

HMS HEAD 'LION'EER

Designed by: Meredith Robertson

Chocolate Parfait

Materials needed:

- ½ teaspoon cocoa powder
-
- 1 teaspoon vanilla extract
-
- 2 teaspoons honey
-
- 1½ cups low-fat or fat-free Greek yogurt
-
- 2 cups fresh or frozen raspberries
-
- ¼ cup shaved dark chocolate or chocolate chip
-



Equipment and Supplies:

- Measuring cups and spoons
-
- Medium mixing bowl
-
- Whisk or fork
-
- Tall glasses, preferably clear
-

Directions:

In medium bowl, whisk together cocoa powder and vanilla. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses. Top with some raspberries and repeat until all of the yogurt and raspberries are used up. Sprinkle each parfait with chocolate shavings. Serve or refrigerate until ready to serve. *this recipe makes up to 4 parfaits*

By: Anna Dye

Lions Sports

In the past few weeks, the Haleyville Sports Teams have been lighting it up. Last night the Middle School Baseball Team ended their season. The Lions Golf Team has been doing great, winning about every match they have played in. The Haleyville Soccer Team ended their season on a winning note. With the school year coming to a close, the Middle School Football Team is selling cheesecakes as their yearly fundraiser. The softball team finished up their season this week as well. That's it for this week's edition of Lions Sports. **By: Jonothan Cagle**

Corny Jokes

Q: What did the ground say to the earthquake? A: You crack me up!

Q: When do astronauts eat? A: At launch time!

Q: Why didn't the sun go to college? A: Because it already had a million degrees! **By: Joshua Church**

DIY Lava Lamps

This is a fun and creative craft you can do any-time. Whether you do this with your friends or family, you will be sure to enjoy it. If you follow these easy steps, you will have a lava lamp that won't disappoint you.

Ingredients:

- Water
- Cooking Oil
- Food Color
- Alka-Seltzer Antacid Tablets
- Empty Water Bottle

Instructions:

1. Fill your bottle about $\frac{2}{3}$ of the way with oil and the rest with water, leaving an inch or air at the top.
- 2.
3. Add several drops of any food coloring you would like. It may take a while for the food color to activate and change the water color.
- 4.
5. Break an Alka-Seltzer tablet into 3 to 4 pieces and add one at a time.
- 6.

If the oil starts to become cloudy or has tiny bubbles, just let it settle for a while.

<http://www.pbs.org/crafts-for-kids/diy-lava->

[parents/lamp/](http://www.pbs.org/crafts-for-kids/diy-lava-parents/lamp/)

By: Sally Lakeman



Motivational

You have to fight some bad days, to earn the good ones.

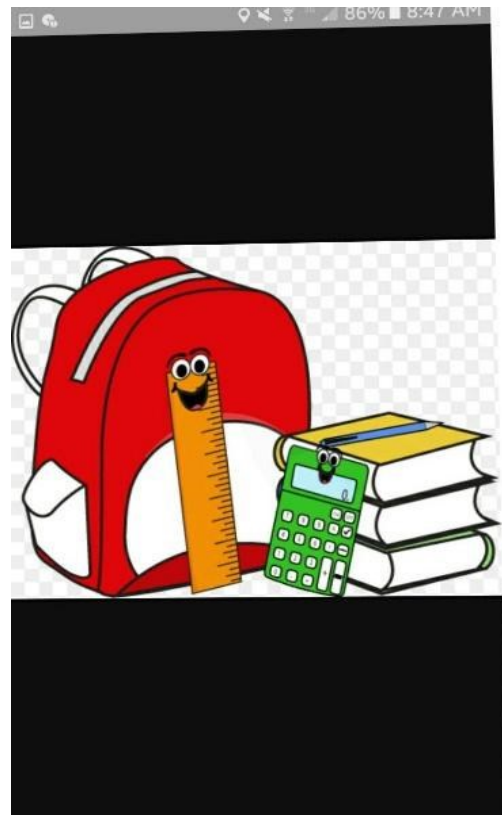
If you can't stop thinking about it, don't stop working for it.

The best way to predict the future is to create it.

Life is only as good as your mindset

Everyone you meet knows something you don't

By: Autumn Hubbell



Page designed by Jenna Brown



Peanut Butter Pie Recipe:

Ingredients:

- 1 (8 ounce) package of cream cheese
- 1 1/2 cup of confectioners' sugar
- 1 cup of peanut butter
- 1 cup milk
- 1 (16 ounce) package of frozen whipped topping, thawed
- 2 (9 inch) prepared graham cracker crust

Directions:

- 1) Beat together cream cheese and confectioners' sugar. Mix in peanut butter and milk. Beat until smooth. Fold in whipped cream.
- 2) Spoon in 2 9-inch graham cracker pie shells, cover, freeze until firm.

By: Lindsey Adamson

Fun Facts

1. There's a volcano in Indonesia that spews blue lava.
2. Bubble wrap was originally intended to be used as wallpaper.
3. A single cloud can weight more than 1 million pounds.
4. A human will eat on average 70 assorted insects and 10 spiders while sleeping.
5. James Buchanan, the 15th U.S. president continuously bought slaves with his own money in order to free them.

By: Hannah Bishop

<http://www.livin3.com/50-cool-and-weird-fun-facts-that-you-should-know>

<http://factsd.com/funny-facts/>

Word Search

M	I	B	T	Q	X	J	E	H	D	U	Z
T	O	C	Q	S	X	C	F	S	E	Y	I
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L	O	J	H	P	O	M	Z	M	Y	C	W



By Madison Baker