

The Dumb Ox

November 2025



A New Chapter for the Chapel

By: Elise Metzler

The founders of Aquinas worked to center the school day around daily Mass, and today, it remains an integral part of the school day. Teachers, students, and parents gather four days a week to celebrate Mass, and the chapel is used in other ways for events, student confessions, and generally as a place where students can come together to pray. To truly make the chapel Aquinas Academy’s centerpiece, the Chapel Campaign has been launched. This campaign plans to both expand and refurbish the chapel, bringing new life into a space that is so important to students, faculty, and parents.

The first time Mr. Blume realized the urgency for an update was, “at last year’s graduation mass.” He describes the summer weather causing pews to stain and even rip the pants of graduation goers. At least all new pews were needed, but Mr. Blume also explains, “For quite a few years we’ve [the administration] wanted to make the space more inviting and exciting.”

With the chapel being re-designed by Granda, which Mr. Blume describes as “one of the top two or three liturgical design firms in the world,” the space lies in good hands. Through a connection to an architect who was formerly an organist for Epiphany, Aquinas was able to hire the firm that has designed prominent worship spaces across the country. The team in charge of the Aquinas chapel just came from expanding the Christ the King chapel at Franciscan University, so if anyone is to be trusted with such a special building, it is them.

Outside expansion is slated to start in early April and interior renovation as soon as school lets out in June. Next year, students and faculty can expect masses to be held in the gym, but fine arts classes are expected to remain where they are. By fall of 2027, the chapel is expected to be finished.

For many alumni and long-time faculty, it is a bittersweet moment to see the building change, but it is a sign of just how far Aquinas has come since the beginning. Mr. Blume says himself, “Having been involved in starting the school in 1996 in the old St. Catherine school building that had a leaky roof, it’s been incredibly rewarding to see all the physical improvements over the years.” He gives the credit to all the prayers from students, faculty, and parents for making the school’s massive physical expansion possible, but now it is time to see our chapel treated with more love and care than any other building on campus has seen.

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Sit Down, You're Watching the Show

By: Caitlyn Abbett

On November 14th and 15th, Aquinas high school students took their audience to a bustling 1950s New York City full of gamblers, dancers, and missionaries. The production of *Guys and Dolls* had the gymnasium packed both nights, captivating viewers with catchy lyrics, lively dancing, and entertaining humor. The musical starred leads Lucy Flynn, Daniel Hartle, Jonah Burchill, and Elliot Keverline, with director Mr. Flynn bringing the show to life.

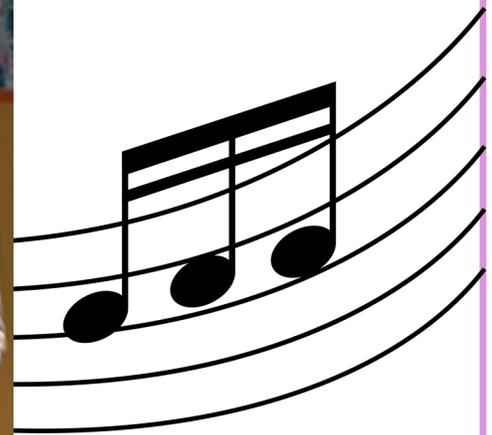
Lead Jonah Burchill, who played Sky Masterson, had a great time acting with his friends and enjoyed listening to the music. "My favorite scene to watch was the gamblers singing 'Sit Down You're Rocking the Boat,'" he shared. "Everyone backstage is dancing and singing along because the song is so catchy and upbeat." He enjoyed playing Sky because his character was charming, and he got to interact with everyone. He joked that, even though he had a great time singing and acting with his co-stars, he will not miss having to get slapped in the face by Elliot every single practice.

Daniel Hartle enjoyed stepping into the role of Nathan Detroit because of his funny and easygoing character. "I had so much fun working with Jonah, and I was impressed with how funny Lucy was as Adelaide." He notes that his favorite scene to be in was when Adelaide revealed that she had deceived her mom into believing they were married with five kids. He also enjoyed singing "Luck Be A Lady" with the guys. "It's so full of energy, and the guys get really into it."

His co-star, Lucy Flynn, who played Adelaide, enjoyed all the dancing and singing that came with the role. "I loved getting to be a part of the hotbox dances! Everyone was laughing during rehearsals, and we all had a great time figuring out the steps." She also had fun learning how to speak with a New York accent, and bonding with the underclassmen. "Singing 'Follow the Fold' backstage in Act 2 was so much fun because everyone got to be a part of it. I loved how unserious it was, because no one could see us laughing and dancing with each other."

Owen McKernan, a Salvation Army missionary, shared a memorable moment with an audience member. "Martin Malchano watched the dress rehearsal and told the whole cast that his favorite character was 'Owen on the drum.' It made my night and had everyone laughing."

Both the actors and the audience had a great experience, whether it was singing and dancing with their friends on stage or watching their classmates perform as funny characters. Mr. Flynn expressed how proud he was of his cast and crew for the dedication they put into the production. "Everyone brought so much joy to the audience. It was great to see the turn out and how many people were a part of the play, especially the seniors." *Guys and Dolls* provided an entertaining night for faculty, students, and parents, and the high school drama production continues to be a highlight of fall at Aquinas.



Giving Back to the Community

By: Lucy Flynn

Vivat Vita regularly organizes events to help out the community, and the Service Committee is holding Red Door service days. Another way to give back is the baby food drive, called "Thankful for Life," which Vivat Vita is coordinating for Thanksgiving. As Savannah Deschamps said emphatically, "Babies need to eat too!" The way they are running this is people can bring in baby food or formula and drop it off in front of the office. This event lasted until the end of November. It's one of the first Vivat Vita and service committee events that are tied together. Jack Hoerster hopes to arrange more of these events in the future.

There was a Red Door event on November 15th and it lasted from 9 to 12. Many students attended this event including seniors Becca Guillen and Ava Lesnefsky. Becca says it is always nice to help out and she was distributing the clothing. "I helped out as many people as I could, and it was nice to form a connection with all the people down there. It made me realize how grateful I am for everything I have." Ava helped by handing food out to the people. "I love actually talking to people, and it's really nice to see how grateful they are for what you are doing."

Leah Anthony also helped hand out food and clothes. She says it was very enlightening. "It's a very humbling experience to interact with these people who have so much less than you, and it's cool to be in a position to supply them with their needs out of love." Another person who attended was John Dolan. "We got there at 9 and then I went upstairs at the door, and served doughnuts and pastries for the morning, and then I served lunch sandwiches and snacks till 12. It's a great time and I had a lot of fun serving the people. Even though you go to serve the poor, you really end up serving yourself. Service is so fulfilling and rewarding." These events are always a good reminder to help others, especially around the holiday season.

There will be another event in the month of December. Jack Hoerster hopes to get about the same amount of attendance for this event. "Sometimes, our service events fall on the same day as other major activities, like the play or playoff games. Although those are important, I really hope they don't discourage people from attending." Service events are always a wonderful way to give back and help out others who are less fortunate.



Highschoolers: Assemble

By: Laila Tuffiash

Among many changes at Aquinas this school year is the modification of the high school schedule to include weekly assemblies. The past few years, assemblies were sparse, happening once a month at most, and were often purely used for announcements. This year, high school assemblies are going in a new, more fun, direction. In addition to necessary announcements, each assembly includes a game and sometimes a funny video or skit.

Mr. Salinas, former mastermind of middle school assemblies, is helping to enhance high school assemblies. Freshman Elizabeth Bird, who attended Aquinas as a middle school student, exclaimed that she “loved the middle school assemblies. I loved the games and I also liked listening to Mr. Salinas talk.” “Upon becoming the high school director, it was very important to me to have weekly assemblies,” shared Mr. Salinas. “It is also very important to me that there is fun at every possible assembly, adding to shared experiences that become memories. The prefects this year understand that, and these assemblies will only get better over time.”

Although Mr. Salinas facilitates the planning of assemblies, they are mostly in the hands of the 2025-2026 prefects. It is the prefects’ job to plan out the assemblies, particularly the game. “As prefects, one of our goals this year was to make the assemblies more fun, so when planning out the assembly each week, we kept that goal in mind,” said senior head prefect Jonah Burchill. Jonah agreed with Mr. Salinas about the importance of assemblies, expressing that “Assemblies are so fun and important and I’m very glad they are back in the schedule.” Jonah’s favorite assembly so far was the assembly where sophomore Oggie Pribich showed the school his dance moves during the dance competition game.

A prominent running bit at the assemblies is when everyone gets to gather around and hear a story from service prefect, senior Jack Hoerster. “Little Toot” is an inspiring tale about a tugboat. It is hard to say much more about “Little Toot,” though, as a mysterious thief appears to have stolen the book. “It is a true tragedy that I don’t get to read Little Toot,” sighed Jack, a tear forming in his eye. “I don’t know who took it, but hopefully we’ll find out soon.” If anyone has seen “Little Toot,” please do not hesitate to reach out to Jack!

Perhaps the most beloved part of a high school assembly is the game. These games, planned by the prefects, include everything from the dance battle previously mentioned, to a multisport relay race, to the famous speed dating game, where one lucky guy or girl chooses their favorite suitor from a variety of anonymous voices. Whether in the game, the talks, or any other part of the assembly, the enthusiasm of our high school students is evident in the spirit of the assemblies.



Mock Trial Madness

By: Aurora Predis

The start of November is the beginning of snow and cross-examinations, and the Aquinas Mock Trial team has a challenging case this season. This year's case is a rare case in the Mock Trial world, a medical malpractice case. These cases are often the hardest to argue but the most intriguing and rewarding to work on, and this year's is especially tricky with a lot of gray area.

Mock Trial is often confused with Speech and Debate, but they are two very different activities. Speech and Debate includes different components of public speaking in competition with other people. Mock Trial is a simulated court case with students acting as witnesses and attorneys for both the prosecution and defense. The team will make an argument for both sides and compete against other schools to try and win a case.

The Aquinas Mock Trial team has been competing for about five years. The team made it the farthest it has ever been in competition last year, winning county for the third time in a row and heading to states to take 5th overall. A new year brings new ideas and a new coach, as former coach Mr. Wax decided to step down. Alexander Kuntz, a former student of Mr. Wax, is the new coach. Returning this year is assistant coach T.J. Belsterling, also a former student of Mr. Wax, who has won at the state level.

The team has 16 new and 12 returning students who all look forward to the new case. When asked about the outlook for the season, returning sophomore Lily O'Neill was very enthusiastic, saying, "I'm excited to see members try new things they previously haven't, like working closely on case theory and getting the chance to lead and have bigger roles. I think this year will be a good year of building up the skills needed to be a competent witness/attorney to form our team into one that will continue to win."

The plaintiff Bo Bridger has charged her longtime doctor with medical malpractice, leading to incapacitation. The defense has the job of proving her doctor's innocence and showing that he went through all the steps any doctor would have taken with any patient. The prosecution has the opposite job of showing where, why, and how exactly the doctor failed to do his job properly. And so opens the 2025-2026 Mock Trial Competition year.



A New Kind of Chapel Choir:

The Aquinas Praise and Worship Team

By: Katrina Kedzierski

If you regularly attend Mass at Aquinas, you may have noticed a different kind of music being played on certain Fridays. Typically, the music consists of traditional hymns or chants, but recently, more modern praise and worship music has become a part of the liturgical music rotation. Though this style of music at Mass is new at Aquinas, the praise and worship team itself has existed for a while. Previously, it has assisted at retreats, such as the high school retreat or Koinonia, as well as adoration nights.

The band consists of Jonah Burchill on the piano, Luke Crawford on the guitar, and Savannah Deschamps, Aurora Predis, and Katrina Kedzierski on vocals. When asked about being on the praise and worship team, Savannah shared, "I've always found music to be helpful in prayer, so to get to aid others in their prayer with my friends is a special gift."

One shared sentiment that many have is their love of hearing the lower school students enjoy the music, with Savannah continuing, "I think implementing praise and worship into the Mass is wonderful because the lower school can join in too!" Similarly, Aurora Predis commented, "I love hearing all the little kids sing along!" One lower schooler, Joseph Sokolski, exclaimed, "I like the new music very much!"



Chef Shawn is Kind of a Big Dill

By: Alexa Risdon

Aquinas Academy had the same food system provider for the past four years, and it was time for a fresh start. Chef Shawn, our new lead cook has drastically improved the hot lunch quality and overall satisfaction among students.

Shawn has been a chef for 15 years, working in restaurants for almost 30. His background goes “way back and all over,” and he has worked in every different kind of kitchen, “from fine dining to mom-and-pop places.” Unique to Aquinas Academy, he has only started working with schools this calendar year and “it is all a very new process.”

Since Aquinas is a PreK-12 school, Chef Shawn tries his best to design menus to cater to the taste of all ages, whether it is a six year old or a teacher, saying “it has been a unique challenge to try and make sure everyone enjoys what they have to eat.” He spoke specifically about how much he loved, “how welcoming and friendly Aquinas people are,” and how, “it is a far cry from the cutthroat world of restaurants.”

Chef Shawn found his passion in cooking and uses failure as his teacher. He strives to make people happy through their enjoyment of the food he prepares, and doubt sets in if he does not achieve this. Yet, Shawn remarked, “even if I fail, I will continue to correct it until I get it right.” He aims to place Aquinas in an even better position at the end of this-school year.

Brad Moore, a senior at Aquinas, has always packed a lunch, but just by seeing “his bright smile,” he could tell the new chef “has a true passion for cooking.” On the day of the retreat, Brad and a few friends glanced at the menu to see what he offered, and were surprised with the variety of options. After Shawn introduced himself to them, Brad mentioned that, “he gave us all a chocolate strawberry without us even asking.”

Chef Shawn’s bright personality and passion for cooking is a great addition to the feel of campus overall, and everyone is excited for the delicious food he will continue to cook up in the years to come.



Turkey Takeover

By: Grace Chrobak

Thanksgiving is the time of year where people gather, reconnect, and express gratitude. Thanksgiving traditions help people to take a pause from daily life and reflect on the blessings and positive aspects of the past year. Aquinas Thanksgiving traditions include participating in the Aquinas Turkey Bowl, assisting North Hills Food Bank and the Salvation Army, and sharing a traditional Thanksgiving Day Feast.

The Aquinas Academy Turkey Bowl is one of the school’s most thrilling traditions. The Turkey Bowl is an event hosted every year on the last half-day of school. Alumni, high schoolers, and faculty gather for a fun game of touch-football. Each grade is split into their color teams and spends the morning playing football. And to finish off the day, there is a game between the alumni and the faculty. The Turkey Bowl creates a fun-filled atmosphere for developing stronger friendships and better teamwork dynamics. “I’m excited to hang out with all my friends, and I’m looking forward to playing with my sisters,” exclaimed freshman Gabby Keverline. The Turkey Bowl is a highly anticipated event that many high schoolers look forward to each fall.

Thanksgiving is also known as “The Season of Giving.” Many people, including Aquinas students and families, are donating their time and food to help local charities stock up. Prefect Jack Hoerster is bringing attention to babies needing meals too. The North Hills Food Bank and the Salvation Army are two great organizations near Gibsonia that are accepting food and clothing donations.



Almost every family participates in a traditional Thanksgiving Day dinner. Highschooler Fredy Gutierrez's family travels for the holiday. Fredy shared: “For Thanksgiving, my family has a tradition of going to a big family gathering in Virginia. When I was younger, we only lived about 15 or 20 minutes away from my cousin's house, which is where everyone usually met. Now that we've moved farther away, the trip takes about 5 hours, but we still make the drive almost every year. There have been a few times we couldn't go because of the schedule conflicts, but we always try our best. It's really important to us to travel and spend time with our relatives.”

Thanksgiving is one of the most important times of the year that gives families and friends the chance to celebrate together. As Fredy stated above, Thanksgiving is a very important time that gives people the opportunity to visit and reconnect with their loved ones.

Striving for Sainthood and Saving Souls

By: Brigid Mercer

Aquinas has various traditions for All Saints' Day and All Souls' Day, including the lower school saint parade and the All-Souls prayer cards.

For All Saints' Day, Aquinas students participate in enjoyable saint related activities throughout all grade divisions! Every year, lower school students get the chance to dress up as their favorite saint and participate in a saint parade that winds through the middle and high school hallways. Junior Tabitha Ridings said that she "loves seeing [her] younger siblings dressed as a saint special to themselves and it's a wonderful visual representation to the lower school students that the saints are holy men and women worth looking up to and imitating." Mrs. Blume, one of the first grade teachers, shared similar sentiments and stated that she "finds each of the saint costumes so creative and loves how supportive the middle and high schoolers are during the parade, cheering and giving high fives." She also expressed that she's so happy this is a tradition that Aquinas has continued to uphold throughout the years since the founding of the school.

Fourth graders participate in their own special All Saints' Day tradition, making saint shields and displaying them as they walk in the saint parade. In the middle school, students got the opportunity to tour and attend mass at St. Paul's Cathedral downtown before journeying around Pittsburgh, visiting the Oratory and the Cathedral of Learning. For the high school, Aquinas created a new activity: saint trivia. Each student formed group teams and named them after saints, decorating their tables as well! A few examples are Saint Maria and St. Padre Pio's Cappuccinos.

Aquinas also maintains an All-Souls Day tradition that includes each family writing the names of deceased family members to pray for on folded paper cards. These cards are then returned and distributed among Aquinas families. Freshman Elizabeth Bird explained that she's always loved this tradition and stated that "it's such a special way of honoring deceased family members, getting you back in the mindset that praying for them will make their eternal lives in Heaven come faster." These prayer cards are such a wonderful reminder that souls fully rely on prayers and they should be kept in the minds of all during this time in November.

All Saints' Day and All-Souls Day are very important feasts in the Catholic Church and these Aquinas traditions are great ways of remembering them! It is also a beautiful way that the students' spiritual lives are kept alive and further fostered throughout the end of October and into the month of November.



Coffee, Sleep, Repeat

By: Jules Shemer

Ever wonder how coffee came to be? A popular legend, dating back to the ninth century, says that an Ethiopian goat herder, Kaldi, became very energetic after eating berries from a certain plant. He took the berries to a local monastery. The monks, disliking the berries, threw them in a fire, but they started to fill the place with an appealing smell. The monks then took the beans, ground them, mixed them with hot water and there they made the first black cup of coffee!

Coffee began to be a popular drink all across the world over the past several centuries (except for the tea fanatics in England). Today, it is the third most consumed drink in the world, with 10 million tons brewed yearly. Luckily for the coffee lovers, coffee has been proven to have many health benefits. The Mayo Clinic wrote an article about this stating, “Coffee drinkers have a lower risk of Parkinson’s disease, type 2 diabetes, Alzheimer’s disease, metabolic syndrome, chronic kidney disease, liver cancer and disease, gallstones and kidney stones.” Apparently, coffee drinkers have a lower risk of death. However, drinking too much coffee also has its risks: “Taking in too much caffeine can cause anxiety, headaches, or faster heart rates.” Coffee can also make it hard to fall asleep when taken too close to bed. The good news is, decaf coffee can help with that.

Mrs. Mullican gives her feedback on coffee stating, “Coffee is the best part of my morning; however, I didn’t start drinking coffee until after high school. I value the recommendation of limiting caffeine to no more than 100mg daily for 12-18 year olds.” Contrary to Mrs. Mullican, Ms. Young does not drink coffee. Ms. Young states, “I don’t want to live my life needing caffeine to function. I’m proud that I graduated college without caffeine.”

Other caffeine alternatives besides coffee include energy drinks and matcha. Energy drinks contain a large amount of caffeine in one can (100mg-300mg/can, depending on the brand). These can make it difficult for people to fall or stay asleep, due to the large amount of caffeine. On the opposite end, matcha has less caffeine (around 20mg-40mg/cup) and is more healthy than energy drinks because it does not contain as much sugar and other chemicals. It also does not stimulate anxiety. In fact, there is an amino acid that stimulates relaxation and may cancel out the caffeine!

Avid energy drink consumer, Alexa Risdon, gave her insight on how she uses caffeine: “I rely heavily on caffeine to get me through a school day. If I don’t have it I feel like a zombie. My go-to sources of caffeine are energy drinks, especially Monster and Red Bull.”

Even though there are so many ways to drink caffeine, coffee definitely has the most variety of options such as Americanos, lattes, and cappuccinos. People can choose what they want and try new things. In the morning or evening, no one can go wrong with a good ol’ cup of joe.



Debunking Pilgrim Myths

By: Abigail Irvin

We are taught since childhood that the first Thanksgiving was first shared between Pilgrims and Native Americans, complete with a large meal, buckled hats, and a peaceful beginning. Yet the true history behind the first Thanksgiving and the pilgrims is far more complex and filled with long-standing myths.

The first Thanksgiving in 1621 took place sometime between September 21st and November 11st and lasted three days. Inspired by English harvest festivals held around September 29, Gov. William Bradford declared a day of thanks and prayer after the Plymouth colonists' first successful harvest. In 1623, a day of fasting during a drought turned into another Thanksgiving when rain arrived, helping establish an annual New England tradition. Despite having welcomed and aided the Pilgrims, the Wampanoags were not invited to the feast. They came only after hearing gunfire and assuming an attack, prompting Massasoit and about 90 warriors to arrive prepared for battle. Instead, they found a celebration and chose to stay, contributing five deer. Far from a simple gathering of friendship, the event that became the Thanksgiving myth was tense and politically charged. There was also no turkey, cranberries, or mashed potatoes on the menu. Instead, venison, ducks, geese, fish, shellfish, corn, beans, and squash were served.

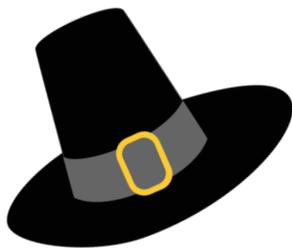
During the American Revolution, the Continental Congress proposed a yearly national Thanksgiving. New York made it an annual holiday in 1817, and other states soon followed. In 1863, President Abraham Lincoln set the last Thursday of November as Thanksgiving Day, a date possibly linked to the Mayflower's November 21, 1621, arrival at Cape Cod. In 1939, President Franklin D. Roosevelt moved it to the fourth Thursday of November, a change Congress approved in 1941.

When we picture what pilgrims wore, black and white clothing with buckles in their hats and shoes often come to mind. But in reality, buckles did not come into fashion until later in the century, and black and white were reserved for Sunday and formal occasions. Women wore red, green, brown, blue, violet, and gray, while men wore clothing in white, beige, black, green, and brown.

We are often also told that the pilgrims came to America seeking religious refuge and freedom. This is not exactly true. They left England mainly to find religious freedom but first they went to Holland first. They came to America to preserve their children's English heritage and language. They also were motivated for financial opportunity and work in America.

Another common myth is that pilgrims came ashore on Plymouth Rock. Two centuries after the Mayflower's arrival, Plymouth physician James Thacher wrote that in 1741 a ninety-four-year-old man, Thomas Faunce, who had known several Mayflower passengers, identified Plymouth Rock as the landing place. Faunce reportedly protested plans to build a wharf that would hide what he considered a sacred stone. Thacher didn't hear this from Faunce directly but from Ephraim Spooner, who had been only six years old at the time. The rock is small, damaged, and has been moved, split, and chipped over the centuries; most of it now lies buried. Although the Pilgrims could have stepped onto it from their small landing boat, no source mentions such a landing. In reality, the Pilgrims cared little about the exact spot; they were focused on building a settlement quickly enough to survive the oncoming winter.

Though the familiar Thanksgiving tale we grew up hearing may be comforting, the reality of the pilgrims and origin of Thanksgiving is much more complex. Learning the truth helps us honor the real people and circumstances behind the holiday.



A Taste of Fall

By: Aarona Casas

Want to try a different sweet this fall? Try “Panellets”! Panellets are a traditional Catalan sweet for All Saints Day. Although their origin is unclear, it is believed that panellets were served as an offering to the tombs of the departed during the celebration of All Saints’ Day in Catalonia, Spain. They are eaten along with chestnuts to celebrate “La Castanyada” (October 31-November 1). Panellets are long-lasting, a quality which links to the concept of eternity and remembrance of the dead. There are a few traditional variations of panellet flavors: pine nut, almond, coconut and chocolate. Each household has a unique way of baking these treats, and the family recipe is passed on through the generations.

Recipe:

Serving size: 30 panellets (6 of each flavor)

Ingredients:

9 oz of almond flour
6 oz sugar
1 medium potato, boiled and without skin
Teaspoon of lemon extract/zest of a lemon peel
2 Egg yolks

Flavors:

- Coffee: use a soluble instant coffee mix (2tbsp)
- Coconut: use grated coconut (enough to coat the panellets)
- Pine Nuts: use whole, unshelled pine nuts (enough to coat the panellets)
- Almonds: use crushed almonds (enough to coat the panellets)
- Chocolate: use cocoa powder (2 tbsp)



How to make the dough for panellets:

1. Boil the potato for 10-15 minutes, then peel it and mash it with a fork. Let it cool completely.
2. Mix the almond flour, sugar, and lemon zest/extract in a bowl.
3. Add the potato to the flour mixture and start mixing.
4. Knead until the dough is homogeneous, forming a ball.
5. Cover the dough and allow it to rest in the refrigerator for 30 minutes.
6. Separate portions of dough to be made into different flavors.
7. Now you can start shaping the panellets. Remember that panellets can be made of pine nuts, almonds, coconut, coffee, chocolate
8. Pine nuts: create an oval shaped ball with the dough and cover it with pine nuts. Then, coat the panellet with egg yolk.
9. Almonds: shape the dough into a ball and cover it with crushed almonds. Then, coat the panellet with egg yolk.
10. Coconut: create a round ball, pinch the top, and coat the dough shape with grated coconut. Coat the top of the panellet with egg yolk.
11. Coffee: Mix soluble coffee powder into the panellet dough, and shape the dough into a ball.
12. Chocolate: Mix soluble coffee/cocoa powder into the panellet dough, and shape the dough into a ball.
13. Bake the panellets at 356°F (180°C) for 10-15 minutes. You should bake until the panellets have taken a little color.
14. Let the panellets cool for 5-10 minutes and enjoy!

Snips n' Quips

"If you donated blood you got rid of 5 hours of your detention time. So I just opened my arms to the vampires." -Mr. Malchano

"Did you do your homework?"

-Señora

"Yo forgoto." -Brad M.

"Someone stole the money from the cash register at a pizza place."

-Mr. Malchano

"Follow the Fold and slay no more." -Felicity K.

"You should let us go early so we can frolic." -John D.

"Why the cash? I'd go for the pizza." -Lucy F.

"You're as shrewd as your shoes."

-Ivo S.

"Look! I've got maroon suspenders!" -Jonah B.

"Oh. I don't feel bad about my costume now." -Daniel H.

getting close "I like my maroon suspenders."

Snips n' Saints

"I would go in for the police if I were you. Anyone can become a pope, look at me!" - Pope St John XXIII

"Don't waste your suffering."

- Pope St. John Paul II

"..." - St. Joseph

"Your Holiness, how many people work in the Vatican?"

"About half of them."

- Pope St. John XXIII

"Be who God meant you to be, and you'll set the world on fire." - St. Catherine of Siena

"We cannot love without suffering and we cannot suffer without love." -St. Gianna Beretta Molla

Writer's Favorite:

Peanuts Character

Abigail: Woodstock

Alexa: Woodstock

Aarona: Woodstock

Aurora: Charlie Brown

Brigid: Schroeder

Caitlyn: Peppermint Patty

Grace: Pig-Pen

Elise: Lucy

Laila: Woodstock

Lara: Linus

Lucy: Snoopy

Felicity: Marcy

Jack: 5

Katrina: Linus

Jules: Lucy

Please send articles, ideas, corrections, or Snips and Quips to:
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