

VOLUME 1  
ISSUE 3

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# Red and Blue News

As a Unified Champion School, Carbondale Area Jr/Sr High School is required to hold events throughout the year that bring the entire school together. This year, the Unified Sports Teams came up with an idea to bring kindness and inclusion to the forefront- *Charge into Kindness and Inclusion Week*. An entire week of events that revolve around the central tenants of Unified Sports- kindness and inclusion.

The week began with Down Syndrome Awareness Day. In conjunction with Ms. K and Mr. Murphy's classes, the Unified team helped spread the message about down syndrome. Students, teachers, and staff were asked to wear crazy socks to represent the extra gene on chromosome 23. Random acts of kindness were rewarded on Tuesday March 22. Teachers looked for students who went out of their way to show kindness to others. They were rewarded with gift cards to local restaurants. Spread the Word- Inclusion is a national campaign of Special Olympics. Students were given the opportunity to sign the pledge saying that they will be a Champion of Change and support the initiative of inclusion in their school and community. Thursday students had the opportunity to say "THANK YOU" to a friend, teacher, staff member, coach, or family member who has positively

impacted their lives. The week concluded with students, staff, and faculty wearing the official Charge into Kindness and Inclusion Week t-shirt. The shirts which were designed by the Unified team members was brightly colored in yellow to represent the color of inclusion and spreads the message to all that inclusion lives here at Carbondale Area. Friday afternoon concluded with a faculty vs unified bocce team match.

This week was a great reminder of all the good things that happen here at Carbondale Area. Students do not need a calendar week to be kind and inclusive, it happens everyday.



# VOLLEYBALL TOURNAMENT

*By: Sophie Crozier*



On January 28, 2022 in the gym of the Dale, the Volleyball Tournament between the junior and senior classes was held. Before holiday break ended, gym and health teacher, Ms. Naniewicz announced this event for juniors, seniors, and teachers. The teams were separated between the three groups that could have been co-ed, but most teams were separated by gender. Throughout the last week of January, playoff games were held to find the finalist of each grade.



Because of this set up, the first game was senior boys versus junior boys. The senior boys' team consisted of Guy Mushow, Killian Bannon, Nate Shaw, Kyle Perri, Luke Bradley, and Logan Wormuth. Junior boys were Matthew Totsky, Vincent Depalma, Bryan Salitsky, Brycen Kelly, Thomas Gray, Liam Shenise, and Chase Arthur. Senior boys ended up on top by the end of the first game, but by the end of the second game, the junior boys caught up and tied, 1-1.



The final game between the two grades resulted in a senior win. The second set of games held was between the Senior girls: Alyssa Cosklo, Alexis Price, Mia Marerro, Chloe Rumford, Mia Perri, Ellie Higdon, and Glenda Marerro and junior girls Madison Kelsch, Maddie Borders, Julia Murphy, Elyssa Shaw, Ashley Escott, and Emma Monahan. The team made up of junior girls was unstoppable. Giving them an undefeated title. Finally, both winning teams had the chance to play against the teachers to determine the winner.



Senior boys cleared the team of male teachers out gaining yet another win. Unfortunately, the junior girls match against the female teachers was cut short; however, the female were in the lead. The support of their classmates from the junior and senior student sections remained in constant competition throughout all matches. This was an ACE in our book! #SPIKE





# MOCK TRIAL

*By: Caden Brennan*

This year's Mock Trial competition deals with the murder of Jonathan Pollard who was found lying dead on his property by his own blade. In his time, he was a giant, critical player in the horse racing industry with hundreds of winning silks flapping from his banner. In the weeks before his death, Pollard was a person of importance, a man of wealth and connections, but now Pollard is out of the picture. The question is who has done the murder. Standing accused of this crime is Edi Arcaro. Edi was once Pollard's disciple, then Pollard's protégé. Edi dared to set out on her own and start her own stable to beat Pollard at his own game. On the evening of February 1, 2022, with the heart of the case in their minds, the Mock Trial team went head-to-head with Mid Valley High school during the first-round while presenting the defense of the case. Up first as lawyers were Megan Cosklo, Mia Perri, and Kaci Bannon. Witnesses were Emily Seymour, Katelyn Ostrander, and Kyleigh Wallace. The opening of the trial was presented by

Megan Cosklo followed by witness testimony, cross, and directs. Mia Perri delivered the closing statement to end the trial. In the end, it was unanimous that CA had taken the win! Mid Valley voted that the Best Advocate for the evening was Megan Cosklo and Best Witness was Emily Seymour. The next trial was Carbondale Area's prosecution team with Dunmore on the night of February 15, 2022. The trial started with Alyssa Cosklo giving an outstanding opening. After all the lawyers and witnesses had their turns at the stand, Elizabeth Pantoja gave her closing to end the trial. Dunmore picked Caden Brennan as best witness and Jocelyn Brown as best lawyer. As the team was waiting with anticipation, they finally found out they had won the trial! This is only the third Mock Trial team from Carbondale Area to make it to the semifinals. Members were very excited and hoped to keep pushing forward through the competition. In the Semi-Final round, Carbondale's defense team went against Abington on the

afternoon of March 3rd, 2021. As the trial went on, it was getting more and more tense for both teams. Lawyers were throwing out objections along with back-and-forth explanations. Each team was going head-to-head to fight for the finish line. Once the trial was over, members of the team had to wait to hear who had won in the morning. Unfortunately, the Chargers were unable to pull out the victory. Members were upset, but they are eager to come back next year stronger than ever! All members are excited for next year, but they are upset to have to say goodbye to their fellow senior members Alyssa Cosklo, Mia Perri, and Elizabeth Pantoja.



# BOCCE TOURNAMENT

The first Unified Bocce match of the season took place on Tuesday, February 8, 2022, when the Chargers took on the Comets from Abington Heights. Bocce is a game of skill and strategy and no matter one's ability they can find success in this sport. Offering two Unified teams allows for more students to participate and continues to spread the message of inclusion within our school. The team is made up of 14 students with and without intellectual and physical disabilities that are partnered on to one team. The Chargers took the win that evening with a score of 3-1. The Unified team is looking forward to the regional championships which will be held in March where they hopefully can defend their crown and finally get to the state championship. During the state championship our Chargers worked hard to defend their title. They ended up 8th in the state! We are so very proud of them for all their hard efforts! Our team received a generous donation from the Carbondale Chapter of UNICO National that will be used for apparel and supplies. We cannot thank them enough for their generosity in helping to make unified sports a new thriving chapter in CA history.



## Chargers





# DRAMA CLUB PRESENTS: WHEN DOROTHY MEETS ALICE

By: Jonathan Prieto

Carbondale Area's Drama Club made a smashing comeback with the production of *When Dorothy meets Alice* under the direction of English teacher, Mrs. Rasmus. The plot of the play is about a young girl named Jenna Watson, who is writing a book report on *The Wizard of Oz* and *Alice in Wonderland* on the day before it is due. However, she ends up falling asleep only to wake up in a dream where she meets Dorothy and Alice. Jenna works to help the two of them with their own problems against the Wicked Witch of the West and the Queen of Hearts. While helping them, she informs them of her own dilemma of finishing her book report before school starts. She would rather stay in the dream forever to avoid all her real-life problems. Dorothy and Alice inspire her to solve her book report issue and write on both stories. During the events of the play, the three of them meet up with characters and try to stop the Wicked Witch of the West and the Queen of Hearts. Jenna awakes from her dream with the inspiration from Dorothy and Alice and finishes her books report. The cast did a superb job portraying the characters, and the set truly caught the eye of the audience. It was an awesome feeling to finally be able to go out and enjoy a show and support the arts in our school.



Liliana Cerra  
Jenna



Victoria Aston  
Queen of Hearts



Jozlyn Santos  
Scarecrow



Mary Miles  
Witch



Scarlett Blaustein  
Cowardly Lion



Jamar Kizer  
Mad Hatter



Clara Crandall  
Dorothy



Eliana Connolly  
Alice



Natalie Skeba  
White Rabbit



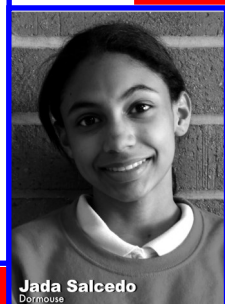
Katherina Elston  
Tinman



Shallaiye Wyatt  
Divine's Girl  
Champion



Jenesis Cruz  
Stage Manager



Jada Salcedo  
Dormouse

# SPORTS BANQUET

*By: Sophie Crozier and Noah Kilmer*

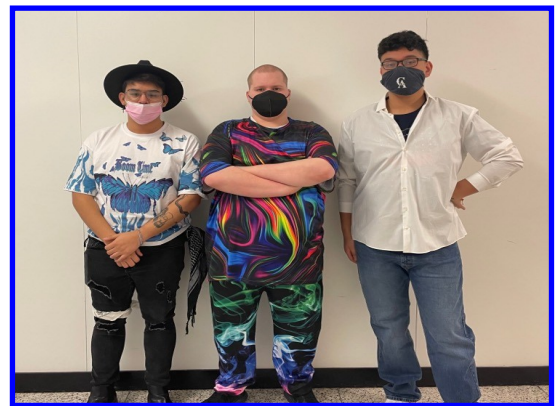
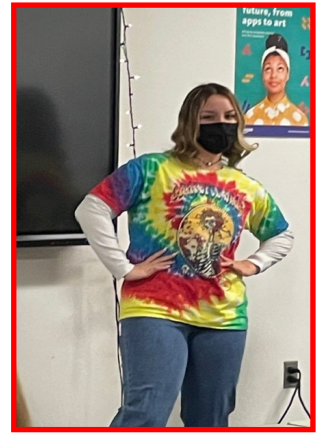
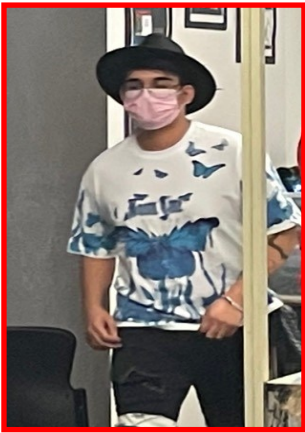
On Saturday, February 12<sup>th</sup>, Carbondale Area's Annual Football and Cheer Banquet was held. This banquet was held to show recognition for all the students who took part in making Carbondale's 2021 football season a success. This included recognition of all players, cheerleaders, band members, and coaches. The night started with delicious catering at Montdale Country Club. After dinner, parents of the Cheer Parent Group individually handed out the cheerleaders' gifts announced by acting principal, Larry Gabriel. The girls received a Vera Bradley blanket and cup. Rewarded next were Senior Cheerleaders. All senior girls received the "Best Friend" award. Ellie Higdon was awarded "Team Leader". Alyssa Cosklo was awarded "Most Versatile". Sophia Calzola was awarded "Most Spirited". Madison Regal and Makenna Fedorchak received the "Coaches Award". Finally, Mia Perri was awarded with "Most Valuable Cheerleader". Then, Coach Arthur began introducing the football players. Each player was presented with a CA Football shirt for their dedication and hard work they put in this season. The two main awards given mean a lot to our Charger Football Program. They are the Jim Miller Award and the Billy Conigliaro Team Spirit Award. It is in memory of these two important guys because they did a lot for the Charger Football Family. Carlos Orta won the "Team Spirit Award" and Vincent DePalma won the "Jim Miller Award". Coach Logan Arthur gave a speech to his fellow classmates on how they made his high school years memorable. Coach Jeff Arthur added to his son's speech and thanked the team for their hard work and dedication they put in for football season.





# FASHION SHOW AT CA

The Nutrition and Wellness classes are studying fashion design, styles, clothing construction, and care. They held a friendly competition between the two classes and held a Fashion Show representing six categories of fashion style which included artsy, business casual, vintage, chic, bohemian, and skat-er/grunge. The students are learning how fashion is a part of the world and part of history. Students are also exploring how clothing and fashion reflect the times we are living in and is influenced by the economy, society, politics, ethnicity, and current acceptable standards of society.





# FBLA COMPETITION

*By: Shauna Durst*

Recently, members of FBLA received news about their results in the Regional Competition. Although the ceremony was held online this year, members were still eager to learn their outcomes. Those winning first place awards were: Luke Bradley, Kyle Perri, Emily Kelly, Matthew Totsky, Brycen Kelly, Shauna Durst, Gia Mark, Julia Gorel, Molly, Kelly, Kylie Kelly, and Abigail Wall. Members who earned a first through fourth place award will be traveling to Hershey during the month of April in order to compete in the state competition.

#chargerpride





# SUPER BOWL LVI

## WHERE IT ALL BEGAN...

Are you ready for some....Super Bowl commercials? The one thing that mass amounts of viewers look forward to is the commercials that appear during the Super Bowl. The hype before the big game is absolutely insane. Super Bowl commercials have become a cultural phenomenon of their own alongside the game itself, as many viewers only watch the game to see the commercials. The advertisements have become very popular and well known for their quality, unpredictability, and humor. All of this is great, but when did it start? It began in 1984 when the Los Angeles Raiders were against the Washington Commanders. The score was 28 to 9 in the third quarter with the Raiders in the lead when the teams paused for a commercial break. Suddenly, inside the Tampa Stadium, sounds of brass instruments could be heard as the camera zoomed in on an underground walk way. There is a split-second view of a blonde woman athlete running toward the camera with a hammer. One second later, four men in riot gear appear to be pursuing her. At the same time, a voice-over saying, "Today, we celebrate the first, glorious anniversary of the Information Purification Directives!" This is the opening of the first commercial advertisement for Apple Computer Inc.'s original Macintosh personal computer. However, Apple's 1984 Super Bowl ad has been praised as a unique moment. Not only for boosting its market prospects, but for revolutionizing the world of Super Bowl advertising.

## WHAT ARE YOU WATCHING FOR?

On Sunday, February 13, 2022, will you be watching for the pre-game interviews, national anthem, halftime show, commercials, or the actual game? It's probably a little shocking to think that most people watching on Sunday will only be tuning in to see the commercials. Through the years, Super Bowl advertisements have become iconic and have played a major role in helping businesses get their products to be household names. In order to make this happen, corporation must first bid for the spot in which their commercial will appear. Remember, these commercials are only 30 seconds long; however, they can leave a lasting impression that brings in profitable revenue in a matter of minutes. Companies know there's no better time to reach a larger audience than during the Super Bowl, and so they are willing to pay millions in order to get the prime spot that catches the audience's attention and brings in the loyalty to the products they are pitching. So, what will you really be watching for on Sunday?

### BEST SUPER BOWL COMMERCIALS



We have all watched and laughed our faces off when it comes to Super Bowl commercials; however, the true question that remains at the end of the game is which commercials will be remembered long after the statistics have dried in the game book? The Doritos time machine commercial where Jimmy launches a Doritos working time machine will always be remembered especially by the 100 million people who voted for it during the "Doritos Crash the Super Bowl" in 2014.

# SUPER BOWL LVI

In this year's Super Bowl the two teams that went head to head were the Los Angeles Rams and the Cincinnati Bengals. The Los Angeles Rams are from the NFC Division while the Bengals are from the AFC Division. The LA Rams defeated the Bengals 23-20 in Super Bowl LVI thanks to Cooper Kupp and Aaron Donald. LA was in major need of help when wide receiver Odell Beckham, Jr. suffered a devastating injury to his left knee during the game in the 2nd quarter. He has previously torn his ACL twice during the 2021 season. The Rams were struggling in the running game. They finished with 43 yards on 23 carries which put more pressure on Cooper Kupp who was the team's leading receiver this season. Kupp ended up breaking many records. The Bengals were stopping the Rams' plays throughout the entire game which was a great thing for Bengals' fans because the Rams had a great running offense this season. Halftime ended in a score of 13-10 with the Rams in the lead. After halftime, the Bengals came out with a bang as Joe Burrow threw an absolute dot to wide receiver Tee Higgins for a 75 yard go-ahead touchdown. This had the Cincinnati Bengals up 17-13 late into the 3rd quarter. The LA Rams got the ball back after the Bengals scored on the opening drive of the 2nd half, but the Bengals defense started getting together and intercepted the ball. This caused a turnover for the Rams. Neither the Rams nor the Bengals scored in the beginning of the 4th quarter. It took until the middle of the 4th quarter when the Bengals kicked a field goal making the score 20-13 with 8:00 mins left. Once the Rams got back on offense they tied the game 20-20 with a couple minutes left. The Bengals had about two drives left in the game. The Bengals were unsuccessful on the drive. The LA Rams drove down the field and kicked a field goal to take the lead late in the 4th quarter with about 1:25 left. The score was 23-20 Rams. The Bengals had one more drive left to prove what they could do to finish the game and win the Super Bowl. But, it got to 4th and 1, the Bengals had to get into field goal range to at least tie or win the game. LA Rams defensive tackle, Aaron Donald hit Joe Burrow as he was throwing the pass to make it incomplete sealing the Rams' Super Bowl victory. Cooper Kupp sealed the deal for MVP while carrying the Rams to this nail biting victory.





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

## Doja Cat

By: Caden Brennan



Doja Cat is known as an amazing female rapper, song writer, and singer. She started gaining popularity by becoming an internet meme across all social media platforms stemming from her song

"Mooo!" After gaining this popularity, Doja started making her own albums with many other famous artists. She started releasing clips of her songs on the app TikTok. From the first listen, fans have instantly fell in love with her music. Most fans love her song "Women." This song speaks volumes to those who want to send the message to their exes that they are bet-

ter off without them.



## 21 Savage

By: Noah Kilmer



Sheyaa Bin Abraham - Joseph known as 21 Savage is a rapper from Atlanta, Georgia. . Some of his best albums he ever released are *I AM > I WAS*, *Slaughter King*, *Slaughter Tape*, and *Savage Mode II*. 21 Savage has won a

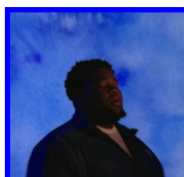
Grammy Award for Best Rap Song, Billboard Music Award for Top Rap Song, and MTV Video Music Award for Song of the Year. On your free time, when you are doing nothing and just completely bored, you should look up 21 Savage either on YouTube, Spotify, Musi, or Pandora and listen to some of his best hits. Back in 2013, 21 Savage's best friend passed away and in honor of his memory, his best

friend's uncle gave 21 money for studio time that started his now multi-hit career. He went on to release his first ever album on November 12th, 2014, called *Picky*. It was released and produced by DJ Plug. 21 Savage is a great listen when you are lifting, driving solo in your car, or just looking for something to chill to.



## Rod Wave

By: Jamar Kizer



Rodarius Marcell Green otherwise known as Rod Wave is known for his strong lyrical skills and singing voice. People know him by his song "Heart on Ice" which went viral across all social media platforms. The

2019 single hit number 25 on the *Billboard Hot 100*. This came from his debut album *Ghetto Gospel*. This album reached number 10 on the *US Billboard 200*. Before his fame, Rod Wave started his career in 2016 when he released a mixtape called *Hunger Games Volume 1*. On August 11, 2020, Rod Wave was invited to be

part of the XXL's 2020 freshman class (Freestyle Battle). Rod Wave's music is a soul soother. Take a listen. You won't be sorry.



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

By: Cayden Davis

## DYING LIGHT 2 STAY HUMAN

*Dying Light 2* is the sequel to *Techlands Dying Light*. It is an action-packed survival, RPG, horror game. It takes place in Villedor City in Europe in the year 2036. This is 22 years after the events in *Dying Light* and 15 years after *The Fall*. The event happened in late De-

ember 2021 where a new mutant strain of the Haran virus breached the Global Relief Effort (GRE) containment and spread rapidly across the world, putting the world into a period called the Modern Dark Ages. Players take on the role of Aidan Caldwell. He is a survivor of GRE experiments with superhuman abilities. The game takes you through exploring Villedor while looking for Aidan's sister, Mia, tracking down Waltz, and uncovering secrets from Aidan's past. It's worth a game or two. Try it out!

By: Dominique Aponte



*First Class Trouble* is a six-player online game where you can play with online players or with your friends. The six players can work together or against each other to find out who is the personoid. The personoid is the im-

poster that must sabotage the ship, so they can win the game. They are known as the imposter. The game consists of trusting if your friend is not lying about being an imposter.

The personoids are robots that are meant to sabotage your team and make sure you do not survive. This game is fun for all ages and for you and your friends. This game is also available on Xbox, PS4, PC, and Nintendo Switch.

By: Jonathan Prieto



Boxing has been an excellent sport throughout the world. Like many other sports, it has become a genre for video games. *Punch Out!!* is one of the most iconic old school videogames on the Nintendo Entertainment System, *Punch Out!!*. It was originally titled *Mike Tyson's Punch-Out!!*. The game features variations from the arcade versions in 1983 to 1984, and most notably the inclusion of undisputed world heavyweight champion Mike Tyson as the final boss. *Mike Tyson's Punch-Out!!* features a boxer known as Little Mac, fighting his way up through ranks of the World Video Boxing Association. After facing a series of colorful fictional opponents in three main circuits, the big match then is to

win the "Dream Fight" against the one and only Mike Tyson, the real-life World Heavyweight Champion at the time. However, this will not be easy. This game is difficult. Little Mac has limited ability compared to most of his opponents. His punches are limited to left and right jabs, left and right body blows, uppercuts, and a super uppercut. The super uppercut can only be used once the player earns a star, which is typically achieved by counter-punching the opponent directly before or after certain attacks are launched. A round can end by knockout, if a fighter is unable to get up within ten seconds after being knocked down. Technical knockout, if a fighter is knocked down three times in one round. And finally, decision, where you need to gain higher points than the opponent during the match. *Mike Tyson's Punch-Out!!*. Try it! It's a real knock out!



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



**By: Caden Brennan**

If you are in the market for an action packed crime solving movie with amazing actors *Red Notice* on Netflix is just the Friday night movie for you. This movie consists of three characters John Hartlyn (Dwayne Johnson), Nolan Booth (Ryan Reynolds), and World's Greatest Art Thief (Gal

Gadot). During the movie John Hartlyn, an FBI agent, is trying to figure out who is trying to steal Cleopatra's three golden eggs. John soon finds out who is trying to steal the first egg, and it's Nolan Booth. When an inspector shows up, The World's Greatest Art Thief decides to steal the eggs for herself. Will John Hartlyn save the day? Will the World's Greatest Art Thief sell the eggs off? Watch to find out!



**By: Franco Prieto**

*Shrek* is a DreamWorks film that tells a tale about being who you are no matter what. Shrek is an ogre who has always been living by himself in his swamp. Everyone feared him, and no one wanted to be with him. He was always alone. Until one day, all the fairy tale characters were banished from the kingdom, because of Lord Farquaad rules. So, Shrek, with

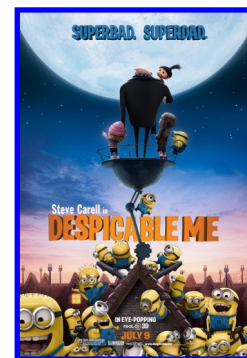
the help of a fairy tale creature named Donkey, make a deal with Lord Farquaad to rescue Princess Fiona to be Farquaad's bride. In return, all the fairy tale characters will be free, and Shrek will get his swamp back. Shrek tries to learn how to be humble while becoming friends with Donkey. When Shrek meets Fiona, he realizes that he has feelings for her and wants to be in a relationship with her. Will this really be their happily ever after? Watch and find out!

**By: Dominique Aponte**

*Despicable Me* showcases a villain named Gru. Gru is a lonely villain who is trying to get his mojo as a villain back, so he can be known as the greatest and most famous villain of all time. Gru goes to The Bank of Evil, so he can pull off a great stunt and steal the moon. They deny his loan because he does not have the right device, The Shrink

Ray, to steal the moon. There is a younger villain, named Vector, that has the same idea. This causes them to try and impress The Bank of Evil to see who can get the money first. Gru adopts three little girls that sell cookies in order to gain an advantage. Their names are Margo, Edith, and Agnes. Gru slowly begins to like the girls over time. Instead of returning them, he wants to

take care of them, being the good guy instead of a villain. So, what will he choose now to steal the moon or be the father the girls wanted?



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

*By: Red and Blue News Staff*



The series is based on the original four *Karate Kid* films. Johnny is at a breaking point in his life. Since he lost the All Valley Championship against Daniel LaRusso 30 years ago, he has not been able to get his life together. Johnny helped Miguel, a neighborhood teen, overcome his insecurities and stand up for himself. After helping Miguel,

Johnny has a revelation that he should return to the one thing he is good at and open his own dojo. However, in order to make this happen, he must swallow his pride and ask his stepfather for the money start the dojo.

Johnny promises that he will pay him back because he doesn't want to owe him anything. Once Johnny opens the dojo, he mentors Miquel in order to realize he has the potential to overcome his fears. Miquel stand up to the people who were bullying him and this sparks and interest in Johnny's dojo. As more students begin to

train under Johnny, Daniel becomes aware and tries to shut down Cobra Kai. Despite his effort, Daniel is unable to put a stop to the growth of Cobra Kai. Will Johnny ever be able to know what it feels to like to win the All Valley Championship as a sensei? Will his feud with Johnny lead to his downfall? Will his past come back to haunt him, or will he finally be able to make things right in his life?

#STRIKEFIRST

#STRIKEHARD

#NOMERCY

*By: Noah Kilmer*



*All American* is a series that showcases Spencer James' road to playing in the NFL while still in high school. It compares Spencer's journey to his father's, Corey James' journey to playing in the NFL. This series is loosely based off of James' story. *All American* is an inspiring family drama about an incredible young high school student

named Spencer James and his two families whose homes he lives in after transferring from his hometown school Crenshaw to Beverly Hills High. As NFL star, player, Spencer James grew up in a rough South-Central neighborhood in Los Angeles California, but he played high school football at Beverly Hills High School. In the series, Spencer James strives to make his dream of playing in the NFL a reality. He wants to continue his father's legacy and wants to be as good or better than his father was. Within this series there are

58 episodes. Currently, there are four seasons. You don't have to be a football fan or even have knowledge of the game to get hooked on this series. It is certainly worth the watch and it keeps viewers coming back for more.

#LETTHELEGACYCONTINUE





# THESE SHOULD BE YOUR NEXT DOWNLOAD...

**By: Caden Brennan**



If you are looking for a new app to socialize with people on, Snapchat is just for you. Snapchat is used by all ages. It's an app that allows you to share photos and videos with others online, but unlike Facebook and Instagram,

your content isn't stored permanently. To find people to talk to, you can either look up their name in the search bar or go to the "Quick Add" option that will give you random people's snapchats from around your area. Once you start using the app, you can notice that you develop a

"Best Friends" list. Your list consists of the people you snap the most. Also, overtime you develop a "Snap Score" which is the total number of snaps you send and receive. If you want to start meeting new people from your area, Snapchat is the perfect app for you.

**By: Sophie Crozier**



TikTok is a social media platform where you can create and watch other creators' 15 second to three minute videos. This platform is known for its skits and trends people create. Others on TikTok are known for their lip syncing and dance videos. The app is a way for people to express their true personalities and allows them to get creative in the content they

make. For those who don't want to create and simply just watch content, TikTok has a "For You" section which is based off an algorithm that shows similar content you've previously liked. TikTok was the former app Musical.ly before it aired in 2016 as TikTok. In 2017, an exponential growth hit for the app with over 200 million users. TikTok is now at 1 billion active users with more people joining everyday. Because of its popularity, many users were able

to gather a following and views. The app also holds a creator fund for high followed creators so that they could gain a profit off of the videos they release. If you ever need something to fill your time, TikTok is a great app. Because of its short-length videos and variety of content, you'll always find something you're interested in and never get bored.

#speakingfromtheheart

**By: Dominique Aponte & Franco Prieto**



Retro Bowl is a mobile football game. The game is mainly based on coaching a team as a head football coach to create a record for yourself in the Football Hall of Fame. You can choose to start

coaching with your favorite team, or you can be assigned by a team randomly. The game starts with you learning the mechanics of the game. Your record is 4-12, and you have no chance of making the playoffs. You go into first draft picks where you build your five-star team. Each player has a certain number of stars in the beginning, and the stars determine how

good the player is. The highest number of stars a player can be given is 5, with the lowest being 1. You play each game to find out if you can make it to the playoffs or even the Retro Bowl (Super Bowl). Are you able to win the Retro Bowl and build a five-star team? Download the game on iOS or Android and find out.

# SWEET KICKS REVIEW

*By: Cayden Davis*

Being one of the most expensive shoe brands out there, LeBron's are definitely worth the money. When purchasing a pair, you can expect top tier comfortability and durability. Prices range from \$100-\$300, and if you're really into the shoes some even range from \$15,000-\$30,000 for a single sneaker! There are 19 different athletic types of LeBron's all of which are made to perfection. The first shoe was released in 2003. They were

the Nike Air Zoom Generation. Now the most recent pair is the Nike LeBron 19, and they're amazing.



*By: Dominique Aponte*

When athletes are looking for a good cleat brand to start a season, most choose Nike. In the year 1905, a company called Gola, started to create American football cleats. Many other companies started to make cleats after that such as Valsport in 1920 and Hummel in 1923. The first football cleats with replaceable metal studs were created by two brothers Adolf and Ru-

dolf Dassler in 1925. Nike started to make cleats in 1971. At first, they were called the Swoosh because the Nike symbol wrapped from the middle part of the cleat to the back. The original cost of the Swoosh was \$16.95 plus tax that was a fair price for cleats back then especially for Nike. Cleats are still being made today by various companies. They still also sell cleats with detachable spikes. The aver-

age price range for Nike cleats is \$50.99 to \$200.00 for normal cleats. For cleats with detachable spikes, it would cost you around \$100.00. Cleats are a necessity for football players, so they won't slip when the grass is wet.



*By: Franco Prieto*



Crocs was first revealed in 2001, and since sold 300 million pairs. Crocs is a brand that sells soft and comfortable foam clogs. Crocs come in various col-

ors and styles from classic colors such a white, red, blue, etc. and other types of designs like tie dye patterns, so they can go with your fit

for the day. You can also get Jibbitz, which are charms that can be accessories for your Crocs that can be animals or maybe your favorite characters from movies or TV shows. Crocs are designed specifically with comfort in mind. You can wear Crocs anywhere and anytime; they are perfect for indoors and outdoors. Crocs are priced at about \$45 for adults. For kids, the price is about \$30. Jibbitz are about \$5 or \$6. #CROCITOUT



# SWEET KICKS REVIEW

*By: Noah Kilmer*

The original Air Jordan's were released in 1985. These shoes were designed by Peter Moore, Tinker Hatfield, and Bruce Kilgore. Jordan shoes are a common product that are high quality and are comfortable and very supportive for your ankle and foot unlike any other product. A lot of people buy this famous basketball shoe. You can

find this product at a StockX, Goat, or Nike stores around you. This shoe product ranges in all sizes. Jordan's usually round up to about \$150.00 - \$230.00.



*By: Brandon Cicco*

Curry shoes have amazing traction and comfiness especially on the court. These shoes aren't as pricy as all the other basketball or running shoes. They range from a price of \$120-\$160. These shoes are best for basketball or running.



*By: Cayden Davis*



Kyrie Irving is a seven-time All-Star and three-time member of the All-NBA Team. Kyrie's shoes are an ongoing shoe brand owned by Nike. They were first released in December 2014. Kyrie's shoe deal with Nike is worth 11 million, and his signature shoes are among the best selling Nike shoes. Kyrie's have all sorts of styles and range from \$110 - \$150. They are affordable and comfortable shoes.

# THE BATMAN 2022



*By: Franco and Jonathan Prieto*

*The Batman* has finally made it's way to the big screen! The plot of the movie is about Batman exploring into the City of Gotham starting his journey as a vigilante. When a sadistic killer, known as The Riddler, leaves behind a trail of cryptic clues, this leads Batman to find pieces of riddles to solve. It also brings along with it new allies to help Batman stop The Riddler's terrors and bring justice to the abuse of power and corruption that has brought chaos long enough to the City of Gotham. Everything about this new Batman is comic accurate and amazes the audiences. Robert Pattinson played a perfect Batman and Bruce Wayne. He makes the characters come to life. Fans will be hyped watching this film. The movie has numerous hidden elements that keep that audience on the edge of their seats waiting to see what will happen next. The visuals, sound-

track, and effects are the perfect pairing that make this movie the next best thing on your to watch list. If you are a fan of Batman, this is one definitely falls in the category as top three. Get to a theater near you, grab some popcorn and a drink, and enjoy one of the best Batmans of our time!





# GREAT THINGS ARE HAPPENING AT CA



Carbondale Area senior Sarah Parry, who attends the Career Technology Center (CTC) of Lackawanna County, teamed up with four students to win the Nursing Knowledge Bowl at the CTC District 1 Skills USA Competition earlier this month. The team of Sarah, Margaret Haines, Daniel Pano-Leyva, Sade Pike, and Sage Bilko won the Gold medal in their event against the Susquehanna CTC and will represent District 1 (Lackawanna, Luzerne, Susquehanna, Carbon, Wayne & Pike counties) at the PA State Conference in Hershey in April. They demonstrated communication skills, teamwork, problem-solving and time management skills by determining and presenting the answer to each question presented during the quiz bowl portion of the contest, as well as a written test. Teams of students were tested on their collective knowledge within the healthcare system.

Teams were judged on accuracy of answering questions in a variety of categories including: anatomy and physiology; medical terminology, healthcare procedures, healthcare systems; employability skills; legal responsibility; ethics; safety practices; current events related to Healthcare; communication and teamwork. "I am excited to go to states with my teammates. It was a good experience, and I am glad we were able to do this in person," explained Parry, who plans to attend Wilkes University and study to become a Registered Nurse (RN). The Carbondale Area School District congratulates Sarah on this outstanding accomplishment and wishes her the best of luck at states as well as in her future endeavors.



# GREAT THINGS ARE HAPPENING AT CA



By. Rogemarie Navarrete

Being nominated for WVIA's artist of the week is one of my biggest accomplishments in life. As a performer, it feels good to be acknowledged and recognized by other people bigger than myself. It all started when Mr. Schuster called me down to the chorus room, I didn't know what he had in store for me, and I thought I was in trouble for something. When I saw him he had a

huge grin on his face as he told me, "Hey kiddo, I nominated you for artist of the week for the WVIA thing. They want you to film a video and interview you in school. Your performance and interview is going to be on TV by the way." I was initially shocked but excited to have heard this from him. Soon, I became nervous because I've never filmed myself before, and it was kind of nerve wracking to be on TV. I felt a little pressure, but I calmed myself down and pulled through it all. I had a fun and exciting experience being interviewed and answering some questions that prompted me to think about the importance of music in my life and how it heavily changed and affected me. Filming the video was an amusing experience for me because I'm used to performing instead of pre-recording the performance, especially in the comforts of my own home. Nevertheless, I'm happy to have been able to partake in this honorable event, and I'm proud to say that I've learned a lot of things from this exchange.

# WE ARE...



# ACCEPTED!



# GREAT THINGS ARE HAPPENING AT CA



"I was excited to be given this opportunity my senior year. I really enjoy being able to learn about our government and have a chance to make some of the changes I hope to see in our society." These are the words of student, Alyssa Cosklo, who was given the opportunity to participate in the Student Ambassador Program with Senator Marty Flynn. She has met with the senator as well as various people from Harrisburg and local gov-

ernments, including the current mayor of Scranton, Paige Cagnetti. Alyssa was assigned to a group where they discussed and came up with a law of interest to the group members to present to the Senator. One of the proposed laws will go to the Senate for approval. Next month, Alyssa and fellow participants will be afforded with the opportunity to take a trip to the state capital to sit in on a Congressional Hearing and meet with other state senators. #CHARGERLAW

# MARCHING BAND WINS



# DONALD REGAN MEMORIAL AWARD



# PIN THIS



## *Peanut Butter and Chocolate Fudge* Instructions

**Prep:** 10 mins

**Cook:** 5 mins

**Additional:** 2 hrs

**Total:** 2 hrs 15 mins

**Servings:** 32

### Ingredients

2 cups milk chocolate chips  
 2/3 cup semisweet chocolate chips  
 1 (14 ounce) can sweetened condensed milk  
 1 pinch salt  
 1/2 cup peanut butter  
 1 tablespoon vanilla extract  
 1/2 cup peanut butter chips  
 1/4 cup milk

**Step 1:** Line an 8- or 9-inch square baking pan with parchment paper, leaving 2 to 3 inches overhang on the sides.

**Step 2:** Combine milk chocolate chips, semisweet chocolate chips, condensed milk, and salt in a large microwave-safe bowl. Microwave on high until mostly melted, about 2 minutes. Stir with a soft spatula until creamy. Mix in peanut butter and microwave for 1 minute. Add vanilla extract and stir until smooth. Transfer to the prepared baking pan and smooth top with a spatula.

**Step 3:** Combine peanut butter

chips and milk in a small microwave-safe bowl. Microwave on high for 1 minute. Stir, and continue to microwave in 30 second increments, stirring in between, until mixture is smooth. Pour on top of the fudge mixture and smooth top with a spatula. Place in the refrigerator until firm, about 2 hours.



## *Moroccan Chicken Thigh Sheet Pan Dinner*

**Prep:** 30 mins

**Cook:** 30 mins

**Additional:** 50 mins

**Total:** 1 hr 50 mins

**Servings:** 4

### Ingredients

1 lemon, zested and juiced  
 2 tablespoons olive oil  
 1 1/2 teaspoons ras el hanout  
 1/2 teaspoon salt  
 4 (6 ounce) bone-in chicken thighs with skin  
 1 medium sweet potato, peeled and cut into 1-inch chunks  
 1 medium zucchini, cut into 1-inch chunks  
 1 (15 ounce) can chickpeas, drained and rinsed

1 (14 ounce) can quartered artichoke hearts, drained

1 teaspoon ras el hanout

1/2 teaspoon salt

2 tablespoons olive oil

1/4 cup pomegranate seeds

1/4 cup chopped fresh parsley

2 tablespoons shelled pistachios, coarsely chopped

### Directions

**Step 1:** Combine lemon juice, lemon zest, 2 tablespoons olive oil, 1 1/2 teaspoons ras el hanout, and 1/2 teaspoon salt in a resealable plastic bag. Place chicken thighs into the bag, making sure marinade gets under skin. Seal and refrigerate at least 30 minutes. Remove chicken from refrigerator 20 minutes before baking and let come to room temperature.

**Step 2:** Preheat the oven to 400 degrees F (200 degrees C).

**Step 3:** Combine sweet potato, zucchini, chickpeas and artichoke hearts in a bowl. Sprinkle with 1 teaspoon ras el hanout and 1/2 teaspoon salt. Drizzle with 2 tablespoons olive oil and stir to combine evenly.

**Step 4:** Remove chicken from marinade and place on a 13x18-inch rimmed sheet pan. Place vegetable mixture around chicken.

**Step 5:** Bake in the preheated oven, flipping vegetables halfway through, or until chicken has reached an internal temperature of 165 degrees F (74 degrees C), about 30 minutes.

**Step 6:** Remove from oven and garnish with pomegranate seeds, parsley, and pistachios before serving.







# PIN THIS



## Fluffy French Toast

**Prep:** 10 mins

**Cook:** 20 mins

**Total:** 30 mins

**Servings:** 12

### Ingredients

¼ cup all-purpose flour

1 cup milk

1 pinch salt

3 eggs

½ teaspoon ground cinnamon    heat.

1 teaspoon vanilla extract

1 tablespoon white sugar

12 thick slices of bread

### Instructions

**Step 1:** Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.

**Step 2:** Heat a lightly oiled griddle or frying pan over medium

**Step 3:** Soak bread slices in mixture until saturated. Cook bread on each side until golden brown. Serve hot.



## Mango Drink

**Prep:** 5 mins

**Total:** 5 mins

**Servings:** 4

### Ingredients

2 mangoes, cut into cubes

1 cup ice cubes

1 teaspoon vanilla extract

1 tablespoon white sugar

1 ⅔ cups milk

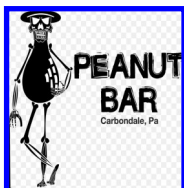
### Instructions

Combine mangoes, ice cubes, vanilla extract, and sugar in a blender; pour in milk. Blend until liquefied. Pour into your favorite glass and enjoy!



# RESTAURANT REVIEWS

## *Peanut Bar Restaurant* *By: Noah Kilmer*



If you have been searching for a Thursday night, Wing Night place, look no further. The Peanut Bar Restaurant is by far the Thursday Night go to spot. Their Garbage Wings are my go to order

with a side of celery and blue cheese. However, I cannot discriminate. All of their wing sauces leave your palate craving for the next Thursday to try another flavor. Don't cut yourself short. They have numerous other entries on their menu. Some other go to platters are their loaded nachos, pierogies, pizza,

burgers, or pretzels with beer cheese. The possibilities are seriously endless. As their saying goes, "If you cannot stop in, smile as you go!"



## *Subway* *By: William Durst*

Although Subway tends to be a quick stop for a daily sub craving, the ingredients are fresh and the possibilities are endless. If you are looking for the grab and go option, download the

APP and customize your order to your liking. If you would like to lay your eyes on the product you are about to consume, go inside and eat fresh and make it how you want. For sure, the go to order is a footlong Chicken Bacon Ranch on Italian herb and

cheese bread with a Cherry Coke and a bag of chips of your choosing.



## *Chick-fil-A* *By: Sophie Crozier*

Chick-fil-A is one of the many fast-food chain restaurants that specializes in chicken-based products. Some of their many famous items include their Deluxe Chicken Sandwich, Chicken Nuggets and Tenders, Chicken Wraps, and Southwest Chicken Salad. Chick-fil-A is one of the more popular fast food

restaurants because of its great seasoning and combination of flavors. Another reason is that unlike McDonalds, Burger King, and Taco Bell, Chick-fil-A doesn't have as many locations, creating a lower supply to its high demand ratio. Throughout the U.S and two other countries, Chick-fil-A has a total of 2,804 locations. Chick-fil-A also has their own "Chick-fil-A

Sauce" that pairs perfectly with all of their menu items. They also include menu items for those who are vegetarian and gluten free. Whether you're a chicken connoisseur or just have a strong love for chicken, Chick-fil-A is just for you.



# INSPIRATION CORNER

**PUSH YOURSELF, BECAUSE NO ONE ELSE IS GOING TO DO IT FOR YOU**

AT THE END OF THE DAY, WE CAN ENDURE MUCH MORE THAN WE THINK WE CAN. -FREDERICK DOUGLASS

Being alone at home working on yourself is 10x better than feeling alone in a crowded room.

IF YOU GET TIRED LEARN TO REST, NOT TO QUIT.

Never a failure, always a lesson

**KINDNESS MAKES YOU THE MOST BEAUTIFUL PERSON IN THE WORLD NO MATTER WHAT YOU LOOK LIKE.**

You're getting distracted again. I thought you wanted to be the first success story in your family?

People change and things go wrong, but just remember life goes on.

"...you have no boundaries in what you can achieve in life!"

ASK WHAT MAKES YOU ALIVE AND GO DO IT. BECAUSE WHAT THE WORLD NEEDS IS PEOPLE WHO HAVE COME ALIVE.

There will come a time where you believe everything is finished. That will be the beginning.

DON'T BE THE SAME. BE BETTER!

You are never too old to set another goal or to dream a new dream.

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH

Stop sacrificing your mental health for the needs & wants of the world.

The things you're waiting and hoping for, tend to arrive at the most unexpected moments. **STAY POSITIVE!**

LAUGH often DREAM big REACH FOR THE STARS

make someone smile every day, but never forget that you are someone too.

If you don't push past your limits this is where your story ends.

There will come a time where you believe everything is finished. That will be the beginning.

"Reach for the stars, you just might become one!"

GET IN TO THE HABIT OF ASKING YOURSELF: "DOES THIS SUPPORT THE LIFE I'M TRYING TO CREATE?"

trust in timing

Stay lowkey & let them assume incorrectly.

Be yourself. People don't have to like you, and you don't have to care.

LIFE is the ART of DRAWING without an ERASER

Never stop looking up

Remember the ones who saw your potential when everyone else was clowning you.

Once we are aware of a problem, it becomes an opportunity for redemption.

"Reach for the stars, you just might become one!"

Live as if you were to die tomorrow. Learn as if you were to live forever. -Mahatma Gandhi

Vibing alone to fix yourself is self-care.

Be the reason someone feels seen, heard, and supported.

ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE

"It is far better to be alone, than to be in bad company." -George Washington

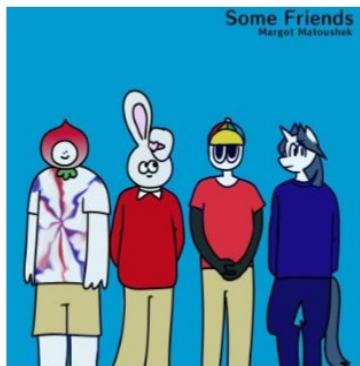
Hard times reveal true friends.

one of the hardest things in life is choosing whether you should give up or try harder.

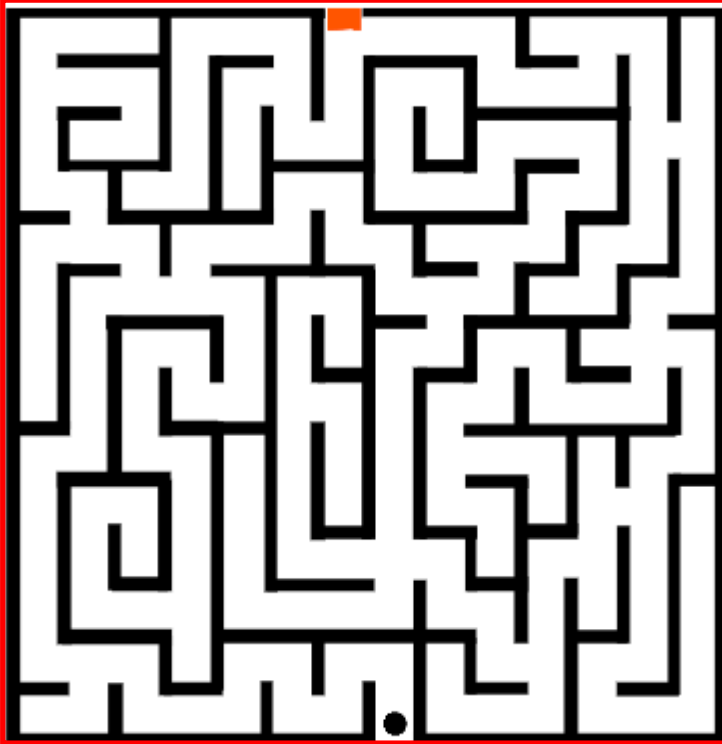
Be happy. It drives people crazy.



# COMIC CORNER



# PUZZLE CORNER



				3		8	5
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			5		7		
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	9						
5							7 3
		2		1			
				4			9

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- Recycle
- Global
- Green
- Power
- Environment
- Hazardous Waste
- Vanpool
- Energy
- Solar
- Air
- Conservation
- Reuse
- Water
- Pollution
- Trees
- Exercise
- Biking
- Walking
- Earth
- Plants