

**NOVEMBER 2019**



**THE JACKSON BUZZ**

Created by Rachel

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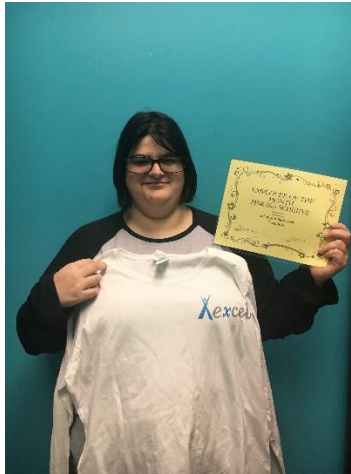
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## Making a Healthy Snack



**FRUIT AND YOGURT PARFAIT'S**

# EMPLOYEE OF THE MONTH



## SIMONA S

Favorite food - Orange Chicken

Favorite music - Country

Favorite thing to do – Hang out with Friends

Favorite TV show- Sports/Basketball

One thing I want you to know about me is that I am a funny person



Rachel 26th

# PROJECT STIR

We learned how to be a Self-Advocate and how to teach others to do the same



## CONGRATULATIONS TO ALL THE GRADUATES!

Karlíe M, Khríssy K., David W, Adam P,  
Mark T, Katie K, Chase P, Tím S, Símona S,  
Lucy R, Eva G, Chandler B, Kameron L, and  
Rachel S (as an advocate)

# Homemade Pizza by Simona S

## Ingredients

- Contadina(R) Quick Pizza Sauce:
  - 1/2 (12 ounce) can CONTADINA(R) Tomato Paste
  - 1 teaspoon dried oregano, crushed
  - 1 teaspoon dried basil, crushed
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1/2 teaspoon sugar
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
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- Fleischmann's® Easy Pizza Crust:
  - 3 1/4 cups all-purpose flour, or more as needed
  - 2 (.25 ounce) envelopes FLEISCHMANN'S(R) Pizza Crust Yeast or RapidRise(R) Yeast
  - 1 tablespoon sugar
  - 1 1/2 teaspoons salt
  - 1 1/3 cups very warm water (120 degrees F to 130 degrees F)
  - 1/3 cup oil
  - Toppings:
  - 1 (6 ounce) package Hormel(R) Pepperoni
  - 1 cup shredded mozzarella cheese, or more to taste



## Directions

1. For sauce: Combine all sauce ingredients with 1/2 cup water in a medium bowl; set aside for flavors to develop while making crust. Freeze remaining paste .
2. For crusts: Combine 2 cups of flour with the dry yeast, sugar and salt. Add the water and oil and mix until well blended (about 1 minute). Gradually add enough remaining flour slowly, until a soft, sticky dough ball is formed.
3. Knead for about 4 minutes, on a floured surface, until dough is smooth and elastic. Add more flour, if needed. (If using RapidRise(R) Yeast, let dough rest, covered, for 10 minutes.)
4. Divide dough in half. Pat each half (with floured hands) into a 12-inch greased pizza pan OR roll dough to fit pans.
5. For pizzas: Preheat oven to 425 degrees F. Top crusts with sauce, pepperoni and cheese.
6. Bake for 18 to 20 minutes until crusts are browned and cheese is bubbly. For best results, rotate pizza pans between top and bottom oven racks halfway through baking.



SOBEK: By Suzanne

## GOD OF THE NILE, FERTILITY, ROBBERY, AND THE MILITARY

As the creator of the river, Nile, Sobek was revered and feared throughout Egypt. He was celebrated for his part in bringing irrigation to the land, yet also feared for his aggressive, animalistic nature. However, it was this god's ferocity that allowed him to ward off evil and protect the innocent.

Sobek is thought to be the son of Neith (Weaver of Fate and goddess of hunting and creation) who bore him without the help of a man although some sources list his father as Set or Khnum. His wife is Renenutet, Goddess of Plenty although he has been linked to Hathor, Heqet and Taweret. Sobek is commonly depicted as a man with the head of a crocodile or simply a huge crocodile.

How he created the Nile varies, but the most common version has the god sweating to do so. The myths surrounding Sobek show various facets of his personality. One features the god saving four of Horus' sons by catching them in a net and taking them to safety. Another has him assisting Isis in childbirth. In contrast, yet another tale has him being punished for eating Osiris' severed organ when it fell into the Nile. Sobek is also patron of burglary, theft, muggings and all related aspects. He was often fused with Horus and/or Ra.

Egyptians were also known to mummify and even keep crocodiles as pets in hopes of receiving the god's favor. His chief city was Faiyum where a crocodile was kept in his temple as the son of Sobek. If anyone was killed by this crocodile, they were deemed divine. When the crocodile itself died, it was also mummified and replaced by another. Many mummified crocodiles also had their young or eggs buried with them on their back or in their mouths.

### IN POPULAR CULTURE:

Film and TV: *Scooby-Doo*, *Lost*, *Buffy the Vampire Slayer*, *Primeval*

MUSIC: *Sacrifice unto Sobek*, Nile

VIDEO GAMES: *Assassin's Creed Origins*, *Pokemon*, *SMITE*, *League of Legends' Horizon Zero Dawn*, *Digital Devil Story Shin Megami Tensei If*

SYMBOLS: Horned Sun Disk, Hemhem crown, Ram horns, Nile, Udjat eye

ANIMALS: Crocodiles

PLANTS: Myrrh

### ALT. NAMES AND TITLES:

NAMES: Sebek, Suchos, Sobk(i) Sobeq, Soknopais, Sochet

TITLES: Lord of Fayium, Lord of the Waters/Flood, He who eats while he also mates, Son of Neith, The Rager, He who Loves Robbery, Pointed of Teeth, He with the Shiny Appearance

