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THE PEMBROKE POST

ALL ABOUT JANUARY

By Emmy Childs

The History of New Year's:
The New Year's celebration originally started with Babylonian ceremonies welcoming the new year. This celebration was originally on the spring equinox in March. They marked the occasion with a massive religious festival called Akitu (derived from the Sumerian word for barley, which was cut in the spring) that involved a different ritual on each of its 11 days. The holiday was moved to January 1st in 1582 by the Romans to honor Janus, the two-faced god of beginnings, symbolizing looking back and forward.



National Days in January:
- **January 8th-National Bubble Bath Day**
- **January 13th-National Sticker Day**
- **January 16th-International Hot & Spicy Food Day**
- **January 21st-National Granola Bar Day**

Holidays in January:
- **January 1st-New Year's Day**
- **January 19th-Martin Luther King Day**

Fun facts about January:
- **January is named after the Roman God Janus**
- **January and February were both added to the original 10-month Roman calendar**
- **January is the coldest month in the North**

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"You define your own life. Don't let other people write your script."

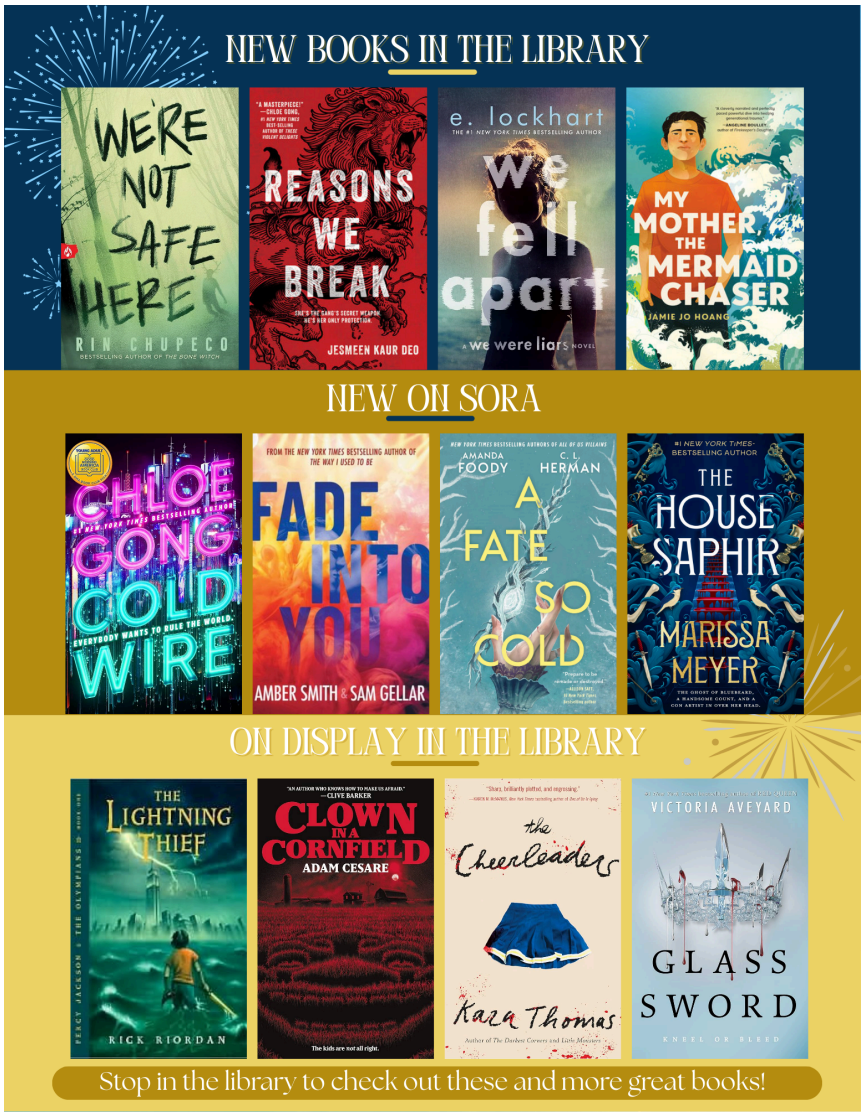
~Oprah Winfrey

LOCAL NEWS

TOP TEN TYPES OF PASTA

By Riley Tobias

1. Alfredo (top tier, especially with broccoli and chicken)
2. Macaroni and Cheese (with breadcrumbs on top of course)
3. Manicotti (beef sauce with the perfect flavored red sauce)
4. Tortellini (plain)
5. Pasta salad (literally so good)
6. Rigatoni (similar to manicotti, but worse)
7. Angel hair (mainly white sauce)
8. Penne (mid to be honest)
9. Linguini (with shrimp and alfredo sauce)
10. Ravioli (absolutely disgusting, in my opinion)



THE PEMBROKE POST

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JANUARY CONTEST

❄️🍬 January Candy Count Challenge 🍬❄️

New year, new jar, new chance to win! Think you've got what it takes to out-guess the rest of the Dragons? Stop by Room 205, check out this month's candy jar, and drop in your best estimate.
The closest guess without going over will walk away with a sweet prize and serious bragging rights.

🗓️ Deadline: **Tuesday, January 27**
🏆 Winner announced in the next edition

🔥 Start the year strong—take your best shot and see if you can claim the Candy Crown!

LOCAL NEWS

TESTING CELEBRATION DAY A SUCCESS!

On Monday, December 8, 2025, students in grades 7-9 spent the half day celebrating their success on their NYS ELA, Math, and Science tests taken the previous spring. Students started the day in the auditorium with an assembly by Nickel City Reptiles and Exotics and then went to other sessions, including a movie and popcorn, a game room, and a craft room full of fun activities, including ornament making, clay, and a photo booth.

























LOCAL NEWS

INFERNO

By Lauren Feitshans

You only watch my skin, the red that you cause
I give you all my love, but you only give me hot coals
I try again and again to put out your dangerous fire
Your flames are too large for me to control
Who could save you?
Keep you from hurting your loves?
I can't save your breaking heart
The inferno in your chest is too large to hold
But is it my fault?

CHRISTMAS SELFIE CHALLENGE

Students were challenged with 9 holiday themed selfie prompts for a chance to win a Tim Hortons gift card. Submissions were due to the paper by Sunday, January 4, 2026.

Sadly, no entries were received so no one will be getting a free treat from Tim Hortons!

CLUB NEWS

By Mary McDonald

PHOTO CLUB:

Photo Club meets on Thursdays every other week in Mr. Johnson's room in 601. Photo Club gets to go on many trips where they can take in the areas and, of course, take pictures with either their phones, their own cameras, or a borrowed camera from Mr. Johnson. And, you don't need to take any of Mr. Johnson's classes to join. When Photo Club is not on trips, they do other craft activities, like making pins with their own pictures or making their own visual journals, where students can do whatever they want in it, and share some of the trips they do throughout the year.

ART CLUB:

Art Club meets in Ms. Landin's room, 512, every other Monday. Most meetings days, students can work on independent crafts with all the supplies in the room. But there are occasions where students will work on a big project together during meeting times.

LOCAL NEWS

TEACHER FEATURE

By Riley Tobias

Mr. Johnson has been teaching at Pembroke for 25 years. He is currently teaching Photography I, Photography II, Drawing & Painting, Studio Art, GCC Photo, and Digital Photo.

Q: What is your favorite grocery store and why?
A: My favorite grocery store is Trader Joe's, because I like the type of people that shop there.

Q: What would you title your autobiography?
A: I would title my autobiography What Not To Do.

Q: What was the best book you read in high school English class?
A: 1984

Q: What is the strangest thing someone's come to your front door for?
A: A kid came to my door a month ago to ask me to put air in his tire.

Q: Which Charlie Brown character are you most like and why?
A: Linus, because I also had a blue blanket when I was little and sucked my thumb.

MUSIC NEWS

By Mary McDonald

In the month of January there is not a lot going on for the Music Department. The Music Department is taking some time to relax after a super busy December for them, between holiday concerts for families, an in-school concert for fellow classmates, and caroling trips to local nursing homes.

Musical practice will continue afterschool during the month of January. Students are working hard to learn their parts for the upcoming musical. They've been learning their speaking parts, songs, staging, and choreography.

Solo Fest is coming up in February, so students will be busily practicing their solos. We wish all those participating in Solo Fest the best of luck on their upcoming performances.



Birthday Celebrations

JANUARY

Kaelie Horton
Mrs. Wagner
Mrs. Lamprecht
Khloe Leach-Van Dorn
Onolee Easterbrook
Warren DeBoer
Miss Landin
Emily Mutka
Sarah Scroger
Emma Graber
Leah Price
Seth Jaszko
Scarlett Baker
Spencer Kohl
Grace Dawson
Harper Godlove
Micah Forness

Angelina Boldt
Kendall Perry
Mr. Dosch
Mr. Kabel
Gabrielle Crandall
Sophia Heveron
Savannah McGiveron
Mr. Bailey
Lillian Stacey
Hayleigh Lord
Aubree Bisig
Gabriel Klotzbach
Timothy Benson
Austin Post
Leo Lang
Carter Maerten

Evelyn Mahaney
William Gibson
Jacob Johnson
Silas Stock
Darren Lamb
Liam Lamb
Andrew Fauth
Eva Henry
Alison Schoonover
Anthony Kelsey
Cooper Senko
Mrs. Neth
Nichole Moore
Dwayne Moss
Sarah Choate
Audrey Blake
Lilian Schoff

❄️✨ A Frosty Finale: December's Contest Champion Revealed! ✨❄️



Before we kick off a brand-new year of contests, let's take one last look at December's sweet challenge! As winter settled over Pembroke, students tried their luck guessing how many holiday M&Ms were packed into a festive ornament—and this one seriously stumped people. We had 48 submissions, but only one Dragon came the closest without going over. The magic number? 459 M&Ms!

🎉 Huge congratulations to Madison Casselbury, whose guess of 450 pieces snagged the win! Swing by Room 205 to pick up your prize and claim those well-earned bragging rights.

Ready to start the new year as our next champion? Turn to page 3 for January's contest and see if you can weather the competition!

STUDENT REVIEWS

MOVIE REVIEW

By Mary McDonald

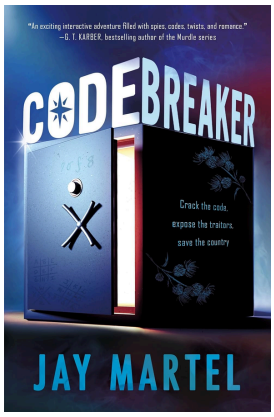


THOR RAGNAROK

Imprisoned on the other side of the universe, Thor, the god of thunder, finds himself in a deadly gladiatorial contest that pits him against the Hulk, his former ally and fellow Avenger. Thor's quest for survival leads him in a race against time to prevent the all-powerful Hela from destroying his home world and the Asgardian civilization.

BOOK REVIEW

By An Anonymous Student

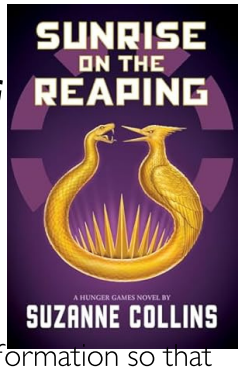


CODEBREAKER
by Jay Martel

Mia's summer turns upside down when assailants invade her home, killing her journalist mom and leaving her history professor father in the wind. Soon, she discovers a trail of clues that might help her understand what happened to her parents. With a handsome stranger by her side and a line-up of codes and ciphers to crack, Mia is running out of time to crack the case. This book is perfect for teens who love suspenseful thrillers with a romantic sideplot.

BOOK REVIEW

By An Anonymous Student



SUNRISE ON THE REAPING
by Suzanne Collins

Whether or not you have read The Hunger Games series, this prequel stands on its own, providing enough background information so that readers don't need to have read the rest of the books to enjoy it. In this prequel the Reaping follows 16-year-old Haymitch Abernathy, who is reaped on his birthday and has to fight to survive during the 50th Hunger Games. As with the rest of these books, it's high suspense with impeccable character development. Reading this opens the door to a complete series for all to enjoy!

ARTIST OF THE MONTH

By Mary McDonald



MARINO

Marino is a relatively smaller artist, with not much known about him and his famous identity, as he hides his face. He has recently blown up with many songs on social media, such as "I'm Doing Fine" or "I Can't Fit In" as his first few hits that showed him to the world. But his most explosive song, "Devil in Disguise," with over 150 million streams, only posted this past July. He is known for the unique sounds he uses in his songs and how he mends things together to mainly portray the sadness and heavy feelings he experiences in most of his songs. His music genre is indie pop or electro.

IT'S RAINING CATS & DOGS!

CATS: TABBY

By Kaelyn Yager



Tabby cats are not a specific cat breed but are defined by an "M" shape on their foreheads and patterns of stripes, swirls, or spots on their fur. They are usually gray, brown, orange, or cream. Tabbies are playful, social, and independent hunters. Tabby cats have distinctive markings on their bodies and fur, including dark lines from their eyes, "necklaces" on their necks, and rings on their tails and legs. Tabby cats are also very vocal. They are actually identified by a coat pattern, not a breed. Their markings provide camouflage, which makes them excellent hunters. About 80% of orange tabby cats are male.

DOGS: HUSKY

By Kaelyn Yager



Huskies are medium-sized dogs that are well-suited for cold environments. They have a wolf-like appearance, thick double coats, bushy tails, erect triangular ears, and almond-shaped eyes that can be blue, brown, or bicolored. Originating in Siberia, Huskies were used as sled dogs because of their strength, endurance, and intelligence. They are graceful and athletic dogs that need at least two hours of exercise daily. Huskies typically weigh 35–60 pounds and stand 20–24 inches tall. Instead of barking, they are known for howling in a talkative way. Their coats help keep them warm in the winter and cool in the summer, and they rarely need baths because natural oils in their fur keep them clean and odor-free.

ANIMAL: SNOWY OWL

By Riley Tobias



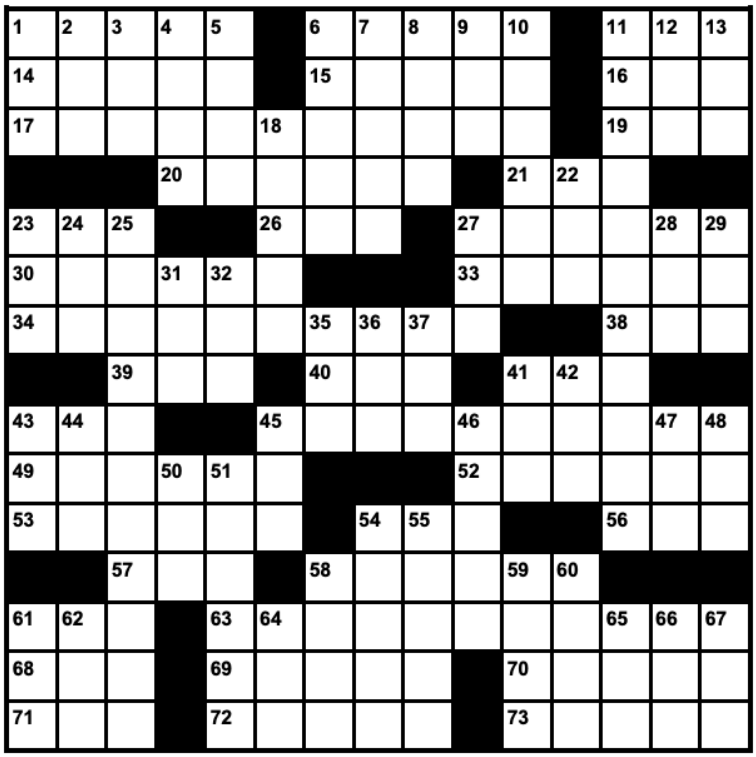
The snowy owls are large, almost solid white in color, with a round head and yellow eyes. They have no ears and black tufts all around their body. They breed in the Arctic tundra and spend their winters in open fields, grasslands, and even some coastal areas. They eat voles, mice, and other small mammals and birds for survival, and migrate south for the winter like many other species of birds. Keep your volume down and movements steady when you encounter one of these beautiful birds so as not to disturb them.

PUZZLES

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by Frank Longo | © 2000, The New York Times

The Learning Network
Teaching & Learning With The New York Times



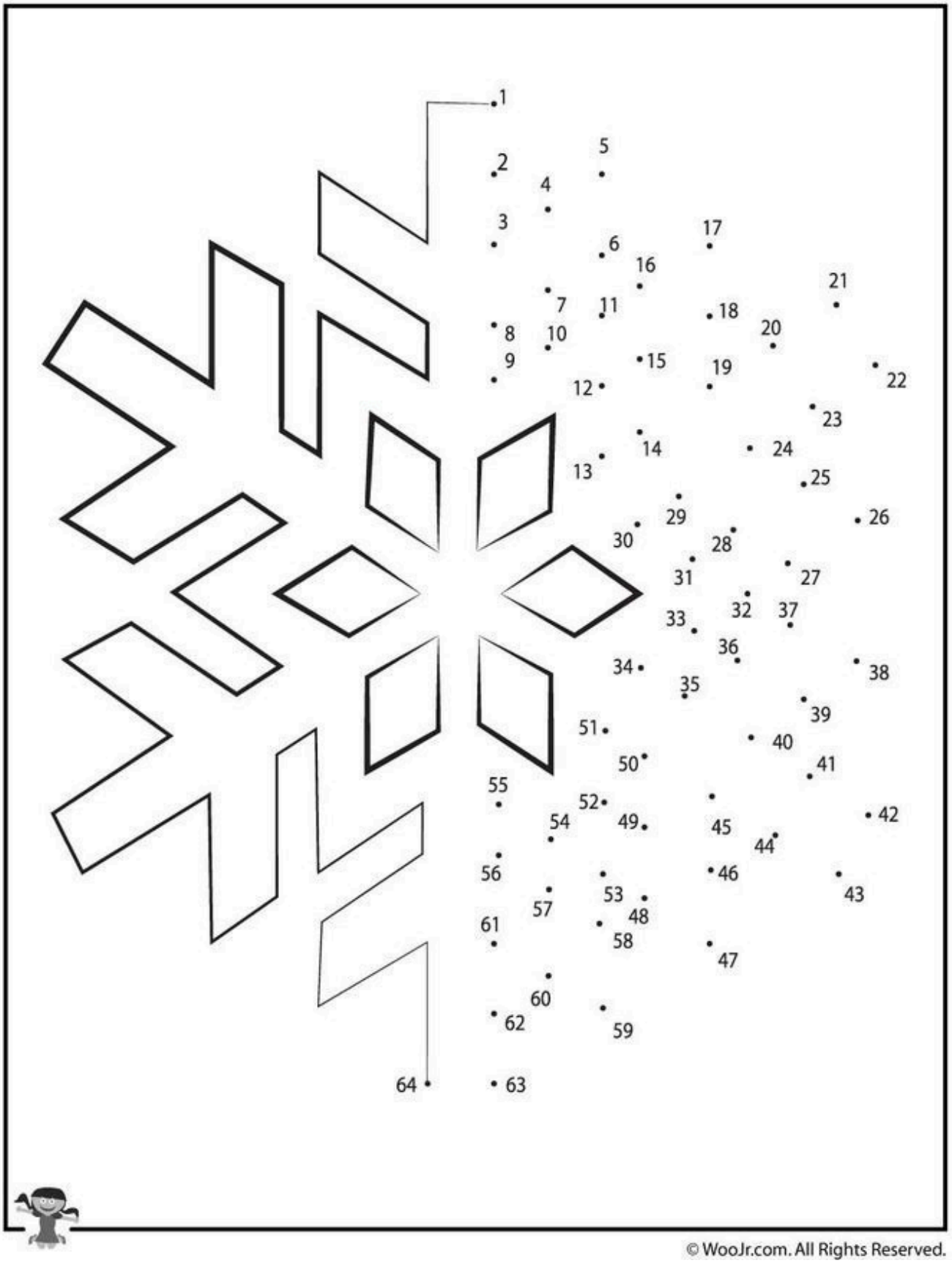
ACROSS

1 Separation of church and ___ (topic of the First Amendment)
6 What a wound might do
11 Avenues: Abbr.
14 Gave a hoot
15 Pound division
16 Before, to poets
17 Bringing together of formerly separated races
19 Refuse to agree to
20 Got close to
21 French holy woman: Abbr.
23 One who oversees the employees: Abbr.
26 N.F.L. six-pointers
27 Drinking vessel in a Chinese restaurant
30 Having only a single section, as a short play: Hyph.
33 Illinois city next to Champaign
34 This was started in Montgomery when Rosa Parks was arrested for refusing to give up her seat: 2 wds.
38 National Association ___ the Advancement of Colored People (N.A.A.C.P.)
39 Psychic power, for short
40 Leann Rimes's "How ___ Live": 2 wds.
41 Old alternative to Delta or United
43 Hockey Hall of Famer Bobby
45 State ordinance discriminating against blacks: 3 wds.
49 Greet with a hand motion: 2 wds.
52 "The Mighty Ducks" star Estevez
53 National Urban ___ (group working against racial segregation and discrimination)
54 Steambath site
56 ___-mo replay
57 Heavy weight
58 ___ off (repelled)
61 Moo goo ___ pan (Chinese dish)
63 Martin Luther King Jr.'s famous phrase: 4 wds.
68 "A long time ___ in a galaxy ..."
69 Clowns wear big red ones
70 Hospital worker in white
71 Japanese coin
72 First, reverse and neutral
73 One more time

DOWN

1 The ___-Fi Channel
2 Beige
3 Paintings, sculptures, etc.
4 "Dawson's Creek" watcher, usually
5 A razor has a sharp one
6 Brown v. ___ of Education (1954 case in which segregation in public schools was ruled unconstitutional)
7 Stringed instruments played by minstrels
8 Barenaked Ladies song from "Gordon"
9 ___-friendly (not harmful to the environment)
10 More tightly packed together
11 ___ Convention (1848 women's rights conference organized by Elizabeth Cady Stanton and Lucretia Mott): 2 wds.
12 Prefix meaning "three"
13 The 19th Amendment guaranteed that voting rights were not restricted based on this
18 Dilapidated
22 Soda can opener
23 Disorderly crowd
24 African antelope also known as a wildebeest
25 Tract of land set apart for the use of a Native American tribe
27 Egyptian boy-king
28 Game with "Reverse" cards
29 Good score for a golfer
31 Tummy muscles
32 Speeding ticket issuer
35 401, in Roman numerals
36 ___-pah-pah (tuba's sound)
37 ___-tac-toe
41 "Saving Private Ryan" star Hanks
42 Global conflict of 1914-18: Abbr.
43 Bird that hoots at night
44 "Mask of Death" actress ___ Dawn Chong
45 Quarterback Montana
46 ___ book (be literate): 2 wds.
47 Feel sick
48 Try to win the affection of
50 Self-importance
51 Correcting a piano
54 One who makes regular bank deposits
55 Freedom of the ___ (topic of the First Amendment)
58 "That ___ close one!": 2 wds.
59 "The Simpsons" schoolteacher Krabappel
60 Caffeine or nicotine, for example
61 ___ rights movement (organized effort to stop discrimination based on sexual orientation)
62 What tree rings indicate
64 Weed-whacking tool
65 Proposed 27th amendment that would prohibit discrimination based on 13-Down: Abbr.
66 "Just ___ thought!": 2 wds.
67 "... all ___ are created equal"

PUZZLES



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PUZZLES & JOKES

Sudoku #1503 (Easy)

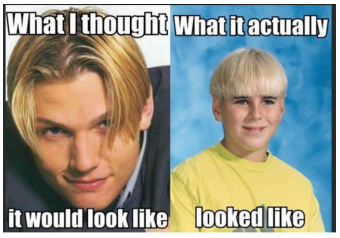
		6		5			7	
	4			7		8		
	7			3			2	
		8		1	6			5
						4		
5		3		8		9		
7	1							
			5	6	2			

How to Play Sudoku:

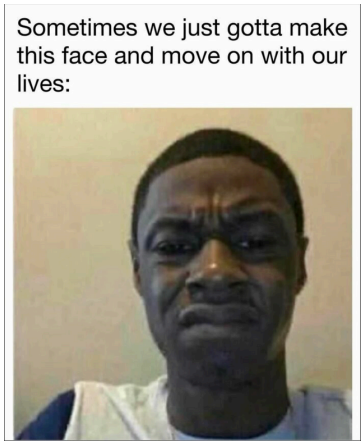
1. Each row must contain the numbers 1-9 exactly once each.
2. Each column must contain the numbers 1-9 exactly once each.
3. Each 3x3 box must contain the numbers 1-9 exactly once each.
4. Combining all the rules, every row, column, and 3x3 box must contain the numbers 1-9 with no double-ups anywhere.

Sudoku #1504 (Medium)

	8	9			2			
			8	9		6		
4		7		3			9	
			3	8	4			
	3					1	7	
		1	4					8
					7			5
5						2		







Crossword Answer

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

Jokes of the Month

By Riley Tobias

1. Where do snowmen love to dance?
2. What is red, white, and blue over winter break?
3. Where do snowmen keep their money?
4. If your reindeer lost its tail, where would you go to buy a new one?
5. What's a snowman's favorite candy?
6. What snack should you make for the Snowman Holiday Party?
7. An icicle fell off the roof and hit a snowman on the head. What happened to him?
8. What did one snowman say to the other snowman?
9. What does a gingerbread man put on his bed?
10. Why do mummies like holiday gifts?

Joke Answers

1. The snow ball
2. A sad candy cane
3. In snow banks
4. A re-tail store
5. Sno-Caps
6. Ice Krispy Treats
7. He was knocked out cold
8. Do you smell carrots?
9. A cookie sheet
10. Because of all of the wrappings

PEMBROKE PLATES

Baked Brie, Sun-Dried Tomato & Spinach Pasta

Prep Time: 5 minutes
Cook Time: 25 minutes
Total Time: 30 mins
Yields: 4 servings



Ingredients:

¼ cup extra-virgin olive oil
¼ cup chopped drained oil-packed sun-dried tomatoes
4 cloves garlic, sliced
2 tsp fresh thyme leaves
½ tsp crushed red pepper
½ tsp salt
1 (8-oz.) wheel triple-cream Brie, top rind removed
8 oz. whole-wheat fusilli
5 cup baby spinach (5 oz.)
4 T grated Parmigiano-Reggiano cheese, divided
2 T basil leaves

Directions:

1. Preheat oven to 375°F. Bring a large pot of water to a boil over high heat.
2. In a 9-inch square baking dish, stir together oil, sun-dried tomatoes, garlic, thyme, crushed red pepper, and salt. Place Brie in the center and turn to coat, leaving it cut-side up. Bake until edges of Brie have melted, about 10 minutes; remove from oven. Carefully pick up Brie with tongs; scoop melted cheese into the baking dish (discard rind).
3. Meanwhile, add pasta to boiling water; cook until al dente, about 9 minutes. Stir in spinach; cook for 30 seconds. Using a large slotted spoon, transfer pasta and spinach to the melted Brie (leave pasta water in the pot); stir until coated. Add 3 T Parmigiano-Reggiano; stir to combine, adding up to ¼ cup of pasta water, stirring constantly, to reach the desired consistency. Divide among 4 bowls, sprinkle with the remaining 1 T Parm, and top with basil.

Recipe compliments of https://bit.ly/48Rm89o

Marry Me Chicken–Stuffed Spaghetti Squash

Prep Time: 20 minutes
Cook Time: 55 minutes
Total Time: 1 hour 15 minutes
Yields: 4 servings



Ingredients:

1 medium spaghetti squash (2½-3 lbs), halved lengthwise and seeded
1T extra-virgin olive oil
2 cups shredded rotisserie chicken
⅔ cup low-fat plain strained (Greek-style) yogurt
⅓ cup chopped, drained sun-dried tomatoes in oil, plus 3T oil from jar, divided
¼ cup sun-dried tomato pesto
½ tsp garlic powder
¼ tsp plus ⅛ tsp salt
¼ tsp crushed red pepper
½ cup crumbled goat cheese
2T balsamic glaze
¼ cup thinly sliced fresh basil

Directions:

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper. Brush cut sides of squash halves with olive oil; arrange cut-side down on baking sheet. Roast until tender when pierced with a fork, 35-40 minutes.
2. Meanwhile, stir chicken, yogurt, sun-dried tomatoes, pesto, garlic powder, salt and crushed red pepper together in a medium bowl until combined; set aside, uncovered, at room temperature for later.
3. Flip halves. Divide chicken between halves; top with goat cheese. Drizzle with 2T sun-dried tomato oil.
4. Roast until cheese is lightly browned and filling is hot throughout, about 15 minutes.
5. Using a fork and tongs, scrape chicken and long strands of squash flesh into a medium bowl. Add remaining 1T sun-dried tomato oil; toss to combine. Return mixture to shells; cut each in half crosswise. Transfer to a plate; top with balsamic and basil.

Recipe compliments of https://bit.ly/4pjswMm

PEMBROKE PLATES

High Protein Overnight Oats

Prep Time: 5 minutes
Cook Time: 0 minutes
Total Time: 5 minutes
Yields: 2 servings



Ingredients:
½ cup Greek yogurt
1¼ cups unsweetened almond or oat milk, more as needed
1 tsp vanilla extract
1-2T maple syrup
1 cup gluten free oats
1 scoop plain or vanilla protein powder
1T chia seeds

Toppings:
fresh berries and sliced almonds
plus

Directions:
1. Add the Greek yogurt, milk, vanilla extract, and maple syrup to a mixing bowl. Whisk together until well combined.
2. Next, fold in the oats, protein powder, and chia seeds and mix until well combined.
3. Separate the oats into two separate cups or jars with lids and let the oats chill overnight.
4. After the oats have chilled, remove them from the fridge and give them a stir. Feel free to add an extra splash of milk if you want to thin the oats out a bit.
5. Top with fresh berries and sliced almonds.

Note:
1. Additional toppings can include: raspberries, strawberries, blueberries, creamy or crunchy peanut butter, sliced bananas, hemp seeds, flaked coconut, sliced nuts, splash of almond milk, fresh fruit jam, chocolate chips or cacao nibs

Recipe compliments of **https://bit.ly/48lb4RP**

High Protein Breakfast Sandwiches

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Yields: 4 servings



Ingredients:
4 whole grain English muffins
4 large eggs
¾ cup egg whites
4 turkey breakfast sausage patties
4 slices sharp cheddar cheese
2T thinly sliced green onion
olive oil or olive oil spray

Directions:
1. Preheat oven to 350°F.
2. Brush or spray the cut side of the English muffins with olive oil and toast, cut side up, until lightly golden, then remove from the oven.
3. Spray or brush ramekins with olive oil. Crack 1 egg into each ramekin and add 3T of egg whites to each ramekin. Use a fork to break the yolk and lightly whisk the egg and egg whites together. Top each with ½T of thinly sliced green onion.
4. Bake eggs for 10-12 minutes, until eggs are just set.
5. While the eggs are baking, cook turkey sausage patties according to the package instructions
6. Assemble the sandwiches: Use an offset spatula to remove the baked eggs from the ramekins and place them on the bottom half of the English muffins. Top with a turkey sausage patty, a slice of cheddar cheese, and the English muffin top.

Recipe compliments of **https://bit.ly/4pf70II**


PEMBROKE, YOUR 2025
WRAPPED IS HERE
MARCHING DRAGONS
SENIORS
YOU'VE BEEN IN SCHOOL FOR 178,560
MINUTES... THATS 124 DAYS (SEPT. 3RD TO
JAN. 5TH).

CALENDAR

JANUARY 2026

Only homes games are listed.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **NO SCHOOL!**	2 **NO SCHOOL!**	3 5:30pm B JV Basketball 7pm B V Basketball (at Oakfield-Alabama)
4	5	6 5:30pm B V Swimming (at Alexander)	7 6pm B V Wrestling (at Alexander)	8 5:30pm B V Swimming (at Alexander)	9 7pm G V Basketball (at Wheatland-Chili)	10
11	12	13 6:30pm Board of Ed	14	15	16	17
18	19 **NO SCHOOL!**	20 Regents Exams	21 Regents Exams	22 Regents Exams 7pm B V Basketball (at Elba)	Quarter 2 Ends 23 SUPERINTENDENT'S CONFERENCE DAY **NO SCHOOL FOR STUDENTS**	24
25	26 Start of 2nd Semester	27 6:30pm Board of Ed	28	29 5:30pm B M Basketball 5:30pm G JV Basketball 7pm G V Basketball (at Oakfield-Alabama)	30 5:30pm B JV Basketball 7pm B V Basketball (at Oakfield-Alabama)	31