

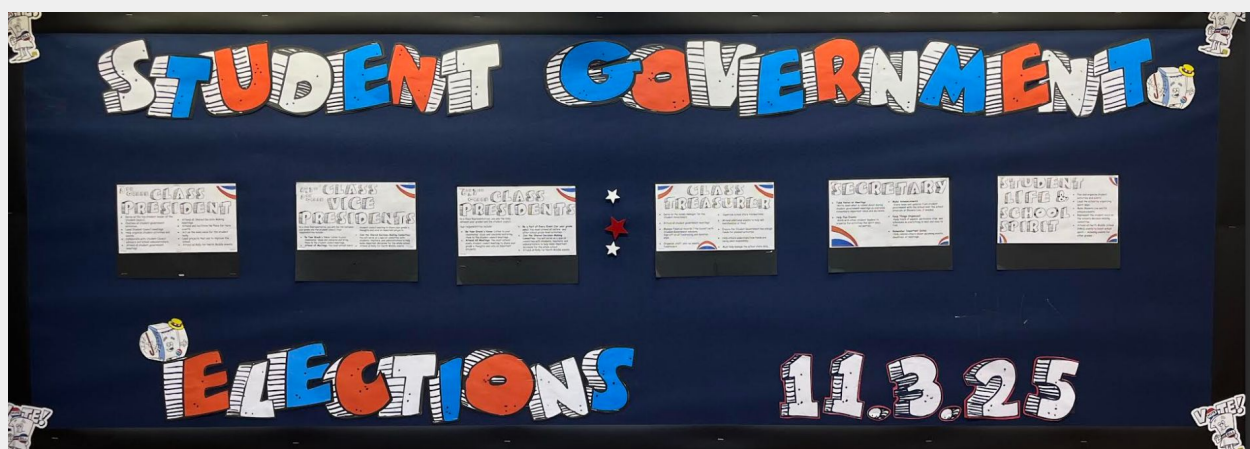


Northern Light



North Middle School Holds Student Government Elections

By Sarah Reed



On November 3rd, there was a Student Government (SCO) election at North Middle. Students who ran had to make posters, which voters could see right next to the auditorium. This was so that voters would notice them and their creativity. Candidates also needed to write and record a speech to convince students to vote for them. Finally, they had to eagerly wait and see if they would be elected to serve as the position they ran for. As you can see, it's not an easy process, but it's definitely worth it.

- Out of the many candidates who ran this year, the winners are the following students:
- Eighth Grade President: Noah Kaya.
 - Eighth Grade Vice President: Talia Hakimian
 - Seventh Grade President: Lucas Chau
 - Seventh Grade Vice President: Louis Walls
 - Sixth Grade President: Brian Huang
 - Sixth Grade Vice President: Orly Mazur
 - Secretary: Javed Hossain
 - Treasurer: Sarah Reed
 - Head of Student Life and School Spirit: Itai Asalti, Bradley Melamed, and Lennox Nunez.

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As you can imagine, these students worked extremely hard to get elected to their new roles. To be a part of SCO is a really cool opportunity. Whether or not you were running or voting, your voice matters and helps make our school an AMAZING place! Good luck to all the newly elected candidates. Maybe we'll hear about them in Washington D.C. one day!

Club Fair

By Dylan Chen

On September 19, the students of NMS went to the club fair to pick out the clubs they liked. The club fair was in the morning and lasted from 8:15 to 8:35. It took place in the gym.

In the club fair, teachers set up stands for the clubs. Students signed up for the clubs by writing their names and students usually had to join the clubs' Google Classrooms. Each club's stand was decorated with things relevant to the club and also some general information about the club.



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The Adventure Park at Long Island 8th Grade Field Trip

By Joshua Shaul

This year, the 8th graders went on their yearly field trip to the Adventure Park at Long Island. The trip was nothing short of a good time. With beautiful (but chilly) weather and a nice long few hours, the trip was a great experience for anyone who decided to come.

The trip consisted of more than just ziplining, but there came a lot beforehand, including signing waivers, bringing the correct equipment, and transportation. In order to join the trip, it was required that you sign a waiver as part of the Adventure Park's safety protocol. Along with the trip came the colder fall weather, where students were required to dress appropriately, with sweaters, long comfy pants, and most importantly, gloves. **Gloves were essential for keeping hands warm and away from rope burn or scratched during the trip.** Water was also advised. Lunch was provided for those who opted in, but home lunch is completely allowed. The bus ride was about 45 minutes long, as it's not too far from our school.

After watching a safety instructional video, students were to put on their harness and taught the basics. **You must always have your central attachment point secured, as well as one clip always locked to the course.** Two clips were always attached for each obstacle course, one always being locked for safety. Along with these clips, students were also supplied with a trolley. The trolley was used for zip lining across gaps when indicated by a blue attachment point. Students were allowed to choose which course they wanted, ranging from 5 difficulties, **yellow being the easiest, then green, blue, black diamond, and double black diamond being the hardest.** Green and blue courses are recommended but yellow is great for your first time. The black diamond courses were much more advanced and required a greater physical strength. **This trip is usually dubbed "the ziplining trip" but the trip mostly consists of obstacle courses, but every course consists of one or more zipline.**

After watching the safety video, you will be able to go wherever you're comfortable with, along with being free to eat lunch whenever. It's recommended to go with a nice small group of friends or by yourself. Just keep in mind that it's one person per obstacle course, so don't build a line behind a course. **There are no staff members actively standing anywhere, but in case you need something, you can just yell "Staff!" and they will happily come to your rescue.** Most students and teachers would highly recommend this trip, as it's so nice to get outdoors and socialize with your classmates. For any 6th or 7th graders looking forward to this trip, you won't be disappointed.



Advice from Miss Know-It-All

Dear Miss Know-It-All,

I recently got tickets to a Tate McRae concert. I'm so excited!! But one of them is for me and one is for my mom, but I accidentally told my friend that she can come too. I don't know what to say to them. I don't want to hurt their feelings. What should I do?

Best regards,
The Liar :(

Dear Liar,

My advice is to first talk to both of them privately, then say sorry to them. Talk to your mom to see if she'll buy another ticket. If she says no, tell your friend sorry and after, you can make it up to her/him afterwards.

P.S Hope the concert was great! ;)

Best regards,
Miss Know-It-All

Dear Miss Know-It-All,

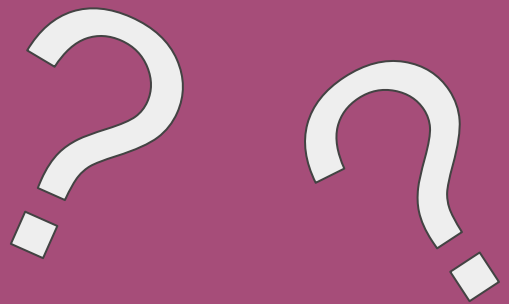
I just had an argument with my parents. I don't know what I did to them and I feel bad. Can you give me advice on how I can solve this?

Warm regards,
Arguing Witness

Dear Arguing Witness,

I suggest thinking about the past. Think about what you may have done leading up to this moment. Maybe you seem like you didn't do anything, but just think for a moment and backtrack to see what you did. Give them an apology and make them proud!

Warm regards,
Miss Know-It-All



World News

Chess Events in St. Louis from September and October!

By Jacob Brown

The emergence of chess tournaments in St. Louis the past two months have increased dramatically! Since the reopening of the St. Louis Chess Club, there have been top class tournaments with some of the best players in the world. St. Louis, where I went in late August, is a very lively city, in which the St. Louis chess club is in the Central West End! When I went they were still doing renovations, but now the club has tripled in size. Some of the tournaments of Clutch Chess include Kasparov vs Anand, the U.S. Men's and Women's Championships, and Clutch Chess: The Legends.

Comic Strips



Poll on Teenage Girls’

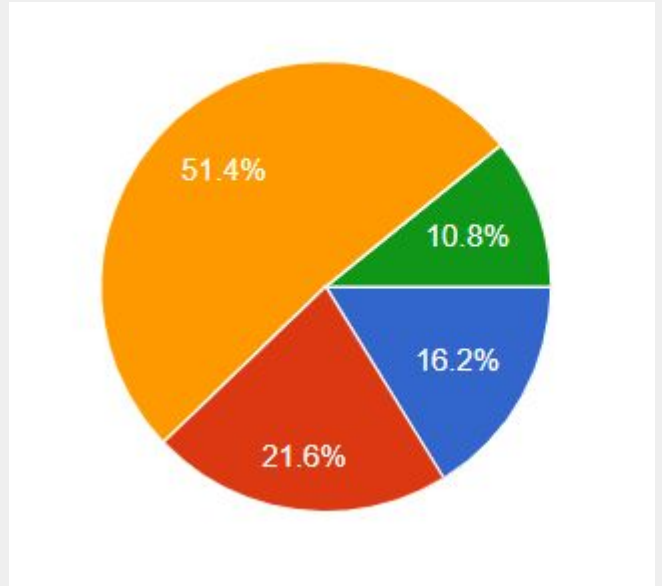
Spending

By Melanie Zhang

Do your parents give you a budget? Or have you ever wished they did? Well, here at **Richard S. Sherman-Great Neck North Middle School**, we put up a poll on, “Should Teenagers Have Spending Limits?”

The first question asked was, “**Do Your Parents Give you a Budget to Spend?**” About **51.4%** of 6th grade students at North Middle School answered “sometimes.” **21.6%** answered no, **16.2%** answered yes, and **10.8%** on OTHER.

The next question was, “**If you DO Have a Budget, Where Would You Spend it?**” A few of the responses were, school lunch or snacks, music, books, skin care, essentials, and more, a few people also answered no. The most popular answer was, “Things I need or want.”



Fall

By Lily Weinberg

When you hear the word fall, what do you think of?
Do you think about the season shifting and the air getting cooler?
Do you think of going back to school
and seeing all your friends and teachers?
Or do you think about carving silly faces into pumpkins with your friends and family?
Do you think about running around
your neighborhood saying “trick or treat”? And getting candy dressed up in costumes?
Or do you think about eating turkey and stuffing with loved ones?
Or maybe your birthday is coming up and you’re thinking about that
Or do you simply think about the leaves changing colors and falling down at our feet.
Whatever you think when you hear the word fall, you will always have someone to relate to.
And that’s why fall is so amazing!



Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

Book Recommendations in Different Genres

By Athena Jin

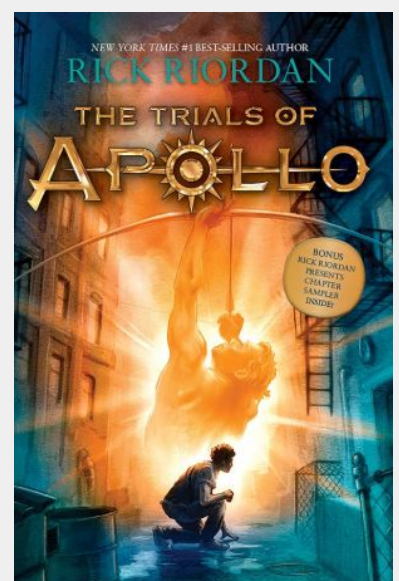
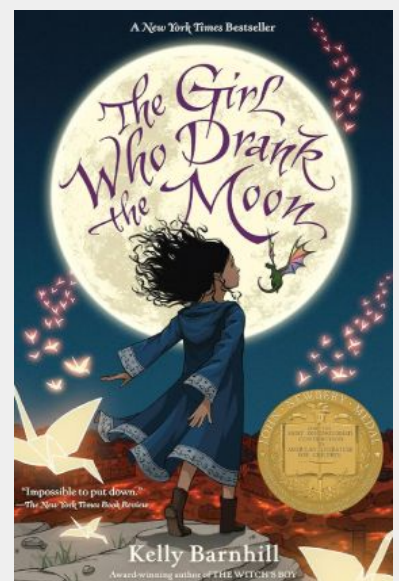
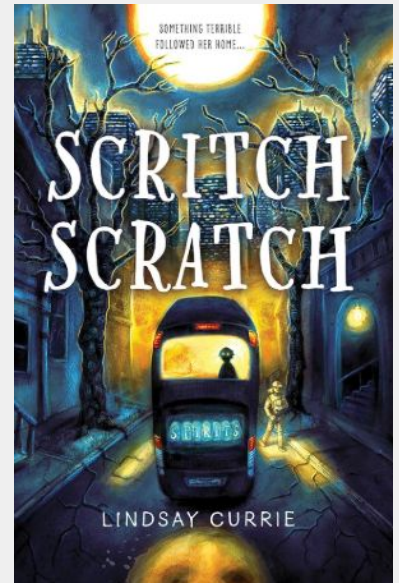
The world of books is incredibly vast and is still increasing in size! Mystery, fantasy, horror, and so much more. Well, we are going to take a look at a few of my favorites in two different genres.

Let's start off with horror! A ghostly book I would recommend would be *Scratch Scratch* by Lindsay Currie. I absolutely loved this novel. It's about a girl named Claire whose parents give ghost tours and guides, but Claire is into science and doesn't believe in ghosts anymore. But, one night, a ghost follows her home and she has to figure out what happened to the ghost and try to get it to stop haunting her. It's a delightfully scary read that is incredibly hard to put down.

Now we can go over my favorite genre. Fantasy! Everyone loves a good fantasy tale, and there are quite a lot of them out there, Harry Potter, Percy Jackson, and many many more. But, one of them I'll talk about today is a bit less known than some of these big titles. *The Girl Who Drank the Moon* by Kelly Barnhill is an amazingly executed novel with a poetic rhythm filled to the brim with magic quite like Luna herself. Xan feeds Luna moonlight as a baby instead of starlight which grants Luna magical powers. These powers get out of hand, so Xan binds away Luna's magic with her own. Luna eventually comes of age and her magic lets out which causes many many things that you, the reader, will discover. The pacing, plot, character point of view, and magical touches make this a wonderful read.

Lastly, we will do one more recommendation in fantasy. This series is incredibly action packed, with humorous elements and some sadness of course. *The Trials of Apollo* by Rick Riordan is an amazing series. I would recommend reading this book after reading the Percy Jackson series and the Heroes of Olympus series. It's set in the Percy Jackson world where all the Greek myths are real. Basically, Apollo, the god of the sun, gets sent down from Mount Olympus(aka the Empire State Building) and becomes good old Lester Papadopoulos, a mortal, to serve Meg McCaffery, the daughter of Demeter, in a quest against Python and some Roman emperors. Sounds interesting? Well, you should definitely check out this awesome series and hopefully you don't get too attached to the characters (they might die).

Now, that's the end of this recommendation thingy. Why are you still here? Go on, find the next part of this article. Or, visit the library and check out one of these books, you might just find a book you love. Happy reading, and tune in next time!



Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

Paper Dart Trend

By Dayang Yu, Brian Huang, and Allen Qi

It's a bird, it's a plane! It's a... sticky-note dart? Yes, this is a new trend online, for students to throw darts onto the ceiling.

Origins

According to Google, the act of flicking paper darts into ceilings originates from common childhood pranks and games. However, this harmless prank evolved into a trend in the 2010s, to flick them on school ceilings. Recently, on multiple social media platforms, the trend resurfaced, mostly in older children as they usually have more social media access.

Our Home

This trend has affected North Middle as well. Recently, students noticed these darts in room 175 during period 9 reading, as well as in the hall near room 21 during the robotics club.

Teachers Crackdown

Dean Zwick has stated that anybody caught with a paper dart will receive penalties, as it is technically vandalism to school property.

Interview with Ms. Andreacchi

According to Ms. Andreacchi, these paper darts are "age-appropriate middle school fun." She also supports creativity, and she enjoys sending messages through said darts (she once made one in Mr. Livingston's class that said "FART DART"). She also stated that they can be decorative. Ms. Andreacchi also said that they are not harming anybody.

The Other Side

Other teachers who were interviewed had a different opinion. Ms. Rodriguez said that they look like litter, they are distracting, and they look messy. Some teachers think they have a negative effect on the school.

According to Ms. Panzarino, a FACS teacher, the paper dart is banned at South Middle and South High because someone got hurt playing with them when someone got hit in the eye. This shows that the darts are pretty powerful and can injure someone.

All in all, people have many opinions about this new trend, and most importantly, the dean had said these WILL get you in trouble, so just don't make them.



Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

TV Show Review: *The X-Files*

By Maya Halpert



Many teachers here at North Middle likely remember the 1990s, a time of yo-yos and low-waisted jeans. This time period is also notorious for its highly influential media that is still referenced to this day. This includes shows and movies such as *The Fresh Prince of Bel-Air*, *Clueless*, and *My So-Called Life*. Among these is the renowned series *The X-Files*. The show is known for its groundbreaking storylines and memorable characters, and it is perfect for anyone looking to experience some '90s nostalgia.

Perhaps the best part of the series is the inimitable dynamic between the two leads, FBI Agents Dana Scully and Fox Mulder (portrayed by Gillian Anderson and David Duchovny, respectively). In the pilot episode, Scully is assigned to debunk Mulder's work on cases involving paranormal phenomena or strange occurrences that have been deemed "X-Files." From there, Mulder takes on the role of the believer and Scully the skeptic. Their spirited disagreements regarding each case they are assigned to adds depth and complexity to their relationship, although most of the time they are both wrong about what is really going on. The casting is impeccable, and Duchovny and Anderson can convey everything in a single look or touch. Both the characters and actors are objectively one of television's greatest duos.

Another thing that makes *The X-Files* the global phenomenon that it is is the wide variety of stories the show tells across nine seasons, two movies, and two revival seasons. From "Clyde Bruckman's Final Repose," the poignant story of a psychic who knows how people will die, to "The Unnatural," the humorous tale of an alien baseball player, there is something for everyone interested in the misadventures of Mulder and Scully. There are also plenty of episodes that delve deeper into the characters of Mulder and Scully and their relationship. However, if those kinds of episodes do not pique your interest, there are also plenty of other episodes that are more plot-heavy and less about the characters and their relationship. There is an overarching story that several episodes are about each season—commonly referred to as "mytharc"—which regard aliens, mysterious black oil, and government conspiracies. Since the episodes were designed with the intent that a viewer could watch it without having seen the rest of the show, one can easily pick and choose episodes, but I highly recommend watching the entire series.

The X-Files has actually, believe it or not, affected many things and people in the world today. For starters, its direction and structure inspired many similar sci-fi and drama shows after it, like *Supernatural*, *Fringe*, and *Lost*. Its peculiar plot points brought government conspiracy theories and distrust of the government to the mainstream, forever altering the way we communicate with each other, especially about the government. Not only that, but having Dana Scully be a woman in STEM created the Scully Effect, a proven phenomenon that meant that women who watched *The X-Files* were fifty percent more likely to go into a STEM career. From the very beginning of the show, many fans saw the potential for a romantic relationship between the two, so they began to refer to themselves as "shippers." In fact, using the term "ship" to mean you would like to see two people date was coined by fans of *The X-Files* in the 1990s, so the word is not quite as new as one might think.

When all is said and done, it's no wonder *The X-Files* is so often considered one of the best shows of all time. It has everything a great show needs—engaging storylines, strong leads with fantastic chemistry, and not to mention 230 award nominations and 64 awards. So the next time you've got those ridiculous '90s shoulder pads on your mind, look no further than *The X-Files* to revisit that time period when everyone had Beanie Boos.

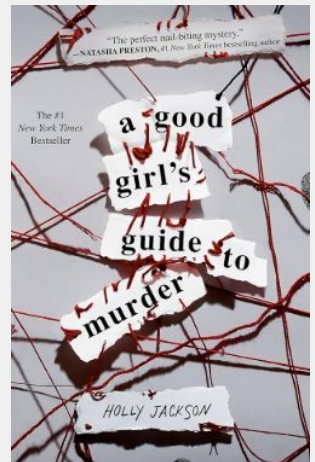
Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

Book Review

By Olivia Hsu

Holly Jackson's *A Good Girl's Guide to Murder* is an excellent blend of mystery and characterization that completely drew me in. The book's plot follows Pip Fitz-Amobi, a senior high school student who wants to investigate a five-year-old closed murder case for her senior project. Growing up in the same town as Sal Singh, the boy everyone thinks committed the crime, Pip has a strong belief that he is innocent, and she is willing to prove it.



The combination of Pip's narrative, interviews, and texts makes the novel seem modern and authentic, like you're living in the same world as them. I loved following Pip in her investigation and felt like I was her crime partner. What stands out most is how the book presents the nature of truth and perception. Every character has their version of events, and Jackson carefully shows how assumptions, secrets, and small-town biases can distort reality. Pip's investigation process was smart, well thought out, and full of surprises. The way Jackson explains Pip's thinking was so logical and it was like I was sharing thoughts with her. The pacing of this book is precise, giving you perfect emotions throughout the book to keep you reading. Even though the novel is definitely a page-turner, it also raises deeper questions about how we judge others and what it means to uncover the truth.

To sum up, *A Good Girl's Guide to Murder* is a masterfully written mystery that is both entertaining and thought-provoking. This book is targeted toward readers in 8th grade and above, and I would highly recommend it to anyone who enjoys mystery books in general, or enjoys thinking of theories and analyzing evidence collected. This can also be read by people who want to start reading mystery books as it's a great starter book. After I first read this book, I started loving books like this. Try this book out and if you like it, I recommend the other books in the series.

Screen Time in Middle School

By Sophia Yi

I think phones, iPads, and Apple Watches should not have been invented. It might sound very shocking to most people, and most people wouldn't agree with me, but let me tell you why I think this. Back when people didn't have phones, they actually played outside. They enjoyed the fresh air and played outside with various games. Now, instead of going outside, or just playing with toys, we just stay inside scrolling on our phones or iPad.

Around the 1980s, when people didn't have games on their phones, social media, YouTube, etc., they had many games that we have today (but we pretty much never do them anymore) like origami, hula-hoops, jump rope, and many other games to play. They never once thought to stay inside and go on their phones. Now that we have phones for games and stuff, we never actually go outside and enjoy the fresh air, or play outside.

Because we spend so much time on technology, our eyesight is plummeting. There are many pixels on a screen, which makes it a lot more difficult for your eyes to focus on it. Lots of people have glasses these days. Around the world, the average daily screen time is 6-7 hours, which is A LOT. It also means that if you were born in around 2015, and you have a phone, you would spend pretty much $\frac{1}{4}$ of your life time staring at a screen. You also spend about 8 hours per day sleeping, which is $\frac{1}{3}$ of your life.

In addition, now that there is technology and social media, there is a lot more cyber bullying. If there weren't phones or other things like that, nobody could bully someone halfway across the world. There are also lots of scammers and hackers. They could access your private info like bank account number and password. You can have your important files accessed by people because you might have shared that accidentally somewhere or told it to someone.

As you can see, phones, iPads, computers, etc have done a lot of damage to the world and people. It may have some pros in there, but there are more cons. This is why phones and other devices should not have been invented. If you still don't agree with me, maybe at least don't use your device as much as you normally do.

Book Recommendations

By Becky Aguirre

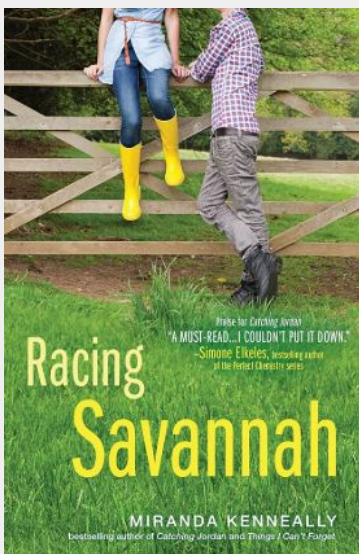
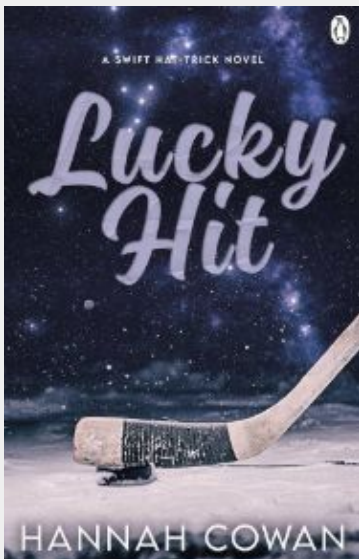
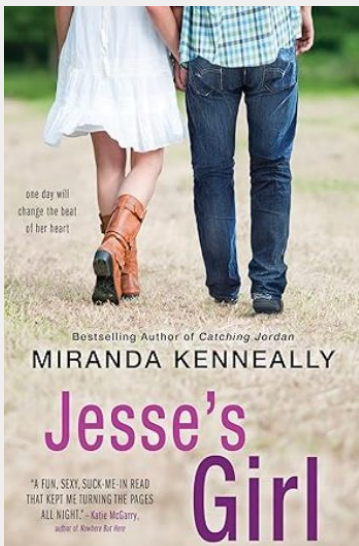
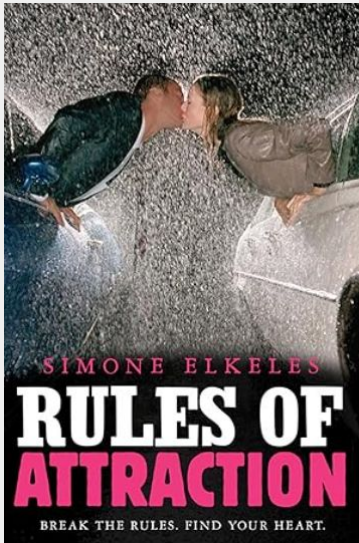
Books, where do I start? There are so many types of genres of books that it is hard to like one genre of book. Personally I have three types of favorites: thriller, romance (especially enemies to lover or friends to lover), and fantasy. I have been reading a lot of romance books lately, and if you have too and don't know what to read now, here are some that you would possibly like. Let's get started.

First up we have the book, *Rules Of Attraction* by Simone Elkeles. It's a great enemies- to-lovers book, and it's a really good, wholesome book. "*Rules Of Attraction* is a book for young adults, and it's for recommended for 8th/9th grade or above. But overall it's a great book. It has a lot of plot twists that you would never see coming, and it has some scenes that melt your heart from a lot of wholesomeness. The characters Carlos Fuentes and Kiara Westford go through some rough patches when they meet, starting off at enemies, and then throughout the book, they get more comfortable with each other and share a lot of things in common that they didn't both know (and that you probably didn't know too). But overall *Rules Of Attraction* is a book to read and love. You can find this book in Sora (e-book), and you can probably find it at your nearest library or Barnes and Nobles.

Second in line is *Jesse's Girl* by Miranda Kenneally. This book is also about enemies- to-lovers. The main character Maya Henry is shadowing a famous country singer named Jesse Scott, and it's her opportunity to learn more about music because her old band kicked her out for a new lead guitarist. She pushed through all the anger and pain, and she ended with a great ending. *Jesse's Girl* is overall a great book, and you should definitely read it. You can find this book in Sora as an e-book or in a library in the young adult section or in Barnes and Nobles.

Third in line is the book *Lucky Hit* by Hannah Cowan. This book is a young adult romance novel about a hockey player named Oakley Hutton and a girl named Octavia, aka "Ava" Layton. Their story follows their unexpected connection as Oakley pursues his NHL dream and Ava, who has a painful past and a strong dislike for hockey players, finds herself drawn to him despite her reservations. Oakley and Ava can't stay away from each other. Their connection challenges their beliefs and forces them out of their comfort zones. This book *Lucky Hit* is a great book about love, and you get to see a whole new perspective on how Oakley and Ava see each other more than enemies.

And lastly the final book is, *Racing Savannah* by Miranda Kenneally. The main characters Savannah and Jack are from two different worlds. Jack lives in the estate house, and Savannah spends most of her time in the stables helping her father train horses. In fact Savannah has always been much more comfortable around horses than boys. And while Jack is more popular and way out of her league, they still somehow find out that they belong together. You can read the book *Racing Savannah* in Sora (e-book) or get a hard copy. It's a great book and one to read. You will find yourself reading it late at night and you will be wondering what will happen next with their adventures and how they find each other in every situation. These are all the books that you should definitely read next and that you should share with your friends. These books should definitely be on your "next to read" book list. Thank you for reading!



Entertainment Pages

Reviews, Fashion, Trends & MORE (cont'd)

Brainrot Trends

By Aiden Zhou and Ethan Lu

Brainrot started getting popular on social media apps in 2025. Repetitive slangs like skibidi and rizz took over media platforms like Discord, and brainrot came out because it was a term to get kids over excessive screen time, but it only made kids do it more.

Parents would say, “You are brainrotted you need to go outside.” It started small, but it spread like wildfire and became Oxford’s word of the year in 2024.

Ms. Andreacchi stated, “I have no interest in participating in brainrot, but every generation has a dumb silly things that kids say.” Some of the things that we say today were alive back then!



Italian Brainrot

Although its origin is unknown, rumors say brainrot came from YouTube videos and TV shows, showing pictures of Tralelero tralala, a three legged shark, and others. Italian meme communities posted videos of Italian brainrot characters. People in these shows use fake Italian voices and accents. Ms. Andreacchi, who has studied Italian, said that “none of the words are Italian.”

67

67 originated from a rap song “Doot Doot 67” by Skrillain in late 2024. After that, it was edited by the NBA player LaMelo Ball who was 6 feet 7 inches in height (this is actually true).

After that, a kid named Mason pushed the meme even further by becoming the 67 kid; it helped create momentum and made the meme go viral around the world. Jeremiah Justin Simms, a recording artist who passed away on May 5th 2025, made a recording of 67 a few months before he passed. He posted it, and it became viral.

Ms. Andreacchi remarked, “67 is just fine,” although she says that most children think otherwise.

Roblox Game: Steal a Brainrot

Now everyone must know this. The Roblox game, Steal a Brainrot, was published May 16 2025 and developed by Spyder Sammy. Now that might seem like only a short while ago, but there have already been 23 updates in the game. It had more plays than previous Grow a Garden; Steal a Brainrot has 25 million concurrent users, surpassing Grow a Garden by 5 million.

The reason everybody plays it is because everybody knows the Italian trend, it has a good game mechanic, and it is fun to play. Eddie stated about the game, “I like making kids feel bad.” And actually, that is precisely what the game is about! You steal brainrots, and they make money for you.

The Premier League: Updates

By Derick Chen

BIG NEWS! The football team Arsenal is first place in the Premier League in England, beating reigning champions FC Liverpool. Arsenal finished second place last year for the 24/25 season only because FC Liverpool is the greatest of all time and beat most teams they played.

So far Arsenal has beat many famous teams such as Manchester United and West Ham. Declan Rice and Bukayo Saka scored two insane goals putting them one point in front of Liverpool. Horrible team Tottenham beat 2023 Champions League winner Manchester City and pushed through to third place in the Premier league. They finished seventeenth place last year in the 24/25, which is horrendous, but I guess they have good luck this year. Also Manchester United beat FC Liverpool one to zero, pushing Liverpool to 3rd in the league, and they are currently 9th themselves. They finished 15th place last year in the 24/25 season which they deeply improved.

Erling Haaland has the most goals and is the top goal scorer in the league right now with 11 goals. A new star is rising in the Premier League called Antoine Semen. He is in the team Bournemouth with 6 goals making him the second most goals scored by a player in the Premier League so far. Also two Manchester United players have been transferred, Alejandro Garnacho and Marcus Rashford (two of Manchester United’s best players). Garnacho transferred to Chelsea which is also a Premier league team for 40 million euros and Rashford has transferred to FC Barcelona in Spain for 26 to 30 million euros.

Sports Word Search

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

Words

- Basketball
- Football
- Hockey
- Rowing
- Cricket
- Badminton
- Javelin
- Boxing
- Archery
- Netball
- Running
- Karate
- Swimming
- Taekwondo
- Judo
- Rugby
- Gymnastics
- Tennis
- Cycling
- Volleyball
- Wrestling