

VOLUME 1
ISSUE 1

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Red and Blue News



Red and Blue News Staff: Jamar Kizer, Kendra Archer, Rylie Toolan, Ashley Escott, Hunter Long, Kaila Collins, Jacob Berg, Nathaniel Cruz, and Connor Dutter. Missing from photo: Savannah Rosar.

Continuing on from last year, *Red and Blue News* is back with a new staff. We have some new additions, such as "Out With The Old," "In With The New," "Are You Appin'," "We Be Gamin'," and "The Playlist"! There's also some key features that cover the main events that have happened during the beginning of the school year. Sit back and grab yourself a cup of coffee, tea, or hot chocolate and enjoy this edition of the *Red and Blue News*. Don't forget about us. Be sure to check back quarterly for what we have in store.



MRS. DOCKEMEYER

NEW TO THE DALE

What subject do you like to teach the most?

The I love to teach the most would be Science.

If you won the lottery and decided to give up teaching, what would you do instead?

If I won the lottery and gave up teaching, I would move somewhere tropical so that I could kayak, fish, and swim .

What is a goal you have this year?

My major goal this school year is to get to know the students.

What do you like about Carbondale so far?

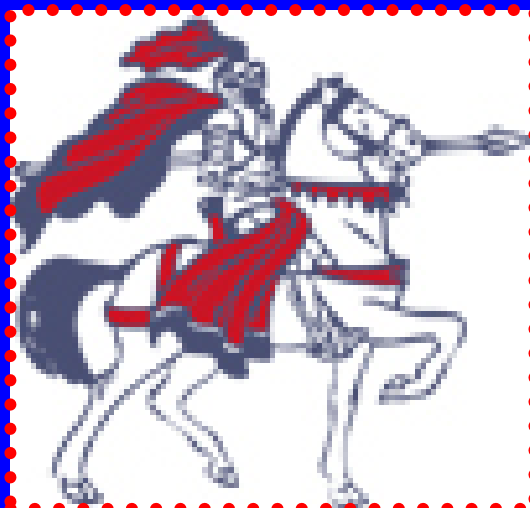
So far, the students are fantastic. That's what I like about Carbondale.

What would students and teachers be surprised to find out about you?

I think they would be surprised to know that I have skydived and scuba dived.

Where did you used to teach at?

Before coming to teach at Carbondale, I taught in Vermont and Florida.



MISS JADICK

NEW TO THE DALE

How long have you been teaching

This is my first year teaching.

What made you teach biology?

I've loved science since high school, and college is where I was drawn to biology specifically.

Outside of teaching, what other activities/hobbies do you enjoy?

When I am not teaching, I enjoy reading, traveling, sports, and hiking.

What do you enjoy most about teaching?

The thing I enjoy most about teach is connecting with students and sharing a subject that I love.

If you weren't a teacher, what career would you have pursued?

If I wasn't a teacher, I would have been a doctor.

If you had to describe your job in one word, what would that word be?

The one word I would use to describe my job would be Rewarding.



HIGH SCHOOL HACKS

By: Red and Blue Newspaper Staff

With the new school year upon us, we figured we'd give you some hacks to make it through.

7th Grade: Welcome to the big school! It's not as scary as you think! Take a joke and go with the flow. Time is of the essence. You have two minutes between classes. Figure it out and get where you need to be. Choose your friends wisely and pay attention in class.

8th Grade: This should be easy. You've been here before. You can move a tad faster to your classes now. On a serious note, take time to get to know your teachers. No. Seriously. They are here to help you. Trust them.

9th Grade: It's the start of something new. Don't be afraid to try something new. Branch out and join a club or sport. Don't procrastinate. It will get you no where.

10th Grade: If you have made it this far, don't give up. Senior year is closer than you think. Stay organized and start looking into a career option for you.

11th Grade: Don't let the senior-itus hit too soon. You have a lot to do this year. No joke. Get your head in the game and stay focused.

12th Grade: This is your moment! Don't take anything for granted. Enjoy it before it's over!



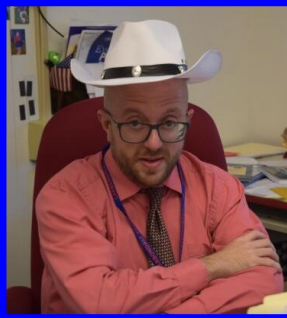
BEYOND THE JERSEY

By: Red and Blue Newspaper Staff

Is it just another piece of clothing with your name on the back or is it something more? To those who tend to be spectators at the games it is just a label. However, when putting on a jersey or uniform that represents your school community, it takes on more meaning than just a normal article of clothing. It holds you as the player to a higher standard. It makes you want to push yourself harder and be the best version of yourself or even push yourself to limits you didn't even know existed. Whenever you make that play, land that stunt, win that race, or just finish the game, a sense of accomplishment rises within your heart. Wearing the Charger name means family, friendships, commitment, hard work, teamwork, and connections that last a lifetime. Wearing a jersey, cleats, pads, or just any sports uniform gives every member a sense of pride and confidence to go out on the field, court, course, or track and play their heart out to show respect, care, and dedication to not only their fellow teammates but also to every player that has ever worn the Charger name. Family is family no matter what. We may not be blood, but we are **CHARGERS!**



SPIRIT WEEK 2022



During the month of September, Students of the Dale, patiently wait for Spirit Week to arrive. As tradition goes, members of the senior class get to pick a variety of themes for the week. Starting off with Monday which was "Color Day". Each grade got assigned a certain color to wear in support of their class. Tuesday was "Country vs. Country Club". All students wore something country themed or their "preppiest" outfit they would wear to a country club. Wednesday was "Pajama Day". Students got to roll out of bed, put their comfiest pajamas on and wear them to school. Thursday was "BBQ Dad vs. Soccer Mom". This is a day where students get to wear their best BBQ Dad outfit or dress up like a mom supporting their soccer player. Lastly, Friday was "Charger Pride Attire Day". Students wore their best red, white, and blue to show their school pride. Friday also meant that it was time to get excited for the pep rally, homecoming parade, and homecoming game.



HOMECOMING 2022

By: Kendra Archer & Savannah Rosar

On September 23rd, Carbondale Area held their annual homecoming. The festivities started off with a pep rally that led up to the Carbondale Area versus Western Wayne football game, and the homecoming ceremony itself. The first pep rally included Pre-K-6, followed by grades 7-12. As students were finding their seats, Carbondale Area cheerleaders greeted everyone with a couple of cheers. Announcers, Matthew Totsky and Bryan Salitsky, gathered everyone that participated in the game events. These games included a dizzy obstacle course, egg toss, football toss, musical chairs, frozen t-shirts, Oreo drop, pie eating contest, Simon says, and finally students of the Dale got to pie teachers in the face. Varsity football player, Vincent DePalma rallied all students to come out and support the football players against Western Wayne. When it finally came to announcing the homecoming court, each attendant was joined by their escort for the evening ceremony: Audrey Cobb escorted by Brycen Kelly, Sophie Crozier escorted by Oscar Martinez, Shauna Durst escorted by Robert Constantine, Alyssa Hendrick escorted by Liam Shenise. Julia Gorel was voted Homecoming Queen by the members of the student body and was escorted by Cameron Kilmer. Although the Chargers were unable to get the W for the evening (38-7), the loss could not dampen our school spirit!



POWDERPUFF 2022



On October 20th, Carbondale Area held its annual Powderpuff game in honor of those who had and who are currently battling breast cancer. During the school day, students were able to show their support to the cause by wearing their Powderpuff shirts, buying pink hair tinsel, tattoos, polaroids, and baked goods. The flag football game was kicked off with the singing of the *Star Spangled Banner* by senior Nathaniel Cruz followed by the Senior girls taking on the Junior girls in a battle for the win. The Seniors began the evening with a trick play. This included Sophie Crozier having the ball snapped to her and while this was happening she yelled to Justin Toy that the ball was wrong. This was all part of the plan because in the end, Sophie gained seventy unexplained yards with this trick play that no one saw coming. The excitement that kicked off the game was short lived because the Juniors answered with Maddie Heenan. Enough said. In the end, it was the Juniors who pulled out the win with a score of 24-12 ending with Sadie Gardus' game sealing pick 6 on 4th down for 80 yards. We can't forget the halftime show put on by our Senior and Junior boys. Ian Wormuth got some serious air in a basket toss thrown by the Junior boys. The only thing the Seniors won that night was the halftime show! How can you beat Timmy Mulhall playing his drum set upside down and an entourage of Senior boys doing flips, kicks, and splits? In an interview with the *Red and Blue News*, Senior Ashley Escott reported, "Even though the evening brought about a friendly competition between classes, in the end it is about bringing awareness to those who are in the fight of their lives against all cancers."

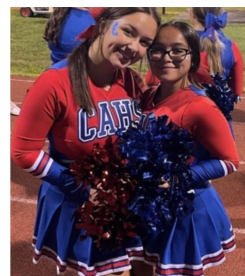
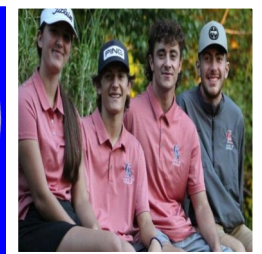
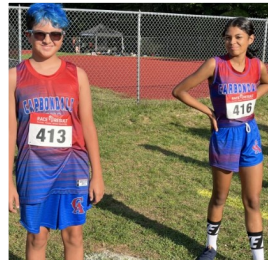
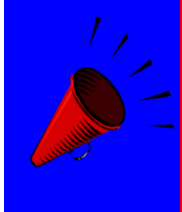


#FIGHTLIKEACHARGER

HALLOWEEN 2022



SPORTS PHOTO DUMP



BINGE WORTHY



By: Kaila Collins

Stranger Things...

hmmmm.... either you love it or hate it. If you are into horror, supernatural and sci-fi then this is the show for you. The setting of the

series is in the year 1983 in Hawkins, Indiana.

Will, a young boy who goes missing, must be found; however, it is up to his mother, friends, and the police chief to find and save him. After the first episode, you will be hooked and end up

joining the journey to find Will in every episode you watch. Hang on tight to your seats because this series takes you on a supernatural journey through the town of Hawkins and eventually Russia, as the group tries to close a gate that never should have opened, while killing nine-foot creatures that come from it and save the town of Hawkins before it is too late. The opening series paves the way for bigger disasters and discoveries. Give it a watch. You won't be sorry.



By: Kendra Archer

The Originals: the spin-off to the Vampire Diaries otherwise known as the better show. *The Originals* is about the Mikaelson family. They

return to the city that

they built, New Orleans. While living there, they are forced to battle various creatures such as, witches, werewolves, vampires and even humans

to make sure that there is a safe arrival for Klaus' and Hayley's miracle baby, Hope. They go through a lot of hardships together and may not get along all the time, but they as their family saying goes... "no matter what, family is always and forever."

OUT WITH THE OLD



By: Rylie Toolan & Nate Cruz

At the end of the original "Top Gun" from 1986, the main character, Maverick, holds the rank of lieutenant. He gets himself into trouble and gets kicked out of the Top Gun

school. Thirty years later, Maverick is asked to return to the Top Gun school as a teacher for re-

cent recruits. During his teaching experience, he is forced to face his past. His friend, Goose's son, Rooster holds a grudge against him because of a request from Rooster's mother to put a hold on his papers without him knowing. Penny, Maverick's girlfriend from the past, comes back as his love interest. This movie is definitely worth the watch. It pays great respect to the original while putting a fresh spin on a well known classic. It's a must watch for new and old fans.



By: Connor Dutter

Thor: Love and Thunder, is the first Thor movie in five years. Following the trilogy of *Thor*

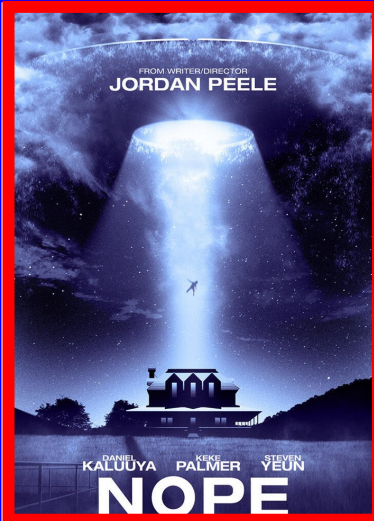
(2011), *Thor: The*

Dark World, and *Thor: Ragnarok*, *Thor: Love and Thunder* offers an exciting continuation after the events of *Avengers: Infinity War*, and *Avengers: Endgame*. The plot follows Thor, Jane Foster, Korg, and Valkyrie on their mission to stop Gorr, the God Butcher, from fulfilling his namesake.

The movie harbors an interesting story-line with an excellently written antagonist, with great CGI

and special effects to further increase the captivation of the viewer. The movie introduces the fact that other mythologies, namely Greek mythology, are present in the *Marvel* universe, and that idea expands the possibilities of future movies immensely. The movie ends with a cliffhanger, as *Marvel* typically does, and adds a new character to the *Thor* cast. If you're a fan of *Marvel* or *Thor*, *Thor: Love and Thunder* is bound to meet your expectations.

IN WITH THE NEW



By: Hunter Long

Nope is a horror/ action movie that released in August this year from the mind of Jordan Peele. It is set in the Agua Dulce desert in Los Angeles.

The plot of the movie follows the great-great-

great grandchildren of the first ever motion picture actor, Otis J and Emerald, with a reoccurring appearance of an attraction owner named Jupe, a casual electronics store worker named Angel, and a cinematographer who can get the impossible

shot named Antlers Holst as they try to discover what is happening in the skies above. This movie takes a whole different take on Interdimensional Species, giving various feelings of suspense, fear, and claustrophobia. It will leave you with an uneasiness no other movie can give you, featuring disturbing scenes, that will shake you to your core, to action packed sequences that will make you edge further on your seat in anticipation of the conclusion. This movie is a 100% must watch for the Halloween season, just make sure that if you hear screaming noises and the wind starts to pick up a bit, just look down and say NOPE...



What happens when you are a victim of a kidnapping? In the movie, *The Black Phone*, the plot follows a young boy named Finn, an average middle schooler. In a small suburb in Denver, there are multiple cases of

missing children and there are barely any leads that can track "The Grabber". After a day of school, Finn and his sister, Gwen, walk home and part

ways, leaving Finn to walk home by himself where he ultimately gets grabbed. The action follows Finn as he tries to escape his prison, Gwen who desperately tries to find her lost brother, and a detective who takes his time to crack the case. What happens to Finn, does he escape? Those questions will be answered by the conclusion of the movie. Just make sure to heed the warnings of the Black Phone...

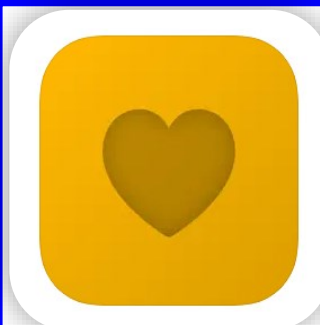
ARE YOU APPIN'?



By: Ashley Escott

Are you in search for an app that allows you to play your favorite jams while you are on the go? I have just the app for you. *Musi* is an app that allows you to create playlist and download your favorite tunes. It al-

lows you to search songs that you would be able to find on *YouTube* and listen **WITHOUT ADS**. This is unlike *Spotify* because you must pay monthly to be able to listen to your playlist, or you are interrupted **WITH ADS**. The only downside about *Musi* that you may get annoyed with is that it doesn't work offline. Give it a try, and listen ad free!



By: Kaila Collins

There's a new app called *Locket*, and it is taking teenagers' phones by storm. It's similar to *Snapchat*, but it does not have a chat option. Add this widget to your home screen, and you and your friends will see new pictures from each other every time you unlock

your phone. It's a great way to see what everyone is up to throughout the day. With its new feature, you can now add captions to the photos you send. You can also make a slideshow of all the photos you and your friends have sent to each other. Download now and have fun covering your friends' phones with pictures of you.

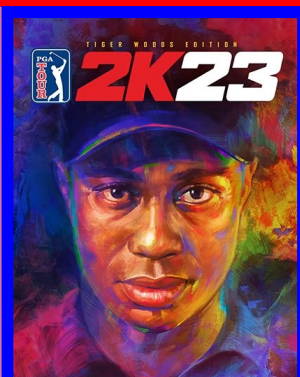


By: Rylie Toolan

Everyone is going crazy over this new app called *BeReal*. *BeReal* is a great way to catch up and show your friends what you're up to. There is a notification sent on the daily at different times throughout the day. This is when the mayhem begins to get the perfect picture posted before time is up. Once the *BeReal*

goes off, you have two minutes to post a picture. When you post a *BeReal*, it takes a picture with your front camera and your back camera at the same time. After posting, you can see all your friends' posts too, and you can react to or comment on them. You can also see all your *BeReals* you have ever posted by viewing your profile. So, snap a picture before the time runs out and always remember to *BeReal*!

WE BE GAMIN'



PGA Tour 2K23 strives to be the best golf game the world has ever played.

With Tiger Woods secured as a playable pro and the cover athlete, the

PGA Tour 2K series is set to make another major splash on October 14 when it is available for all consoles and PC. But, there is more than just Tiger Woods. With many new courses, playable pros, more ways to play, and even more customi-

zation options, this game is sure to be a hole in one.



By: Jamar Kizer

If you like *Marvel* or any type of superhero game, then *Spiderman Miles Morales* is the game for you. It has action and drama all throughout the game. The game is about

a seventeen-year-old teenager that lives in New York City. Miles Morales was bitten by an *Oscorp* genetically modified spider that escaped their labs. After he discovered his powers, he shows Peter Parker, the original Spider-Man. After Miles started training,

he became Peter Parker's sidekick. Miles is finally ready to fight crime. So, when Peter goes on vacation, Miles is New York's only Spider-Man. In the games, he is fighting against a corporation called *Roxxon*, or the owner of Roxxon, Simon Krieger, who says that he is trying to make the world a better place; however, this is not the case. Miles and The Tinkerer are both aiming to take down Simon Krieger. If this game is not in your library, it should be. Once you start, you are literally lost in a web that keeps on spinning.

TIKTOK TIME TO DINE

Peanut Butter S'mores Brownie



Ingredients:

1/4 cup of creamy 100% peanut butter
2 Tbsp of maple Syrup
2 Tbsp of oat milk
1/2 tsp of Vanilla extract

3/4 cup rolled oats
1/2 cup of oat flour
1/2 cup of almond Flour
1/4 tap of pink salt

Crumble:

Whisk together peanut butter,

maple syrup, oat milk, and Vanilla. Stir in rolled oats, oat + almond flour, & salt.

Brownie:

2 tbsp of chia seeds + 1/4 cup of water.
3/4 cup of creamy 100% peanut butter
1/2 cup + a tbsp of maple syrup
1.5 tsp of Vanilla extract
3/4 cup of oat milk
3/4 cup of cocoa powder
1/2 cup + 2 tbsp of oat flour
1/4 tsp of pink salt
2/3 cup of chocolate chips
1 1/4 Cup of mini marshmallows

Brownie:

Whisk together chia & water, then set for 5 min until gelatinous. Whisk in peanut butter, maple syrup, Vanilla, and oat milk. Stir in cocoa powder, oat flour, & Salt.

Assembly:

Line an 8 by 8 baking dish w/ parchment paper. Press crumble into an even layer. Pour in brownie mix. Top w/ chocolate chips and marshmallows. Bake at 350 for 40-45 mins. Cool in the refrigerator for 40 mins, then drizzle on extra peanut butter. Cut and store in refrigerator

M&M Cookie Bars

INGREDIENTS

Cooking spray

1 1/2 c. packed light brown sugar
1 c. unsalted butter, melted
2 large eggs
2 tsp. pure vanilla extract
1/2 tsp. baking soda
1/2 tsp. kosher salt
2 c. all-purpose flour
1 c. semisweet chocolate chips
1 c. M&M's

DIRECTIONS

1. Preheat oven to 350°. Thor-

oughly coat a 13"-by-9" baking dish with cooking spray. Fold a 16" sheet of parchment lengthwise to fit along bottom and sides of baking dish, leaving some overhang at the handles. Spray with cooking spray.

- In a large bowl, whisk brown sugar and butter until sugar is dissolved. Whisk in eggs one at a time until incorporated, then whisk in vanilla, baking soda, and salt.
- Using a flexible spatula, fold in flour, chips, and M&M's until just combined.
- Transfer dough to prepared dish and smooth in an even layer.
- Bake bar until a tester inserted into the center comes out clean,

35 to 40 minutes. Let cool in baking dish 1 hour. Using parchment overhang, lift bar onto a cutting board. Slice into 12 bars.

Make Ahead: Bars can be made 1 week ahead. Store in an airtight container at room temperature.



TIKTOK TIME TO DINE

Feta Pasta

Ingredients

2 pt. cherry or grape tomatoes
1 shallot, quartered
3 cloves garlic, smashed
1/2 c. extra-virgin olive oil, divided
Kosher salt
Pinch crushed red pepper flakes
1 (8-oz.) block feta
3 sprigs fresh thyme
10 oz. pasta
Zest of 1 lemon (optional)
Fresh basil, for garnish

Directions

1. Preheat oven to 400°. In a large ovenproof skillet or

medium baking dish, combine tomatoes, shallot, garlic, and all but 1 tablespoon oil. Season with salt and red pepper flakes and toss to combine.

2. Place feta into center of tomato mixture and drizzle with remaining 1 tablespoon oil. Scatter thyme sprigs over tomatoes. Bake for 40 to 45 minutes, until tomatoes are bursting and feta is golden on top.
3. Meanwhile, in a large pot of boiling salted water, cook pasta until al dente according to package directions. Reserve 1/2 cup

pasta water before draining. 4. To skillet with tomatoes and feta, add cooked pasta, reserved pasta water, and lemon zest (if using) and stir until combined. Garnish with basil.



Mac and Cheese

Ingredients

- 1 lb elbow macaroni noodles
- 7 tbsp butter
- 1 tbsp minced garlic
- 2 1/2 tbsp all purpose flour
- 3 1/2 cups half and half
- 1/2 cup heavy whipping cream
- 4 cups Shredded Cheddar Cheese

Blend

- 2 cups Shredded Mild Cheddar Cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Paprika
- 1 tsp salt
- 1/4 tsp black pepper
- 1 cup shredded White Cheddar Cheese
- 1 cup shredded Mozzarella cheese
- chopped fresh parsley

Instructions

1. Boil 1 pound of Elbow Macaroni noodles until just finished (al dente). Drain pasta water.
2. Preheat oven to 425.

3. Grease a 9x13x2 baking dish with nonstick cooking spray and place cooked and drained macaroni noodles and 2 tablespoons butter (on top of noodles) in the baking casserole dish.

4. Mix macaroni well until butter is melted.

5. Set dish aside and keep warm.

6. In a large skillet, combine 5 tablespoons of butter, minced garlic, and all-purpose flour. Whisk over medium heat until butter is melted and mixture is thick- this happens fairly quickly.

7. Add half and half and heavy whipping cream and continue to heat until nearly boiling.

8. Remove skillet from heat and stir in 4 cups shredded cheese blend, 2 cups mild cheddar, and all seasonings and spices. It is helpful to melt about 1 cup at a time versus dumping it all in at once. Continue stirring until all cheese is melted.

9. Once the cheese is completely melted, pour the cheese mixture onto the macaroni noodles and stir well to evenly distribute and coat. A spatula can be of assistance in moving the noodles

around for a more even distribution of cheese.

10. Top macaroni and cheese with remaining 1 cup mild cheddar, white cheddar and mozzarella cheese, doing best to cover the entire top of the noodles.

11. Bake macaroni at 425 for 15 minutes in the oven

12. Broil top for 3-5 minutes or until cheese is browned on top (optional but please be careful when broiling, burning happens quickly, and not all ovens heat at the same rate).

13. Top dish with chopped fresh parsley before serving if desired. Serve immediately while still hot.



TIKTOK TIME TO DINE

Pepperoni Pizza Crescent Rolls

Ingredients

1 can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count)

24 slices (about 5 oz) pepperoni

2oz shredded mozzarella cheese (1/2 cup)

1cup tomato pasta or pizza sauce, heated

Directions

1.) Heat oven to 375°F. Separate dough into 8 triangles; pat out each triangle slightly.

2.) Place 3 slices pepperoni, slightly overlapping, on center of each triangle. Top each with about 1 tablespoon cheese.

3.) Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down, on ungreased cookie sheet.

4.) Bake at 375°F for 10 to 14 minutes or until golden brown. Remove from cookie sheet. Serve warm crescents with warm pasta sauce for dipping.



Hot Chocolate Bombs

INGREDIENTS

2 c. chocolate chips

2 tsp. coconut or vegetable oil

1/3 c. dry milk powder

1/3 c. powdered sugar

1/4 c. unsweetened cocoa powder

Mini marshmallows

1/3 c. white chocolate chips or other assorted chocolate, for drizzling

Sprinkles, for decorating

6 c. milk, any kind

DIRECTIONS

1. In a medium microwave safe bowl, add chocolate and oil to bowl. Microwave in 30 second bursts, stirring after each burst until completely melted.

2. Using 2.5" silicone sphere molds,

add a couple of tablespoons of melted chocolate to bottom of 12 molds. Use a spoon to spread the chocolate all around the sides and bottom in a smooth layer, making sure there are no thin spots. Place into freezer and chill until solid, at least 30 minutes. You may not use all of the melted chocolate, but reserve to help seal the molds together later or for drizzling on top.

3. Meanwhile, make hot chocolate mix: In a small bowl combine milk powder, powdered sugar, and cocoa powder.

4. Carefully remove frozen chocolate from molds. Fill half of the molds with about 2 tablespoons of hot chocolate mixture and a few marshmallows.

5. Place a small microwave safe plate in the microwave and heat for about 15 seconds. It doesn't need to be hot, just warm to the touch. Working just one at a time, place one of the unfilled shells down on warm plate to melt the edge slightly.

ly. Place on top of a filled shell to seal together. Use extra melted chocolate to fill in any gaps or holes around the edges. You can also do a layer all around the seam and roll in sprinkles to cover. Repeat with remaining molds.

6. In a small microwave safe bowl add chocolate chips and melt in 30 second intervals, stirring after each one until melted. Drizzle tops of hot chocolate bombs and top with sprinkles, if desired.

For each hot chocolate bomb, heat 1 cup of milk and pour into a mug. Carefully drop a hot chocolate bomb into hot milk. Let the chocolate melt and release the mix inside and stir to combine.



TIKTOK TIME TO DINE

Whipped Lemonade

Ingredients

- 1 pack of powdered lemonade (*Crystal Light* is recommended)
- ¼ cup heavy whipping cream (substitute coconut cream or half & half creamer)
- 1 cup water
- Ice (optional)
- Electric hand mixer or whisk
- Mixing cup
- Cocktail glass or similar

Instructions

1. Pour cream into a cup.

2. Add packet of lemonade powder. Place your hand mixer in the cream and lemonade mixture and combine for 2 to 3 minutes until the mixture doubles in size.

4. Combine water and ice in your glass.

5. Pour whipped lemonade over the water.

6. Mix whipped lemonade into the water

Note: Use within one hour of preparing to avoid



Salmon Poke Bowl

Ingredients

- 3 to 4 oz. cooked salmon, chilled
- 1 1/2 c. leftover rice
- 1 tbsp. water
- 1 tbsp. soy sauce
- 2 tsp. Kewpie mayonnaise
- 2 tsp. Sriracha
- 1/2 avocado, sliced
- 1/4 c. kimchi

Directions

1. In a microwave safe bowl, add the salmon. Using a fork, flake it until it resembles canned fish. Top the salmon with rice, and sprinkle rice with about 1 tablespoon of water.

2. Cover bowl with parchment or plastic wrap, and microwave until the rice is fluffy and everything is warmed through, about 2 minutes.

3. Remove bowl from the microwave, and discard the parchment/plastic wrap.

4. Add soy sauce, mayonnaise and sriracha. Toss until fully combined.

5. Top bowl with avocado, kimchi, scallions, and sesame seeds.

6. Serve with seaweed snacks.



TIKTOK TIME TO DINE

Rainbow Popcorn

Ingredients

- 12 tbsp white sugar 2 tablespoon each color
- gel food coloring
- 12 tsp vegetable oil
- ¾ cup loose popcorn kernels

Instructions

- Line 2-3 baking sheets with parchment paper and set aside.
- Place two tablespoons of sugar into six separate small bowls or one bowl for each color you use.
- Dye each bowl a different color, placing two dollops of gel food coloring into each bowl.
- Use a fork to mix and stir the color until it's fully incorporated as colored sugar. This can take about 3-5 minutes to make sure the gel coloring is fully

mixed.

- Add two teaspoons of vegetable oil and a few popcorn kernels (They are the testers) in a large skillet or 3-quart deep pan. Heat the oil and popcorn over medium-high heat. This lets you know when the pan is ready.
- Once the tester kernels pop and the pan is hot, reduce pan heat to medium and add two tablespoons of popcorn kernels and one bowl of colored sugar.
- Cover with lid and cook, leaving the lid cracked (away from you) just a bit so some steam can escape. Continue to shake the skillet or pan so the sugar doesn't burn. This is a constant shake throughout the cooking of each color. If the pan is left to sit on the stove alone, the sugar could caramelize and burn.
- Once the popcorn kernel pops are more than 1-2 seconds apart, which tells you that most kernels are done, remove sugared popcorn from heat to

prevent burning.

- Keep the lid on until all popping stops, or a stray may surprise you! Once the popcorn is completely done popping, remove the lid (facing away from your face or body) and pour colored popcorn onto a baking sheet.
- Immediately sprinkle popcorn with salt.
- Let the popcorn cool completely.
- Repeat with remaining colors.
- Once all popcorn is cool, break apart any large pieces of Kettle corn and serve.
- Store leftovers in an airtight container.



Jiggly Shark Pops

Ingredients

- 3 1/2 cups white cranberry juice
- 1 cup blue soft drink, such as Kool-Aid Bursts Berry Blue (not from powder)
- 2 tablespoons granulated sugar
- Four 25-ounce packages unflavored powdered gelatin
- One 10.75-ounce frozen pound cake, thawed
- 2 ounces blue candy melting wafers
- 2 teaspoons unrefined coconut oil
- 1/4 cup white nonpareils
- 1/2 cup tiny rainbow crunchy candy, such as Nerds
- 8 gummy sharks
- Whipped cream, for garnish

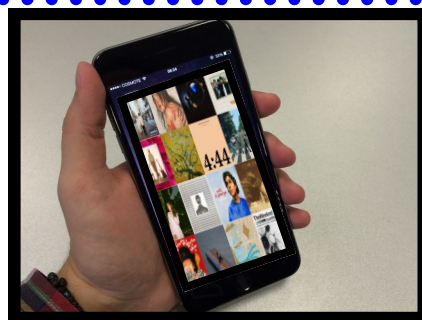
Special equipment: eight 7 1/4-inch-tall push able pop molds; a silicone brush

Directions:

1. Bring the cranberry juice, blue drink and sugar to a boil in a medium saucepan over medium-high heat. Remove from the heat and slowly whisk in the gelatin; continue to whisk until dissolved.
2. Pour the gelatin mixture into a 9-by-13-inch glass baking dish. Refrigerate, stirring every 10 minutes, until the gelatin just begins to thicken, 30 to 45 minutes. (It should be thick, but still liquid and pour-able.)
3. Meanwhile, slice the pound cake into eight 1/4-inch-thick slices.
4. Remove the push parts of eight 7 1/4-inch-tall push-able pop molds from the tubes.
5. Push the circle side of each mold into a cake slice to make a circle that fits snugly in the mold.
6. Return the push part to each tube. Add the blue candy melting wafers and coconut oil to a small microwave-safe bowl.
7. Microwave in 15-second intervals, stirring in between each, until melted and smooth, about 1 minute.
8. Using a silicone brush, paint a 1/2-inch-thick strip on the exterior of the top of each tube with the melted candy. Coat with the white nonpareils (do not completely cover the melted candy).
9. Let set, about 5 minutes. Spoon 1 tablespoon of the tiny crunchy candy into each mold.
10. Freeze the molds while the gelatin sets. Place 1 gummy shark into each of the molds, then fill with the gelatin mixture. Tap each mold to release any air bubbles.
11. Refrigerate until completely set and very firm, at least 3 hours.
12. Top each pop with whipped cream before serving.



THE PLAYLIST



"Home" by Catie Turner—This song can hit really close to your heart, if you are ever feeling lost or sad about missing someone while they are away. This is a great song to listen to. It may make you want to cry, so make sure you grab some tissues (Kendra Archer).



"Dark Red" by Steve Lacy – When listening to this song it helps you to escape from reality and all things around you for the moment. The beat is nice and soothing to the soul. If you don't have your headphones, get them now and blast this song as high as it will go (Jamar Kizer).



"I AM WOMAN" by Emmy Meli—This song makes you want to scream the lyrics at the top of your lungs. It makes you feel empowered about yourself no matter what you think of yourself. The song is a huge comeback to people who put others down and tells them I don't care what you think about me. Give it a listen if you are in need of some go MOJO (Kaila Collins).



"Don't Look Back In Anger" by Oasis—This song is great to do just about anything to. The lyrics and beat of this song will make you want to press replay. This song is highly recommended if you want a screaming sesh with your friends or if you need a good cry (Rylie Toolan).



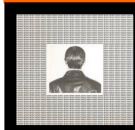
"golden hour" by JVKE—AAAAAAHHHHHH..... what a song! This song really just sets the mood for your day. It is a get up and get moving song. It just really makes life feel like it isn't all that bad. "golden hour" is a great song to listen to when your driving through a long strip of fall golden, colorful changing trees. If you haven't heard this one, get on it (Ashley Escott).



"Figure Me Out" by Djo— Djo also known as the famous Joe Keery, is a man of many talents; starring in *Stranger Things*, *Spree*, and *Under The Silver Lake*, but what is surprising is that he has his own band. Most of his songs are laid back and almost entirely different feel per song. This song is mainly great for background listening while needing some relaxation (Hunter Long).



"Funny Thing About Love" by BabyJake— BabyJake is quite the infamous band, having so many great songs yet so little listeners. His songs are mostly funky, something you would hear at a club or a party. This song in particular is great to dance to and is just an overall bop (Hunter Long).



"Evergreen" by Omar Apollo—Listening to this song can make you sad, but you would also want to listen to it over and over again. This song would be something you could listen to if you ever feel like a second choice in any relationship. It helps to let the emotions release from a past relationship gone wrong and to learn to love yourself first instead (Savannah Rosar).

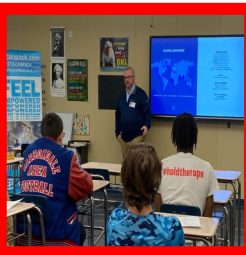


"Until I Found You" by Stephen Sanchez—A soothing song about how all the singer wants is one girl. Performed on a special Gibson guitar that is wider than most. The chords played have a smooth and soothing feel to the ears. It can also be easy to learn to play by yourself to sing to that special someone to let them know they are the one (Nathanial Cruz). #heartheart



"Knee Deep" by Zac Brown Band- From the moment this song begins to play, it needs to be turned up to maximum volume. This makes the listener feel as though they are at the beach and it gives all the feels for the weather we all long for in NEPA (Jacob Berg).

CHARGE INTO THE FUTURE



On Tuesday, October 18, 2022, Carbondale Area held its first annual Career Day, in which presenters from various local organizations and affiliations came to introduce students to possible career paths they might be interested in, in the future. Students were provided with presentations on colleges, trade schools, work force, and military options. These presentations outlined the various paths taken to achieve success in the future. 7th and 8th grade students spent the day making a difference while cleaning up around our town. 9th grade students toured the local Career Technology Center with guides who are current CA students and attend CTC. 10th grade students were given the ASVAB. A college fair was also offered. Some teachers even got involved in offering "adulting classes." These included: making resumes, budgeting, cooking, manners, and tire repair. The significance this event holds is that it may "open students' eyes" to paths they may have never considered otherwise and may help narrow down a college-bound student's list of potential colleges. We look forward to continuing to Charge into the Future.



TEENAGE THROWBACK

