

VOLUME 1  
ISSUE 1

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# Red and Blue News

By: Caden Brennan



*Red and Blue News* Staff: Dominique Aponte, Caden Brennan, Braden Cicio, Sophie Crozier, Cayden Davis, Mason Duplessis, William Durst, Noah Kilmer, Franco Prieto, Jonathan Prieto, Isabel White, and Trinity White.

Extra! Extra! Read all about it! Carbondale Area would love to introduce everyone to the new and improved school newspaper: *Red and Blue News*. Not only is the *Red and Blue News* reporting on everything new, but you can also look forward to some new additions. These include restaurant suggestions, advice from fellow teachers and students, "Funny Foote?", "If you are not watching, you should be," and many others too numerous to mention. If you would like to catch up on everything going on in Carbondale, just stay tuned and look out for the quarterly *Red and Blue News*!



## Mrs. Sayre



*How do you feel about your role as superintendent?*

It has changed me as a person. I live in the community and enjoy being a part of such a special place. The community welcomed with open arms and I, too, am immersed in Charger pride. I am energized every day to come to work because of the students and people with whom I work.

*What would you have been if you hadn't become a superintendent?*

I would have been in law enforcement- FBI or US Marshals. I got hired as a long-term substitute teacher and field hockey coach - and changed my career focus as I loved it so much. (The timing was the early 1990's.) I majored in History with a liberal arts education that included courses such as psychology, sociology, and military science (Prior to being a superintendent, I was a high school principal and central office administrator. As you noted below, a social studies teacher also.)

*What does the future of CA look like through your eyes?*

A new approach-creating several exiting programs and courses in our District. Our focus will be career readiness and creating opportunities for students to connect with career pathway internships and workplace experience. These opportunities will make education more relevant and prepare students for post high school decisions. We've already begun adding additional opportunities such as additional STEM courses at the junior high and high school courses such as astronomy, psychology, and nutrition. Great things ahead!

*Do you miss the days when you were a history teacher?*

Yes! My favorite subject to teach was Economics. Economics is relevant every day.

*What do you like best about the city of Carbondale?*

The rich history. Mining is a big part of Carbondale, and I love learning about it. I enjoy walking around the area seeing the mining signs. For example, the signs on school grounds, by the football field, memorialize the significant impact anthracite has on our city. Also, as I noted earlier, the community. It is a tight-knit community that has a lot of heart and soul.



New To the Dale

# New To the Dale

## Mr. Gabriel

*How did you decided that you would like to be the acting principal for this school year?*

Superintendent Sayre approached me to see if I'd be interested, since I covered the elementary building for a few weeks prior to Principal Duffy beginning.



*How do you feel about the new promotion?*

Change is always good. I'm learning something new every day. You don't realize how busy the principal is until you step into that role.

*What are your plans for the future of Carbondale?*

Currently, I'm taking one day at a time. My current focus is building relationships of trust with the faculty and students. I hope to bring some new and exciting activities/clubs to the building.

*What's the best part of your job?*

Making a difference. I try to come to school every day and make at least one other person's day better.



*What is your greatest memory from when you taught elementary school?*

Helping a student overcome school anxiety and enjoy coming to school!

## Mr. Barnett



*What are your strengths and weaknesses when it comes to teaching?*

I feel I can connect well with students. I do end up going on some long tangents if a student asks a certain question.

*What are your goals for this year?*

To continue to build relationships with students.

*What is your opinion on the homework you give to class?*

I think students have been doing very well with it! I think it's time for more longer written assignments.

**Do you have any plans for when the school year is over?**

Watching my two-year-old and one month old continue to grow!

**How do you feel about the O.J. verdict you discussed in class?**

Students had very good arguments and points regarding the case.

**Why did you decide to teach Street Law/Economics?**

I think it will be a fun class that allows students to have healthy debates regarding our laws, society, and government.



*New To the Dale*

# Mrs. Bailey

## New To the Dale

*What made you want to become a teacher?*

I wanted to be a positive influence and make a difference in young people's lives. I love learning and want to share my enthusiasm with my students.

*If you weren't a teacher, what would you have been?*

A child psychologist

*What high school/college did you graduate from?*

HS: Desert Sun College Prep in Idyllwild, California

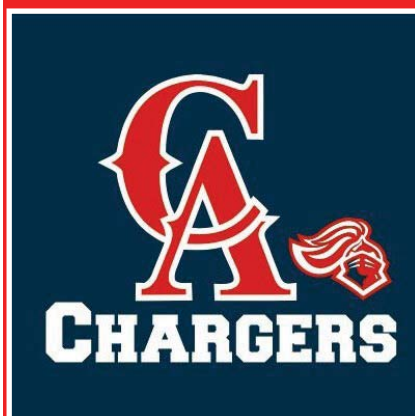
College: San Bernardino State University, San Bernardino, California

*Do you have any hidden talents? If not, what is it that makes you unique as a teacher?*

I don't know if this is unique, but I love what I do and making connections with students is my goal.

*Include a quote you are known for:*

"Do what you love, so you love what you do!"



## *Mrs. Diehl-Czachor*



*What can you bring to our school that makes you unique?*

I taught undergraduate biology students at Penn State last year, so I am aware of both the information and skills students need to succeed either in college or the workforce.

*What are some expectations and goals you have for this year?*

A goal that I have for this year is that my students will be excited to come to class each day. I expect students to be prepared, participating, collaborate, and be safe during both class and lab.

*What is your greatest strength?*

My greatest strength is that I love people. This makes me happy to come to school each day and see my students and the amazing other teachers and staff at CA.

*Where do you see yourself in 10 years?*

In 10 years, I plan to be just as excited as I am today to teach every day. Beyond that, once I retire from teaching K-12, I think it would be fun to teach college students who are preparing to become teachers.

*How much has your life changed since you became a teacher?*

Since I have become a teacher at Carbondale, I have had many opportunities to be more involved with the student body and the community. Coaching Cross Country and PJAS as well as attending my students' sporting events have been some of my favorite things in addition to the biology classes I teach.



*New To the Dale*

# New To the Dale

## Mrs. Fino

*Why did you want to become a teacher at Carbondale Area?*

I first came to Carbondale Area as a substitute teacher at the elementary school and fell in love with the community.

*What is your favorite thing about teaching?*

My favorite thing about teaching is building relationships with my students.

*What school did you graduate from and what was it like learning there?*

I graduated from Wilkes University. The Environmental Science program there was rather small, so I had a lot of opportunities to work in the lab with my professors and apply my coursework in the field.

*Who inspired you to become a teacher?*

All of the fabulous teachers that I worked with as a student inspired me to become a teacher

*Why do you like teaching Astronomy?*

I loved learning about astronomy and how small it made me feel. I love sharing that with my students. There is something for everyone to love in space.



## *Mrs. Krall*



*Where was your previous workplace?*

Pleasant Valley School District

*What is your first initial impression of the Carbondale Area?*

Carbondale reminds me of my own hometown, it is a tight-knit community with several generations. Having attended the school everyone knows each other and is one big family.

*What are some goals you have for your*

*class?*

Besides getting my students into a consistent groove after virtual learning, I would like to share my love for writing and literature and hope some of my passion for learning is contagious.

*What type of environment would you like for your classroom?*

Curious, and engaged. Learning should be fun, so occasional laughter would be heard!

*What are three words you'd use to describe yourself?*

Determined, feisty and strong.



*New To the Dale*



## Miss Pezzuti

*Why do you think art is important to learn?*

Art is important to learn in schools because it allows for and encourages self-expression. It builds creativity and confidence while also building one's own individual identity.

*What does art mean to you?*

Art has been a part of my life ever since I was a child. It was always something I gravitated to rather than other subjects. Art is the most meaningful subject to me.

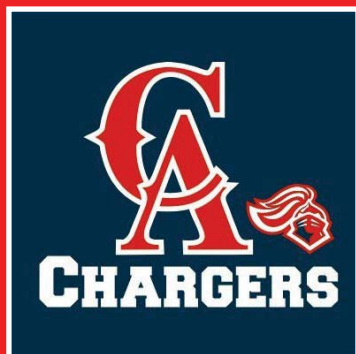
*What makes a good art teacher?*

A good art teacher can think on the fly, come up with creative, rigorous, and open-ended assignments that allow the students to be able to express themselves independently.

*What are characteristics you would use to describe for yourself?*

I would describe myself as funny, caring, and creative.

*What are some goals you have set for yourself as you begin your teaching career?*



One major goal I set for myself at the beginning of my teaching career is to change the way people view art education. Art education teaches concepts alongside fundamental technical skills.



## Mrs. Rasmus



*Where was your previous work place?*

Pittson Area Jr/Sr High School and Marywood University

*What is your first initial impression of Carbondale Area?*

My first impression of Carbondale Area was how friendly the staff and students are.

*How do you feel going into teaching Drama Club?*

I am so excited to do what I am very passionate about, theatre and education. Leading students in creating elaborate plays is learning at its most authentic level!

*What advice do you have for the students joining/considering joining Drama Club?*

As a member of the Drama Club, you will have an opportunity to learn about the many different aspects of theatre; performing, set construction, costuming, props and marketing. But most importantly, it's fun!

*What are three words you'd use to describe yourself?*

Compassionate, disciplined, and open-minded.



New To the Dale

# CHARGERS SURVIVAL GUIDE: MIDDLE SCHOOL EDITION

By: Franco Prieto, Jonathan Prieto, and Mason Duplessis

**Here are some tips and advice to get through the school year.**

**7<sup>th</sup> Grade** – Welcome to the next school year. Big changes will come around. How about some advice to get you started?

- Always use the elevator. Getting to class will be a breeze, and you won't lose any time... Wink.... Wink...
- If you ever see Mr. Foote or Mr. Perri in the hallways, make sure to tell Mr. Foote that Mr. Perri is better and vice versa.
- Making friends is always the best idea when starting the school year, but be sure to choose wisely.
- Get yourself organized. Your backpack and work should be neat and in their very own spot. (No one wants to look at your leftovers while checking your work-sheet. )
- Always be on time! (Running in the halls is not required to make this happen!)

**8<sup>th</sup> Grade** – Welcome back! Are you enjoying the view?

- Don't forget where you came from. Be sure to lend a friendly hand to a 7th grader in need or anyone for that matter! #bekind
- The best time is story time! There's nothing greater than Mr. O'Rourke sharing his love of science with his students through a story or two.
- Keep the friendly rivalry between Mr. Foote and Mr. Perri. Let the insults roll!
- Start to find your niche! Try joining a new club or sports team this year!
- Don't sweat the small stuff. #chinupbuttercup

# CHARGERS SURVIVAL GUIDE: HIGH SCHOOL EDITION

By: Jonathan Prieto

Truth... High School is a real life struggle....

**Grade 9** – Welcome to a “fresh” start.

- Stay grounded! You still have miles ahead of you before you’re a senior.
- Be sure to double check your assignments and worksheets. You want to be serious about getting your work in **AND** on time.
- Don't start projects on the deadline. Please work on them earlier.

**Grade 10** – You will get through the slump! Promise!

- **DEADLINES** are everywhere! Take note and produce the work on time!
- Get a job! Be sure to save money for a car and study for your permit.
- Respect yourself and keep good hygiene!



**Grade 11** – Alright, you are one step closer to your senior year.

- Pay attention in class!
- This year is quite important, so if you haven’t started trying, begin now.
- Before it’s too late, get yourself to tutoring!

**Grade 12** – You made it! It’s finally **SENIOR YEAR!**

- Be involved in **EVERYTHING**. Don’t miss one single thing! #makingmemories
- Apply to college **ASAP**. If college isn’t your thing, get a job or learn a trade.
- Just remember, you are going to miss this!

# STARTING A NEW TRADITION

By: Sophie Crozier

On August 20<sup>th</sup>, 2021, CAHS celebrated the Varsity Football Team in regards to the upcoming season with a pasta dinner and a ceremony. The night started with acting principal, Larry Gabriel, introducing the Carbondale Cheerleaders. Then, the squad followed up with an opening act to welcome everyone to the event. Principal Gabriel then proceeded to individually announce each player, while head coach, Jeff Arthur, presented them with a new jersey for the season. To bring the ceremony all together, Coach Arthur rallied up a speech to commend the boys on their hard work during pre-season conditioning and a start to a new season. Within his speech, he talked about the family-friendly environment students and staff have created in Carbondale. This ceremony structured determination, hard work, and pride by wearing the jerseys in the name of the Dale. Come join our "football family," as Coach Arthur likes to say, by attending the boys 2021 season games.



# 2021 MIDNIGHT MADNESS

By: Noah Kilmer

On August 15, 2021, the Carbondale Area Chargers football team had a tradition that has been lasting for about 7-8 years. It is called Midnight Madness. The reason it is called Midnight Madness is because it is the first practice, full contact, with pads on for the first time this season. It starts at 12:00 AM and goes until 2:00 AM the next morning. Players get so excited for Midnight Madness because it rewards the players for all the dedication and challenging work they put in during the months of conditioning. Once it struck Midnight, the Chargers came onto the field and started to stretch. They also did a reaction drill with Coach Arthur. After, the team got split up into groups. They started the night off with hitting drills, pursuit drills, and individual drills. There were a lot of people that came out to watch the Chargers take the field that Sunday Night. It was an amazing feeling to have fans back in the stands to watch the football players have fun and have competitive drills.

# 9/11... 20 YEARS LATER

On Friday, September 10, 2021, at Carbondale Area JR./SR. High

By: Dominique Aponte & Noah Kilmer

School at the Andrew J. Cerra Sports Complex, the football players and coaches wanted to honor and say thank you to the brave men and women who have fought and served for our country. It has been 20 years since the tragic act of terrorism that reshaped the world. The Chargers wore camouflage jerseys donated by the United States National Guard to represent the soldiers who serve our country. This was an honor be-



cause there are only four sets of jerseys made in the state of Pennsylvania. The student section also showed their support by dressing in their finest camouflage. To begin the night, all players lined up on the sidelines. Announcer for the evening, Mr. Perri, called all local veterans, active soldiers, police officers, and firefighters to the center of the field and introduced each by name while including their services to our great nation. During the ceremony, the National Anthem and Pledge of Allegiance rang throughout the stands, followed by a moment of silence in respect for all the innocent lives lost on 9/11. A reflective essay written by veteran and beloved history teacher Mr. Bruce Gordon was shared with those in attendance. *The Red and Blue News* had the opportunity to interview Mr. Gordon about his reaction to the events that took place on 9/11. Mr. Gordon reported that when the first plane hit, he thought it was a tragic accident. After the second plane hit, he knew the United States was under attack. The thought of the unknown left him with concern for what would happen to those who had died and those who were fighting for their lives. He also felt outrage thinking that someone had done this to our country. When Flight 92 crashed in Stonycreek Township, Pennsylvania, and another into the Pentagon it heightened his outrage even more. Mr. Gordon dedicated nine years of his life to protecting our country, so being a part of the ceremony hit home to all the emotions he felt 20 years ago.



# S P I R I T

By: Caden Brennan

During the third week of September, the students of Carbondale Area were given the opportunity to have a Spirit Week for homecoming. The seniors at Carbondale are given the option to pick the themes for each day of the week. Monday was "Color Day." Every grade was given an assigned color and you can see what grade showed off the color best. Tuesday was "Tacky Tourist Day." All students could dress in their best tourist outfits. Wednesday was "Pajama Day." Students were able to dress in their favorite set of pajamas to school. Finally, Friday was "Charger Pride." Students were able to dress up in their best charger pride outfit to help everyone get excited for the pep rally and homecoming game!



# HOMECOMING

By: Sophie Crozier

On Friday the 24<sup>th</sup> of September, Carbondale Area began to celebrate their annual Homecoming with an in-school pep rally in accordance to the football game and ceremony. The pep rally included grades 7-12. All grades entered the stands while the Carbondale Area Cheerleaders greeted everyone with a "Hello" Cheer. Announcers Mia Perri, Guy Mushow, and Josh Tierney, gathered all volunteered students to their designated spots in preparation for the game events. The cornhole tournament was first. Other games included Garbage Can Pong, Garbage Bag Relay, Dizzy Obstacle Course, Toilet Paper Wrap, Egg Toss, and Pantyhose Bowling. Varsity football player, Vinny DePalma, took initiative into rallying all the students to come out and support the boys at the Homecoming game against Lakeland which took place later that evening. "It's a white-out", he repeated, reminding everyone of this week's student section theme. The Homecoming ceremony started at half time of the Lakeland v. Carbondale football game where Chargers were down 19-8. Ceremony announcer, Mr. Perri introduced the Princesses and their escorts, followed by their accomplishments achieved throughout their high school years. This year's 2021 Princesses and escorts were Makenna Fedorchak and Kyle Perri, Makena Sanderson and Blake Rude, Alexis Price and Caleb Higdon, Isabelle Palmiter and Ashton Aurther, and Mr. Perri then reintroduced former Queen Michaela Mclaughlin to crown senior Mia Perri as new queen, who was escorted by Killian Bannon. The game continued and ended with a winning score to the Lakeland Chiefs, 28-13.





# SPORTS PHOTO DUMP



#CHARGERS

# POWDER PUFF 2021

By: Sophie Crozier

Carbondale Area's annual Powder Puff Game was held this October 20th, 2021. This tradition is a fundraiser for all those afflicted by breast cancer. CA raised \$2,500, and all proceeds are being donated to various families in need. The flag football game was Junior vs. Senior ladies, while the Junior and Senior boys held a friendly "cheer competition" at halftime. Seniors ended the game in a strong win, 32-0, and Senior Mia Marrero was titled this years' Powder Puff MVP.



Supporting the fighters  
 admiring the survivors  
 honoring the taken  
 and never, ever giving up hope

# HALLOWEEN



# SUMO WRESTLING



# IF YOU AREN'T WATCHING, YOU SHOULD BE...



**By: Cayden Davis**

In the series, *Marvel's What If...?* it is about a hero's timeline and story that is altered into a different reality taking the audience by surprise.

The Superheroes' known to their reality is tossed aside while the multiverses are observed by the Watcher. A must watch episode of the series is episode five. A zombie apocalypse breaks out of the Quantum Realm and the remaining uninfected heroes group up and must escape New York City and head to Wakanda! Any *Marvel* fan will highly recommend watching this series if you enjoy action, adventure, cliffhangers, and alternate realities.



**By: Jonathan Prieto**

*Venom: Let There Be Carnage*, featuring one of Spider-Man's most prominent villains, and is regarded as one of his three arch-enemies in the "marvel comics," Venom, and the supervillain who is depicted as an adversary of Spider-Man and the archenemy of

Venom, Carnage. *Venom: Let There Be Carnage* is the second film in Sony's Spider-Man Universe and sequel to *Venom* (2018). The premise for this movie is about how over a year after the events of the phenomenal movie, *Venom* (2018), investigative journalist and main character, Eddie Brock still struggles to adjust to life as the host of a symbiote alien known as Venom, which grants him super-human abilities in order to be a lethal vigilante.

Brock attempts to reignite his career as an investigative journalist by interviewing the wicked and murderous intent serial killer, Cletus Kasady, who becomes the host of the symbiote Carnage and escapes prison after a failed execution. The plans for this sequel began during production on the first film. I shows this at the end of *Venom* (2018), where the appearance of Kasady and the intention of him becoming Carnage in the sequel.

# If You Aren't Watching, You Should Be...

## SQUID GAME

By: Franco Prieto

Genre: drama, action, thriller, horror

Rated: R—If you are under 15, be sure to watch with a trusting adult.

Squid Game is a South Korean drama series. The nine-episode series recalls a story of a group of people that are in debt. They risk their lives in a mysterious survival game with a \$45.6 billion won (Korean currency) prize. This show is intriguing. After the first episode, you will be hooked.

Characters have a story which leads them into

entering the game and different reasons to survive for the prize money. Every element in the series is well developed and leaves the audience making theories on what will happen. Pay close attention to the story line. This way you can figure out the mystery for yourself. The series doesn't hold back. It is violent, chaotic, and mysterious. The concept of the show is interesting, and the build up of tension makes you want to finish it in one sitting.

## OUTER BANKS

By: Caden Brennan, Sophie Crozier, and William Durst

Outer Banks is a Netflix original mystery series which involves four teens known as the Pogues.

Throughout the series the main character, John

B, is on a mission with a group of his friends to

try and find *The Royal Merchant* which was a

ship that contained 400 million U.S. in gold. If

you want to find out if the Pogue's discover the

gold, go view it now on Netflix! This show is

highly recommended to most audiences and rat-

ed TV-MA. It is thrilling and full of wild adven-

ture. Outer Banks is an easy show to get you

hooked and will leave staying up all night to fin-

ish it.



# IF YOU AREN'T WATCHING, YOU SHOULD BE...

By: Caden Brennan

If you are into the small town vibes, crime solving, and drama, *Riverdale* is the series for you. There are five seasons that keep the audience coming back for more... Stay tuned... season six is coming soon. The show is started by a group of four teenagers (Betty Cooper, Jughead Jones, Archie Andrews, and Veronica Lodge) who live in the town of Riverdale. The group of friends and sometimes enemies goes through several challenging experiences that make them ques-

tion their friendship and trust of other prominent members of the town. They join forces and somehow always find a solution and each other's loyalty in the end.



## MORE SHOW REVIEWS

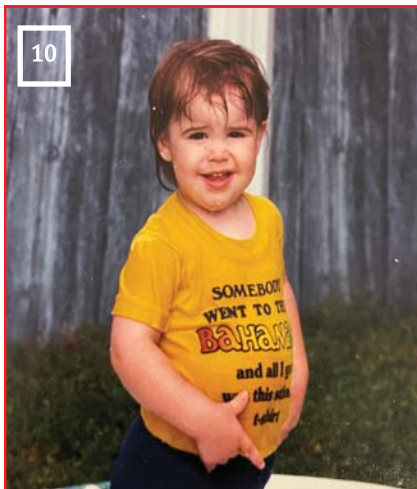


# GUESS THE TEACHER

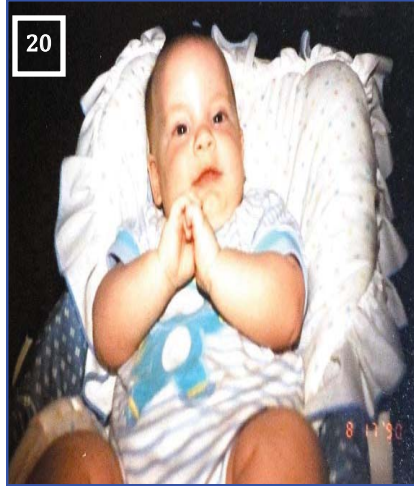




# GUESS THE TEACHER



# GUESS THE TEACHER



1. Miss Masco 2. Mr. Foote 3. Miss Olivetti 4. Mr. Perti 5. Miss Wysocki  
6. Mr. Schuster 7. Mrs. Mayne 8. Miss Karausky 9. Miss Dombrosky 10. Mr. Lasavage  
11. Ms. Calautti 12. Mrs. Grizzanti 13. Ms. McDermott 14. Mrs. Cobb 15. Senora  
16. Mrs. Diehl-Czachor 17. Mr. Merieski 18. Mr. Reckless 19. Mrs. Rock  
20. Murph 21. Miss. Pezutti 22. Mrs. Demchak 23. Mrs. Comonie-Fino

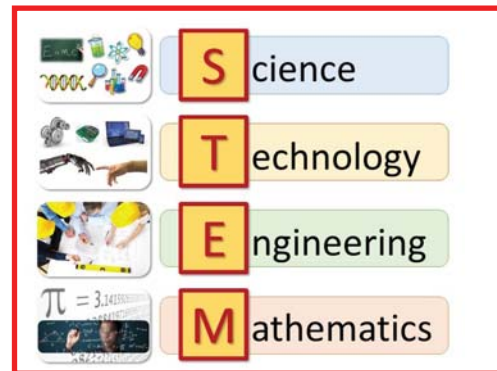
“Guess Who Teacher?” Answer Key

# GREAT THINGS ARE HAPPENING AT CA

Through the PA Smart Grant, Carbondale Area was awarded \$35,000 to enhance their STEM education program. Through the grant we have been able to establish a makerspace within our high school. The space is meant to be a space for all teachers to use to incorporate 21st century skills into their lessons. In the makerspace, there is a Glowforge laser engraver, several 3D printers, 3D Doodler pens, and a variety of different maker bots and coding tools.

The hope is that teachers work cooperatively

and begin to implement assignments across the curriculum which will allow students to take advantage of the makerspace and its equipment.





# PIN THIS



## Breakfast: Good Old-Fashioned Pancakes

**Prep:** 5 mins  
**Cook:** 15 mins  
**Total:** 20 mins  
**Servings:** 8  
**Yield:** 8 servings

### Ingredients:

1 ½ cups all-purpose flour  
 3 ½ teaspoons baking powder  
 1 teaspoon salt  
 1 tablespoon white sugar  
 1 ¼ cups milk  
 1 egg  
 3 tablespoons butter, melted

**Step 1:** In a large bowl, sift together the flour, baking powder, salt, and sugar. Make a well in the center and pour in the milk, egg, and melted butter; mix until smooth.

**Step 2:** Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using 1/4 cup for each pancake. Brown on both sides and serve hot.



## Snack: Blueberry Cornbread in A Skillet

**Prep:** 20 mins  
**Cook:** 30mins  
**Total:** 50 mins  
**Servings:** 10  
**Yield:** 19-inch skillet bread

### Ingredients

3 tablespoons vegetable oil.  
 1 cup frozen sweet corn kernel.  
 1 cup fresh blueberry.  
 2 tablespoons vegetable oil.  
 1 cup corn meal.  
 1 cup all-purpose flour.  
 ½ cup of white sugar.  
 1 teaspoon salt.  
 1 cup of butter milk.  
 ½ unsalted butter melted and cooled.  
 2 large eggs.  
 2 teaspoons baking powder.

**Step 1:** Pour vegetable oil into a 9-inch cast iron skillet and place skillet in the center of the oven, pre-heat oven to 400 degrees F (200 degrees C).

**Step 2:** While the oven is preheating, place corn in a microwave safe bowl, cover and microwave on high for 2 ½ minutes, stirring halfway through place corning colander to drain any excess liquid, then transfer to a medium bowl. Add blueberries and 2 tablespoons flour and toss to combine set aside.

**Step 3:** Combine cornmeal, 1 cup flour, sugar baking powder and salt in a large bowl

**Step 4:** Whisk buttermilk melted butter and eggs together in a small

bowl. Pour into the cornmeal flour mixture and mix and combine. Gently fold in the reserved blueberry cornmeal mixture.

**Step 5:** Remove skillet from the oven and brush the oil onto the bottom and slide until coated. Pour batter into the hot skillet and level the top with a spatula.

**Step 6:** Bake in the preheated oven until golden brown and a toothpick inserted into the center comes out clean, 25 to 30 minutes. Serve warm.





# PIN THIS



## Authentic German Potato Salad

### Ingredients

3 cups diced peeled potatoes.  
4 slices of bacon.  
1 small onion diced.  
¼ cup white vinegar.  
2 tablespoons water.  
3 tablespoons white sugar.  
1 teaspoon of salt.  
1/8 teaspoon ground black pepper.  
1 tablespoon chopped fresh parsley.

### Directions

**Step 1:** Place potatoes into a pot and fill with enough water to cover. Bring to a boil and cook for about 10 minutes, or until easily

pierced with a fork. Drain, and set aside to cool

**Step 2:** Place the bacon in a large deep skillet over medium-high heat. Fry until browned and crisp, turning as needed. Remove from the pan and set aside.

**Step 3:** Add onion to the bacon grease and cook over medium heat until browned. Add the vinegar, water, sugar, salt, and pepper to the pan. Bring to a boil, then add the potatoes and parsley. Crumble in half of the bacon. Heat through, then transfer to a serving dish. Crumble the remaining bacon over the top and serve warm.

Source: <https://www.allrecipes.com/recipe/83097/authentic-german-potato-salad/>



## Teriyaki Rib Eye Steaks

### Ingredients

2 tablespoons soy sauce  
2 tablespoons water  
1 tablespoon white sugar  
1 ½ teaspoons honey  
1 ½ teaspoons Worcestershire sauce  
1 ¼ teaspoons distilled white vinegar  
1 teaspoon olive oil  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
⅛ teaspoon ground ginger  
2 (6 ounce) lean beef rib eye steaks

### Directions

**Step 1:** Whisk together the soy sauce, water, sugar, honey, Worcestershire sauce, vinegar, olive oil, onion powder, garlic powder, and ground ginger in a large bowl. Pierce steaks several times with a fork. Marinate steaks in soy sauce mixture for at least 2 hours.

**Step 2:** Cook the steaks in a hot skillet, wok, or hibachi over medium heat; 7 minutes per side for medium. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

Source: <https://www.allrecipes.com/recipe/107586/teriyaki-rib-eye-steaks/>





# PIN THIS



## Stuffed Shells with Spinach:

### Ingredients for the filling:

- 1 (12oz) package jumbo shell
- 1 large egg
- 1 (16 oz) container ricotta
- 2 c shredded mozzarella, divided
- 3/4c freshly grated parmesan pecorino divided
- 1 (16 oz ) package frozen spinach, thawed and squeezed dry
- 3/4 tsp kosher salt
- 1 clove garlic
- 1 tsp fresh thyme leaves
- 1/4 tsp freshly grated nutmeg
- 1/4 tsp freshly ground black pepper
- 1/4 crushed red pepper flakes
- 1/2 tsp lemon zest

### Ingredients for the sauce:

- 2 tbsp, extra-virgin olive oil
- 6 cloves garlic, smashed
- 1/4 tsp, freshly grated nutmeg
- 4 cups of Marinara
- 1 tsp granulated sugar

## Directions

1. Cook pasta shells according to package directions until al dente, 6 to 7 minutes. Drain immediately and shake dry completely.
2. In a large bowl, stir together egg, ricotta 1 1/4 cup mozzarella, a 1/2 parmesan, spinach, thyme, nutmeg, pepper, red pepper flakes, lemon zest, salt, and garlic until smooth. Transfer to the refrigerator until ready for use.
3. Pre-heat oven to 375 degrees. In a large ovenproof skillet over medium heat, heat oil. Add garlic and cook until lightly Golden, stirring occasionally for about 3 minutes. Add nutmeg and stir until fragrant, for 30 seconds. Add marinara to another bowl. Spread remaining 1 cup marinara evenly across the

skillet.

4. Fill pasta shells with 1 table-spoon ricotta mixture each and place in the skillet. spread remaining sauce over top. Top with remaining 1/2 cup mozzarella and 2 tablespoon parmesan.

5. Bake covered loosely, until cheese is melted, about 30 minutes. Remove foil, then bake until cheese begins to turn golden, about 10 minutes

6. Garnish remaining parmesan, nutmeg, and herbs before serving.



## Instant Pot Chicken and Rice:

### Ingredients:

- 1 tsp, extra virgin olive oil
- 1/2 yellow onion, chopped
- 2 cloves garlic, minced
- 1 tsp, dried oregano
- 1 tsp, smoked paprika
- 1c. White rice
- Kosher salt

### Directions:

1. Preheat instant pot by setting to "sauté", add oil and cook onion until it is softened, 3 to 4 minutes. Add garlic, oregano, and paprika and cook until fragrant, 1 minute.
2. Stir in rice and broth and season until salt and pep-

per, add carrots, bell pepper, chicken, and season generously again with salt and pepper.

3. Close lid, change setting to manual or "pressure cook" and set for 8 minutes on high. When 8 minutes is up, let pot decompress naturally for 10 minutes, then release pressure, remove lid, and shred chicken. Top with parsley before serving.





# PIN THIS



## Caramel Bars

### Ingredients:

32 individually wrapped caramels, unwrapped  
 5 tablespoons heavy cream  
 1 cup of all - purpose flour  
 ¾ brown sugar  
 ½ teaspoon baking soda  
 ¼ teaspoon salt  
 ¾ cup butter, melted  
 ½ cup semisweet chocolate chips  
 ½ cup chopped walnuts

### Directions

1) Preheat oven to 350 degrees F (75 degrees c). In medium saucepan over low heat, melt together the caramel and heavy

cream, stirring occasionally until smooth.

2) In a medium bowl, stir together the flour, oats, brown sugar, baking soda, and salt. Stir in the melted butter until well blended. Press half of the mixture into the bottom of a 9x13 inch looking pan. reserve the rest.

3) Bake the crust for 8 minutes in the preheated oven. Remove and sprinkle with chocolate chips and walnuts. Pour the caramel mixture over the top and then crumble the remain-

ing crust mixture over everything.

4) Return to the oven and bake for an additional 12 minutes, or until the top is lightly toasted, cut into squares while it is warm.



## Avocado Toast

### Ingredients:

Cucumber  
 fresh lime juice  
 crushed red pepper flakes  
 salt and pepper  
 sourdough bread  
 Tahini  
 avocado  
 olive oil

### Directions:

Season thinly sliced cucumbers with fresh lime juice, crushed red pepper flakes, salt, and pep-

per. Spread toasted sourdough bread with tahini and top with smashed avocado. Season with salt and pepper and top it with a cucumber and a drizzle of olive oil.



# RESTAURANT REVIEWS

## *McGee's Tastee Freeze*

By: Caden Brennan

McGee's is a passed down family business which serves ice cream and food. At McGee's, they have a variety of ice cream flavors and limited time ice creams. McGee's not only has the ability to serve ice cream on cones and in cups, but they can also make you sundaes with toppings of your choosing. Even if you don't want ice cream, you can

always have delicious food from the kitchen. One of McGee's best sellers is their famous T-Burger.

Which consists of two burgers, three buns, lettuce, and their amazing secret sauce. If you would like to visit this amazing restaurant, it is located at 213 Belmont Street.



## *McDonnell's*

By: Cayden Davis

Yes! These are the guys without the arches. Every visit includes friendly staff and delicious food. The diner has an old fashioned style which includes juke boxes, record players, old farming equipment and animal head mounts! If you are ever in downtown Carbondale, stop and enjoy a

delicious hot meal that brings a smile to your face with every bite you take!



## *Pizza Preferences*

By: Franco Prieto

If you are looking for your go to pizza place for Pizza Friday, look no further, Domino's is the way to go. The way they make their pizza is incredible. The bread they use for making the pizza is delicious and soft. While others have a "crunchy" crust. Domino's wings are tasty and have a variety of flavors such as:

honey BBQ, mango habanero, garlic parmesan, and many more to choose from. The pizza toppings they offer are endless. The delivery service is an added perk. When you place your order, the workers are nice and are patient with you making an order. Their APP helps to track delivery time. Last but not least, who doesn't love a good dessert? If you have not indulged in

a chocolate lava cake with powdered sugar on top or a marble cookie brownie, you need to do so ASAP!







# FUNNY FOOTE??

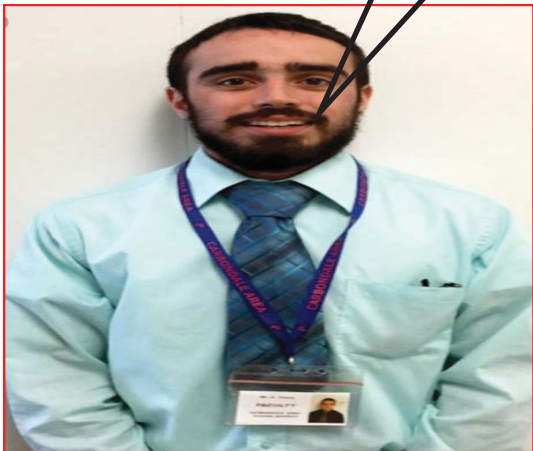


Why does the obtuse triangle lose every argument?

Why is that, Mr. Foote?



Because he's never right!



Best joke ever!

That is the funniest thing I have ever heard.!

I am falling over. This is so funny.

I am speechless.

Toy, you look like you don't understand.

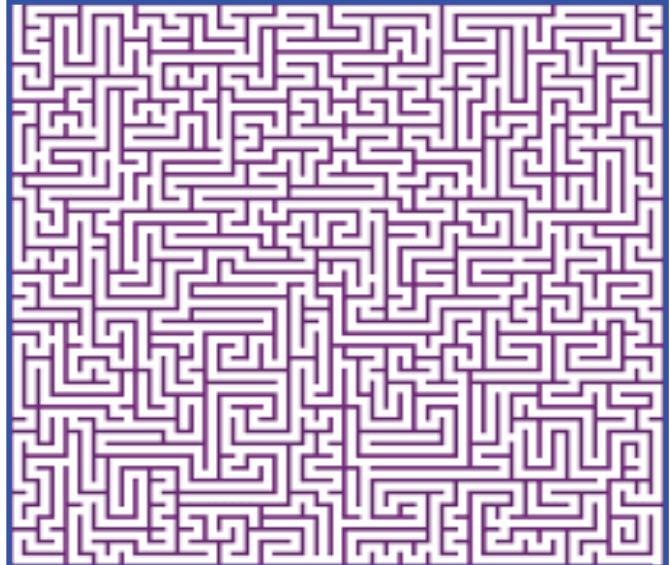
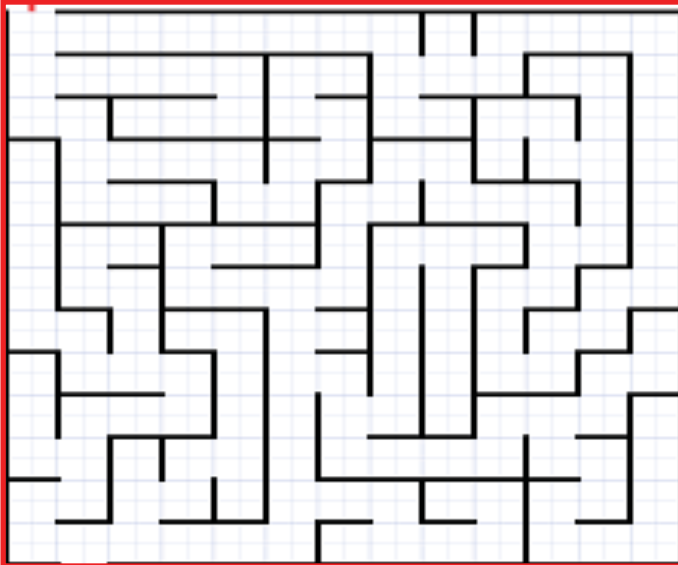
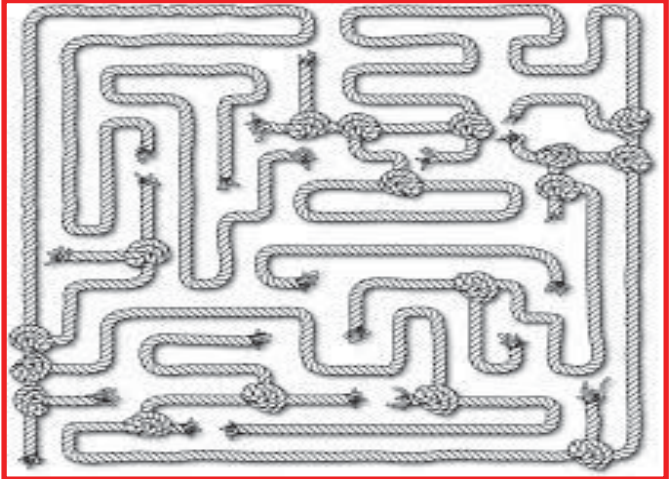
Mr. Foote, that tie really matches your shirt.



# PUZZLE CORNER

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 MARS  
 CERES  
 ASTEROIDS  
 JUPITER  
 SATURN  
 NEPTUNE  
 URANUS  
 PLUTO  
 DWARF  
 PLANET  
 MOON



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