Sasha Golubchuk

Ms. Heidary is an amazing Media Assistant. She is sadly retiring from Rocky Hill Middle school. She worked in RHMS for 8 years and she loves being at the library. Her idea of a "perfect library" is a lot of students coming in and having fun while reading. Ms. Heidary has been in the school and library business for a long time. She loves dogs. Ms. Heidary has made an amazing impact on RHMS and we will miss her a lot.



The Rocky Hill Spring Dance is coming on April 2nd!



Memes

Silas Walsh

Meme Review "Clap" "Clap". I'm not supposed to share my opinion but memes are big at RHMS. If you did not know already a meme is a humorous image, video, piece of text, etc., that is copied (often with slight variations) and spread rapidly by Internet users. Now that you know what a meme is here are some examples.

As I was saying memes both have positive and negative effects on the school. Some negative effects are that memes can spread like wildfire meaning an offensive or flat out meme could spread without being stopped meaning the chances of a meme hurting somebody's feelings is likely. There are also positives to memes spreading the internet so fast like people making a positive meme that can create a spiral into support for a charity. Memes are typically changing every month before the joke is considered old.



How Do the Cell Phone Parking Lots Affect RHMS?

Silas Walsh

The cell phone parking lots are very new to our school, but are they a learning hinderance or a helpful tool? If you do not know, the cell phone parking lot is a place to put your phone during all classes. Each class has a parking lot with assigned numbers (usually the computer number) to put your phone in when class is in session. The cell phone parking lots are available for students who can't possibly part with their technology during class. At arm's reach, the students of RHMS can see their phone babies resting safely nearby.

The pros of cell phone parking lots are that they help some students feel less distracted, "I think it limits the distractions during class"; Evan Sims, incoming RHMS student told us. Some students find it reassuring to know where their phone is during class. On the other hand, there are some cons to the cell phone parking lots. Can the infrastructure be trusted? Is it durable enough to hold all of our precious cell phones? "The only reason I don't like the cell phone parking lot is because once in Science it fell down with **phones** inside." said 6th grader, Bennett Goldberg as he shook his head sadly.

Those are the reasons that the cell phone parking lot could be useful or distracting. Maybe cell phone parking lots are preparing us for a future of cell phone addiction or maybe they are just a convenient way to avoid dashing to our lockers during every period.

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2020 Look Book

By: Olivia Lee

Don't you want new cute outfits for 2020? Well if you do than here is a bunch of outfits you can wear to school or anywhere else! *Enjoy the 2020 Look Book!*

1: The first outfit will be a cute comfy hoodie outfit. This outfit can be worn at home, school or anywhere you desire. Oversized hoodies are very comfortable and can be found almost anywhere you shop. These days blue jeans are the trend. You can also find them anywhere and literally fit with any outfit you want.

2: The 2nd outfit is any oversized shirt and a pair of leggings. You can find leggings everywhere no matter where you are, because it is a pair of bottoms almost everyone has. You can wear any shoes you can, but nothing too fancy. Anything casual and cute can fit with this outfit.

3: This outfit can be worn literally anywhere. This outfit would be most likely worn in the winter, but is an awesome outfit that you can wear to school. The jacket is very warm and can be very comfortable in what way shape or form you wear it. You can tuck your shirt in, but you don't have to and just wear it however you like.

4: You can wear this outfit outside or even when you're inside the house ready to sleep. This is a really comfortable outfit and can be worn when you are too lazy to put on a different pair of outfit. This outfit is not only comfortable, but also very warm in the winter.

5: This is the last outfit in this lookbook for 2020. This outfit is one of the best outfit for school, because it is comfortable. A pair of leggings and a sweatshirt is a nice fit for anyone. The sweatshirt can be any size you want. You can wear it oversized or small sized. Black leggings are one of the best fit for any outfit you desire.

This look book contains a bunch of cute outfits that can be worn anywhere you like. Thank you for looking at the 2020 look book.

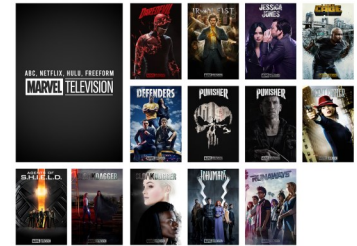


MCU Universe

Marvel went on with Phases 2 and 3. Phase 2 took more risks, as Marvel was experimenting with different genres. Captain America: The Winter Soldier turned into a spy thriller, and Ant-Man turned into a heist film. Marvel went to space and turned the Guardians Of the Galaxy, mainly C-list heroes into household names. Marvel got more in depth with characters such as Iron Man, Captain America, and Thor, as we learned more about their character, and experienced many



highs and lows with them. The sequel to The Avengers, Avengers: Age Of Ultron, was released in May of 2015, and was yet another commercial success. Not one movie Marvel put out in phase 2 was a dud.

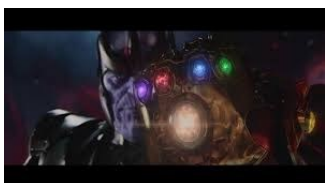


Marvel attempted to build up their television empire too. Following the release of the Avengers, Marvel hired Jeph Loeb to oversee the TV division and released Agents Of Shield in fall of 2012, a show focused on the spy organization as SHIELD that formed The Avengers. The show was a success, cleverly intertwining it's events with the films, forming a singular continuous stories. In 2015, Marvel partnered with Netflix to make various shows about street heroes Daredevil, Jessica Jones, Luke Cage, Iron Fist, and Punisher, to culminate in a miniseries known as the Defenders. While they did have success, it was futile compared to the success of the movies. But Marvel wasn't focused on their successes, but more so their future successes; their endgame.

In 2014, Marvel held a press conference at the El Capitan Theatre in Los Angeles. People didn't expect much. Maybe a trailer for the next Avengers movie, maybe digital promotion from Captain America: The Winter Soldier. But Marvel blew everyone away by uttering these words. Phase 3.

Kevin Feige announced all of their movies planned for the next 5 years. Films everyone was shocked to see translate from page to screen such as Marvel's Civil War being translated into Captain America: Civil War. Films that no one expected like Doctor Strange and Black Panther. But the crown jewel of the announcements was the release date for Avengers: Infinity War and Avengers Endgame.

The image of Thanos clenching his fist into one whilst possessing all of the infinity stones blew both comic book and non comic book fans away. Marvel's Infinity Gauntlet is the quintessential cornerstone of Marvel comics, the comic bringing together all the heroes from the Marvel Universe. Except this time, in film, it would be all of the MCU heroes united to stop the menacing threat of Thanos. Thanos is a warmongering sociopathic Titan, killing entire civilizations to please his obsession with death. As seen in Marvel's Infinity Gauntlet, Thanos wishes to erase half of all life using the Infinity stones, mystical gems constructed at the dawn of the known universe. It was mesmerizing to see these battles occur on the comic book page, but more exciting to see this occur on the movie screen. Thanos had already been teased in a post credit scene from The Avengers, and in a short scene in Guardians of the Galaxy, but it would be a while before fans saw his grimacing face again. While it was originally planned to be Avengers infinity war parts 1 and 2, directors Joe and Anthony Russo changed it to Avengers: Infinity War and Avengers: Endgame, in order to make a clear distinction between the two films. Marvel released heist-comedy film Ant-Man to wrap up phase 2.



In late 2015, in anticipation for Captain America: Civil War, news broke out that changed the MCU. Sony had been on a critical and commercial decline with the Spider-Man series, the newer films starring Andrew Garfield being mediocre at best, and intolerable at worst. Seeing this opportunity, Kevin Feige and Marvel broke out a sharing arrangement with the

MCU Universe

Spider-Man character with Sony, Spider-Man and Spider-Man related characters being able to appear in both universes. But this was big news. Spider-Man was back in the MCU, changing the landscape for the coming years.



Phase 3 took Marvel to new heights. They had commercial successes like Captain America: Civil War, took risks with films like Doctor Strange and Thor: Ragnarok, and explored the cosmos once more with Guardians Of the Galaxy Vol. 2. They celebrated the return of Spider-Man with Spider-Man: Homecoming, and broke gender boundaries with Captain Marvel. But things were a little different with one of Marvel's smaller films: Black Panther.



The African-American superhero and monarch and protector of the nation Wakanda was received well by comic book standards, but wasn't exactly mainstream to the general populous. He had a small role in Captain America: Civil War, but despite Marvel making billion dollar movies, they were still self contained in the ever expanding MCU fandom. But in February of 2018, this changed.

Black Panther scored \$1 Billion at the worldwide box office, becoming a cultural phenomenon. Director Ryan Coogler (who directed films like Creed and Fruitvale Station) used the film as a platform to discuss issues like racial inequality, the effect class has with social constructs, and the implications of a traditional political system on a modern society, all the while displaying the rich culture of Africa and the identity it has within the world. Next thing you know, people of all ethnicities were saluting others by saying "WAKANDA FOREVER!", embracing themselves in the Wakandan culture. The African-American populous in particular were encouraged to embrace their culture and reside themselves in their culture and their identity.

Black Panther broke other boundaries as well. Often, superhero movies rarely get recognized for Academy Awards, being beat out by more niche productions. But Black Panther broke boundaries, being nominated for 7 categories, including Best Picture and winning Oscars for costume design, production design, and original score. This changed not only Marvel, but the Hollywood landscape in general, as it showed that superhero movies could be appreciated by creative standards, and not just technical ones, and that superhero movies are for all audiences. But the true cinematic masterpiece still awaited.



10 years. 10 years of meticulous planning, positioning and enjoyment would all culminate in this epic 2 part saga. Marvel fans assembled across the world to enjoy the once of a lifetime cinematic event, all of their time endorsed into the series, rewatching all the movies, theorizing about the next steps and paying so much emotional investment into this franchise would pay off here. It was the time of their lives. The Avengers, the Guardians of the Galaxy, Spider-Man, Ant-Man, Black Panther and all the heroes we spent years getting to know were uniting to face off against one of the most anticipated villains of all time. Yes, it was time for Avengers: Infinity War and Avengers: Endgame.



Even before the films came out, they already broke records. Pre-ticket sales on Fandango and other ticket apps were off the charts, tripling the ticket sales for the average film. Trailer views were astronomical. The hype was insane. Now people around the world were waiting for their arrival. Waiting for the event of a lifetime. Waiting for a spectacle. And a spectacle they sure did see.



They did it. Avengers Infinity War and Avengers Endgame destroyed the box office sales, making \$2 billion dollars each. Avengers: Endgame in particular, managed to epically overthrow James Cameron's Avatar as the highest grossing film of all time. The world was astonished at the sheer success that Marvel had managed to conjure. Every stereotype of a superhero film, every expectation, shattered to pieces. All of the effort that Marvel spent years into making this cinematic universe had all paid off. The various arcs and stories of many characters came to a close, whether it was sacrificing themselves like Iron Man, or passing the mantle like Captain America, or wandering off into the universe like Thor, it was all the end. The end of the journey started in 2008. Or that was so thought.



Marvel takes the coming years in stride to continue this legendary franchise, but with new characters and stories. New opportunities and heights, a new future. While many doors close, others rapidly open. With Disney's recent acquisition of 20th Century Fox There is no telling how far Marvel will go, how much they will accomplish. While Marvel Comics creator Stan Lee passed in November of 2018, he can be rest assured that the work he did in the past, paid off well in the future. What was once a company bankrupt, is now a multimillion dollar franchise, inspiring millions with their stories across the world.

And it all started way back in 2008, with a junior producer named Kevin Feige.

Australia's Fires

By: Sasha Golubchuk

As most people know Australia has been on fire for quite a bit now and it's causing an awful impact on the habitat of many animals and humans. Sadly more than 50 fires are burning in the states of New South Wales and Victoria. 33 people have been killed, and more than 27.7 million acres across Australia have burned. The fires have destroyed more than 2,000 houses in New South Wales. An estimate of 25,000 koalas were killed. Australia has bush fires before but this season is worst then ever. Thankfully some celebrities have donated money to help Australia.

- P!nk donated 500,000
- Rebel Wilson raised 100,000
- Dacre Montgomery raised 250,000
- Kylie Jenner donated 1,000,000
- Leonardo Dicaprio donated 3 million
- Selena Gomez
- And many more people.*



Winter Recipes and a Look back on 2019-2020

Winter Sweets

BY: Maya Stewart



Peppermint Bark - **INGREDIENTS:** 12 oz. semisweet chocolate, chopped, 12 oz. white chocolate, chopped, 1/2 tsp. peppermint extract, 8 candy canes, crushed

Cookies and Milk Pie - **INGREDIENTS:** 1 container cool whip, 3/4 c. mini chocolate chips, 1 Oreo crust, 9 chocolate chip cookies, 3 Oreo cookies, crumbled, 1 snack pack mini Chips Ahoy cookies (optional)



Sparkling Cranberry White Chocolate Cake - **INGREDIENTS:** 3 1/3 cups all purpose flour, 2 cups of sugar, 2 1/2 tsp of baking powder, 1 1/2 cups salted butter (room temperature), 3 eggs, 2 tbsp vanilla extract, 1 cup sour cream, 1 cup milk, 3 cups fresh cranberries

Christmas Vanilla Roll Cake - **INGREDIENTS:** **Vanilla Roll Cake-** 2 eggs, 3 egg yolks, 1/2 cup sugar, 1 teaspoon vanilla extract, 1/3 cup sifted cake flour, 3 tablespoons cornstarch, 1/4 cup red & green Wilton batter bits or edible confetti, 2 egg whites, 1 tablespoon sugar

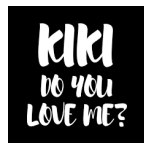
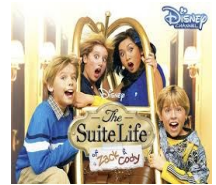
Vanilla Buttercream 1 cup butter, room temperature, 3 cups powdered sugar, 3-4 tbsp red & green sprinkles, 1 teaspoon vanilla extract, 1-3 teaspoons heavy cream

A Look back on 2010 - 2019

BY: Julia Lyonga

As we all this decade is over and we are now in the new year and new decade. A lot of us were kids for most of this decade but I bet you don't remember everything from your childhood. From your favorites shows to your favorite trends.

Here's a little something to jog your memory :)



Boys Basketball

Rocky Hill Boys Basketball 2019-20

Coach– Mr. Shull



Alex Greenfield

Corey Hamilton

AJ Allen

Marvelous Aniugo

Arfan Bhuiyan

Christian Britt

Amir Jones

Chase Moore

RJ Roche

Manneet Singh

Joonas Veimer

Drake McCloud

Josiah Teasley



The Basketball team finished the season strong with a 7 point victory. The team leaders in scoring were RJ Roche, Amir Jones, and AJ Allen.

Boys and Girls Soccer try-outs are March 10th, 11th and 12th.



Girls Basketball

Rocky Hill Girls Basketball Team 2019-20

Coach– Ms. Demosky– Tippett

Grade 8

Burns, Sienna
Ceresini, Lauren
Cunanan, Brie
Duque, Amaya
Troffkin, Mackenzie
Turner, Trinity
Wachter, Makyra
Zaffke, Bella



Grade 7

Cole, Madelynn
Foster, Sharaya
Gleason, Greta
Turner, London

Managers

Logan Edwards
Sophia Ekezie
Jackie Moore
Sheilla Agopome
Aniya Irvin



Are we Close to Earth's Expiration Date?

Da'Shira McCallum



Global Warming, Climate Change, floods, and droughts. Are all things human fear that is happening in our world today, that could possibly lead to a bad future. But the question asked the most is Why is this happening? Well that's what I'm here to tell you why it's happening and explain the way it's affecting the earth.

Well as we all know the increase of carbon dioxide in the earth's atmosphere causes global warming. Carbon dioxide absorbs all of the sun's energy when it shines onto the earth, it lets light pass through but it traps the heat into its molecules. This is called the greenhouse effect. But that's not the whole story.

Humans are to blame for the past century's warming by releasing heat trapping gases. Greenhouse gases have been at a higher rate than they were in the last 800,000 years. Due to global warming there are extreme weather shifts causing glaciers to melt in arctic places causing sea levels to rise and floods to happen in nearby countries. Weather changes are also causing extreme heat in some places and short winters in others some countries don't even get to see winters. Not only is the weather changing but plants are dying, leaving animals to move out of their natural habitats because there is no food or shelter left for them.

It's not just humans fault for global warming though, volcanic eruptions, solar radiation, solar wind, and Earth's position to the sun play a part too. For many years emission of greenhouse gases in the atmosphere have been balanced out by greenhouse gases that have been naturally absorbed. As a result temperatures are stable along with greenhouse gas concentration. Due to this, humans have been able to flourish with constant climate.

Humans have been able to increase carbon dioxide in the atmosphere by a third. A process that should have taken thousands of years to do have been done in decades. So back to the question, Why is this happening? Its happening because us humans are not doing a great job taking care of our planet. We are taking advantage of the earth not helping it thrive and live longer like we should be. It is predicted that sea level will be at 2.3 by 2050. Overall, what I'm trying to say is that if we don't do something now, earth might just lose it's light. Leaving us humans with nothing but a fatal death.

Help Save our Planet!



Is RHMS really a "Green" school?

By Silas Walsh



The answer is yes but what really is a green school well a green school is a "A green school begins with the future in mind, designing a learning experience for students that will prepare them to lead the world toward a healthier, cleaner, more sustainable future". So with this in mind is RHMS a green school well, it teaches all the students to recycle and there is a popular green team club so that is why RHMS.



Retro fashion has become very popular over the past years. But, it mainly got popular again in 2019. Retro fashion mainly consists of 3 main groups Y2k, the '80s, and the '90s. There are more groups, but these are the main ones.

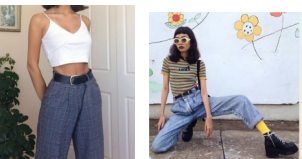


The '80s

The '80s included many sharp shapes and bright colors. Some of the main colors include bright pink and purple, neon blue, orange, and red. Most of these colors were on graphic tees and windbreakers. Now, you'll see some outfits inspired by the '80s.

The 90's

When it comes to retro fashion, the 90's is what most people think about. The 90's just like the 80's is known for wearing mom jeans and high-waisted jeans. The 90's is also known for their patterns. That's it from me, now let's get into the clothes.



【 Thank you for reading, I hope this article opens the world of 80's and 90's fashion to you. 】

Streaming Services: The catastrophic Impact on Modern Entertainment

By Ansh Mathur

Streaming services. While the term may seem unfamiliar to some, streaming services are in actuality a key component of the average individual's life. Whether we sit down to watch The Mandalorian on Disney+, or tune into Stranger Things on Netflix, we are taking part in the ever-expanding phenomenon that are streaming services. In this article, we will be analyzing the history of streaming services, and how they have impacted the film industry and the general public.



What are Streaming Services?

Streaming Services are defined as media, or content, that is constantly received by a user online. Typically, many users stream, or to digitally receive this content via a cloud based network. The concept of streaming in this instance, is transferring data, containing audio and video bits at a constant rate to the user. Streaming services allow for users to efficiently stream various movies, shows, documentaries, only limited by what the service offers itself. They all are purchased through subscriptions, as in a certain amount of money pays for the service monthly. Many examples of streaming services include Netflix, Hulu, Amazon Prime Video, and a more recent competitor, Disney+.



How did Streaming services get their start?

In the era of the late 1990's, mainly services such as VHS and Blockbuster Video dominated the entertainment and consumer market. Despite their popularity, many people like Reed Hastings (depicted in bottom picture) thought that these services were either too expensive, or in the case with Blockbuster Video, was an inconvenience to watch films with efficiency and simplicity. A late fee to return a movie to Blockbuster Video pushed Reed Hastings to create Netflix, which at first started as a movie purchasing site, where users would order movies online and they would arrive in red envelopes in the mail days later. Towards the early 2000's, another key service that was on the rise was the Internet, an intricate network that allows users to endlessly access information and data. Hastings wanted to use the Internet, and approached Blockbuster video with the idea of Netflix becoming its first streaming service, evolving into an online portal where users can have full unrestricted access to movies and shows without having the restraint of having to return it. Blockbuster, not seeing any use in Hasting's idea, rejected him.

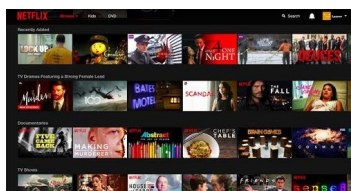


Again and again, Reed Hastings approached but again and again they rejected him and shunned him away. Not giving up on his idea, Hastings pursued his dream, and unrelentlessly worked to promote and bring upon his vision of Netflix. In 2007, Netflix made history, and became the first ever streaming service, Blockbuster Video getting left behind in the dust and filing for bankruptcy in 2010. Hastings' ingenuity brought upon a new age of digital entertainment, inspiring many companies like NBC, Fox, and Hulu to create their own streaming services. And a new thunderous competitor has entered the arena; Disney, with its new streaming service Disney+, with access to Disney's wide array of content, including beloved franchises like the MCU and Star Wars.



How does this affect the film industry?

The impact of the rise of Streaming Services is felt in a number of places, but is most importantly felt in the movie industry. Watching movies, what was once an experience, often visiting a movie theater and partaking in the various amenities that theatres provide, has now evolved into an activity to do to counter boredom. The reason in this drastic change lies in the very convenience of Streaming Services, the very convenience that Reed Hastings dreamed for. With its typically wide catalog and pleasurable design, Streaming Services creates an irresistible appeal, motivating consumers to keep watching. Netflix, in particular, uses AI algorithms which use Machine Learning to analyze various factors (watch preferences, watch history, demographic) to come up with recommendations for a given user, specifically designed and tailored for the user. This algorithm has proven to be in Netflix's favor, as close to 80% of watch content is from user recommendations.



Additionally, Netflix churning out multiple original movies and shows as well on this alluring platform will further draw in users, as every month, there is new content ready and available for them. This immediate availability damages the movie industry as going to the theatre to see one movie is trumped by the fact that with streaming services, it's all available on the electronics right at your fingertips. There are no complications, no hassle, no unpredictability, there is endless marketing, a near infinite source of content readily available for the user to enjoy. Netflix's show "Bird Box" alone was downloaded by 45 million accounts in the first week, potentially meaning box office annihilation if translated into those terms. Many productions from streaming shows like "Manchester by the Sea" and "Roma" have gone on to be crowd pleasers, and win Academy Awards. Netflix, using modern technology, is once again pioneering a new age of personalized and specific content, defined as the Netflix Effect.

Movie Theatres and Studios are at a disadvantage, as of yet, they cannot find a way to specifically personalize content, their audience is the general public, while Netflix focuses on entertaining the individual. Many studios such as Disney have already followed Netflix's example, developing ways to partake in the Netflix Effect, but entities such as Movie Theatres are now at the potential of going out of business, as the experience of enjoying a movie at the theatre is now obsolete, replaced with the modern technology right at the user's fingertips, marketing that they know will please the user, because it was meant for them all along. Society needs to decide: will it abide by and obey this new digital rise, or will it stand up, and actually decide how they want to consume entertainment, and not let an algorithm doing it for them.

Winter Recipes

Since we are in the middle of winter you must be getting bored of your regular winter food. We will show you different kinds of winter foods that you can make during the winter! Hot and warm delicious foods! Good potato soup during the winter can really warm you up and is a delicious soft creamy soup.

Warm and Hot Potato Soup:



1 <input type="checkbox"/> cups	Russet potatoes (peeled and diced, about 5 medium potatoes. Dice into small cubes about 3/4-inch)
3/10 cups	yellow onion (chopped, 1 medium)
1/4 cups	carrots (peeled and diced, 3 medium)
<input type="checkbox"/> cup	celery (diced, 2 stalks)
<input type="checkbox"/> (14.5 ounces) cans	low-sodium chicken broth
add	salt (and freshly ground black pepper)
1/15 cup	butter
1/15 cup	all-purpose flour
1/2 cups	milk
<input type="checkbox"/> cup	sour cream
add	ham (crumbled bacon or chopped cooked, shredded cheddar cheese, chopped green onions or chives)



Delicious Sugary Pecan Pie:

A warm and hot pecan pie can definitely fill up your hungry stomach with sweet sugar!

8 ounces	French-style butter (82 percent fat, at room temp)
3/4 teaspoon	salt
2 tablespoons	sugar
3 cups	flour (sifted)
4 tablespoons	unsalted butter (at room temp)
1/2 cup	mild honey (such as clover or acacia)
1/4 cup	Lyle's Golden Syrup
1 teaspoon	vanilla extract
1 tablespoon	dark rum
1/4 teaspoon	nutmeg (freshly grated)
add pinch	salt
4	extra-large eggs
2 cups	shelled pecan
add	vanilla ice cream (or whipped cream, for serving)

Seasonal, Winter Salad:



2 cups	cauliflower florets (blanched)
1 cup	broccoli florets (blanched)
3	hard boiled eggs (quartered)
1	spring onion (chopped)
¼ cup	Celery (chopped)
few	spinach leaves (torn into pieces)
2 tablespoons	Vinegar
1.5	cup

Too much sugary and greasy food can damage your health, so once in a while try eating a winter salad that contains lots of vegetables! Even people that hate vegetables can like this nutritious meal!



Spicy Winter Woods Chilli:

4 slices	Bacon
3 pounds	Beef Stew Meat
1	Large Onion (Sliced 1/2-Inch Thick)
4 cloves	Garlic (Minced)
2 28-ounces can	Whole Tomatoes
1 15 1/2-ounce can	Navy Beans (Rinsed and Drained)
1 15 1/2-ounce can	Red Beans (Rinsed and Drained)
3 tablespoons	Chili Powder
2 tablespoons	Red Wine Vinegar
add	Cheddar Cheese (Shredded)
add	Snipped Fresh Oregano
add	Bacon (Cooked, Crumbled)

This gourmet dish can be an awesome dish for dinner. Such a wonderful dish like this, can be made in only a few steps! Easy to make and also very delicious!

These were all the dishes/meals that you should eat in the winter at least once! Ask your parents to make

These look delicious and yummy!