## Red and Blue News

## Volume 3 Issue 4

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## Congratulations! We made it!

With summer right around the corner, our final edition of the Red and Blue News for the year is hitting the market! In this edition, you can find tons of summer activities, along with our usual Charger news and fun filled pop culture findings. Join us for one last time this year as we slide into summer!

## Chargers in the News

Congratulations to Carbondale Area 11 th grade student, Scott Snyder, who recently earned The Certified Manufacturing Assistant (CMfgA) credential. Scott completed the 27-module digital platform that focuses on various sectors of Advanced Manufacturing. In addition to Scott's completion of the ToolingU Certified Manufacturing Associate program (CMfgA), he recently passed the national test for CMfgA and was issued a badge and certificate through Credly, a global digital credential platform.
"Our school partners have really taken to this program - especially Carbondale Area - and many students are working their way through the training and obtaining Continuing Education Director. "Scott has been exemplary in his commitment to the program and local manufacturers will benefit from students like him who have extra training in the industry as they graduate from high school."

Lackawanna College's Office of Continuing Education sponsors the program through a grant from the PennsylvaniaDepartment of Community and Economic Development's Manufacturing Training-to-Career program in coordination with the ToolingUdigital platform.

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## Chargers in the Nows

## Bridye Building Competition



Members of the Physics Club, under the direction of Mr. Joseph Borosky, participated in a Bridge Building Competition on March 16 at North Pocono High School. Connor Dutter, Dylan Ofner, and Adrianna Gigliotti built a bridge made out of basswood, which is very light and delicate. Their bridge had to weigh less than 25 grams. When they got to the competition, a weight was applied to the bridge until it was no longer safe to apply weight.
"It was fun for me- I enjoyed building it and applying what I learned in class to a real-world scenario," explained Dutter.

Rayes Physics Competition


Mr. Joseph Borosky would like to congratulate the Physics Club team of Jocelyn Brown, Megan Cosklo, Connor Dutter, Natalie Skeba, Zach Staples, and Gavin Wearing on all of their hard work at the Hayes Physics Competition at the University of Scranton on April 18. They had a great day of competition that included four team events and an individual quiz. They finished second in the Car Launch event where they had to calculate where the toy car would land based on the given information.
"The competition was fun, and it was a great way to apply what we are learning in class to a real-world scenario in a group setting. Everyone did a great job of bouncing ideas off each other," noted senior Zach Staples.

## Chargers in the Nows



Pennsylvania State Representative Kyle Mullins spoke to the senior class today about civic engagement and the state legislature. We are very appreciative of his time and effort to speak with our students!

Pictured left to right: Front Row- Juliette Racht, Ema Dobosh, Jocelyn Brown, Megan Cosklo, Kylie Kelly, Kaci Bannon, and Molly Kelly. Second Row- Connor Dutter, Adrianna Gigliotti, Max Rosler, Andrew Balderas, and James Gilia. Back Row- Mr. Lawrence Gabriel III, Assistant High School Principal, Mr. Kyle Mullins, Pennsylvania State Representative, Mr. Joseph Farrell, High School Principal, and Mr. Thomas Mauro, Social Studies Teacher.


Pictured left to right are the following: Front Row- Dominique Aponte, Jonathan Reilly, Cody Ormes, Malachi DeBarry, Megan Cosklo, Preston Casey, Andrew Balderas, Darryl Bennett, Ulric McKenzie III, and Mr. Michael Freed, Head Boys Track and Field Coach. Back Row- Mr. Adam Rossetti, Assistant Track and Field Coach, Mrs. Holly Sayre, Superintendent of Schools, Mr. Jordan Rossetti, Assistant Track and Field Coach, Mr. Lawrence Gabriel III, Assistant High School Principal/Athletic Director, Mr. Joseph Farrell, High School Principal, Luisa Diaz, Frances Reilly, Michael Reilly, Debi Baldwin, Rabiyah Pamplin, Kim Cosklo, Shingo Casey, Melissa Molinaro, Andrew Balderas, Senior, Nicole Molinaro, Laurence McKelvin, Kathy McKelvin, Mr. Kyreek Johnson, Head Girls Track and Field Coach, Mrs. Diane Bailey, Assistant Track and Field Coach, Mrs. Denise Gordan, Assistant Track and Field Coach, and Mr. Bruce Gordon, Assistant Track and Field Coach.

## Chargers in the News

Concratulations to our seniors and best of luck in your future endeavorst


Pictured left to right: Front Row- Caden Brennan, Ema Dobosh, Cloie Greene, Sadie Gardus, Kaci Bannon, Jocelyn Brown, Erika Hollis. Middle Row- Natalie Skeba, Janessa Disla, Max Rosler, Juliette Racht, Kylie Kelly, Molly Kelly, Madison Heenan, and Emma Perri. Back Row- Andrew Balderas, Tyler Donato, Preston Casey, Shane Herbert, Nick Sopko, James Gilia, Dylan Ofner, and Franco Prieto.



Carbondale Area recently held their annual Academic Honors Night 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 Mr. Robert Barnett faculty speaker chosen by the senior class, gave a speech to conclude the evening His messagewas clear that coming from a big city, and moving here to teach, heis able to see how a small: town brings people together and creates a family like environment Tokick things off, Ava Peregrin sang The National Anthem Muscalselectionswere also performed by seniors Natalie Skeeba and Dyan ofne.
Principal, Mr. Farrell and Vice Principal, Lawrence A. Gabrie mili presented the. students with certificates.
After each of the students in grades $7-12$ were individually recognized the top three ranked students in each class were announced
From the senior class, Molly Kely had the whird highest average, Mylde Kely
(Salutatorian) had the second Tighest and Megain Cosko (Viledictortan) had the
highest average.
From the Junior class, the student with the third highestaverage was Abigail Wall
Caitlyn Burns had the second highest average and Hong tranhad the highest average.
From the Sophomore class, the third highest average went to will Murphy the second went to Matt Serkosky, and the student with the highest average was Olivia Lawler.
The highest averages from the Freshman class went to Masie Bognatt in first Clara Crandall in second, and there was a tie for third between Martina MCDonaldand Olivia Conserette.
From the eight grade class, Kaleigh Becker had the third highest average, David Boguski had the second highest, and Evan Serkosky had the highest average. From the 7 th grade class, 1 st place went to Alexis Borosky, 2 nd place went to Rahi Patel, and 3rd place went to Breann Wagner.
Congratulations to all members on your continued academic success!


## Whait will miss modst elmour The Dale iscom



Caden Brennan- "Seeing my best friends everyday because they brighten my day."

Preston Casey- "Playing sports with my friends."


Andrew Balderas- "Hearing Mr. Murphy yell my name down the hallway."

Jimmy Gilia- "The people because I love everyone."


Cody Ormes- "Playing sports because I was able to get close with teammates and build friendships."

Tyra St. Clair- "Spirit week because it was always fun to dress up for the themes and look good."


Savannah Rosar- "Pep rallies because it was always fun to be dressed up in my cheer uniform and cheer in front of the whole school."


Nick Sopko- "Yearbookclass with Miss D."

Janessa Disla- "Advanced Comp class because of all the great talks with Miss D."








## Overview

What is it about? - The five- part documentary series explores the controversy surrounding some of Nickelodeon's most well- known programs, many of which were either produced or originated by Dan Schneider, a former actor from Memphis. The documentary trailer suggests that there was something sinister going on behind the scenes.


## Who is Dan Sohneider and What Did He

Do? - Daniel James Schneider is an American actor, screenwriter, and television producer. From 1994 to 2019, Schneider developed and produced several children's programs for Nickelodeon. With multiple accusations of inappropriate hehavior and other wrongdoings, he has been the subject of intense media attention and controversy since 2018. Details of his alleged misconduct and gender discrimination against Nickelodeon employees- many of whom were underage- hecame public in 2018 following the MeToo movement. Gonsidering the allegations, Nickelodeon terminated their long- standing collahoration with Schneider.

Episode 1: "Rising Stars, Rising Questions"- The early career of Dan Schneider is examined in this episode, with a focus on his work as a writer and producer on All That. Schneider was the subject of an unhappy relationship between Christy Stratton and Jenny Kilgen, two previous female writers on the show. They include a split payment that violates the Writers Guild of America's regulations and accusations of harassment from Schneider. After a settiement lawsuit alleging gender discrimination and the dismissal of the two writers, the show comes to an end.

Episode R: "Hidden in Plain Sicht"- In 1996, while performing at Laugh Factory, Amanda Bynes caught the attention of a producer. The Amanda Show and What I Like Ahout You were driving forces behind her career. Leon Frierson, Bryan Heame, Katrina Johnson, Giovonnie Samuels, and Kyle Sullivan- all former All That kid actors- talk about how harshly Schneider treated them. The show also discloses that two All That crew members, actor and difalogue coach Brian Peck and production assistant Jason Handy, hecame convicted of offenses.

Episode 3: "The Darkest Secret"- Talking about how Brian Peck misled Drake Bell into thinking he was more important in his life than his parents. Drake Bell and his father Joe talk about their experiences working on The Amanda Show. Drake finds it difificult to discuss how Peck repeatedly assaulted him. Peck was arrested as the outcome of a police sting that he and his mother arranged after Peck kept attempting to call Drake at his girlfriend's house and insisted on playing the father on Drake \& Josh. Though Drake's parents were happy that they would not have to deal with him any longer, the traumatized young man continued to suffer for years before turning to seff- destruction.

Episode 4: "Too Close to the Sun"- The episode opens with a discussion of Brian Peck's legal case, in which a number of celebrities supported him. In his later years, Dan Schneider's significance to Nickelodeon increased; yet, he has come under attack for his improper conduct and the inappropriate jokes he made on Victorious, iGarly, and Zoey 101. Workers at Nickelodeon praised the company's 2018 decision to terminate Schneider in the day following of the \#MeToo movement. While the program addresses Bell's legal issues- including his DUI arrests in 2015 and his guilty plea for child endangerment in 2021-some of the interviewees discuss how heing child actors harmed their wellbeing.

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Only at Dormey Park and Wildwater Kingdom will you find the most exciling and Ihrilling thing's to do in Allentowi, PK, with over 60 rides, live enterlainment, walter parks, thrills for the lillle ones, and favorite foods. Don't miss out on your chance to make unforgeltalble memories at one of Penns.lvania's topaltractions.

Visisting the Pocono Mountains? Great Wolf Lodge is located in Scotrun, PA, and is well known for its water park, featuring pools, water slides, a kiddie play area, and more. The rest of the lodge offers family friendly activities and altractions., It is also filled with delicious dining options for every appetite.


Kalahari isalso located in the Pocono Mountains. Kalahari Resorls and Con ventionsare a full service vacalion destimation that includes water parks, family entertainment centers, luxury spas, and resturants all under one roof.


Knoebels is located in Elysburg, PA, and is the hot spot for affordable family fun, featuring over 60 rides and altractions for people of all ages to enjoy. Knoebels doesn't just have roller coasters, but also has delicious food, a pool, and camping. If you are looking for some family fun, check out Knoebels.

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## Camelbeach :

Camelbeach is an outdoor waterpark in Camelback Resort located in Tannersville. Because it's the mountains you don't need to just stay at the watter park, you can also have fun in the mountains. There are a few things you can do like ziplining, UTV tours, sunbowl tubing, mountain coasters, and treetop adventures. You do need to buy tickets in advance. You will allso need to pay for parking starting at \$12. This varies depending on what lot you park in. Thewe are 10 different water stides and many more activities. Camelbeach opens June 16th!

## Wayne County Fair :

Fair season is coming up! The Wayne County Fair is in Honesdale, PA. It is from August 2nd untit August 10th. The tickets to get in are only $\$ 12$, and you don't have to pay to go on any rides after paying the admission fee. The rides open at noon, and they close at 11PM. There is more to do than just the rides. On different days, theme are different shows. For instance, Hike last year, "Royal Racens" were shown. There are also "Dino-ROAR" shows. They have these shows every day at or around the same time so, if you are tired of going on rides and you want to watch one of their shows, go do so.

## Montage Mountain -

## Pioneer Nights :

Montage Mountain has a waterpark for the summer. The park has around three stides, a lazy river, and a wave pool. It might be smalter than Camelbeach, but if youre tooking for something less expensive, this is your place. Montage Mountain will cost about $\$ 30$ per person unless you are under $48^{\prime \prime}$ tall. They will be roughly $\$ 25$. If you tike Montage, you can buy summer passes which will allow you to go whenever you would like during hours of operation.

Pioneer Nights is a 4-day annual tradition. It is held the third week of August; The town of Carbondale comes together to cellebrate its first place in Lackawanna County. This takes place on Main Street at Citty Hall. If you don't know what to do at Pioneer Nights, you can watch the live band, eat food, or get your face painted. There is a dunk tank, and many more fun games. On the last night, there is a parade, with most of the companies from the town, the high school band, cheerleaders, and football players, Miss C Softball Teams, CLL Baseball Teams, CJC Football Teams and Cheerleading Squads, allong with many mowe. So, if you are free or in town you should definitely come and bring your friends to enioy this historical event!

## $\square$ <br> Best Vacation Destinations

$\mathcal{B y}_{y}$ : Delaney $\mathcal{S}_{\text {train }}$

## Paris

Description: Travelersare often drawn to France's alluring City of Light, which is known for its famous landmarks like the Louvre and the Eiffel Tower as well as its distinct charm. Paris's ageless beauty is attributed to its hip shopping areas, charming cafes, and Haussmann buildings. What makes the city so great is that every visit or season will probably reveal something new to you. The finest ways to experience France's dynamic capital are to wander aimlessly around its quaint cobblestone valleys, go on a walking tour to discover its secrets, visit exciting art exhibits like the Atelier des Lumieres, or indulge at the newest eateries and pastry shops.

What ToEat: Paris, like many other global capitals, has an abundance of eateries serving from nouvelle bistro fare to Asian fusion delicacies. Parisian cuisine is decent since France created a globally recognized cooking method. In addition to the ChampsElysees and the Eiffel Tower,look for premium eateries in Marais and the 1 er arrondissment (1st district).

Average Cost: Typically, a one- person excursion to Paris costs about \$1,770, while a two- person vacation costs about \$3, 539. This covers living expenses, food, local transit, and sightseeing.

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## Bora Bora <br> 

Description: Despite its smaller size, the breathtaking tropical scenery of this 12 -square- mile French Polynesian island makes up for it. Exquisite resorts situated on neighboring islands, gorgeous beaches, and beautiful jungles may all be found here. The extinct volcano on the island, Mount Otemanu, offers fantastic photo ops and a tough walk. The welcoming people of Bora Bora can assist you in getting a peek of the island's top attractions when going on an offroad adventure. If you want to unwind, visit Matira Beach, which has picture perfect white sand and crystal-clear water. Travelers generally agree that a trip to Bora Bora is well worth the high cost.

What ToEat: A lot of the restaurants in Bora Bora include seafood on their menus, and visitors would be foolish if they skipped some of the specialties made there, like poisson cru, which is raw tuna cured in coconut milk and lime juice. Other mainstays frequently seen on menus in Bora Bora are mahi- mahi, grouper, and bonito. Don't forget to try the pineapple, coconut, and bananas that are cultivated nearby.

Average Cost: Typically, a round- trip flight to Bora Bora from the United States costs between $\$ 1,500$ and $\$ 2,000$. This cost may vary according on the season, airline, and the point of departure.

## Glacier National Park



Description: Among the breathtaking features of Glacier National Park are its turquoise lakes, snow- capped mountains, and alpine meadows. This crown jewel of Montana boasts over 700 miles of hiking trails and 13 authorized camping places. In the winter, tourists can go skiing and snowshoeing. In the summer, popular summertime activities include swimming in Lake McDonald and whitewater rafting on the Flathead River. If you'd rather to take in the scenery from the comfort of your vehicle, a breathtaking trip down Going- to- the- Sun Road is highly recommended.

What ToEat: Although there is housing and dining options in the developed park areas (Lake McDonald, Apgar, Many Glacier, and Rising Sun), visitors should always bring their own food and drink since these are not always accessible from many of the park's roads and trails. Keep in mind that eateries are only open from late June until Labor Day, which is the busiest time of year.

Average Cost: The average cost of a two- week journey to Glacier National Park is around $\$ 1,779$ for an individual and $\$ 3,557$ for a pair. This price covers housing, meals, local transit, and touring.

## Rome



Description: A few must- see sites, such as the Pantheon, the TreviFountain, and the Colosseum, should be checked off your bucket list when you visit the capital of Italy. Some of Italy's greatest masterpieces can also be seen by visitors, such as the Sistine Chapel in Vatican City and St. Peter's Basilica. Wander through Trastevere'scobblestone alleyways at dusk to escape the crowds of tourists.

What ToEat: There are so many restaurants in Rome; they range from fusion eateries serving up the newest culinary craze to trattorias serving up dishes passed down through the generations. Roman specialties are not to be missed, such as artichokes, which are so popular that the European Union has granted them protected status. Nonna Betta in Rome has them. Simple pasta dish cacio e pepe, which has its origins in Rome, is spiced with black pepper and Pecorino Romano cheese. Another Roman pasta dish called carbonare is made by adding smoked pork jowl and egg.

Average Cost: Depending on where you are flying and when you book your ticket, the typical cost of a round- trip to Rome can range from $\$ 500$ to $\$ 1,000$. Rome offers a variety of lodging options, with nightly rates ranging from $\$ 20$ to $\$ 500$ or more including luxurious hotels and inexpensive hotels. 40

This summer Olivia Rodrigo will be kicking off her US leg of the "Guts Tour". Her first show in the United States is on April 5 at Madison Square Garden in New York City. The last show of this tour is on August 17, 2024, at The Forum in Inglewood, California. This Tour consists of 77 shows all throughout North America and Europe. Olivia has many different outfit changes that happen throughout the show along with fun choregraphed dances.

Niall Horan is currently in the middle of "The Show Live on Tour". This tour began on February 20, 2024, in Belfast, Ireland. The final show is on October 9,2024 , in Bogota, Colombia. The tour consists of 86 shows and will Visit many countries and cities. Niall is performing a mix of all three of his albums, and fans love the setlists that he changes every show. He has also brought out surprise special guests such as Shawn Mendes and Dermot Kennedy.

Taylor Swift began her "Eras Tour" last year on March 17. The four is still happening and is set to end on December 8, 2024. Taylor has visited five out of the seven continents and will have 152 shows by the end of the tour. She has had many different openers throughout the eras tour including Sabrina Carpenter, Gracie Abrams, to name a few. Taylor performs songs from all ten of her albums and has different outfits and backgrounds for each era

Louis Tominson's "Faith in the Future World Tour" began on May 26, 2023, in Uncasville, Connecticut. The four is still happening and is ending over a year later on tune 6, 2024. Louis has played over 98 shows on this four. He has had 10 different openersthat fans have loved. The concerts are full of energy especially during his last song "Elver Tongues" When he gees down to his fans on the barricade.

Conan Gray is beginning his "Found Heaven Tour" on July 11, 2024, in Melbourne, Australia. The four consists of 31 shows and will end November 10, 2024, in London, England. The openers for this four are Between Friends and Maisie Peters. Conan will Visit seven countries throughout three continents. This tour is in support of his most recent studio album "Found Heaven".

Noah Kahan started his "We'll All Be Here Forever

 Tour" on March 26 in Vancouver, Canada. The tour will last for 32 shows and end on July 19 in Boston, Massachusetts. The opening act for Noah Kahan is a band called Mt. Joy. The tour is covering Canada, Europe, the United States, and the United Kingdom. Noah has many sold out shows and is also performing and headlining in many festivals.



$0-9000$
Conan Gray released his brand new album "Found Heaven" on April 5th, 2024. Conan said that this album is supposed to represent someone dying and dancing around saying they found heaven. He said it is also supposed to represent the multiple representations of love, the good, the bad, and everything else in between.


Benson Boone just dropped his brand new album "Fireworks and Roller Blades." This album also released on April 5th, 2024.

Benson Boone released this with the thought in mind that it represents his life right now. His career has taken off very quickly like a firework tied to roller blades.


Billie Eilish released a brand new album "Hit Me Hard And Soft" on May 17th, 2024. Billie said that she wants the lyrics of this album to hit you hard and soft, just as the name says. She wants people to feel her lyrics as she wrote them.

Now for a throw back, New Kids on the Block dropped their first album since 2013. The title will be, "Still Kids," and is set to release on May 17th, 2024. The band members want this album to bring their fans and them full circle. They want to be able to relay hope and possibilities as well as being ourselves.


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## \& Chtifip and Grilit

## Gutled Potk Chops with Soy claze

Stir $1 / 4$ cup soy sauce, $1 / 4$ cup unseasoned rice vinegar, and 2 tablespoons of dark or light brown sugar in a small bowl until the sugar is dissolved. Prick $4 \frac{1}{2}$ thick bone-in pork chops all over with a fork and place them in a large resealable zip-lock bag. Pour half the marinade in and turn to evenly coat pork chops and set rest of the marinade aside. Let the pork chops sit in the marinade for at least 10 minutes. Next, prepare the grill for medium heat; and brush the grill grate with vegetable oil. Remove pork chops from marinade and lightly season with kosher salt then lay them on the grill. Cook pork chops drizzling reserved marinade and turning occasionally until cooked through (6-8 minutes). Finally top your pork chops with tender herbs and sliced jalapenos.

## Steak faiflas

Slice peppers and onions and make the marinade. Place the veggies in one zip-top bag and steak in another add $1 / 3$ of the marinade to each bag and seal it, turn the bag to make sure that
 all the ingredients are coated with your choice of marinade. Once coated let it sit for 10-20 minutes. Finally cook for 15-20 minutes on your grill and enjoy.

## Hot Honey Grilled Chicken

First make the marinade by stirring together oil, vinegar, sugar, honey, soy sauce, red pepper flakes and a hot sauce of your choice. Pour the marinade in a large zip-lock bag, add the chicken and seal and chill for 30 minutes. Transfer your chicken to your preheated grill and grill the chicken on each side for 6-10 minutes until the chicken is cooked. Once chicken is cooked, serve right away.

## Baby Back Rilbs



Set up and light grill to $\left(225^{\circ} \mathrm{F}\right)$ and coat both sides evenly with your choice of frub. Allow the ribs to sit for 15 minutes to absorb the rub. Place your ribs on the preheated grill. Cook for 2 hours on both sides. After the 2 hours, remove your ribs from the grill and wrap them in tinfoil, then cook for an additional hour. After the one hour, remove your ribs from the grill and the tinfoil and brush about 3 tablespoons of your choice of BBQ sauce. Create a pan using your tinfoil and cook the ribs for another 45 minutes. Once cooked, enjoy.


"The Summer I turned Pretty" by Jenny Han is a series of three books that captures the essence of summer as it displays some challenges that a teenage girl may go throw as it offers suspicion and excitement throughout each book. Readers are constantly wondering \& favoriting which brother Belly will choose as a love interest as she goes about her summer.
"Forever Summer" by Alyson Noel is revolved around Marin attending a road trip to have a chance to get away and to meet her grandma. She begins to learn the truth as the summer passes at her grandmother's charming seaside B\&B. This book offers a lovely midsummer story about love, forgiveness, and family secrets that are bittersweet.
"Heartstopper" by Alice Oseman contains four books that focuses on how Nick and Charlie go to the same school, but they've never met before the day they're assigned to seats together. After they become friends, almost immediately, Charlie falls deeply in love with Nick even though he doesn't think he has a chance. However, love has unexpected ways, and Nick is more attracted to Charlie than they both realize.
"Sunkissed" by Kasie West follows Avery Young as she begins to push herself outside of her comfort zone during the summer before her senior year. of high school. To do so, she attends activity camp with her family, where she meets and also flirts with a "very cute but offlimits" staff member.

"The Summer of Broken Rules" by K.L Walther, is focused on a summertime wedding at Martha's Vineyard, where Meredith has the ideal opportunity to honor her sister's legacy and reintegrate into society. But, she runs the risk of losing the game and her heart when she teams up with a charming groomsman in a game.
"The Edge of Summer" by Eric George consists of the feelings and emotions of going through meeting her first love, first heartbreak, but also of marine conservation. The main character has to maintain herself to be able to help the whales on her summer marine biology intern. Doing so, she learns from her mistakes and many explanations and attempts to save the whales.


Backoround (n ロ\&B
Dave and Busters was founded by David Corriveau and James W. Buster Corely. They created Dave and Buster's to be a restaurant, sports bar, and arcade for people of all ages. The first location was opened in 1982 in Dallas, Texas. It was named Dave and Buster's and not Buster and Dave's because Corriveau won a coin toss to have his name come first.


If you're going for the food, it has been said that you'll find the most mouth watering menu items and the most innovative drinks. The arcade has been said to be a little pricey, costing about \$2 worth in game credits each game with the activation fee for the game card being \$3. Although it is pricey, it is worth spending the money because each arcade has state of the art games that you will want to play more than once.



## (x) PTSD AWareness Month

- Listening to music
- Journaling
- Meditation
- Yoga
- Art Therapy
- Therapy
- Having a Pet
- Coloring
- Exercising
- Joining a Support Group
- Watching a Movie/TV
 may relive the event through flashbacks or nightmares. They may feel sadness, fear, or anger. PTSD affects both men and women worldwide and will change someone's entire perspective of the world.




## COMERATLANONS




[^0]:    Episode 5: "Breaking the Silence"- Packed with neglected footage, the episode recaps the first four episodes. Bryan Hearne, Giovonnie Samuels, Shane Lyons, Bryan Hearne's mother Tracey Brown and Drake Bell are among the other interviewees her debut as well. The episode's moderator was journalist Soledad O'Brien.

