

# Towle BRIDGE

NOVEMBER 2017

VOLUME 19, ISSUE 3

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*Gratitude* ... helps us to see what is there instead of what isn't.  
~ Annette Bridges

## Did you know?

What did the turkey say to the computer? Google, google, google!

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## Alternative Thanksgiving

By Ksenia Kaliakin

If you are a vegetarian or a person who is interested in vegetarianism, then the holidays are not your time of the year! Here are some things that will help with getting through the holidays (especially Thanksgiving). All the products I will be talking about can be found at natural food stores, so you do not need to go scavenging for these products, these products will be readily available to you.

### Main substitutes:

Tofu and TVP (texturized vegetable protein) are the main ingredients in meat substitutes. Now I know both of these substitutes contain soy. Some people are trying to avoid all types of soy. One type of soy that you should definitely avoid is GMO soy (genetically modified organism). If you are allergic to soy then there are brands out there that make soy-free meat substitutes.

To cook with tofu and TVP is easy, as they prove themselves to be very flexible ingredients; they can be put into any dish. I know that some of you may have terrifying stories about pretty nasty tofu meals you tried to make, but once you get the hang of cooking with tofu, it really is easy and tasty! Feel free to experiment with different spices! Since tofu and TVP are tasteless, they are like a blank canvas on which you can create a masterpiece! There are no boundaries.

### Spices:

Dry spices are preferable for tofu since tofu is kept in water for retaining moisture. TVP, however, is just the opposite. TVP are small dry granules that need to be soaked for five minutes in water before cooking. You can add hot sauce to the water so the TVP can absorb the spice. You can use any type of spices – dry or wet. These are just some cooking tips for beginners.

### Preparation:

To prepare TVP you will need a one- to- one ratio of hot water and TVP. Put both ingredients in a bowl and let the TVP sit for 5-10 minutes. Then add and cook it into whatever dish you want. To store the TVP, keep it in a dry, cool place.

Tofu is very easy and quick to cook. You can grill it, sautee it, boil it even! Drain off any liquid in the packaged tofu container. Pat down the block of tofu with a paper towel to absorb any excess moisture. Cut it up into cubes. You can add it to any dish.

### Other alternatives:

TVP and tofu are not the only things that are great alternatives to meat. Lentils, whole grains, leafy greens, are just some of the great tasting, protein filled foods out there. Lentils are very easy to cook, they have the instructions on the packets so you can cook them to perfection. Each lentil varies in cooking time so it is important to read the instructions.

# SCHOOL COUNSELING DEPARTMENT

## *Notes from your School Counseling Department*

*Parent wonders*, “Our child is a junior in high school and we should be thinking about colleges. Where do we go to begin finding out about the next step after high school?”

*Answer*: “Please join us at the ***Junior and Parent College Night!***”

The Junior and Parent College Night is scheduled for **Tuesday, November 7, 2017** from **7 to 9 pm** at Pike Creek Bible Church where we help families begin the dialogue of ‘*what’s next?*’

Please use Towle’s office doors to enter the building (i.e., do not come through the main doors of the church). Topics that will be discussed are college searches, college admissions and financial aid. This is a mandatory meeting for all Towle *full-time junior* families. Only the student and his/her parent may attend. No younger children, except for nursing infants, are welcome since there will be no childcare services provided. If you are a *part-time* junior family, you are welcome to attend this meeting for a fee of \$25 (prior registration is required). Please contact Mrs. Kaliakin if you should have any questions. Thank you!

**ALL SENIORS: *Time waits for no one!*** Please keep a keen eye on your calendars – make note of college application deadlines. Keep in mind that Towle will be closed for Thanksgiving during the week of November 20th and then for Christmas from December 23 to January 7, 2018. Any Senior needing transcripts or letters of recommendations to be sent to colleges for late December or early January deadline dates must submit completed request forms by **December 4, 2017**.

Remember to allow **THREE** working Mondays for teachers to write letters of recommendations. Don’t forget, as a courtesy, to supply the teachers with a stamped, addressed envelope to the college where the letter should be sent. Also, please remember to give me at least **TWO** Mondays’ notice to send transcripts to colleges.

If you are taking the SATs or the ACTs, please use the School Code of **080071** in order for Towle to receive a copy of your score report.

**All Seniors and Juniors**, watch out for those emails from “Towle Guidance”. Please also take note of the various posters and announcements hung in the connecting hallway. Announcements of College Open Houses, Scholarship and Volunteer Opportunities are posted.

Any questions, please contact Mrs. Kaliakin [leezakal@udel.edu](mailto:leezakal@udel.edu). Thank you!

**HAVE A BLESSED THANKSGIVING CELEBRATION!**



## Attitude of Gratitude

By: Emily Hall

We have so much to be grateful for -- food, shelter, friends, family, freedom to worship, and various opportunities to make our lives better. Unfortunately, not everyone has this experience. In the Bible, we are told to help others obtain these necessities not only to help others, but to give thanks to the Lord. 2 Corinthians 9:11-12 says, *“ You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of the Lord’s people but is also overflowing in many expressions of thanks to God.”*

There are so many ways that we can serve others; we can volunteer at soup kitchens, donate clothing, or even just help a neighbor out with a daily chore. For we are the blessed in our community and serving others is the best way to show God our gratitude. So just look at your life and ask yourself...

**‘How can I show my thanks to God?’**

# upcoming EVENTS



## November

**Mix-Match** Day \* COMING SOON!

- 13 Don't forget your bags of canned goods, etc. for Food Drive .. DUE TODAY! (see Page 10)
- 13 4/5 Science begins (see Page 4)

## December

- 13 Science Fair (see Page 9)
- Christmas Spirit Day** \* TBD

## January

**PJ Day** \* TBD

## February

**Red & Pink Day** \* TBD

## March

**Super Hero Day** \* TBD

- 3 Sr. High Science Olympiad
- 12 Open House for prospective families, 9am
- 14 National History Day at Towle
- 24 Jr. High Science Olympiad
- 26 4/5 Poetry begins

## April

- 10 INFO MEETING for prospective families, 7pm
- 27 Silent Auction & Talent Show

## \* UPCOMING SPIRIT DAYS

On Spirit Day, the cost is \$1 to dress up. You don't have to wear your Towle shirt that day, but the dress code is still enforced. In the morning and at lunch, the Senior class will collect your dollar. Have FUN!!!

## 4/5 Science and Writing...

If you have a student in the fourth or fifth grade, he/she may be interested in our 4/5 Science and Writing course. The course will have two quarters of science lessons and two quarters of writer's workshop. For writing, the homework is encouraged in order to get practice applying what is taught and can be turned into the teacher for encouragement and feedback, but again is not required. The 4/5 classes are not graded. These quarters will give your student a chance to have fun while learning both science and writing in a group setting. Parents are invited to attend the first session of each quarter with their student.

The topics covered will be:

**SCIENCE** – Homework will be given but is not required and will not be turned into the teacher. There will be some hands-on activities and crafts, and the last day of each science quarter (the last day of animal science and the last day of plant science) will include oral presentations of a poster or a drawing or something that the student works on at home during the quarter about an animal/plant that interests them. They will talk for a minute or two about why they like it and tell the class about it. This would not be required, but would be a valuable exercise. If possible, we may do a field trip.

We are getting ready to begin our new quarter and will be studying:

**Plant Science** – (November 13 - January 22)<sup>1,2,3</sup>

We will study seeds, growth, trees, leaves, photosynthesis, flowers, roots, stems, trunks, enemies of plants.

**WRITING** – Institute for Excellence in Writing (IEW) American History-Based Writing Lessons. Students will learn how to make key word outlines and how to then write a paragraphs from those outlines. They will have weekly vocabulary lists, and learn about style and structure including who-which clauses, five-senses words, alliteration, conversation, similes and metaphors, and how to incorporate them into their writing. They will learn how to use topic sentences and clinchers, and have a chance to do some creative writing too.

**Institute for Excellence, Part 1** – (January 29 - March 12)

**Institute for Excellence, Part 2** – (March 26 - May 21) 4

Registration Information...

Where: Pike Creek Bible Church, 199 Polly Drummond Hill Road, Newark, DE 19711 When: Mondays, 8:10 – 9:10 a.m.

Cost: \$80 per quarter (due first class of each quarter) Register by calling Towle Institute at (302) 993-1408.

1Towle will observe Thanksgiving Break: November 20-24.

2Towle will observe Christmas Break: December 25-January 7 (School will resume Monday, Jan. 8).

3Please note: There is NOT a break between the last week of Science and the first week of Writing.

4Towle will observe Easter Break (beginning with Good Friday): March 30-April 8.

# How to Make a Thanksgiving Turkey

By Kaitlin Czernecki

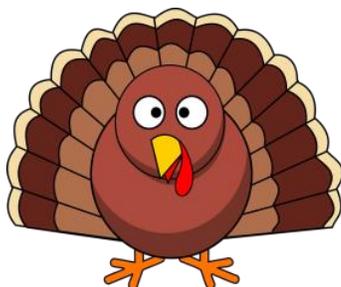
## Materials you will need:

- Turkey feather templates (or make your own)
- Red, yellow, orange, and green cardstock or construction paper
- Scissors
- Ruler
- Medium or large pinecone
- Hot glue gun with glue

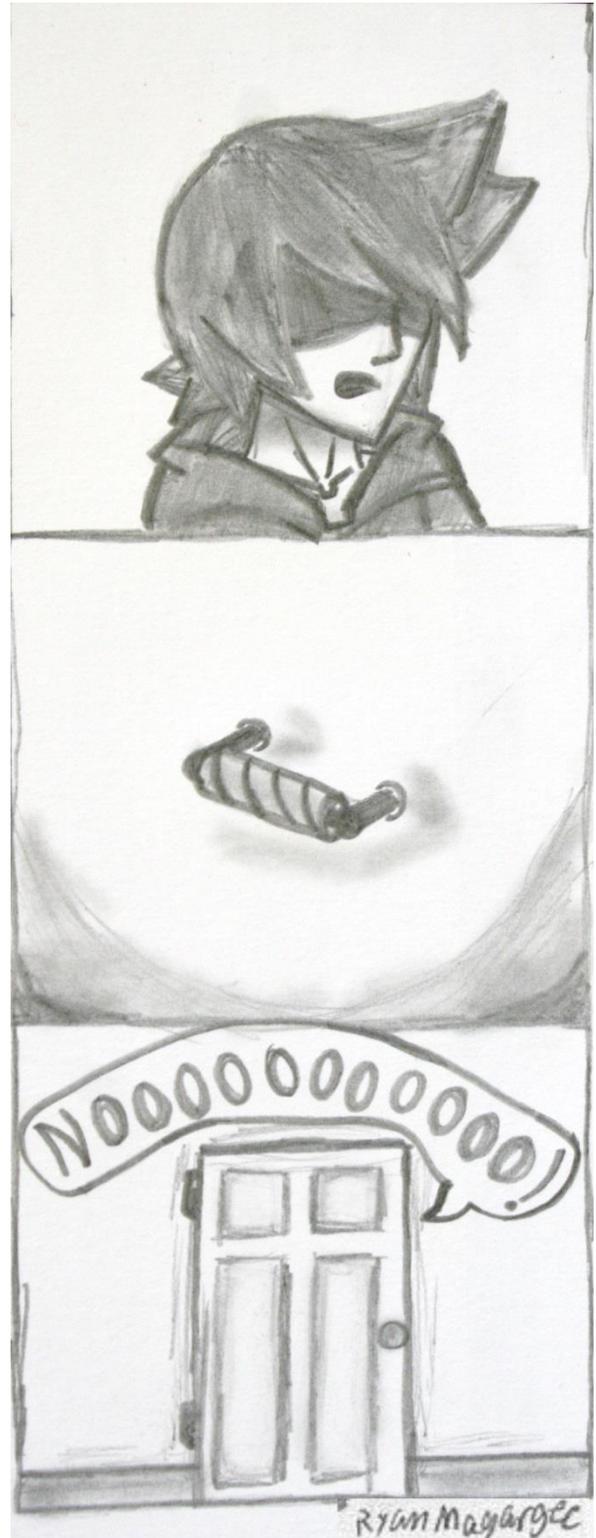
## How to create your turkey:

1. Use the templates to cut out the shapes needed for the feathers and eyes. Create your own color combinations.
2. Measure and cut out a 2- to 3-inch circle on a piece of cardstock or construction paper (adjust the size of your circle to fit your pinecone as needed). Hot glue the tail feathers onto the circle. Let dry. Glue the side feathers together. Let dry. Attach all the elements to the pinecone with hot glue. Gobble Gobble!

Hope you have a gobbly  
Thanksgiving.  
Gobble, Gobble!



## TOWLE BRIDGE COMICS



## Falcons Volleyball

By Sara Chick

The Falcons volleyball team is an independent team made up of homeschooled students. This is the eleventh year the Falcons have been competing against other schools. One thing that is unique about the Falcons is that there is no required school affiliation, so you will see Towle students, Mt. Sophia students and other homeschoolers playing together.

Preseason camp and tryouts started August 24 this year. We started with only 10 players this year, but ended up with 15 players for the two teams, JV and Varsity. Our first regular season game was a win at Tri-State Christian. It was a good way to start the season. The team's skills were strong for an early season competition.

It was definitely a growth year for the team this year as we had many players who were playing for the first time. The improvement in the teamwork and cohesion of the team from the beginning of the season to the end was exciting to watch.

As in previous years, the Falcons had many players from Towle. Leading the varsity team's offense were Amy Hickman and Mackenzie Chick. Amy played Outside Hitter and Mackenzie played Middle Hitter. Bianca Landa was the Defensive Specialist for Varsity. Colby Soliwoda returned to the team as well and played Middle Hitter opposite Mackenzie on Varsity and all around for most JV games. Evelyn Watts played Setter for JV and in some Varsity games

as well. New to the team this year were Jessica Prothero, Lexi Romine, and Abby Byers. Each of these girls definitely improved their skills throughout the JV season.

The Varsity team participated in the Tome Invitational Tournament and earned 3<sup>rd</sup> Place and a trophy.

This year's coaching staff included Sara Chick and Matt Casson.

Other Falcons players were Anna Beth Mercer, Arianna Cordrey, Charlotte Swafford, Micayla Metzger, Gracie McDowell, Lily Planck, and Lydia Mankus

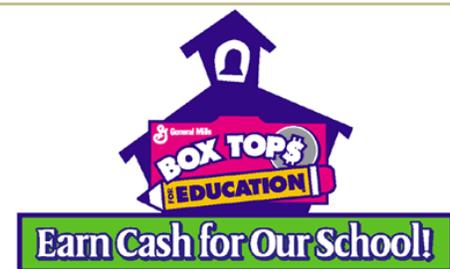
(In the spring, the Falcons coaches offer an instructional Volleyball clinic if you are interested in learning how to play.)



## PRAYER MINISTRY AT TOWLE

If you would like to participate in the prayer ministry at Towle, please send an email to Lori Hickman at [dlhickman7@verizon.net](mailto:dlhickman7@verizon.net). She will then add you to the prayer request distribution list.

Also if anyone has a prayer request, it can be sent to the same address or you may speak to Lori directly. Additionally, requests may be put in the prayer box near the office.



**DON'T FORGET!**  
You may still submit BOX TOPS  
throughout the school year.  
Thank you!

*Trish Landa*

# 2017 Stroll for Towle

We were blessed with a beautiful day for this year's Stroll for Towle held on Saturday, October 28<sup>th</sup> in Newark, Delaware. Sara Chick organized the event, along with the assistance of her family, and Kathy Todd made sure we had sharp-looking shirts. To date, we have raised over \$2000 for our school. The winning class with the highest percentage of participation is the senior class! And, the student with the highest amount of donations is Jessica Prothero! Thanks to all who participated in walking and/or in donating.



Our terrific crew who made it all happen!



Shirts from each year were represented from when "Stroll for Towle" was initiated – 2014, 2015, 2016, and 2017.



Victoria Petrucci & Naomi Imhoff practically ran the whole way and arrived back first 😊



## Birthday Party Checklist 😊

By Emily Benton

When planning a birthday party, below are some ideas of things to consider which will help you in organizing everything.

- Think of a theme
- Design your cake
- Invite friends and send out invitations
- Pick out the color of your decorations (to match your theme)
- Make the food
- Buy/Make your cake
- Set up the decorations
- Pick up the balloons
- Pick out your outfit
- Have FUN!!!!

My sister's and my birthday is on the 9<sup>th</sup> of this month, and a few things I'm doing for my party are: I am going to have a photo booth so all of my friends and I can take fun and cute pictures, and the theme of my party is "13" because I'm turning 13.

Below are other November birthdays of our Towle friends\*:

Emily & Alexa Benton – 11/09

Jeremiah Smith – 11/09

Liam Buckingham – 11/10

Kyndall Wyngaard – 11/12

Rachael Moten – 11/18

Sarah Kuhl – 11/19

Mrs. Wasgatt – 11/25

Jade Wasgatt – 11/28

Mrs. Bonney – 11/30

*\*If your birthday is in November and we missed you, we sincerely apologize.*



## Thanksgiving Food Drive

Fall is here, which means colorful leaves, possibly freezing cold weather, and Thanksgiving. Unfortunately, there are some families who will not be able to sit down and have a huge Thanksgiving dinner, but the Sunday Breakfast Mission wants to help! The **senior class** would like to invite Towle Institute students to join them in providing food for the Sunday Breakfast Mission’s outreach to people who cannot afford a Thanksgiving meal. We want every student to bring in as many food items as they can for

the Mission’s Thanksgiving Boxes *see list below* on **November 13<sup>th</sup>**, which is **week 11** (you may pick up a bag at the study hall table, but any bag will do). *To make things more interesting, we are making this a competition!* The **class** who brings the most items (averaged over the number of the students in the class) will win up to two free pieces of pizza on Week 12, November 27<sup>th</sup>. Mrs. Todd will notify who the winners are at the end of the day on Week 11. Let’s help the Sunday Breakfast Mission make Thanksgiving a special time for those who are truly in need!

- 1 Gravy Mix or 1 Can Gravy
- 1 pkg. of Instant Mashed Potatoes
- 1 box of noodles (such as noodles with cheese & broccoli)
- 2 pkgs. Macaroni and Cheese
- 1 lg. or 2 sm. cans sweet potatoes
- 1 Stuffing mix
- 1 box of spaghetti
- 1 box of macaroni (or other pasta)
- 1 jar or can of spaghetti sauce & 1 lg. can of tomatoes
- 2 cans of Corn, Green Beans, Peas, Carrots, Beets and Mixed Vegetables
- 1 lg. or 2 sm. cans of beef stew or chicken & dumplings or ravioli type meal

- 1 can of Cranberry Sauce
- 1 pkg. rolls,
- 1 Loaf of Bread
- 1 pkg. of bagels
- 1 pkg. of English Muffins
- 1 can of drink mix
- 1 pie or 1 pie crust and 1 pumpkin filling
- 2 pkgs. Jell-o gelatin & 2 pkgs. of pudding
- 2 cans of fruit (of either fruit cocktail, peaches or pears)
- 2 boxes of Cereal
- 1 can each ham, spam, corn beef and chicken
- 2 sm. or 1 lg. can of tuna
- 1 jar each of peanut butter and jelly



The Towle Science Fair is almost here! Come out and see 6th and 7th grade science fair projects set up at Towle! The students have been working hard applying the scientific method to a question each had and will be presenting a question, hypothesis, procedure, test results, and conclusion to judges in the afternoon on **Wednesday, December 13th**.

The project displays are open for public viewing from 4-4:45pm. Friends and family are welcome to come!



### Junior Class Officers

- President . . . . . CLAYTON FORD
- Vice President . . JEREMIAH SMITH
- Secretary . . . . . MACKENZIE CHICK
- Treasurer . . . . . LEXI ROMINE

## 2017-18 Lab Schedule

### Fall (Wednesdays-PCBC)

#### **November 8**

8:30 – 10:30    Physics

8:30 – 10:30    Physical Science

10:30 – 12:30    Chemistry

#### **November 15**

8:00 – 10:00    Anatomy & Physiology

10:00 – 12:00    Biology; Life Science

12:30 – 2:30    Life Science microscope lab

12:30 – 2:30    Health

**December 13**    **To Be Announced (See Dec/Jan. lab schedule)**

# Towle Bridge Calendar

**November 2017**

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2 Drama	3	4
5	6 Week 10 Picture Re-take Day	7	8 LAB Group 1	9 Drama	10	11
12	13 Week 11 Report Cards	14	15 LAB Group 2	16 Drama	17	18
19	20	21	22	23	24	25
<div style="border: 2px solid blue; padding: 10px; display: inline-block;"> <p><b>Thanksgiving Break</b></p> </div>						
26	27 Week 12 Teacher Meeting	28	29	30 Drama		