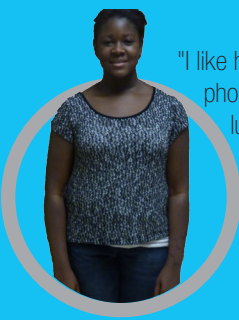


Football to the Bone



"I like having our phones out at lunch."
- Aysa Arterberry (7)

"I think that Ridgewood is a good school because they have good teachers."
- Claire Davis (7)



"I like the teachers because they care about how I am doing and they care."
- Jaxon O'Malley (7)

"I like the classes with my friends."
- Brianna Pena (7)



"I feel that it is fun because the new rules are more lenient and give us more freedom."
- Madison Waguespack (8)

It was the middle of September, and the football team was playing against Hopewell. Zachary Feller (7) made a tackle against an opposing player when he felt a sudden CRUNCH! In his arm. He knew something was wrong right away.

Zachary was taken to the Emergency Room immediately. When he arrived, nurses and doctors rushed all over the place, trying to do everything they could as fast as they could.

"It was really intimidating because of all the big machines," Zachary said.

After the doctors finished running tests on him, Zachary

was told he was going to have to wear a cast for at least eight weeks. His first reaction was anger.

"I knew I was out of the season. It also ruined baseball for me, too," Zachary said.

His family was considerably helpful to him while he was in his cast. Because he was restricted from doing his daily chores and activities, they did everything they could to make Zachary's life in a cast as easy as possible.

"Don't try to do stuff your doctor says not to," Zachary advises to kids wearing casts. "Follow your restrictions."

Kyndall Harris
Brett Hartgrove
Taylor Harvey
Jacob Hauser
Kyla Hayes
Omari Henry-Dukes



Jaxon Hile
Zoey Hill
Izac Hilzendorf
Leila Hlousek
Derek Ho
Micah House



Anna Howell
Jackson Huffstutler
Derek Hulama
Patrick Hunt
Corban Hutcherson
Lucia Ibanez



Amy Jacks
Sarah Jacks
Todd Jacks
Hannah Jackson
Kennedy Jackson
Olivia Janek



Patrick Jenkins
Zhenya Jensen-Buchanan
Alexandra Jeter
Cameron Johnson
Katelyn Johnson
Mikayla Johnson



Riley Johnson
Sydney Johnson
Devin Jones
Alexander Jourden
Dafne Juarez
Rania Kaaki





Zachary Falter (7). Photo Provided by Zachary Falter



Veronica King (8). Photo by Tiffany Ufodiama.



Alexander Froelich-Alvarez (7). Photo by Megan McLeod.

My Advice...



Photo by Tiffany Ufodiama.

"Get a back scratcher so you can stick it in your cast and scratch yourself, and make sure you don't break your arm during the summer or else when you have the cast on, it will stink."

- Sarah Howell (7)

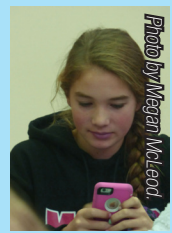


Photo by Megan McLeod.

"Get a waterproof cast because it will ease the pain. It's more expensive, but it will really help."

- Kaitlyn Marks (6)



Photo by Megan McLeod.

"Think before you act. If the outcome appears good, go ahead. If it appears bad, then step back and don't do it at all."

- Madison Munoz (8)



- Atiwat Kaewsamduang
- Lena Kentner
- Jude Kessler
- Kenneth Key
- Abhay Khanna
- Caleb King
- Veronica King
- Amelia Kirby
- Kelly Komatz
- Caitlin Kupper
- Koby Lam
- Emma Land
- Ethan Landry
- Tressa Langenohl
- Justin Lann
- Cierra Lara
- Kyle Larson
- Danka Latorre
- Tyrone LeBlanc
- Makenna Ledesma
- Jordan Ledington
- Samantha Lee
- Victor Lepkowitz
- Loralei Lindner
- Lia Lindsay
- River Lumley
- Chantel Luna
- Brianna Luong
- Ethan Ma
- Melanie Macdonald
- Adam Makowka
- Andrew Makowka
- Conner Malek
- Maria March Naranjo
- Kaitlyn Marks
- Lillian Marquez
- Cole Martin
- Serena Martin-Hogue
- Lauren Martinez
- Raymond Martinez
- Victoria Martinez
- Yacel Martinez
- Dylan Masanda
- Matthew Maxim
- Angelica Mayorga
- Andrew Mc Entee
- Jeremiah McCarthur
- Trevor McCulloch
- Lily McCune
- Julia McCurley
- Trevor McDonough
- Mei Melant
- Hannah Mendelsohn
- Alejandro Mendez