

VOLUME 1  
ISSUE 4

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# Red and Blue News

*Dear Readers,*

*We would like to formally thank you for all the love and support we have received throughout the year for our new and improved school newspaper.*

*Being a part of the Red and Blue News was an experience of a lifetime. We were able to take everyone's differences of opinions and turn it into something we were all proud to release.*

*Finally being able to have a somewhat normal school year allowed us to share with all of you the best of what happens in the Dale! We would like to send one last final goodbye, farewell, and best wishes to the Senior Class of 22.*

*Have a great summer and stayed tuned for what we have in store for our future editions.*

*See you in the fall,*

*The Red and Blue News Staff*





# BASKETBALL FUNDRAISER

*By: Sophie Crozier*

On April 5th, a Teachers vs. Seniors basketball game was held. The seniors of Mr. Mauro's AP History class hosted this event in order to raise money for a class field trip to a museum at the University of Pennsylvania. On the teacher's side, wearing blue, played Mr. Mangan, Mr. Merieski, Mr. Lasavage, Mr. Moro, Mr. Foote, Mrs. Diehl, Mr. Borosky, Mr. Reckless, Mrs. Cobb, Mr. Mauro, and Miss Mellon and seniors, wearing red, Jonathan Purvis, Carlos Orta, Ellie Higdon, Logan Wormuth, Chloe Rumford, Guy Mushow, Mia Marro, Ashton Arthur, Killian Bannon, Mia Perri, Josh Tierney, and Kyle Perri. At the entrance, raffle tickets for local store gift cards, baskets, and 50/50 tickets were sold. There was also a concession stand with endless snacks. The game began with a strong start from the seniors. During half-time, fans in the stands were allowed to attempt a half court shot. Each chance was \$1. The second half of the game was a close call which resulted in two overtimes. Mia Perri ended the game with a win for the seniors.



# HONORS NIGHT

A night to honor those inducted into the National Honor Society was held on the evening of April 6, 2022. In order to be a member, students must achieve an average of 90% or higher. Members were presented with a certificate to celebrate their achievements. Natalie Giordano began the evening while singing *The National Anthem* and our school's alma mater. Rogemarie Navarette also serenaded those in attendance with her musical selections. Members spoke to the characteristic necessary to maintain the high standard of NHS. Students are reminded to always strive for and achieve their best.



Seniors



Juniors



Freshmen

Sophomores



Seventh Grade

Eighth Grade



# ACADEMIC HONORS NIGHT



Carbondale Area recently held their annual Academic Honors Ceremony for students in Grades 7-12 who have excelled academically. Students are eligible for Academic Honors if they have a cumulative average of 93% or higher. Senior members read passages and quotes regarding academic success and sang musical selections, while Miss Teresa M. Dombrosky, faculty speaker chosen by the senior class, gave a speech to conclude the evening. Her message was very clear- your story is yet to be written. Take the time to enjoy the moments and journey that make your story your own.

Rogemarie Navarrete played the piano for the processional and recessional and sang "The Star-Spangled Banner". Later in the ceremony, she performed a duet with Sophia Calzola "A Million Dreams" from *The Greatest Showman*. The seniors led the Pledge of Allegiance to begin the evening. Alyssa Cosklo, Emily Kelly, and Julia Murphy, along with the help of Mr. Lawrence A. Gabriel III, Acting Principal, and Miss Teresa M. Dombrosky, presented the underclassmen medals and awards. The top three academic performing students in the junior class- Brian Repsher, Julia Murphy, and Robert Constantine, helped assist in distributing the awards for the seniors.

Towards the end of the ceremony, the top three ranked students from each grade were given awards. Alyssa Cosklo (Valedictorian) and Emily Kelly (Salutatorian), who both received full tuition scholarships to the University of Scranton and the University of Arizona, respectively, will be giving speeches this Friday night at the graduation ceremony.

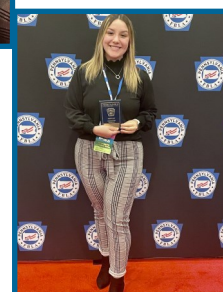
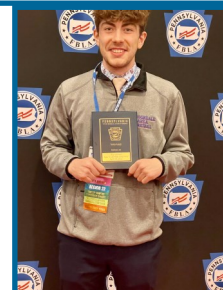
Alyssa had the very unique privilege of announcing her sister, Megan, as first ranked in the sophomore class. "When I saw my sister's name on the paper, I instantly smiled," explained an excited older sister. "I looked up to my parents and they immediately knew what I was thinking. Being able to announce my sister's name made this moment that much more special for me and my family. I am so proud of Megan for following in my footsteps!" Megan agreed with these sentiments. "I was so happy to hear my name called, especially from my sister. This proves that all of my hard work this year has paid off."

At the end of the ceremony, Miss Dombrosky addressed the students. Her message was very clear- your story is yet to be written. You should enjoy the journey and not let the expectations of what should happen stand in your way of achieving greatness. "When I was asked by the senior class to be this year's Honors Night speaker, I was humbled to think that the students had that much respect for me and wanted to hear my message for them as a class. From the moment I was asked, I knew that in some way, shape, or form I needed to use the classroom lesson I teach them about the writing process and tie it into how that applies to their journey in life. This experience was surely one of the greatest thus far in my teaching career."

# FBLA COMPETITION

*By: Shauna Durst*

This April (10th -13th ) FBLA ( Future Business Leaders of America) traveled to Hershey, Pennsylvania, in order to compete in the State competition. 30 students attended, and 12 placed within the top 10 of the state. Luke Bradley, Shauna Durst, Gia Mark, Abigail Wall, Kylie Kelly, Eliana Connolly, Makenna Sanderson, and Scarlet Blaustein are among the students who placed within 5th-10th place at the state level. In order to go on to compete at Nationals, which will be located in Chicago, Illinois, it was required to be place between 1st-4th of the state. Five Chargers did that! Emily Kelly placed 1st in Computer Problem Solving, Megan Cosklo placed 1st in Introduction to Business Concept, Jocelyn Brown placed 3rd in Introduction to Business Concepts, Molly Kelly placed 3rd in Introduction to Information Technology, and Bryan Salitsky placed 3rd in Business Law. These five honorable Chargers have won the right to go on to Nationals and represent Carbondale Area at FBLA Nationals.



# GIRLS IN STEM COMPETITION



On Saturday April 23, 2022, the team of Katherina Elston, Gianna Perry, and Leslie Prieto competed in the NEPA Girls in STEM competition at Valley View High School. The team was tasked in completing challenges in the fields of Science, Technology, Engineering, and Math. In the science event the team learned about the chemistry of bath bombs and measured the dissolve time of different formulas. The technology portion of the competition asked students to code using Scratch programming. Mathematic puzzles were given in a timed portion of the competition. The competition was capped off with the team building a Rube Goldberg machine which needed to turn on a light switch. Through the

engineering design process, the girls went over several designs, then gathered materials, and built their machine which was successful in completing the task during the event. This competition allowed students to push themselves beyond their everyday curriculum. Seeing these young women get excited about STEM was exhilarating. Through their example it is evident that the future of STEM in the Carbondale Area School District is bright.



# SENIOR GOLF TRIP

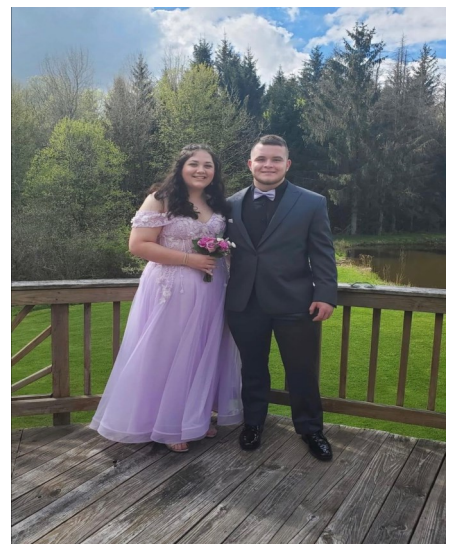
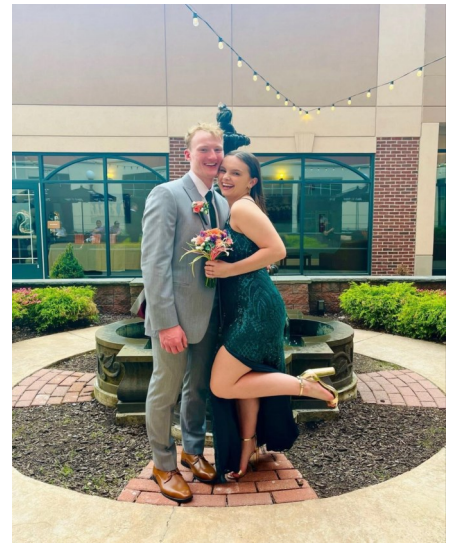


# PROM 2022: GARDEN CHIC





# PROM 2022: GARDEN CHIC



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# CA STRIKES OUT CANCER



The second annual CA Strike-Out Cancer Big Ball games were held on May 26, 2022. Our teachers and staff put forth their best effort to take the win, but in the end, they fell short to the baseball and softball teams. The students defeated the teachers in the first game 3-1. In game two, the baseball team defeated the softball team. Numerous local businesses as well as teachers, staff, family, and friends contributed to make this event the success it was. Although there were basket raffles, 50/50s, and delicious food sold, the main attraction of the evening was a dunk tank featuring Mr. Foote. His efforts helped to raise \$100.00 in just over an hour.

During the Class Night ceremony on June 1, 2022, Logan Wormuth and Ellie Higdon were awarded with the first scholarships from the proceeds of this event. #CASTRIKESOUTCANCER





# SPORTS PHOTO DUMP



# CA TOP TEN OF 2022

NUMBER 10: New electives/classes

NUMBER 9: New teachers

NUMBER 8: The Student Section

NUMBER 7: Sumo Wrestling

NUMBER 6: 9/11 Rememberance

NUMBER 5: Getting back to "normal school"

NUMBER 4: Homecoming

NUMBER 3: Spirit Week

NUMBER 2: Coffee Cart

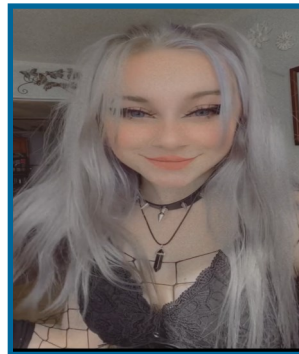
NUMBER 1: SWEATPANTS

# CLASS OF 2022: WHAT WILL YOU MISS THE MOST?



I will miss all of the teachers, athletic events, and my class mates.

*Alexis Price*



I will miss the familiarity of my environment, teachers, and peers as I head into the unknown future before me.

*Layla Gregory*

I will miss the group activities such as the golf trip that brings people together who wouldn't normally be together.

*Reina Maldonado*



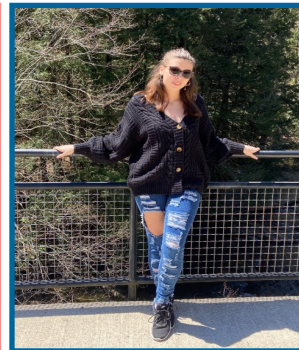
I will miss sharing our stories and essays in Advance Comp class and learning life lessons alongside our school lessons.

*Jaden Fedorchak*



I will miss the teachers who I grew up with throughout my high school years.

*Rogemarie Navarette*

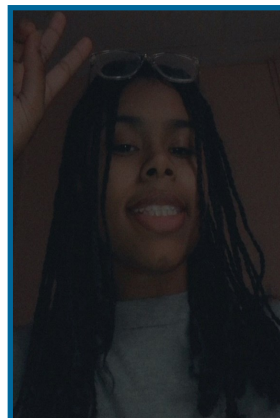


What I'll miss the most is the teachers. They motivated me so much. They were also my help throughout high school!

*Donnica Reese*

In the Dale, I will miss seeing friends in the hallway and talking to them all the time. I will also miss the joking and last bits of our childish atmosphere.

*Leilah Mckenzie*



Once I graduate from CA, I will miss everything my teaching internship at the elementary school has offered me. Most importantly, I will miss the relationships I have built with each and everyone of the kids. They are all individually unique and teaching them everyday has made me feel complete.

*Mackenzie Miluszusky*

# CAFETERIA CORNER

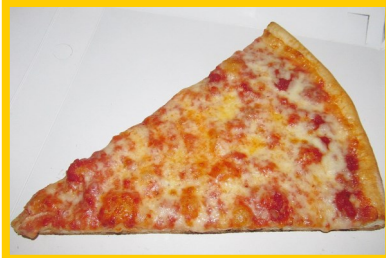
*By: Franco Prieto*

Walking tacos are a great choice to get during lunch at school. The lunch line is always packed with students craving this meal. It is served in a Nacho Cheese Doritos bag and can be topped off with any of the following that tickle your taste-buds: lettuce, tomato, cheese, and salsa. By far the greatest part about this lunch is getting to

crush the bag of Doritos and shaking it up. Grab a fork as quickly as possible and destroy this lunchtime go to! Next time the nice lunch ladies are serving this meal, try it! You won't regret it!  
#yum



*By: Brandon Cicco*



The lunch ladies in the cafeteria by far make it their life's goal to make the stomachs of the students of the Dale full with their one-of-a-kind pizza. It has the perfect amount of cheese and sauce. It is cooked to perfection. Many of the stu-

dents love the pizza and get it every day because of its outstanding taste. It is one of the highest rated food items that the school provides. I would recommend that some people should try it especially the buffalo chicken wing pizza. It's not spicy, so don't be a wimp and give it a try!  
#trysomethingnew

*By: Dominique Aponte*

In the high school café, the lunch ladies make their homemade popcorn chicken bowl. It is not shocking that on popcorn chicken bowl day the line seems ends. The Children of the Dale flock for this mouth watering cuisine. The only thing that would make this pure perfection is a touch more butter and an extra dash of salt and pepper.  
#weloveourlunchladies



# WHO PLAYED IT BETTER?

**By: Franco Prieto**

Throughout the Spider Verse in *Spiderman: No Way Home*, there are three different spider-men. Tobey Maguire from the original *Spiderman* trilogy, Andrew Garfield from *The Amazing Spiderman*, and Tom Holland from *MCU Spiderman*. Out of the three, there is one actor who played the best role. Hands down the decision is easy. It's a tie between Tobey Maguire and Tom Holland for the best Peter Parker. Tobey Maguire played a good Peter because he portrayed the same characteristics of Peter Parker in the comics. On the other hand, Tom Holland's portrayal of teenager Peter Parker was perfectly executed. Now, on to Andrew Gar-

field's Peter Parker. He strayed from the normality of the character making him fall in last place. He didn't necessarily meet all of the essential characteristics on the Peter Parker checklist. His acting is different than what is expected from those who have played Peter in other movies. This portrayal strays in that Peter wasn't really a skater and his personality doesn't stay true to Peter. Overall, it is this writer's opinion that Tom Holland is a good Peter Parker. Now to the main topic, which is the best Spiderman. Most people say it is Tobey Maguire because this is the Peter Parker of their youth. Tobey Maguire's story of Spiderman is one of the best trilogies. Tom Holland

doesn't even compare to both Andrew and Tobey because his story is different. Both spider-men besides Tom Holland were on their own and had to save New York themselves. Tom Holland had help from the Avengers plus the other actors. His story isn't close to home as Tobey Maguire's or Andrew's. Andrew is a well written spider-man because he has the close to teenager trait that Spidey should have. So, I would say it's a close tie between Andrew and Tobey, but Tobey would have to be the best due to his perfect storyline ending. #tobeyforlife





# WHO PLAYED IT BETTER?

**By: Dominique Aponte**

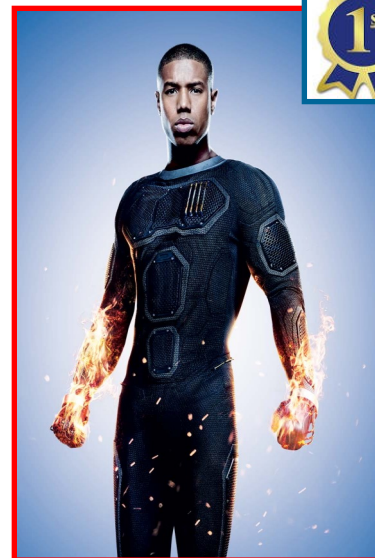
Both actors played an amazing role in the movie *Fantastic Four*. The role of Human Torch was played by Chris Evans in the 2005 movie and Michael B. Jordan in the 2015 movie. *Fantastic Four* (2005) is based on a group of friends that went to space on a mission to collect data. They run into a mysterious storm that gets into the space station and it gives them mutated powers. Evans got the power of the Human Torch. He has a variety of super powers associated with fire that give him the ability to take flight, engulf into

flames, and shoot fire balls out of his hands. Evans was cast as Johnny Storm who is made out to be a jokester. He played the character to his full potential. *Fantastic Four* (2015) has the same story line with a few added details. Jordan plays a more serious Johnny. Instead of being the jokester, he's introverted. He has most of the same abilities as Evans, but when playing Human Torch, he's a much better actor. Jordan's version allows the character to perform more complex abilities when in his fire form. Jordan is a better Human Torch because

he works on transforming from introverted to being included in his friend group while striving to be closer to his father. He was able to control his emotions through the film and keep his cool. On the other hand, Evans played a hot headed character. This was perfect because that's the way his character needed to be portrayed to the audience. #flameon



2<sup>nd</sup>



1<sup>st</sup>



# THE REAL MOVIE OF THE YEAR

By: Franco Prieto

We may have misspoken in a previous edition when naming *Spiderman: No Way Home* as the movie of the year. Clearly, after viewing *Sonic the Hedgehog 2*, there's simply no comparison. *Spiderman* needs to be stripped of this title because *Sonic* clearly takes the five popcorn bags it rightfully deserves. After sending Dr. Robotnik to Mushroom Hill in *Sonic the Hedgehog*, Sonic, Tom, and Maddie settle back in Green Hill. Robotnik has made plans to return to the real world when he meets Knuckles the Echidna, who has the same goal to defeat Sonic, but Robotnik wants Sonic's power and uses Knuckles to help search for him. Meanwhile, Sonic wants to prove that he has responsibility to be a hero, but Tom tells him that being a hero is about taking responsibly for others. Tom and Maddie are going away on vacation leaving Sonic to take care of himself. But, Dr. Robotnik returns with Knuckles and shows up at Tom's house, leaving Sonic having trouble with Robotnik's evil ways. Sonic gets the help from Miles "Tails" Prower to fight back against Robotnik. Tails tells Sonic that he looks up to him for who he is, so Sonic must show what it takes to be a hero. The four are in search for the power of the Master Emerald which Knuckles says holds strong imperious power that has yet been unfolded. Sonic and Tails try to get the emerald to keep it away from Robotnik because he wants to use the emerald for evil while Knuckles wants to protect it from those who want it for its power. Sonic realizes that he has a bad past with Knuckles and tries his best to fix the mistakes to show that they both lost what they had. Sonic needs to beat Dr. Robotnik before it's too late. Run! Don't walk because you don't want to miss this #gottagofast #bluejustice



# BRANDS IN REVIEW



*By: Caden Brennan*

As some may have noticed, the Champion brand has made a comeback in 2022. Champion offers a variety of styles of clothing for anyone to choose from. If you are looking for comfort, they offer a range of clothing including shorts, sweatpants, sweatshirts... pretty much any athletic wear you are in need of. Unlike most other sports' clothing, Champion offers affordable prices, so you can make it a family affair and buy for all members of your family. You can get your hands on Champion apparel through their online store; however, it can also be found in most local stores.




*By: Noah Kilmer*

Carhartt clothing is extremely popular nowadays. Why? Carhartt has been around for a while now. This clothing is made from quality material. They last long, and can take daily wear and tear. Carhartt has a variety of different clothes such as winter hats, winter gloves, sweatshirts, sweatpants, shirts, winter jackets, and work gloves. Carhartt clothes really keep you warm in the winter when it is cold outside. People tend to wear this clothing for working in outdoor environments while others wear the brand for quality and comfort. Carhartt clothing can be found at several local locations and online.




*By: Jonathan Prieto*

Whether it be baseball, basketball, track, soccer, or football, the Nike product is the go to for all athletes because it is the tried and true product that never fails. Nike shirts come in a variety of colors and fits for men, women, and children. This also goes for shoes, spikes, shorts, etc. No matter what when sports come to mind the brand that everyone goes to for durability and reliability is Nike. Yes, their products are pricey; however, they are worth it because they last well after the season is over.



# BRANDS IN REVIEW



*By: Dominique Aponte*

And1 is one of the best clothing brands on the market in the United States today. Their name come from the basketball foul “and 1” because they only made basketball products at the time. They have extremely comfortable materials that many customers love. They make clothing for athletics and lounging at home. They also make basketball shoes and all-day everyday shoes. And 1 is also known for their affordable clothing prices which could range from \$14.95 and higher. They are also known for making sports goods. Most of And 1 products can be found in you local stores like Walmart, Kohl’s, Dick’s Sporting Goods, etc.



*By: Sophie Crozier*

Hollister Company is a retail brand founded by Abercrombie & Finch in July of 2000. Hollister is known as one of the top brands for teenage clothing geared for ages 14 through 18. They sell clothing to both males and females of all shapes and sizes. Hollister is known for its summer clothing line and swimwear, but also sells various articles of clothing for different seasons. The versatility within the store allows buyers to find a style that makes them comfortable in their own skin. Although Hollister is known as a teenage brand, people of all ages should take advantage of its comfy and cute clothes.



*By: Red and Blue News*

Forever 21 is where it is at especially if you want to match your beau. They offer clothing in all shapes and sizes even including those of us who wear pretty plus. You can be accessorized from head to toe. They offer hair accessories, jewelry, shoes, purses, etc. You name it, they’ve got it! Their prices are affordable and their styles know no age limit because lets be real, we will always be #forever21.



# BRANDS IN REVIEW

## ZUMIEZ

*By: Franco Prieto*

Zumiez is popular for apparel and streetwear brands. The company is known for their lifestyle brands. They also center on sports such as skateboarding. They sell a variety of brands for apparel such as Primitive, Vans, RipNDip, and many others. If you want a skateboard, you can purchase a complete board or build your own deck within the store or order your customized items online. Zumiez also has an option for signing up called "Zumiez Stash". Signing up allows people to gain points after making a purchase. You can use these points for exclusive merchandise on the Zumiez app. Zumiez is a great store to shop at for comfortable street wear as well as all of your skating needs.



## UNDER ARMOUR

*By: Brandon Ciccio*

Under Armour is a store that sells various items including: athletic shoes, t-shirts, jackets, hoodies, face masks, bags, gloves, protective gear, etc. To be honest, the possibilities are endless. It is one of the biggest clothing and sport attire stores in the world. If you are looking for practice or casual attire this is the store for you. You can purchase an entire outfit or just the accessories.



## AMERICAN EAGLE

*By: Cayden Davis*

American Eagle is the company that most teens choose as their go to for everyday attire. It is divided into two separate stores which are AE and Aerie. Although both offer today's fashion trends, American Eagle sells a range of apparel, accessories, and personal care products for men and women. Under the Aerie brand, they sell apparel, active wear, and swim collections. AE is where it is at. If you have not adding their clothing to your closet, purchase something ASAP!



# TUNES TO GROW TO

By: Sophie Crozier

Dedicated mostly to the senior class of 2022, the *Red and Blue* News has compiled the top song of each year dating back to 2003. Take a trip back in time and reminisce to your favorite hits.

## 2003

"In Da Club"- 50 Cent  
 "Crazy in Love"- Beyonce  
 "Stacy's Mom"- Fountains of Wayne

## 2004

"All Falls Down"- Kanye West  
 "Yeah!"- Usher  
 "Drop It Like It's Hot"- Snoop Dogg

## 2005

"Feel Good Inc"- Gorillaz  
 "Gold Digger"- Kanye West  
 "Photograph"- Nickelback

## 2006

"Chasing Cars"- Snow Patrol  
 "Promiscuous"- Nelly Furtado  
 "Fergalicious"- Fergie

## 2007

"Girlfriend"- Avril Lavigne  
 "Crank That"- Soulja Boy  
 "Beautiful Girls"- Sean Kingston

## 2008

"So What"- Pink  
 "A Milli"- Lil Wayne  
 "Womanizer"- Britney Spears

## 2009

"Empire State of Mind"- Jay-Z  
 "Fireflies"- Owl City  
 "Boom Boom Pow"- Black Eyed Peas

## 2010

"Love the Way You Lie"- Eminem  
 "Airplanes"- B.o.B  
 "Billionaire"- Travis McCoy

## 2011

"The Edge of Glory"- Lady Gaga  
 "Someone Like You"- Adele  
 "Stereo Hearts"- Gym Class Heroes

## 2012

"Ho Hey"- The Lumineers  
 "We Are Young"- fun.  
 "Payphone"- Maroon 5

## 2013

"Blurred Lines"- Pharrell Williams  
 "We Can't Stop"- Mile Cyrus  
 "Hold On, We're Going Home"- Drake

## 2014

"Fancy"- Iggy Azalea  
 "She Looks so Perfect"- 5 Seconds of Summer  
 "Anaconda"- Nicki Minaj

## 2015

"FourFiveSeconds"- Ye, Rihanna, Paul McCartney  
 "Earned It"- The Weeknd  
 "Alright"- Kendrick Lamar

## 2016

"Panda"- Desiigner  
 "One Dance"- Drake  
 "Needed Me"- Rihanna

## 2017

"Passionfruit"- Drake  
 "Magnolia"- Playboi Carti  
 "Bank Account"- 21 Savage

## 2018

"Shallow"- Bradley Cooper  
 "All the Stars"- Kendrick Lamar  
 "I Like It"- J Balvin

## 2019

"Bad Guy"- Billie Eilish  
 "EARFQUAKE"- Tyler, The Creator  
 "Suge"- DaBaby

## 2020

"Savage"- Megan Thee Stallion  
 "Laugh Now Cry Later"- Drake  
 "Life is Good"- Future

## 2021

"Good 4 u"- Olivia Rodrigo  
 "Transparentsoul"- Willow  
 "Easy on Me"- Adele

## 2022

"As It Was"- Harry Styles  
 "She's all I wanna be"- Tate McRae  
 "Pushin P"- Future

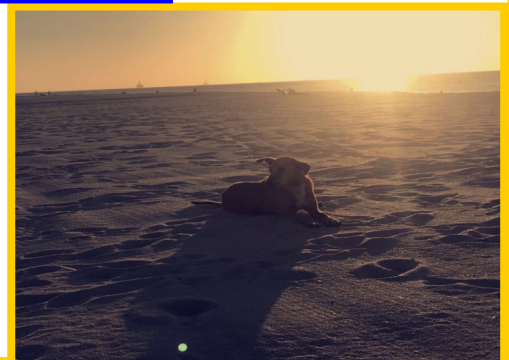
# SUMMER DESTINATION



*By: Caden Brennan*

Aruba is an island in the Caribbean Sea. It consists of many remarkable sights to see. Once on the island you can see many amazing sights. One of the best sights to take in is the California lighthouse where you can see the whole coastline and beyond. It truly is a breathtaking view. The beaches are also a sight to behold with their crystal clear blue water. Aruba also offers numerous places to plan to spend a day full of adventure. Some possible places to stop are the Donkey Sanctuary, Natural Pool, off road tour, the Ostrich Farm, and Flamingo Island. The possibilities are endless. It is also exclusive to children of all ages. If your child fears waves, you can take them to Baby Beach. This is a man made cove that allows families to enjoy the beauty of the beach without the worry because it was built all on one leave. This allows for the enjoyment to happened without the scare of being tossed around by the waves. Some other attractions to fill your days if you are also an animal lover, there are many wild animals you can catch a glimpse of. You can see wild goats, cats, dogs on the beach, etc... I would

recommend Aruba as a vacation spot for anyone. It is worth every penny.



# SUMMER FUN



*By: Jamar Kizer*

What makes summer fun? Is it going out with friends or even going to the beach with family? Summer is one of the hottest seasons out of the four seasons. Summertime can be ridiculously hot and very rainy, but it does not stop people from having fun. Every season can be fun but what makes this season the best one? A lot of people go outside to go to the pool or the beach, but a lot of people forget about carnivals or fairs. When people hear summertime, they think about

lying in the sand, looking at the ocean, or getting a tan. To some kids, getting out of school is the first thing to have a fun summer because you can be free without stressing about homework or tests and quizzes. Some people fly kites. One of the main things in summertime is camping or having picnics outside in the backyard or the forest or having a BBQ. A lot of people make plans for summer early like going on a trip to Disneyland or going to an amusement park. People love the summertime because there is more to do. So, what are you waiting for? Get outside and enjoy your summer!

## Dorney Park & Wildwater Kingdom

*By: Franco Prieto*

Dorney Park and Wildwater Kingdom is an amusement park and water park for everyone's enjoyment in Allentown. Steel Force is one of the most popular rides at this park. There are activities for everyone. The park has performances for everyone to enjoy. For the kids, there is a section with the characters from the comic strip, *Peanuts*. There are activities for all ages with the characters. The Wildwater Kingdom is great for when it's hot outside. There are water slides for thrills, or the lazy river to relax. The wave pool is

another excellent place to relax. If you are looking for a day trip with family and friends, Dorney is the place for you! #funfoodandrides





# SUMMER FUN



**By: Noah Kilmer**

What makes Montage Mountain Waterpark so fun during the summer? A lot of young kids, teenagers, parents, and families go there when they have the day off. This water park is very popular. Why? The water park rides are fun. This water park has about six water slides and pools that you can go swimming and have fun in. Some major attractions are: Wave pool, Lazy

River, Tundra Tornado, Kiddie Pool and water slides. In order to get into the park, you must buy wrist bracelets, tickets, or even a \$5.00 day pass. I would advise bringing some sunscreen just in case you burn up. There's even a gift shop just in case you want food, or a pair of sunglasses, or a towel to dry off once you get out of the wave pool or any water ride, they have there. If I were you, I would take a day off work and go enjoy a nice pretty day down at Montage Mountain! #familyfun

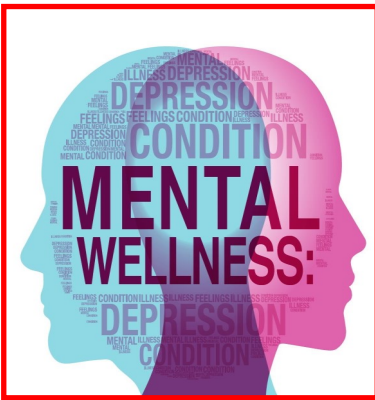


**By: Cayden Davis**

Are you looking for something to spice up your summer adventure? Are you bored at night in your room or in the car while traveling to your summer destination spot? The Nintendo Switch can help with that! It's easy to bring along with you in the car or plane. The Nintendo Switch is one of the best selling consoles of the year with 107.65 million sales total and has the most extensive library of games out of all the Nintendo con-

soles! The Nintendo Switch has more games than the Wii U, Wii, Gamecube, and N64 all combined. The switch also has some popular exclusives you've probably heard of like *Super Mario Odyssey*, *Super Mario Party*, and *Super Smash Bros. Ultimate*. The Nintendo Switch games are also fun and interactive while being able to be enjoyed by friends and family. All games can be enjoyed by all age groups and everyone can play together. #peacefulcarride

# #SPREADAWARENESS

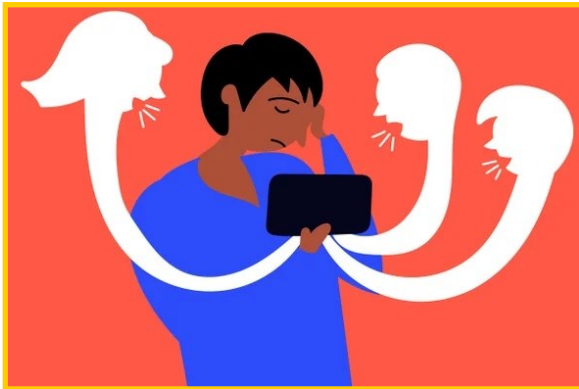


**By: Caden Brennan**

Have you ever thought of how important your mental health is? Mental health is the emotional, psychological, and social well-being of yourself. It affects how people think, feel, and act. There are many people who suffer from mental health issues, but don't seek help. They see finding help as a sign of weakness. Many people don't even notice they suffer from mental health issues because they lived with it their whole life. They don't see an issue with anything; they think it's ok to feel depressed all the time, overthink everything, and suffer

from extreme mood changes, etc... Mental health is one of the most common issues in the world and no one is properly educated on the topic. Nearly one in every five people suffer from mental illness. Just in 2020, 52.9 million people have been diagnosed with having a mental illness, and that's just the people on record. Your parents, cousins, neighbors, or the person right next to you at this very moment can be suffering on the inside, and you don't know. People who have mental health issues and don't seek help are hurting themselves more than they think it's helping. Untreated mental illness can cause severe emotional, behavioral, and physical health problems. If you feel you are suffering from any mental health issues, it's ok to ask for help and to reach out and get back to being yourself.

#mentalhealthawareness



**By: Brandon Cicio**

Why is social media so toxic nowadays? Even though social media is addictive and enjoyable there is also a bad side of it, including giving teens and adults the fear of missing out, self-image issues, making people feel bad about themselves, and cyberbullying. Increased use of

social media platforms like *Facebook*, *Instagram*, and *TikTok* is leading to depression, anxiety, and loneliness. The more time spent on social media can lead to cyberbullying, social anxiety, depression, and exposure to content that is not age appropriate. If you are tired of seeing their negativity all the time, try unfollowing them, try to ignore the posts, not get involved, or just delete the app that is being toxic. Don't let social media take over your life. Stay true to the person your truly are and keep all posts and comments real.

#logout

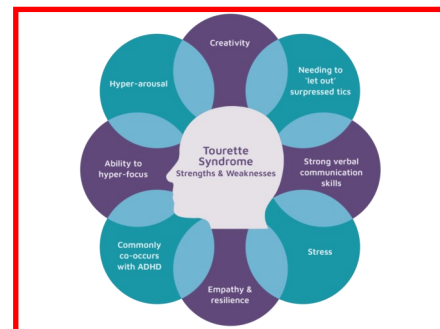
# #SPREADAWARENESS



*By: Sophie Crozier*

May 15th through June 15th is recognized as Tourette Association Awareness Month around the world. During this time, it is good to educate the uneducated and support advocacy and togetherness for those who suffer with Tourette's. Tourette's is a self-diagnosable disorder starting in early childhood that targets a person's nervous system and causes repetitive movements and/or sounds. These uncontrollable movements and sounds are called tics. Some tics include repeated blinking of the eyes, shrugging of shoulders, and blurting out random sounds or offensive words. This syndrome is common and is affecting more than 200,000 people just in the United States alone. People with Tourette's Syndrome may experience behavioral, muscular, and mood issues. On the behavioral side of Tourette's, some may have compulsive behavior, hyperactivity, meaningless repetition of words and sounds, uncontrollable swearing, or lack of restraint. People whose Tourette's affect them muscularly may experience tics, difficulty in controlling bodily

movements, increased muscle activity, muscle contraction, muscle spasms, and involuntary movements. Tourette's may also affect a person's mood such as their anxiety and apprehension. Though there is no cure for Tourette's Syndrome, there are many treatments to help control it. Some include relaxation treatments such as deep breathing, yoga, rhythmic exercise, therapies such as cognitive behavioral therapy, exposure and response prevention, and an antipsychotic medication. Because this is a syndrome people cannot control, others should recognize and respect them just like they would to any other person. I have a friend of mine who suffers from mild Tourette's. Though it doesn't affect him trying to accomplish everyday tasks, it does end up being a distraction for him. Some ways we could respect our fellow friends with Tourette's is by not questioning when they're ticking, try and soothe them when feeling anxious, and not reactive negatively if their tic specifies to explicit language or sudden movement or throwing of objects. Remember they are people too. Though their actions may be aggressive, it is never sought through bad intention. #awarenessmonth



# HELPFUL TIPS

## Class of 2022

By: Jonathan Prieto

ATTENTION SENIORS!!!! Time is almost up for this year. Have you decided on a career path for when you enter the

real world, or do you know what you are going to do with your life? Well, I am here to help you out. There are all sorts of careers, opportunities, and future jobs you can look into achieving. Many of them have endless possibilities. Attending college is the biggest decision out of all of them. Wanting to choose the perfect career and college can be stressful. Taking the chance an applying will be the first step you need to step on your college

journey. Besides college, there is also joining the military. Have you ever wanted to serve your country and become a hero those you serve? Well, the military is a fresh start to a new journey! Joining any branch of the military requires hard work, dedication, and commitment. Then, there is always the possibility of attending a trade school, where you can learn hands on a trade that can become a lifelong career for yourself. The Carbondale Area Class of 2022 has a bright future ahead of them. So what are you waiting for? Choose your path and follow your direction to wherever it may lead you.



By: Dominique Aponte

Have you ever thought about lifting? Lifting weights can have many positive affects on your life, but it can also have negatives as well. Some of the positives are you can gain more self-confidence, and you can have the dream body you always wanted. You can gain friends and make new ones as you process goes along on your lifting journey. You can also become healthier and feel more energized when doing certain activities. But with every positive there are also negatives. Some of the negatives are your body can become sore from working

out, it is a hard activity to commit to, it is also hard to learn the form and the weight to begin with, and you must find a gym near you. Another negative is you need to gain a mindset for lifting. You must push yourself and your body to work hard and make yourself better. You can set goals for yourself as well to reach a new personal record. On the bright side of things, you will be so focused on the positives you will forget about the negatives. In my opinion, I believe once you master the form in lifting, for certain exercises, you will start to see progress and begin to add more weight. When beginning it is difficult until your muscle be accustom to the training, but don't give up! All good things take time! #wintheday

# GREAT THINGS ARE HAPPENING AT CA



Our Seniors took part in Decision Day on Tuesday, May 2. They wore shirts that represent the college they plan to attend, the branch of the military they plan to serve, or the place of employment they plan to work upon graduation. [#NationalDecisionDay](#)



We asked students and staff to wear blue yesterday for Autism Awareness month and the [#LightItUpBlue](#) campaign. Students in Ms. Karausky and Mr. Murphy's class set up a table at lunch with information about Autism, where they also sold Awareness ribbons and encouraged students to take an online Pledge for Autism Speaks.

# GREAT THINGS ARE HAPPENING AT CA

Five Carbondale Area seniors were recently inducted into the Career Technology Center (CTC) National Technical Honor Society. The Carbondale Area School District congratulates these five outstanding seniors on this amazing achievement and wishes them the best of luck in their future endeavors. They are the following: Chris Fuller- Automotive Technology, Patricia Green- Child Development, Hailey Marie Minor- Child Development, Cayden L. Watts- Culinary Arts, and Sarah Parry- Nursing Assistant.



Congratulations to our Carbondale Area Marching Chargers for winning the parade competition at Dorney Park's Performance in the Park Parade Competition this past Saturday, May 14! They also won the Esprit De Corps award for Most Spirited. #CAProud





# PIN THIS



## Breakfast Cheesesteaks

**Cook:** 20mins

**Total:** 30 mins

**Prep:** 5 mins

**Servings:** 2

### Ingredients

6 large eggs, divided

2 tablespoons milk

4 thick slices bread

1 (5 ounce) package Jones Dairy Farm All Natural Golden Brown® Chicken Sausage Patties

1 tablespoon olive oil

1 clove garlic, minced

½ red bell pepper, thinly sliced

½ green bell pepper, thinly sliced

½ small red onion, thinly sliced

2 slices provolone cheese

Salt and pepper, to taste

**Step 1:** In medium bowl, whisk together 2 eggs and milk; dip bread into egg mixture until fully coated. Cook French toast on griddle or large skillet over medium heat until golden brown on both sides.

**Step 2:** Cook sausage patties according to package instructions. Cut into strips.

**Step 3:** In separate skillet, heat olive oil over medium heat. Add garlic, peppers and onions and sauté until browned and tender.

**Step 4:** Add cooked sausage strips

to pepper and onion mixture; top with cheese and heat until cheese is melted.

**Step 5** Cook remaining eggs over easy, or as desired.

**Step 6:** Assemble cheesesteaks by layering French toast with eggs, and pepper, sausage and cheese mixture. Season with salt & pepper and serve open-faced.



## Butter Horn Dinner Rolls

**Cook:** 20 mins

**Additional:** 2 hours 15 mins

**Total:** 3 hours

**Prep:** 25 mins

**Yield:** 12 rolls

### Ingredients

1 (.25 ounce) package active dry yeast

¼ cup warm water

½ cup unsalted butter

1 cup milk

3 tablespoons white sugar

3 ¾ cups all-purpose flour, divided

1 ½ teaspoons kosher salt

1 large egg yolk

¼ cup butter, melted

### Directions

**Step 1:** Sprinkle yeast onto warm water. Stir gently and let

sit until foamy and frothy, 15 to 20 minutes.

**Step 2:** While the yeast is proofing, place butter in a saucepan with milk and white sugar. Turn heat to medium and cook, stirring occasionally, until butter melts and sugar dissolves, 3 to 4 minutes.

**Step 3:** Remove from the heat and pour into a large mixing bowl; let cool until just very warm to the touch and about 120 degrees F (49 degrees C), 2 to 3 minutes.

**Step 4:** Add 3 cups flour, kosher salt, yeast mixture, and egg; mix gently with a spatula until it all comes together and forms a very thick and wet batter. Add remaining ¾ cup flour and mix with your fingers, incorporating just the amount of flour you need, until dough comes together into a soft, sticky ball.

**Step 5:** Cover and let rise until

almost doubled in size, about 1 hour.

**Step 6:** Transfer dough to a floured surface and knead until smooth and elastic, about 5 minutes.

**Step 7:** Grease the bowl with butter. Place the dough back into the bowl, cover, and let rise for 30 minutes.

**Step 8:** Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with a silicone liner

**Step 9:** Transfer dough back to a work surface and press it into a 1-inch thick circle. Flip over and continue pressing until circle is 1/2-inch thick; use a rolling pin if needed to achieve correct thickness. Use a pizza tool to cut dough into 12 equal wedges.

**Step 10:** Starting at the larger end of one wedge, roll toward the point, stretching the ends

of the dough out for the first few inches. Pinch and press the point into the dough to seal and place, seam-side down, on the prepared baking sheet. Repeat with remaining dough.

**Step 11:** Let rolls sit until they puff up a little, 15 to 20 minutes.

**Step 12:** Bake in the center of the preheated oven until cooked through and just starting to turn a light golden brown, 20 to 25 minutes.

**Step 13:** Remove from the oven and immediately brush hot rolls with melted butter. Transfer to a wire rack to cool completely, 15 to 20 minutes.





# PIN THIS



## Lunch Wraps

**Cook:** 35 mins

**Total:** 1 hr 5 mins

**Prep:** 30 mins

**Yield:** 16 wraps

### Ingredients

2 cups uncooked brown rice

4 cups water

4 (15 ounce) cans black beans

2 (15.5 ounce) cans pinto beans

1 (10 ounce) can whole kernel corn

1 (10 ounce) can diced tomatoes and green chiles

16 (10 inch) flour tortillas

1 pound shredded pepper jack cheese

### Directions

**Step 1:** Combine rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer for 35 to 40 minutes, or until tender. Remove from heat, and cool.

**Step 2:** Place black beans and pinto beans into a colander or strainer, and rinse. Add corn and diced tomatoes with green chilies, and toss to mix. Transfer to a large bowl, and mix in rice and cheese.

**Step 3:** Divide the mixture evenly among the tortillas, and roll up. Wrap individually in plastic wrap, place into a large freezer bag, and freeze. Reheat as needed in the microwave for lunch or snacks.



## Strawberry Shortcake Drink

**Total:** 5 mins

**Prep:** 5 mins

**Servings:** 1

**Yield:** 1 serving

### Ingredients

¼ cup frozen strawberries, thawed

2 (1/2 cup) scoops vanilla ice cream

1 dash vanilla extract

½ cup crushed ice

1 tablespoon whipped cream

1 fresh strawberry

### Directions

**Step 1:** Place thawed frozen strawberries, vanilla ice cream, vanilla extract, crushed ice into a blender

**Step 2:** Cover and blend until smooth

**Step 3:** Pour into a glass and garnish with whipped cream and a fresh strawberry







# PIN THIS



## Chocolate Mousse

Total 2 Hrs. 20 Min

Servings 8

Prep 20 Min

### Ingredients

4 large egg yolks

1/4 cup sugar

2 1/2 cups heavy whipping cream

8oz semisweet baking chocolate, chopped

**Step 1:** Beat egg yolks in small bowl with electric mixer on high speed about 3 minutes or until thick and lemon colored.

Gradually beat in sugar.

**Step 2:** Heat 1 cup whipping cream in 2-quart saucepan over medium heat until hot. Gradually stir at least half of the hot whipping cream into egg yolk mixture; stir back into hot cream in saucepan. Cook over low heat about 5 minutes, stirring constantly, until mixture thickens (do not boil). Stir in chocolate until melted. Cover and refrigerate about 2 hours, stirring occasionally, just until chilled.

**Step 3:** Beat 1 1/2 cups whip-

ping cream in chilled medium bowl with electric mixer on high speed until stiff. Fold whipped cream into chocolate mixture. Pipe or spoon mixture into serving bowls. Refrigerate until serving.



## Smooth Sweet Tea

**Total:** 3 hrs 20 mins

**Prep:** 5 mins

**Servings:** 8

**Yield:** 2 quarts

### Ingredients

1 pinch baking soda

2 cups boiling water

6 tea bags

3/4 cup white sugar

6 cups cool water

**Step 1:** Sprinkle a pinch of baking soda into a 64

-ounce, heat-proof, glass pitcher. Pour in boiling water, and add tea bags. Cover, and allow to steep for 15 minutes.

**Step 2:** Remove tea bags, and discard; stir in sugar until dissolved. Pour in cool water, then refrigerate until cold.



# FALLBROOK ICE CREAM

Have you heard about the new ice cream shop everyone is raving over? The newest addition to the West Side of the Dale is the new Fallbrook Street Ice Cream. Fallbrook Street Ice Cream might not have the best parking spaces available, but the diverse ice cream selection does in fact make up for it. They have a wide selection of sundaes, shakes, and flurrries to choose from. They also have many kinds of soft and hard ice cream along with Italian Ice flavors. If you are also in the mood for a homemade ice cream cake for any event you are having, Fallbrook Street Ice Cream is just the place for you. Once you approach this establishment, you are automatically welcomed with open arms along with quick service. If you are a pet lover, bring your dog on over for a free ice cream A.K.A Pup Cup. If you are a West Sider, it is a quick walk from your house. This writer recommends anyone reading this to take the time to visit this establishment and see for yourself how amazing it is.



**Fallbrook Street Ice Cream**

Sundaes	Shakes
small \$3.50 med \$4.00 large \$4.50	8oz \$3.95 16oz \$3.95 32oz \$4.92
<ul style="list-style-type: none"> <li>CHIP</li> <li>Strawberry</li> <li>Banana Fudge</li> <li>Oreo Fudge</li> <li>Hot Fudge</li> <li>Caramel</li> <li>Peanut Butter Cup</li> <li>Pineapple</li> <li>Butterscotch</li> <li>Crushed Cherry</li> <li>Snickers</li> <li>Brownie Fudge</li> <li>Blueberry</li> <li>Strawberry Shortcake</li> </ul>	<ul style="list-style-type: none"> <li>Vanilla</li> <li>Chocolate</li> <li>Strawberry</li> <li>Raspberry</li> <li>Banana</li> <li>Boston</li> </ul> <small>(Boston Shake topped w/ Chocolate Ice Cream)</small>
<ul style="list-style-type: none"> <li>Pineapple</li> <li>Butterscotch</li> <li>Crushed Cherry</li> <li>Snickers</li> <li>Brownie Fudge</li> <li>Blueberry</li> <li>Strawberry Shortcake</li> </ul>	<ul style="list-style-type: none"> <li>Pineapple</li> <li>Oreo</li> <li>Creamsicle</li> <li>Peanut Butter (Van or Choc.)</li> </ul>
<b>Banana Splits</b> Hard Ice Cream \$5.50 or Soft Ice Cream \$4.95	<b>Flurrys</b> \$3.50 \$4.25 Peanut Butter Cup Snickers Oreo M&M's Butterfinger
<b>Ice Cream Sandwiches</b> \$3.95 \$4.95 Loaf Feeds 8 \$8.92 Reg. Round Feeds 15 \$25.06 1/4 Sheet Feeds 20 \$38.00	<b>Floats</b> 8oz \$3.15 Orange Pepsi Root Beer Dog Eat Dog FREE!!

# INSPIRATION CORNER

**LOOK IN THE MIRROR... THAT'S YOUR COMPETITION.**

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.



your patience is your power  
*L. Tolnoe*

Never regret a day in your life. Good days give you happiness & bad days give you experience.

ALWAYS REMEMBER THAT YOU ARE BRAVER THAN YOU BELIEVE, SMARTER THAN YOU THINK, AND LOVED MORE THAN YOU'LL EVER KNOW

Turn your face to the sun and the shadows fall behind you.  
*Maori Proverb*

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

YOUR DREAM DOESN'T HAVE AN EXPIRATION DATE.

TAKE A DEEP BREATH AND TRY AGAIN.

Your **time** is **limited**, so don't **waste** it living someone **else's** life.

- Steve Jobs

Be happy. It drives people crazy.

You're stronger than you think

NOTHING IS IMPOSSIBLE ONLY IMPROBABLE

LIVE YOUR DREAM

To be good and lead a good life means to **GIVE TO OTHERS** more than one takes from them.

*Leo Tolstoy*

Keep Smiling and Carry On!

JUST IN CASE NO ONE TOLD YOU TODAY:

YOU'RE DOING GREAT I BELIEVE IN YOU YOU GOT THIS YOU ARE ENOUGH

My goal is not to be better than anyone else, but to be better than I used to be.  
*Wayne Dyer*

When we feel stuck, look at the sky. The clouds remind us that everything changes.

You can't change people, but you can change your proximity, reactions, and boundaries.

*WE THE URBAN*

We lived our lives as if life was forever. To live one's life without a sense of time is to

**SQUANDER IT.**

*Diana Trilling*

The greatest gift you can give someone is your

**TIME.**

BECAUSE WHEN YOU GIVE YOUR TIME, YOU ARE GIVING A PORTION OF YOUR LIFE THAT YOU WILL NEVER GET BACK.  
*purehappyness.com*

It always seems impossible until it's done.  
*- Nelson Mandela*

always be kinder than you feel

Your heart is a star

If you're serious about change, you have to go through uncomfortable situations. Stop trying to dodge the process. It's the only way to grow.

NEVER STOP LEARNING, BECAUSE LIFE NEVER STOPS TEACHING.

When you focus on the good, the good increases.

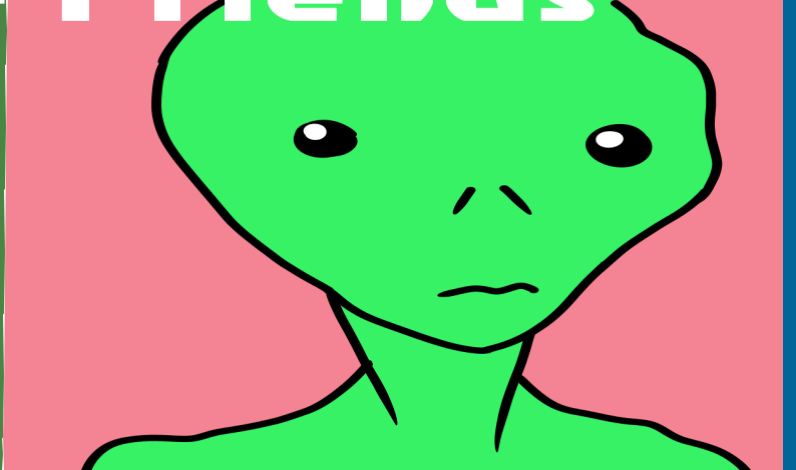
D, R, E, A, M, B, I, G

THE ONLY JOURNEY IS THE ONE WITHIN.  
*RAINER MARIA RILKE*

# COMIC CORNER



## Some Friends



Margot Matoushek

## CHARACTERS



Eric  
Thomas  
mysterious  
new student



Bon  
Kuneho  
A bunny that  
loves pink



Stix  
Hombre  
A stickman of  
Many hats



Poni  
Princesa  
A young unicorn  
still learning Magic

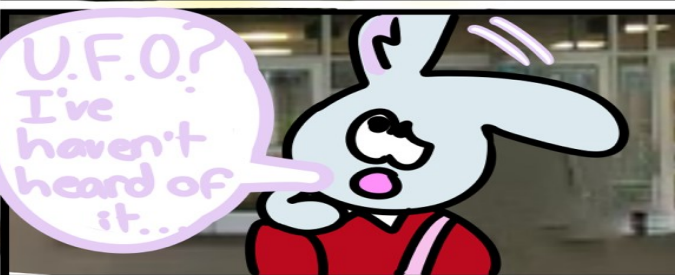


Principal  
Cavallo  
A principal  
that likes to  
charge into  
action

# COMIC CORNER

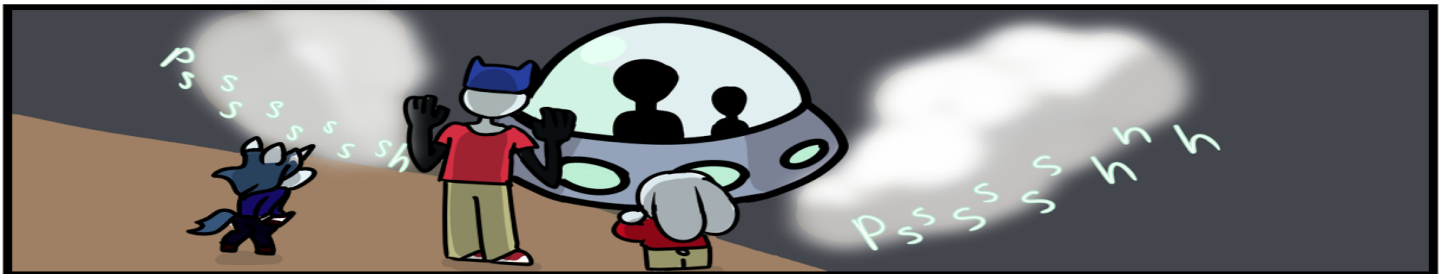
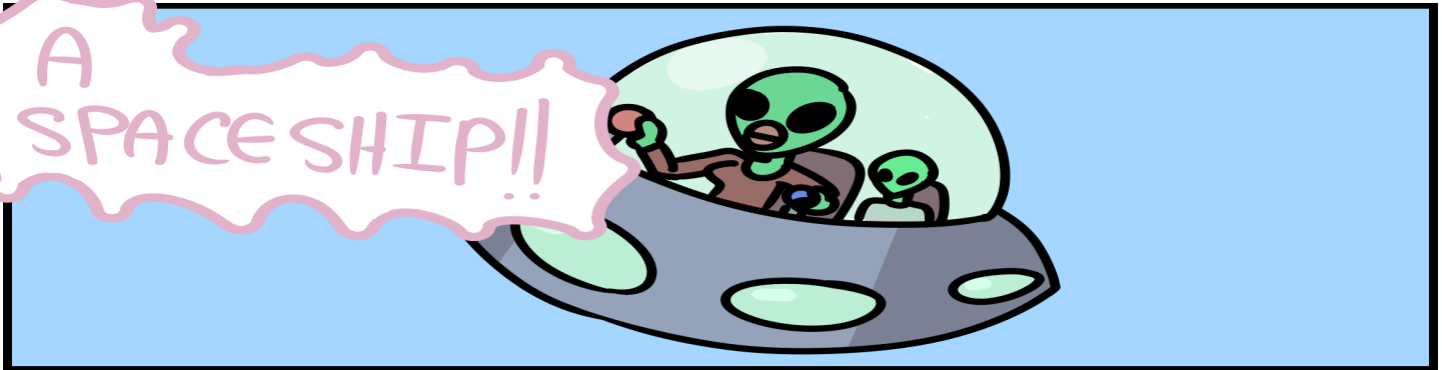
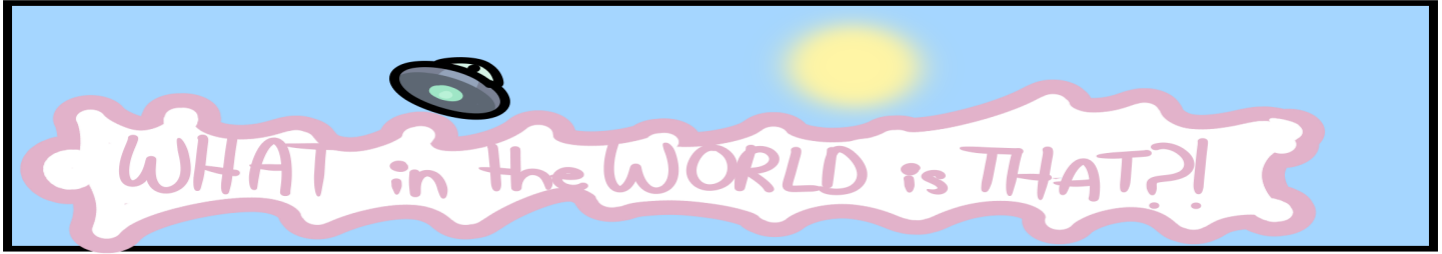


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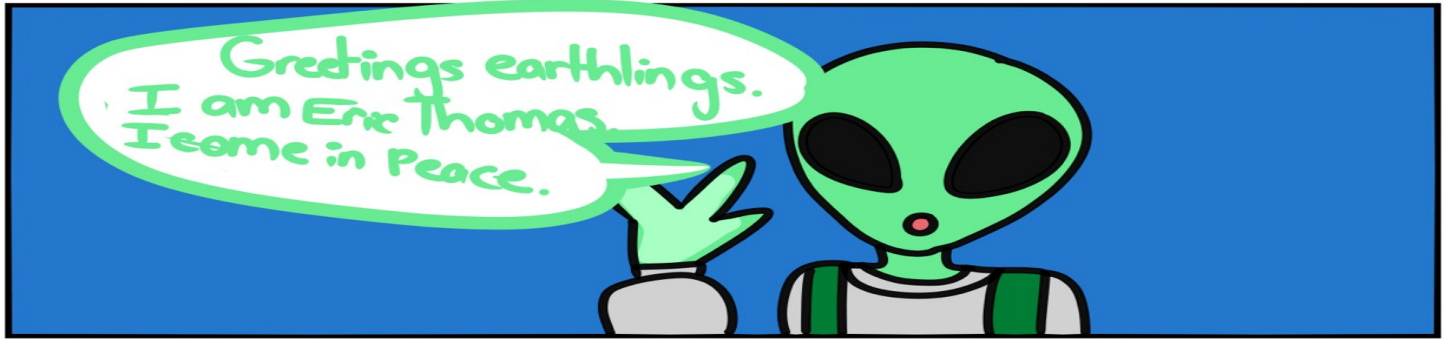


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# COMIC CORNER



# COMIC CORNER

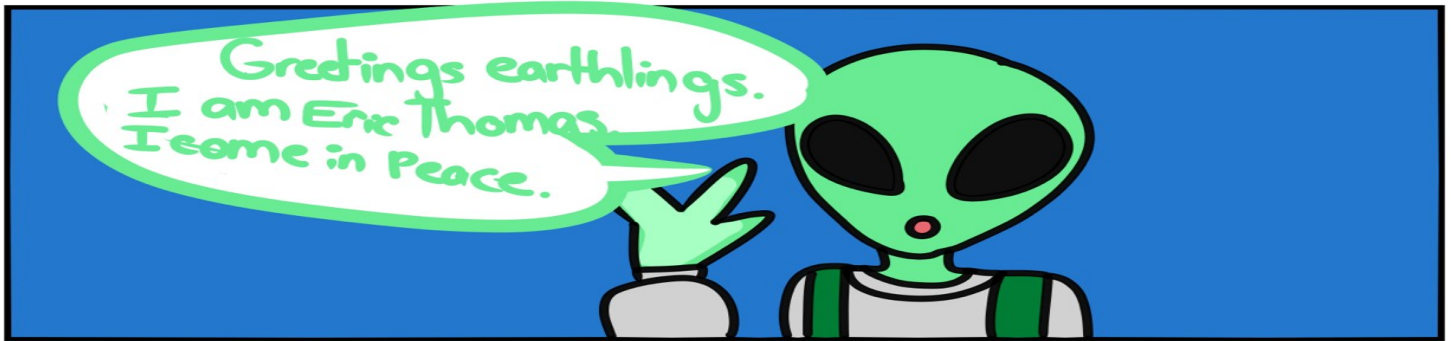


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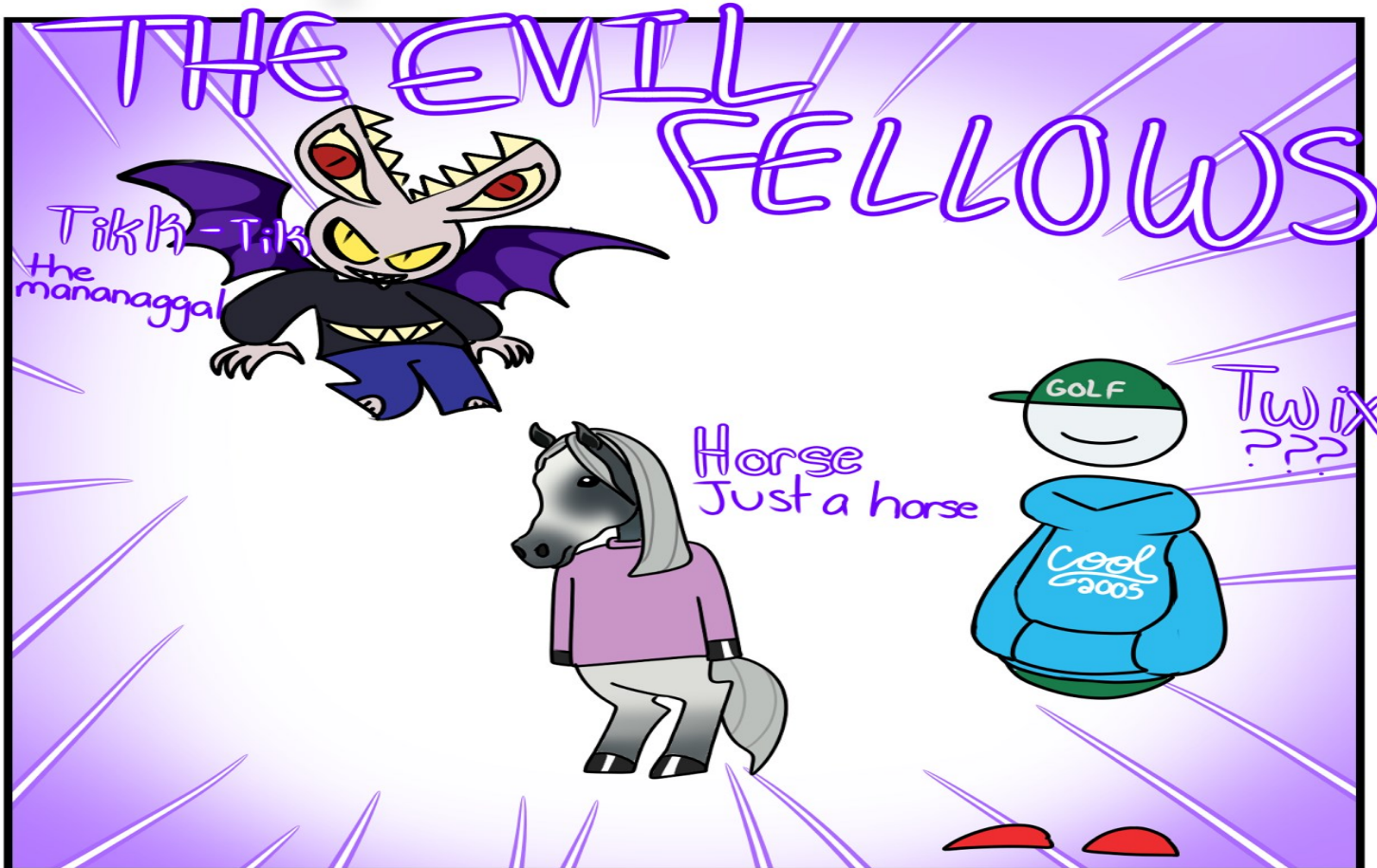


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# COMIC CORNER



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