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RED AND BLUE NEWS

Dear Readers,

What greater way to start your day than to read the new edition of the Red and Blue News? Our new staff has been hard at work writing articles, taking pictures, revising their work, and putting together their best work for you to enjoy.

Red and Blue News Staff

CHARGERS IN THE NEWS

Select students in grades 9, 10, and 11 from Student Council and/or the Mock Trial team attended Senator Rosemary Brown's State Senator for a Day program at Northampton Community College in Tannersville on October 28. During the program, they learned what was involved in being a state senator, including debating legislation in committees and amending and voting for bills on the senate floor.



Pictured left to right: Olivia Lawler, Ella Casper, Aiden Mannis, Mason Nepa, Brea Ramirez, Gabriella Granville, Anna Pauswinski, and Masie Bognatz.



Carbondale Area has partnered with Junior Achievement on a program called Tomorrow's Teachers. 11th and 12th grade members of the Future Teachers Club will deliver a total of five lessons to students in the Second Grade at Carbondale Area Elementary School. These lessons teach about community, as well as financial literacy. Tomorrow's Teachers includes the following students: Ella Casper, Aiden Mannis, Leila Maldonado, Adrienne Titley, Hong Tran, Elvira Marrero, Rylie Toolan, Leila Esgró, Madysen Usher, Angelica Prieto, Eliana Connolly, and Hannah McCaffrey.

Senior Rylie Toolan says, "Throughout my experience in Tomorrow's Teachers thus far, I have gained insight and knowledge as to what goes into managing a classroom, preparing lessons, and providing an engaging learning experience. Being a part of the Tomorrow's Teachers group has been incredibly rewarding. Within this group, my peers and I get a firsthand look at what it is like to be a teacher by working with second graders at the elementary school. We use preplanned lessons to guide our teaching, which helps us focus on presenting material effectively and engagingly. It's amazing to see how well the kids respond to our lessons and how much they get involved. This experience has taught me a lot about the dedication and creativity required to be a teacher, and I look forward to the lessons each week."

Welcome New Teachers!



Miss Jacobowitz's mother is a teacher at Carbondale Elementary School. When she was young, Ms. Y would go to school with her mother on "bring your child to work day". That's how she knew she wanted to become a teacher. Miss Jacobowitz believes anything difficult about education can be overcome, but there are some challenging parts of teaching. One is ensuring each student is provided with the academic and emotional means they need to succeed. As an educator, it is easy to teach a lesson well, but prioritizing each student's overall well-being is extremely important. It can be challenging when meeting/getting to know so many new students. Her favorite television series is TWD. She loves zombies.



Originally, Miss Tolerico didn't want to be a teacher. However, while she was learning more about music, she decided she wanted to teach. She said, "I wanted to give my students what I was given in music throughout my school career". If Miss Tolerico could travel anywhere in the world, she would visit Italy and Japan. Her favorite sport is Hockey. Miss Tolerico also said, "I probably have more song lyrics in my brain than anything else". One current trend that Miss Tolerico finds odd is Stanley cups.



Mr. Phillips always knew he wanted to be a teacher. He said, "Some kids, know they want to play a certain sport or instrument, I knew I wanted to be a teacher. I wasn't sure what kind of teacher but it was only thing I considered. It wasn't until later in my high school years that I decided on language arts/ literature". Mr. Phillips likes multiple kinds of music. He grew up on rock-n-roll and Elvis but has grown to appreciate newer genres of music. He said, "Basically if it strikes a cord with me, then I will add it to one of the many playlists I have". His Hogwarts house is Slytherin. Mr. Phillips said, "It's going to be a cliché but: if you want something put the work in to get it. I realize a lot of people probably say that but there's a reason behind it- it's 100% true. Very, very few people just "luck into things". Most of us have to put in the time and grind to get what we want and that's okay. If you really want it, then the grind is worth it". If Mr. Phillips won the lottery, he would save half of it and pay off his debts. His family is small, so he would also pay off their debts. He would also like to travel to different places on his bucket list. Although, he would still want to work.

Miss Dixon has always wanted to be a teacher. When she was little, her and her friends would "play school". However, she planned to study biology and become a pediatric oncologist. Something that may surprise students to learn about Miss Dixon is, she visited Ghana. Ghana is a country in west Africa. Miss Dixon said, "The students tell me that I'm a great story teller". Miss Dixon loves spending time with her kids. She also is a coach for softball, basketball, and cheer. She has played softball since she was four years old. Miss Dixon's advice for students is, "Find out who YOU are, and do it on purpose!"



High School Tips and Tricks

Made by Madysen Usher

7th grade: Welcome to the high school! This year, you will learn an abundance of new information that you will carry throughout high school. However, you should not worry! Your teachers and upperclassmen will be here to help. Keep a planner to keep track of your work and turn in your assignments on time. Most importantly, do not lose yourself in the chaos of this year.

8th grade: You are finally settling into high school life! This is your opportunity to make some good friends and explore the many options life has in store for you. This year you should focus on what makes you the person you are. If you take the time to browse your choices, you can gain some valuable lessons from this year!

Freshmen: Look at how fast time flies! You are now a freshman! A lot will change for you this year as you discover a newfound independence. This is the year to find your true identity! Join some clubs, talk to that one person that you admire, and make sure to keep your grades up! Your future plans may depend on the decisions you make this year!

Sophomores: This year appears more frightening than it is. During your sophomore year, you may have to complete numerous tests like the ASVAB or the Keystones. These tests are here to prove your readiness for adulthood. Just focus on your studies and follow the advice given to you by your teachers and upperclassmen, and the year will be over in the blink of an eye!

Juniors: You will be challenged in more ways than one. As you enter emerging adulthood, your classes will increase in difficulty. You will also be faced with the struggle of deciding what you want to do. As bad as it is, life won't slow down for you this year. Don't worry, however. You are a strong individual, and you will make it through this challenging year! If you need help, never be afraid to talk to the seniors, teachers, and administrative staff. They will be here to help you.

Seniors: This is it for you all. You will be facing your final year, and you'll have so many opportunities. Don't let the stress from the real world overwhelm you. Take your time to breathe in the fresh air and do all the activities offered for you this year. You made it this far thanks to you. Never forget your roots.... Once a charger, always a charger



Ready!
set!
School!



Expanding the Band

This year, the Carbondale Area Junior/Senior High School has seen a plethora of changes to their band, drill team, and Marching Chargers. Members of the *Red and Blue News* spoke with Ms. Megan McDermott, who has been directing the band for nine years. Over the summer, students had the opportunity to participate in a band camp, which has been expanded to the duration of two weeks long. During the course of the band camp, students learned to march, perform the field show music and stand tunes, as well as learning how to work together in their new yearly ensemble. Besides the increase in duration of the band camp, Ms. McDermott has expanded on the band's after school rehearsal times, increasing to twice a week. A variety of new positions have been added as well, including the addition of an extra drum major, rather than one, and different section leaders. In the past two years, band class was approved as a class that can meet every day and consists of the advanced band as well as new band students. Some more changes include the addition of a new drill coach staff and an assistant marching band director. There have also been smaller improvements regarding leadership and increased responsibilities for students. When we spoke to Ms. McDermott, she explained that, "The biggest improvement this school year has been ensemble unity; this is the ensemble performing together as a whole has improved. I am proud of the accomplishments so far this school year! They are becoming more musically advanced and are able to perform more challenging pieces of music. They are becoming proud of themselves as a result." Approximately five to ten new members have joined per year in the past few years. The Carbondale Area community congratulates the band and marching Chargers on the improvements they have seen and look forward to many more years of improvements. #keepupthegoodwork



GIRLS RED CARD SOCCER GAME



On September 25th, the girls' varsity soccer team played against Forest City High School. The final score was 3-2, with Forest City winning. For Carbondale Area, both goals were scored by Aurora Esgro.



THE VALUES



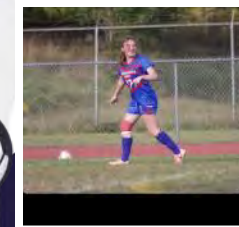
Everyone around the world has been affected by cancer in some way. The Red Card Cancer Game is a great way to show respect to those who have lost their lives to cancer. Before the game begins, there is a ceremony where anyone who has been or currently is being impacted with this disease, can join the team on the soccer field to show that no one is in their fight alone.



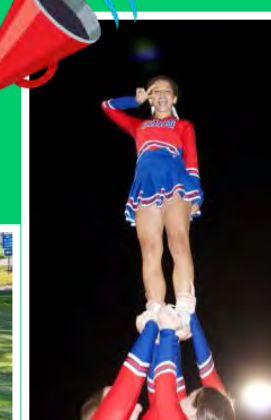
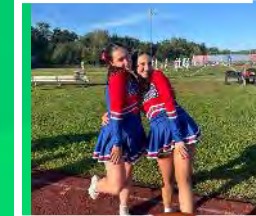
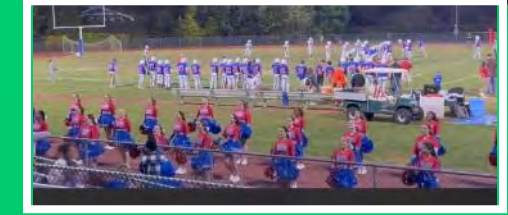
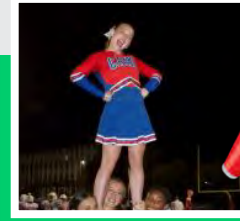
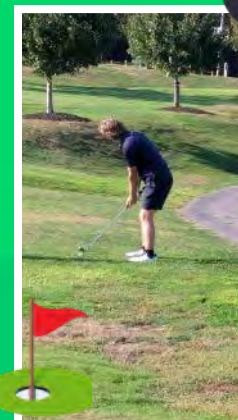
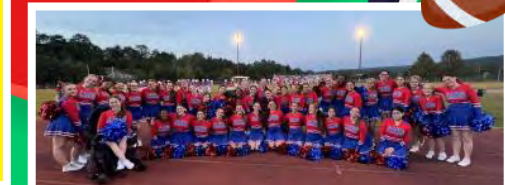
HISTORY



The Red Card Cancer Game began in the fall of 2009 on the campus of Bloomsburg University. It began as a tribute to founder Paul Payne's everlasting friendship with Joe Bochicchio who lost his battle with Melanoma.



Fall Sports Photo Dump



Fall Sports Captains



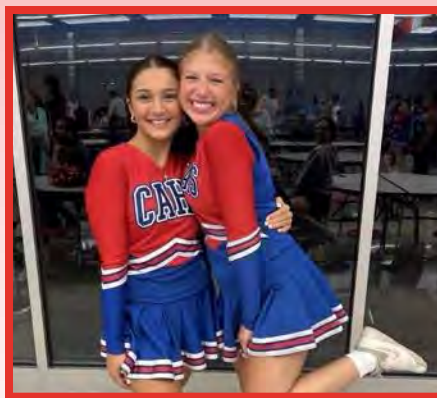
Fall Sports Recap

During the 2024 season, The Charger Football Team went 6-5. Some key players this year that helped to make the season productive were Frank Roman, Cole Becchetti, Daniel Gonzalez, and Ethen Brewen. Frank Roman had 22 carries for 129 yards and one touchdown. Cole Becchetti had 49 rushes for 262 yards and six touchdowns. He also had 610 passing yards with 8 more touchdowns. Daniel Gonzalez finished the season with 11 receptions for 297 yards and 6 touchdowns. Ethen Brewen had 164 carries for 740 yards and 9 touchdowns with 16 receptions and 196 more yards with another touchdown. All in all it was a productive season for the Chargers. #chargerpride



Jersey Ceremony

On August 22nd, 2024, CAHS held a ceremony for the football team to receive their jerseys. This was a great way for the football team to get their jerseys, as well as getting everyone ready for the first game. Family, staff, community members, and cheerleaders were there supporting the football team. The cheerleading squad did three welcoming cheers and were introduced to the crowd. The football players were called on stage to be presented with their jerseys by head coach, Jeff Arthur. To close the ceremony, the football team were given words of encouragement and support from their coach in preparation for the upcoming season.



PIONEER PARADE

Every year, the city of Carbondale hosts an eventful weekend known as "Pioneer Nights". Along with the games, food, stands and music, there is also a parade that makes its way through town. For the past few years, CAHS football team, cheerleading squad, and band has been able to attend. Members of the school were out in full force to show their pride for our school and town. This parade is an amazing experience. Between throwing candy, cheering, and walking the parade route, the excitement and pride could be felt by those in attendance.



New Breakfast Carts

The beginning of the school year brought with it a new look for the way breakfast is being served in the hallways. Students were greeted with breakfast kiosks that are easier to push around, cleaner looking, and have more room to showcase the different breakfast items available. The use of the new carts also made the morning traffic commute to homeroom less chaotic. The look of the breakfast kiosks bring in more students to want breakfast which is a good thing! As we all are aware, breakfast is the most important meal of the day, so make a point of stopping by, grabbing a breakfast, and saying hello to your favorite lunch ladies!

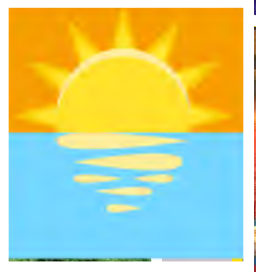
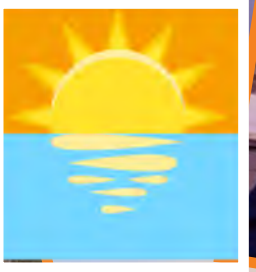
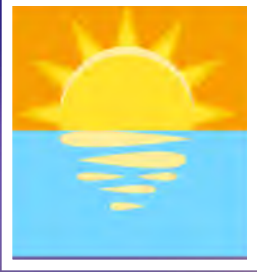


New Phone Policy

There has always been a cell phone policy in place, but not everyone has always been aware of all of the parts of the policy. Through 7-12 grade the policy has always been strict to some point. During Covid-19 and being online, everything slimmed out. When we were finally able to come back to in person teaching and things were not so strict as the phone policy is now. In 2024, the phone policy has become super strict. If you are caught with your phone out, there's to be no more warning. The phone is to be taken and remains in the office where the students is able to pick it up at the end of the day. Some students have different opinions on the new policy. Some say it is unreasonable, and there was no need for it, others would say it helps their classmates to pay attention in school more and classes. You decided?



SENIOR SUNRISE





During the month of September, Students of the Dale patiently wait for Spirit Week to arrive. It has been tradition that members of the senior class get to pick a variety of themes for the week. Starting off with Monday which was "Jersey Day". Each student is given the opportunity to show their support for their favorite team. Tuesday was "Tacky Tourist Day". All the students wore something that would make them look like they were touring a place they had never been to before. Wednesday was "Decades Day". Students were able to embrace the past and show it with their outfit choices. Thursday was "Country or Country Club". Students were able to embrace their love of plaid and Cowboy boots and hats or dress in their "Preppiest" outfits. Lastly, Friday was "Color Day". Students wore the corresponding color to their class to show their class pride. Friday also meant that it was time to get excited for the pep rally,



SPIRIT WEEK 2024





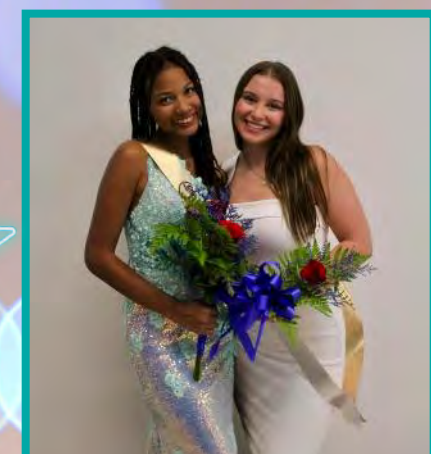
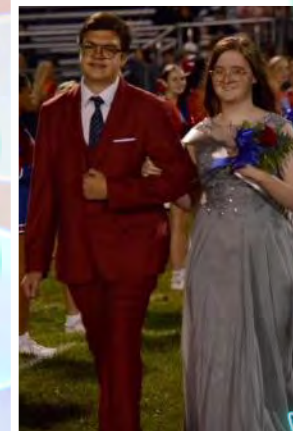
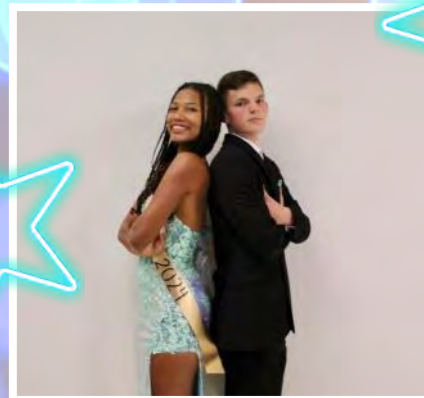
Spirit Week Photo Dump



Homecoming 2024



This year's homecoming was held on September 27th, 2024, at our home field against Montrose. Our court included Rylie Toolan escorted by Logan Spall, Madysen Usher escorted by Alan Perry, Hannah McCaffrey escorted by Krystel Calderon and Jizelle LaRoche escorted by Ian Dzielak. This year's queen, Elvira Marreo was escorted by Ian Dzielak. Queen Elvira Marrero was crowned by last year's homecoming queen, Kierra Borosky. The Chargers defeated Montrose 43-6. It was a memorable night seeing classmates from former classmates be able to catch up with one another and recall stories of their younger years as Chargers themselves.



SENIOR GOLF TRIP



The senior golf trip took place at Homestead Golf Course on October 4th, 2024. While on the trip there was a Scavenger Hunt in which seniors looked for golf balls that have dollar amounts on them. Whoever was lucky enough to find one won the dollar amount on the form. Awards were given at the end of the day for most authentic dressed. All in all it was a pretty great day!

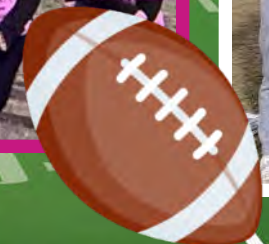




POWDERPUFF 2024



On October, 24th Carbondale Area held its yearly Powderpuff game between the Junior and Senior classes to honor those who are currently or have had a battle with breast cancer. The game was started off with the singing of the national anthem by senior Ava Peregrine. The seniors won the coin toss and elected to defer getting the ball until half time. The game began with the seniors kicking the ball to the juniors but was returned for a touchdown to give the juniors the early lead but the two point try was unsuccessful on the first play of the seniors opening drive, they took the ball down the right sideline for another early touchdown following with a successful two point conversion to make the game 8-6 after the first quarter. Not too long after the seniors had regained possession of the ball, Alivia Slockbower took another long run to the end zone for a senior touchdown to put them up 14-6 and the score would stay this way until after the half time show, but no one will ever forget our junior and senior boys. The senior boys had a very magnificent dance routine performed excellently, and the junior boys had some very impressive flips by Isaiah Camacho but that was not enough, and the crowd decided that the senior's dance was better, thus giving the seniors a 20-6 lead after the half. The seniors had the ball to start the third quarter and scored a touchdown to start the half to go up 26-6, but the juniors showed some urgency and scored two unanswered touchdowns to make the score 26-22 in the seniors favor. It would stay this way until the clock hit 00:00. At the end of the day, all of the fun and games brought awareness to all who have lost their lives and to those who continue to fight and those who have survived the battle of their lives.



FAVORITE GYM CLASS ACTIVITY

A favorite gym class activity is dodge ball because it requires you to be moving at all times in order to try and not get hit. If you are unlucky and get hit, you are out. In order to play dodge ball, it is necessary to have good aim and throwing arm. It is also important to stay focused because depending on how many people are playing, balls will be coming from all different directions. **WATCH OUT!**

In a recent poll, students were asked what their favorite gym class activity was.

The results are as follows:

Nathan's favorite gym class activity is baseball because it is a game he's played since he's young. He just loves it.

Ethen Brewen's favorite gym class activity is volleyball because of the tournament played against one another at the end of the unit.

Dominion's favorite gym class activity is football because he enjoys spending his free time playing football and is also a member of the football team.

Madysen Usher's favorite gym class is archery because she loves precision sports, and archery is very easy for those who do not have a lot of strength.

Aubrey Borosky's favorite gym class activity is kickball because it reminds her of recess in the elementary school.

Riley Brennan's favorite gym class is dodge ball because it's fun to play against her friends.

Addison Colonna's favorite gym class activity is volleyball because it's fun.

Emily Northup's favorite gym class activity is badminton because it's fun to play with friends.

Myers's favorite gym class activity is dodge ball because he loves competing against his friends.

Isaiah Kilmer's favorite gym class activity is dodge ball because he loves running around and trying to not get hit.

Mateo Hazelton's favorite gym class activity is basketball because he loves physical games and he's been playing since he was young.

THINGS TO DO IN THE DALE

So often often people can be heard complaining, "There's nothing to do in this town!" To be honest, if people would stop complaining, open their eyes, and look around, they might just be surprised by some of the things they'd be able to find to fill their time. Somethings to do are go to the YMCA to play basketball, go swimming, or working out. If you like to be outdoors, across from the YMCA there is a park and a splash pad. There are also many parks in Carbondale to visit such as Russell Park, West Side Park, The Skate Park, and the YMCA Park. Here in the Dale we also have some delicious places to eat or stop for a treat. They are McGees, Fallbrook Ice Cream, Pinky's, McDonell's, Frank's Place, and The Peanut Bar. These are all great places to go and eat. Carbondale also offers some fun indoor learning experiences at the Carbondale Public Library. Once a year, during the summer, the city of Carbondale hold it Pioneer Nights Celebration that brings out a large crowd and also celebrates some older traditions of our town. Before you complain, take a look around and enjoy some of the beautiful things our historical city has to offer.



Carbondale Area School District held its annual Career Exploration day on October 22nd. The event caters to all grade levels, with each learning different life skills and career readiness characteristics. Our 7th and 8th graders learned about volunteer work, and helped to tidy up local areas, such as the Heritage Trail, Russell Park, West Side Park, and Main Street. The 9th grade class took a trip to the Career Technology Center and later learned about "Adulting 101", establishing basic life skills such as doing laundry and other hygiene necessities. The 10th grade class completed the Armed Services Vocational Aptitude Battery (ASVAB) test, which uses testing data to establish career paths, along with career presentations. The 11th and 12th grade classes heard from a wide range of presenters on careers that interested them. These students were then given a survey, in which 70% felt as if they were introduced to new careers and 68% had been sparked with a new career interest. Career day was once again a helpful way for students to prepare for their futures.





Dining in the Dale for under \$10



Pinky's Family Restaurant offers a selection of items for under \$10, so it's really up to what you're in the mood for. If you want a sweet breakfast, three slices of Texas French toast with cinnamon or powder sugar paired with bacon or sausage will fill your sweet tooth for only \$9.50. They also have delicious breakfast sandwiches available. A freshly toasted bagel with Pinky's homemade sausage, egg, and cheese costs only \$5.65. The next time you are hungry but don't want to break the bank, stop into Pinky's and give one of the suggested a try! You won't be sorry!



Sisko's Cafe offers appetizers for under \$10. Popcorn shrimp is one item that caught my attention. It is delicious, and it only costs you \$5. How could you go wrong? Another favorite is the potato pancakes. There are ten in the order for only \$5. That's another great deal! Their menu also includes numerous sandwiches, subs, and burgers! The top pick is the bacon and bleu 1/2lb burger topped with crisp bacon, crumbled bleu cheese, and garlic aioli for only \$7.50, and it is only a dollar extra if you want fries. This is another deal you just can't beat!



The go to order at **The Peanut Bar** is the Rodeo Cheeseburger. It has crispy bacon, fried onions, cheddar cheese, and BBQ sauce. If that doesn't have your mouth watering the price of \$9.95 will. Another recommendation is the pulled pork sandwich. It is a slow roasted pulled pork, cheddar cheese, and pickled red onions all served on a brioche bun for only \$9.95. If you are looking for a something to start your dinner, the go to is the buffalo chicken dip. It's shredded buffalo chicken and cheese with a toasted bread bowl and fresh fried tortilla chips. Yes! It is as delicious as it sounds!



HISTORY OF HALLOWEEN



DID YOU KNOW EARLY TRICK OR TREATERS HAD TO ACTUALLY DANCE FOR THEIR CANDY?

AS ALMOST EVERYONE KNOWS, HALLOWEEN IS ON OCT 31ST EVERY YEAR AND MOST LIKELY EVERY YEAR TO COME. WE CELEBRATE MANY TRADITIONS ON HALLOWEEN. CARVING PUMPKINS, TRICK OR TREATING, AND EVEN DRESSING UP. DO YOU KNOW WHERE THESE TRADITIONS CAME FROM?

JACK-O-LANTERNS CAME ABOUT BECAUSE OF A GUY NAMED JACK, WHO ALLEGEDLY TRAPPED THE DEVIL IN A TURNIP. HE ONLY PROMISED TO LET HIM GO IF HE DIDN'T GO TO THE UNDERWORLD.

UNFORTUNATELY, WHEN SIR JACK DIED, HE WAS REJECTED BY THE HIGHER POWERS. HE WAS SENTENCED TO STAY ON EARTH FOR ALL OF ETERNITY, WITH A LUMP OF COAL IN A CARVED OUT TURNIP.

HALLOWEEN WAS ORIGINALLY AN ENGLAND HOLIDAY, BUT OVER TIME, AS THE CUSTOMS CHANGED, AN AMERICAN VERSION OF HALLOWEEN WAS CREATED.

IN THE MIDDLE OF THE 19TH CENTURY, AUTUMN FESTIVALS WERE COMMONLY HELD BUT WERE NOT CELEBRATED EVERYWHERE IN THE COUNTRY. BY THE SECOND HALF OF THE 19TH CENTURY, NUMEROUS IRELAND IMMIGRANTS HELPED CELEBRATE IT WORLDWIDE.

ORIGINS

DRESSING UP ON HALLOWEEN WAS ESSENTIALLY TO WARD OFF EVIL AND BAD SPIRITS BECAUSE CELTS, WHOM LIVED 2000 YEARS AGO, THOUGHT IT WAS THE TIME OF YEAR WHERE THE DIVIDER BETWEEN THE WORLD OF THE LIVING AND THE NONLIVING BECAME BLURRED.

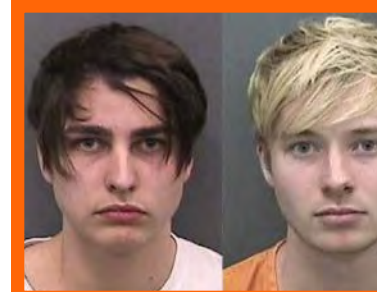
ASSUMPTIONS LIKE THAT MADE THEM MORE COMFORTABLE FOR THE LONG BLISTERING WINTER AHEAD.

TO REMEMBER THIS EVENT, DRUIDS BUILT HUGE BONFIRES WHERE THEY CAME TOGETHER TO BURN CROPS AND ANIMALS AS A SACRIFICE TO CELTIC GODS. DURING THIS, CELTS WORE COSTUMES, CONSISTING OF ANIMAL HEADS AS WELL AS ANIMAL SKINS, AND THEY WOULD ATTEMPT TO TELL EACH OTHERS FUTURE.

AFTER THIS, THEY RE-LIT THE FIRES TO HELP WITH THE WINTER.

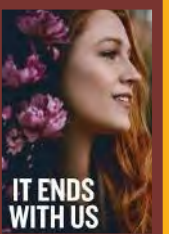


NEW MOVIES !!



"Maxxxine"- In the late 1900s the aspiring actress, Maxine, finally got her ride to fame. Unfortunately, a serial killer knows all about her horrendous past, and threatens to reveal it all.

"It Ends With us"- This movie is a replicate based off the amazing novel. Lily Bloom moves to Boston to open her own business. She eventually meets a neurosurgeon, who makes a connection with her. As time goes on, he reveals more about his unruly habits, which reminds Lily of her dad and mom. As Lily isn't sure what to do, a familiar face suddenly appears in her life. Her first love, leaving her with a choice.



"The Legends of the Paranormal"- This specific movie is about two lifelong best friends trying to uncover the strange happenings of the Skin Walker Ranch. This famous place is known by many, and the origins that surround it. There have been UFO sightings ranging over 200 years, animal mutilation, and a strange creature lurking about. Sam and Colby are not new when it comes to paranormal investigating and have been doing it together for over four years. They run a YouTube channel together with millions of subscribers. Its a new place for them and leaves them far more vulnerable then they would've thought.



TRENDING NOW !!



"A Quiet Place"- A chilling movie where a family must live in silence if they want to survive the horrific creature that hunts by sound around them. A slight footstep or loud whisper, could cost them their lives.



"All Quiet on the Western Front"- It's 1914 when war breaks out in Germany. Paul and his three best friends quickly enlist, happy to be serving their homeland. No later are they sent off and are shown the reality of true war.



review



Denny's is a great place to eat. It has great cheap food options. It is also a good place to go out and eat with friends and family. It has great customer service, all the waiters and waitresses are very kind and helpful.



Some things I would recommend on the menu are the Grand Slamwich, Philly Cheesesteak Omelette, and the Country Fried Steak and Eggs. Just to name a few of my personal favorites. Some things to get for dessert are their variety of milkshakes and their cheesecake.



SALUTE TO SERVICE

Salute to Service is a very important and meaningful game played that shows CA's appreciation for the sacrifices made by our service men and women. They have endured trauma while fighting for our country. During football season, CA holds a game where military like jersey are worn by the players. The players play their hearts out as a way to show their support for those that have served our country. When we get on the field before the game we walk up with a flag and salute at any veteran that could make it. Any player that has a family member in the military we give them a flag to hand to that veteran than wait for them to walk off the field then the game begins.

Carbondale vs Susquehanna

Ethen Brewen had a 118 yards rushing 3 touchdowns 70 receiving yards and threw for a two point conversion and earning mvp for the game. Before the game started we took our helmets off and stood in front of the veterans and the people in the press box announced each and every one of them and how they helped the country. We had mr. Gordan walk with our captains to the coin flip for the start of the game. After the coin flip we had a fire truck holding a flag at the top of the ladder then we stood for the national anthem. The game at the first half was a little nerve racking but during half time we knew we needed this win for our team so we went back out during half time and ended up winning the game 22-12.



Movie Review



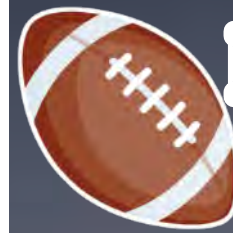
Deadpool & Wolverine recently graced the movie scene and has rightfully gained fame and recognition. This is a fan favorite because it is about a character that is based on an anti hero with immortality. You will have an enjoyable time watching this because it keeps you on the edge of your seat, and it is full of comedic scenes. The name Hugh Jackman should ring a bell for most. He makes the part of Wolverine come to life. Ryan Reynolds also graces the scene as Deadpool, and Channing Tatum plays Remy LeBeau. The combination of these three will leave your sides hurting with laughter. This movie is truly a work of art. This movie is highly recommended as a 9.8/10.



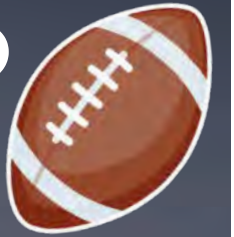
CHIPOTLE REVIEW



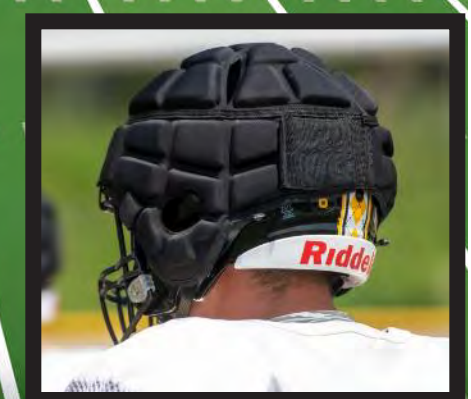
Chipotle is a wonderful place to go if you like Mexican food! There is either a bowl or burrito that you can customize right there in the store. Everything is made fresh in store! First, you can choose between the bowl, burrito, or quesadilla. Second, you can pick between white or brown rice. After you pick your rice, pick your choice of meat. The choices are brisket, steak, chicken, beef barbacoa. After the meat is chosen it is vegetables, getting to choose between Super greens, Sofritoes, Fajita Veggies, Fresh Tomato Salsa, Corn Salsa, and Guac. If going for the first time, getting a bowl is a clever idea because it fills most people. Some chipotles offer the choice of eating inside or outside. To be honest, the next go to order for your next visit should be a bowl with brown rice, chicken, steak, fajita veggies, corn, sour cream, hot salsa, guacamole, lettuce, and cheese.



DOES IT REALLY WORK?!?



With countless players currently having concussions, we thought that it would be a good idea to investigate an option available to players to help protect them from getting a head injury. The Guardian Football Helmet is made to keep players safe. It has a special padded cover that goes on top of regular helmets to help lessen the force from hits during practices and games. This cover is made from materials that soak up and spread out the impact, which might lower the chances of brain injuries. Using the Guardian cover also helps keep regular helmets in good shape, making them last longer. It doesn't replace real helmets but adds extra protection, especially during practice when there isn't much contact. For football teams, using protective gear like the Guardian Helmet can make players safer. It's important to use this gear along with good coaching, following safety rules, and learning more about preventing injuries.



AFTER SCHOOL SNACKS

Zucchini Bread

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 3 large eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts



Step 1 - Gather all ingredients. Preheat the oven to 325 degrees F (165 degrees C). Grease and flour two 8x4-inch pans.

Step 2-Sift flour, salt, baking powder, baking soda, and cinnamon together in a large bowl.

Step 3 - Beat eggs, oil, sugar, and vanilla together in a separate large bowl with an electric mixer until combined; add flour mixture and beat well.

Step 4-Stir in zucchini and walnuts until well combined.

Step 5-Pour batter into the prepared pans.

Step 6 - Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 to 60 minutes. Cool in the pans on a wire rack for 20 minutes.

Step 7 -Run a table knife around the edges to loosen. Invert carefully onto a wire rack and let cool completely.

The prep time on the bread will be around 15 min and bake time is 40 min. This recipe will make 24 servings for you and your family to enjoy.

3-Ingredient

Peanut Butter Cookies

- 1 cup peanut butter
- 1 cup white sugar
- 1 large egg



This will give you enough for 24 servings and with a prep time of 15 minutes and cook time of only 10 your cookies will be ready to eat in no time.

Step One

Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).

Step Two

Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy.

Step 3

Roll mixture into 1-inch balls and place 1 inch apart on an ungreased baking sheet.

Step 4

Flatten each with a fork, making a criss-cross pattern. Bake in the preheated oven until edges are firm, about 10 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.