

COVID-19 updates: Insert

# DEL AWARE

Delaware Valley High School - Milford, Pa.

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## Remembering Mr. Joel Davis

By JOCLYN IRONS & EMILY HEROLD  
Entertainment Editor & News Editor

When he was not teaching math at DV, Mr. Joel Davis was baking cheesecakes, going on mission trips to both Africa and the United States, playing the bass and bringing a smile to the faces of those around him.

"Joel had a big heart. He was kind and a giver, willing to help anyone at any time for anything no questions asked. He was very dedicated to his family, his profession, his church, his faith and his love of music," said Spanish teacher Mr. Gary Cotroneo.

Anyone who met Mr. Davis knew just how positive he was. He would go out of his way to find new creative ways to teach his students.

"Mr. Davis was a valuable member of our math department, but his impact was far greater than our DV nation. Joel would inspire us to be a better person by the way that he lived his life," said math teacher Mr. Jeff Krasulski.

His desserts were legendary, whether he was making them for holidays or auctioning them off to raise money for his mission trips.

"Ask anyone who bought a cheesecake from him when he sold them to raise funds for his mission trips; they'll tell you how good a baker he was. He always tried new varieties of cheesecakes and people clamored for them. I remember when people, including me, got into bidding wars when he would do Facebook auctions for them," Mr. Cotroneo said.

Mr. Davis took pride in being a member of his church's band. He also always looked forward to his mission trips in Africa and the

U.S.

"He has touched many of us throughout the years with his stories about his love for his family, his enthusiasm for learning new teaching methods, his eagerness for making a new dessert for the math teachers at our December department meetings, his participation in band performances at his church, his love for Christianity, his passion toward his mission trips to Africa to tend to the less fortunate and his excitement for trying hands-on math lessons," math teacher Mrs. Christine Marcial said. "We admire the relationships that he had with his students and staff of the DV community."

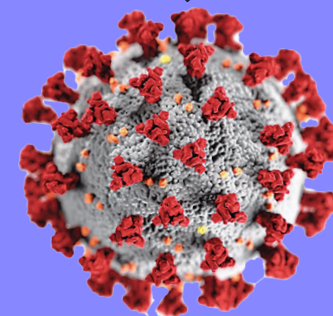
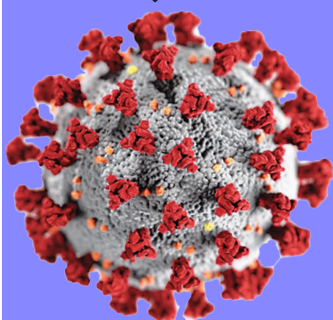


Contributed photos



# Day in the Life of Pandemic Coordinator Mr. Chris Lordi

**Mr. Chris Lordi has been working at DV for the past 17 years where he was first hired as Assistant Director of Support Services and for the last seven years as Director of Administrative Services. As a result of the ongoing pandemic, Mr. Lordi has been seen in all the DV campuses assisting with COVID-19 protocols.**



KD: Kaila Dunn (interviewer)

CL: Chris Lordi (interviewee)

KD: What is your current role during the pandemic and what was your role prior?

CL: My title is Director of Administrative Services, and once the pandemic started, the state released protocols and procedures that each district had to have a pandemic coordinator.

KD: What does being the pandemic coordinator entail?

CL: I am the first line of contact when the Department of Health (DOH) and the Pennsylvania Department of Education (PDE) release new guidance, measures, protocols and different things like that. The biggest thing that pandemic coordinator entails, which was not part of the original plan, is contact tracing, monitoring and record keeping for the district.

KD: Is being pandemic coordinator time consuming and has it affected other responsibilities you have?

CL: Yes, it is very time consuming. When I get a positive case and start contact tracing, it usually takes between four and five hours per case. I have to go to the building, get the seating charts, get the bus seating charts and interview any kids, staff or teachers which is in addition to what I was doing before. Since the middle of December when our cases really started to pick up, I am pretty much spending the majority of my days contact tracing, vaccine work and other pandemic work. Some of my other duties

have fallen to the wayside, and there have been other people in the district who have picked some things up for me, but it is difficult to do both things.

KD: Who notifies you about a positive case-parents, administrators or the DOH?

CL: We have gotten calls from parents, which is the biggest help because they are the first ones to find out about a positive case. They have been great in notifying building administrators. The school nurses have also been doing a great job in maintaining that line of communication. I will also hear from the DOH. Once they receive a positive case, they let me know who it is. I have gotten a call from just about everyone- parents, school nurses, building administrators and the DOH.

KD: Does anyone help you with contact tracing?

CL: Yes, so in the beginning I was able to pretty much do each one by myself. It was great because other building administrators would pull out all the seating charts. In the high school, they would take classes out and move them into the common areas, measure and would talk to teachers and other people. Now that we have picked up, if I cannot make it to a building, the building administrators have really helped out and have been able to do it [contact tracing] as well. It has been a really good collaboration.

KD: What type of meetings are you required to attend?

CL: I have a weekly call with Wayne Memorial Hospital and the DOH. They are kind of organizing the different procedures in Pike

County that can help our community members and our school. I also have a weekly call with the Eight County Task Force. It's basically Pike, Wayne, Luzerne, Lackawanna, Carbon, Monroe and Northampton counties, with all of the ETF (Emergency Task Force) coordinators and the DOH. Then every two weeks, I have a call with the Colonial IU 20, which is all the school districts in IU 20 that we are a part of. We also hold a monthly workplace safety meeting at Delaware Valley, and I also attend the school board meetings.

KD: Is there anything you would like students, parents and faculty to know?

CL: Yes, our number one goal is to stay in school, and how do we do that? It is about people getting tested if they have symptoms, being honest with the tests, being honest with whom they are in close contact with outside of school, keeping an open line of communication with the school and keeping to their quarantine period. It is also just being vigilant about washing your hands and keeping your mask up. If we can do that, then we are going to be able to stay in school and do our best to finish out this year.





# School News

## Where are they now: Maks Henzel-Kedzior, Anthony Monz

By VICTORIA HOFFMANN  
Editor in Chief

Maks Henzel-Kedzior and Anthony Monz are graduates of the Class of 2019. Both were known as a dynamic duo, which they have carried over into their post-graduate life. Both Maks and Anthony are currently enlisted in the U.S. National Guard.

They both serve in the same unit, A Co 1-109th, based out of Honesdale, Pennsylvania. Their company is a part of the Infantry of Northeastern Pennsylvania.

Maks joined the National Guard in 2018, and Anthony followed suit by joining in 2019. Their service so far has ranged from riot control to being on the frontlines of the COVID-19 relief effort.

In the peak of the ongoing pandemic last spring, both Maks and Anthony were stationed in Wilkes-Barre, Pennsylvania, at a drive-through testing site. Their day-to-day orders were to run the testing station, collect data and transfer the test safely to a lab.

"It was like an assembly line of tasks

to ensure the test was not contaminated and to make sure everything ran smoothly," Maks said.

Maks stayed at the Wilkes-Barre testing site until May, while Anthony was stationed there until June.

Maks went on separate orders mid-May to September, and was a part of a mobile testing team. Maks described it as "more intense" than his previous orders,

as he had direct contact with COVID-19 patients in nursing homes across Pennsylvania.

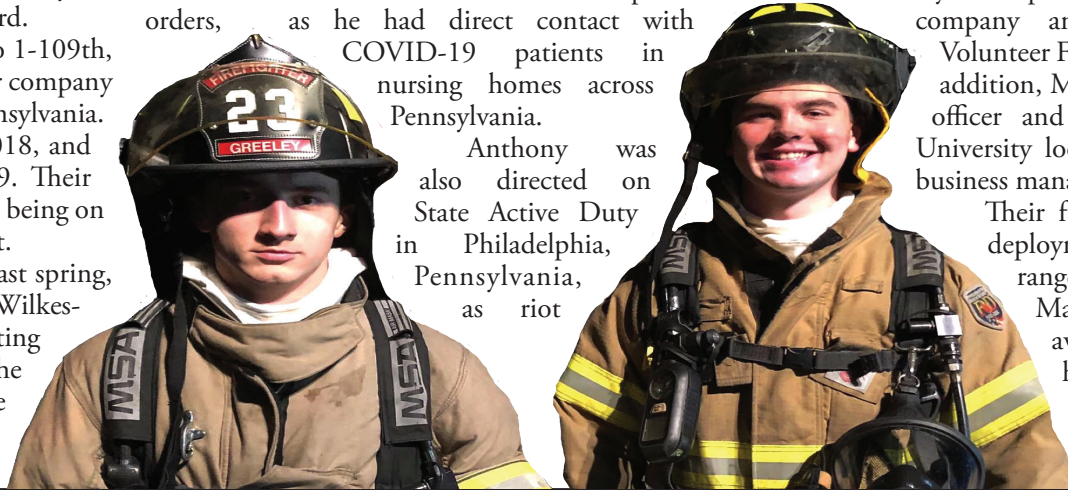
Anthony was also directed on State Active Duty in Philadelphia, Pennsylvania, as riot

control following the Black Lives Matter protests.

Both were awarded the Army Achievement Medal for their service in Wilkes-Barre. Maks was awarded the Armed Forces Service Medal and Pennsylvania Service Medal for his latest order.

Maks and Anthony also work for Homeland Security Concepts Incorporated, a local security company and volunteer at Greeley Volunteer Fire and Rescue Station 23. In addition, Maks is an assistant recruiting officer and attends East Stroudsburg University looking to attain a degree in business management.

Their future plans include foreign deployment and going into the ranger and air assault academy. Maks would like to get into aviation, while Anthony sees himself becoming a drill sergeant or "the next Captain America."



## Del.Aware hosts annual promposal contest

By ADRIENNE GORDON  
Entertainment Co-Editor

This year's prom is scheduled for April 30. With that being said, the Del.Aware is holding its fourth annual promposal contest. We are looking for the most creative, thoughtful promposals.

Students interested in entering the contest can submit promposals by sending photos/videos to the Del.Aware's Instagram (del.aware) with the hashtag DVPromposal2021 no later than April 21.

Only one entry per pair is allowed. Inappropriate submissions will be

disqualified.

Administrators and teachers will judge the contest, and winners will be announced the week prom tickets go on sale. First place winners will receive a set of prom tickets (excluding the Kalahari after-prom experience), second place winners will receive a \$25 gift card to the Naked Bagel and third place winners will win a \$15 gift card to Dunkin'.

Please contact Mrs. Lordi in D4 or a member of the Del.Aware staff with any questions.

Good luck!



### Contest Details

**Deadline: April 21, 2021**

**1st Place - Two prom tickets**

**2nd Place - \$25 gift card to the Naked Bagel**

**3rd Place - \$15 gift card to Dunkin'**

## Inquiring Photographer

"WHO WILL WIN THE SUPERBOWL?"

COMPILED BY MADDY FEDUN



"I think the Chiefs will win."

**Zac Kelly**  
Class of 2021



"I think the Bucs will win."

**Grace Liszka**  
Class of 2022



"The Chiefs"

**Zoe Elaro**  
Class of 2021



"Chiefs"

**Liam O'Toole**  
Class of 2024



"I think the Bucs will win."

**Danah Downer**  
Class of 2021



"Tom Brady. The person, not the team."

**Mr. Nicholas Irwin**  
Staff

# Opinions

## American college system sets prospective students up for failure

HUNTER SICKLER

*Class of 2021*

The United States is famous for its prestigious colleges and universities that constantly produce the smartest and most famous people in the world. However, it is an extremely flawed system that comes at the expense and the well-being of nearly everyone going through this stressful process.

College is extremely expensive and is a major reason why many kids opt out of seeking higher education, regardless of how smart they are.

Other than the insane price tag on college tuition, it costs money to take standardized tests that are an influential factor in getting merit scholarships or acceptances. It also costs money to send these scores to each college, even after paying to take the test. Similarly, it costs money to take AP tests that challenge the brightest

minds in high school with another separate payment to send these scores to a college.

For many students, AP classes are basically mandatory in order to go to the college they want because they boost your GPA and show the college that you can handle a rigorous workload. However, the College Board makes these intelligent, driven students suffer to show their potential. Even after proving to be a smart, well-rounded individual, colleges hardly give out enough scholarship money to make it affordable, and state and federal governments rarely give enough subsidies.

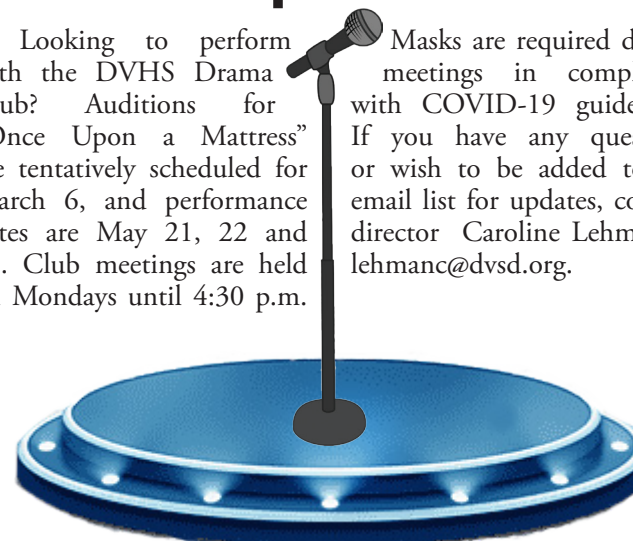
The result is an acceptance to a college that will leave most students needing to take out loans or spending most of their parents' savings at a very young age.



## Drama update

Looking to perform with the DVHS Drama Club? Auditions for "Once Upon a Mattress" are tentatively scheduled for March 6, and performance dates are May 21, 22 and 23. Club meetings are held on Mondays until 4:30 p.m.

Masks are required during meetings in compliance with COVID-19 guidelines. If you have any questions or wish to be added to the email list for updates, contact director Caroline Lehman at lehmanc@dvsd.org.



Compiled by Stella Tannenbaum

Dear Dela,  
I have a broken foot and I have gotten a lot of attention. Some of my friends have gone overboard with the jokes. How do I deal with this?

-Injured student

Dear Injured student, I'm sure having a broken foot has not been easy on you. Your friends might be joking about it if you guys have a joking relationship. They might also be making jokes because they want to lighten your mood. Regardless, you should express that the jokes are not as funny as they may have been when you first broke your foot. If they are true friends, they will stop because I am sure they were not intentionally hurting your feelings. Happy healing!

## Dear Dela

Am I the bad guy if...

I can't decide between...

Should I tell them?

My best friend...



Dear Dela,  
My friends have been making me feel very excluded from the group. I want to let them know they are hurting me without causing drama. How do you pull away from toxic friends?

-Upset friend

Dear Upset friend, first try expressing your feelings to them. Let them know you get upset when they exclude you. If this does not work, sometimes with toxic people, the best thing is to distance yourself. Something as simple as a wave in the hallway instead of walking them to class or not opening Snapchats as quickly as you usually do can send the message you are upset.

EMILY HEROLD  
*News Editor*

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*Opinions Editor*

MADISON KELLY  
*Sports Editor*

KENZIE PANETTA  
*Community News Editor*

# DEL.AWARE

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## Letter Guidelines

The *Del.Aware* is an administrative reviewed publication of the journalism class of Delaware Valley High School. The *Del.Aware* will print acceptable letters written by current students which may be edited or condensed for reasons of libel, good taste, grammar and punctuation.  
**Mail:** Letters to the Opinions Editor, Del. Aware, 252 Route 6 & 209, Milford, PA 18337  
**Email:** the.del.aware@gmail.com



# School News

## Class of 2021 chooses superlatives for Teacher Tea



Jolie Fraggetta/Del.Aware

**Mrs. Jackie Weston, Ms. Lindsay Baker, Mrs. Leslie Lordi and Mrs. Laurie Oszczepinski were voted Best Buds.**

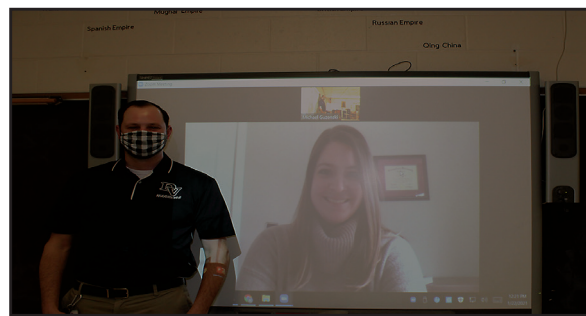


Jolie Fraggetta/Del.Aware

**Best Hair was given to Mr. Dave Peters and Dr. Nicole Cosentino.**

**By JOLIE FRAGGETTA & EMILY HEROLD**  
*Opinions Editor & News Editor*

This year, the Del.Aware staff ran the second annual Teacher Tea. Teachers were nominated for the categories Most Talented, Class Mom and Class Dad, Best Hair, Best Buds and Most Congenial. Seniors voted for each category from Jan. 18 - Jan. 20.



Jolie Fraggetta/Del.Aware

**Ms. Alexis Polanis and Mr. Michael Guzinski were recognized as Most Congenial.**



Jolie Fraggetta/Del.Aware

**Mrs. Margaret Chromey and Mr. George Gelderman were presented with Class Mom and Class Dad.**



Jolie Fraggetta/Del.Aware

**Mr. Eric Thiele and Dr. Irene Lantz were voted Most Talented.**

## Warrior Pride marketing team obtains new tech

**By JOLIE FRAGGETTA**  
*Opinions Editor*

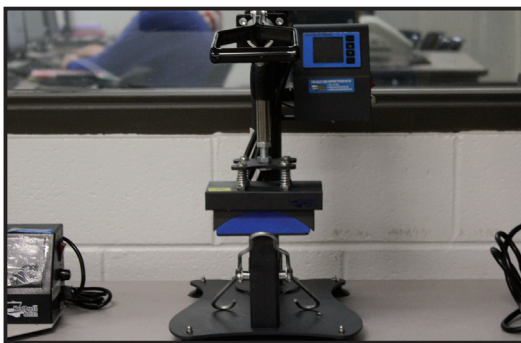
The Business and Marketing CTE has gained three new heat presses to personalize everything from clothing to mugs with designs and DV logos.

The technology will allow students in the class to be more creative in designing logos for products. They are hoping to run design contests where students can enter

their artwork in the future.

The Business and Marketing team is currently working on an e-commerce website where students and staff will be able to purchase these products, but in the meantime, they are periodically hosting sales online for different events. The holiday sale was a big success, and they are hoping to run another sale in the near future.

Students can join the Business and Marketing team by taking the three level course, starting sophomore year. Any student interested in becoming a part of the team can see Mr. Luhrs in B1.



Jolie Fraggetta/Del.Aware

**The Business and Marketing CTE has been using their new technology to create innovative merchandise designs.**

## Puzzle Fun

Use the numbers given to complete the sudoku below. Be the first to report to Mrs. Lordi in D4 after 8:00 a.m. with the correct answers to win a prize. Good luck!

Compiled by Madison Kelly

	4				7	1		
5	3						7	
		7		6		9	4	
4		6		8		7	5	1
	1					6	9	
	5	3		1				2
9	6			3			1	
3	7			5				
1			2		9	3	6	7



# School News

## District chorus canceled, students prepare for All-State

By SOPHIA PERRIN

Science & Technology Co-Editor

The PMEA district auditions have already happened, and ensembles were selected. Even though the festival was canceled, the top students will be permitted to audition for All-State, a virtual festival as of right now.

District 10 leaders had collected data from students and teachers about whether they would like to participate in the festival or cancel it, but there were no ideas of what would be the best way to proceed.

Although most students were not keen on spending more time in front of a computer on mute, this was the method that most schools chose to do

with their entire music departments.

In the future, students will be eligible for All-State auditions, who rank in the range of how many students generally go to Region Chorus. This number is usually about 13 students and will be determined at the state level of PMEA. Furthermore, District 10 is waiting for a final word from PMEA to continue.

In terms of DV's choir members, they will have all of their names engraved on a

plate on the District Chorus plaque. District 10 is also looking into getting medals made as well.

"I am really pleased with all of you and your hard work. Thank you for that, and for your dedication

*"I am really pleased with all of you and your hard work. Thank you for that, and for your dedication to our music program. Keep up the great work."*

- Mr. Richard Horst



Liz Kameen/Del.Aware

**Chorus students prepare for All-State auditions.**

to our music program. Keep up the great work," Mr. Richard Horst said.

Music students prepare for the audition by going through the piece slowly and carefully. They usually practice about once a week, either individually or as a group. PMEA has handed out a piece for every student who was auditioning for district chorus.

"Being given the opportunity to audition

for All-State is super exciting and something I've always wanted to do since I was in middle school," senior Jon Reome said.

## Guidance Corner

### Plans after graduation

- **If any seniors are undecided about their plans after graduation, please see your counselor as soon as possible.**
- **Your counselors will go over what path might be best for you, whether that be school, military or going straight into the workforce.**

### Scheduling

- **Scheduling for all students will begin in March.**
- **Counselors will be meeting with individuals to discuss their graduation requirements, course recommendations and elective options.**
- **The counselors encourage students to have a career path in mind when choosing electives.**
- **More details about scheduling will be announced in February.**

### Military

- **Students interested in joining the military should plan on taking the ASVAB aptitude test.**
- **The ASVABs will be held on March 3. Sign ups are in the guidance office.**

Compiled by Reilly Ziolkowski

## Cinderella's Closet offers formal attire for prom

By MADDY FEDUN

Science & Technology Editor

Students who plan on attending prom: make sure to check out Cinderella's Closet! Cinderella's Closet is run by the Del.Aware journalism staff who organizes and distributes dresses and attire for students going to prom. The dresses are free of charge, and donations can be dropped off at the 11/12 office and are greatly appreciated.

The closet has dresses, suits and tuxedos in a variety of colors and sizes along with jewelry and women's and men's shoes. Due to the COVID-19 pandemic, the Del. Aware staff asks that appointments are made with Mrs. Lordi in D4. The staff will give available time slots for those interested in coming during after school hours.





# SENIOR TEA RESULTS

BY ALEX KRAKOWSKI

*Staff Writer*

Senior Tea has been a tradition in the high school every year for the graduating class. Even with COVID-19 restrictions, seniors were still able to vote electronically and announce the class favorites.

This year, the results have been announced in this issue of the Del.Aware rather than waiting for the Senior Tea ceremony.

In order to officially honor and recognize the class favorite winners, the ceremony is still an option in the spring. However, there needs to be clearance for any large gatherings like this to be held. Photos of all of the class favorites will be shown in the yearbook as well.



**BREAKING NEWS**

**Most in with Faculty**

Madison Kelly  
&  
Mark Cavallaro

**Most Likely to Succeed**

Abigail Vogel  
&  
Jason Henderson

**Most School Spirited**

Laura Marquez  
&  
Colin Hayes

**Most Congenial**

MacKenzie Panetta  
&  
Ethan Gallo

**Most Sociable**

Meghan Byrnes  
&  
Maxwell Plotkin

**Nicest Eyes**

Erin Hartey  
&  
Luke Ruggiero

**Quietest**

Jennifer Yulfo  
&  
Kyle McDougall

**Class Couple**

Janice Healey  
&  
Adam Kanterman

**Best Laugh**

Taliyah Booker  
&  
Bryan Morley

**Most Talented**

Taliyah Booker  
&  
Hunter Sickler

**Best Buds (female)**

Isabella Fasulo  
&  
Jennifer Lee

**Best Buds (male)**

Maxwell Plotkin  
&  
Jack Moniot

**Class Mom & Dad**

Victoria Hoffmann  
&  
Henry Hamill

**Best Hair**

Ariella Wilmot  
&  
Cameron May

**Best in Drama**

Bailey Shay  
&  
Jonathan Reome

**Best Dressed**

Ava Como  
&  
Alexander Husejnovic

**Best in Music**

Danielle Dierksen  
&  
Zachary Brown

**Best Looking**

Alexandria McCarthy  
&  
Mark Callanan

**Best Personality**

Shaina Wasileski  
&  
Maxwell Plotkin

**Biggest Flirt**

Brooke Acoven  
&  
Shane Bowe

**Class Clown**

Taylor Hill  
&  
Conor Mueller

**Best Smile**

Olivia Dodsworth  
&  
Scott Sussman

**Class Brain**

Mary Lee  
&  
Julian Connaughton

**Class Loudest**

Molly Schoepp  
&  
Adam Kanterman

**Most Artistic**

Michelle Andia  
&  
JD Flick

**Most Athletic**

Taliyah Booker  
&  
Jason Henderson

**Jack of all Trades**

Anna Bailor  
&  
Jacob Wenzel

**Best Shoes**

Ava Como  
&  
Michael Leonardo

**Most Opinionated**

Sophia Fouse  
&  
Joshua Caraballo

**Most Involved Virtual Learner**

Laura Marquez  
&  
Daniel Zhivkovich



# School News

## Yulfo attends ANHE program

BY KYLA STEAD

Staff Writer

After the auditioning process that comes along with qualifying for All-State band, senior Jennifer Yulfo ranked first place on her instrument last spring. She qualified for the All-National Honor Ensembles (ANHE) event that took place Jan. 7 through Jan. 9. The event was held virtually this year, so students did not travel to the originally planned destination, Orlando, Florida.

She said, "It shows that when worse comes to worst, we are still able to use music as a common ground to bring joy to ourselves and

others."

She said she was able to make the best of the situation and meet and learn from respectable musicians in the music world.

"Every teacher in some way has helped me get to where I am today, and they deserve a round of applause for all they do for the school and their students. In particular Mr.

Bullock and Mrs. Craver, as they have been holding my hand through my musical journey and helping me from the very beginning," Yulfo said.

She credits them for her accomplishments and thanks the entire music department at Delaware Valley.



## Musicians begin preparing for state competition

BY KYLA STEAD

Staff Writer

Since the springtime, students have been preparing their pieces for district band auditions. All auditions were virtual this year, giving students the advantage of sending in their preferred videos.

Although students aimed to treat this year as normal as possible, a lack of interest for a virtual festival from other districts has caused it to discontinue. Instead, sophomores through seniors who made Districts can now audition for All-State Band.

Senior Danielle Dierksen prepared

her district audition pieces on flute and piccolo. After practicing and balancing practice time, she says it is upsetting that festivals are now cancelled.

"Playing with students from other schools is a great experience," Dierksen said.

*"Playing with students from other schools is a great experience."*  
- Senior Danielle Dierksen

Other students, along with Dierksen are mainly focusing on the preparations for All-State Band

now, which is similar to how they prepared for Districts. Dierksen says she practices for about an hour every night.

Although musicians are disappointed that festivals have been cancelled, students and staff are adapting as time goes on.

## Local businesses offer jobs to minors amid pandemic

BY LUKE RUGGIERO

Sports Co-Editor

With COVID-19 shutting down many local businesses and shops, high school students are finding it hard to get an after school job. A few businesses that are offering part time jobs to minors include Weis Markets in Dingmans Ferry and McDonald's in Westfall.

Weis Markets allows students to select which days they are able to work and will be scheduled around these days.

"Students provide us with what their availability is and we're willing to work around that," store manager Amy Zimmerman said.

The age requirement for a Weis employee is 16. Students can work as a cashier, cart attendant or a shelf stocker.

For more information, call 570-832-0399, or visit [jobs.weismarkets.com](http://jobs.weismarkets.com).

McDonald's is also offering jobs to 16 year olds.

"We're looking for somebody who will take the job seriously and is a hard worker,"

closing manager Sarah Ficken said.

Students can take orders at the window, prepare the food, work the grill or clean the store and do maintenance. McDonald's will be holding open interviews for new workers every week on Wednesdays.

For more information, call 570-491-2023.



Source: <https://www.thetimes-tribune.com>

**Weis markets in Dingmans Ferry is offering jobs to 16 year olds and up.**

## Senioritis takes a toll on the Class of 2021

BY MADISON KELLY

Sports Editor

Senioritis is defined as the loss of motivation in high school seniors as graduation comes closer. It's a constant battle between "I don't want to fail" and "I don't care enough to do anything."

Although the term is often used as a joke, Abby Tincher Southern New Hampshire University (SNHU) academic adviser said senioritis is a real thing students experience.

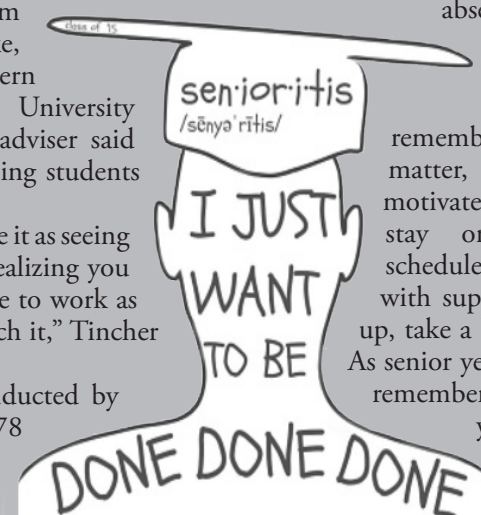
"I would describe it as seeing the finish line and realizing you don't necessarily have to work as hard anymore to reach it," Tincher said.

In a survey conducted by The Omniscient, 78 percent of seniors admitted to having

senioritis.

As graduation looms closer, it gets harder to stay focused on high school as seniors are in the last stretch before they move on with their lives. Symptoms of senioritis that students should watch out for are a drop in grades, not completing assignments, procrastination, excessive absences and laziness.

Some tips to overcome senioritis are to remember that grades still matter, set goals to get motivated, reward yourself, stay organized and on schedule, surround yourself with support, change things up, take a break and have fun. As senior year comes to an end, remember to enjoy the time you have left with your friends and teachers.





# Community News

## Restaurant Review: MIX N MAC

By JOLIE FRAGGETTA  
*Opinions Editor*

MIX N MAC is a unique restaurant in Middletown, New York, that offers a wide selection of mac and cheese.

My friend and I went to the restaurant and ordered the Bacon and Cheddar Balls to share. Four came in an order, and they came with a creamy vodka sauce which added a lot of flavor to the deep fried mac and cheese.

I got the Mozy Mac which had a mixture of mozzarella cheeses and asiago cheese. My friend got the Buffalo Chicken Mac with cheddar, grilled chicken and hot sauce. Each dish had a layer of cheese and breadcrumbs on top



Jolie Fraggetta/Del.Aware

**MIX N MAC offers mac and cheese in many different forms, such as Mac Balls.**

that really pulled the whole meal together.

Every bite I took had an amazing burst of flavor and I had an overall positive experience for a very reasonable price. I will definitely be going

back in the near future.

## Salon adapts to challenging times

By KYLA STEAD  
*Staff Writer*

After working for 13 years at Make an Impression Salon located in Milford, Pennsylvania, Kat Nilsen bought the salon and opened on Jan. 2, 2020. After being open for eleven weeks, the COVID-19 outbreak caused her to close the salon.

"It was an extremely stressful time just becoming a new business owner and not knowing how long we would have to be closed," Nilsen said.

When the salon re-opened last year, many people wanted to come in at once. In order to accommodate all clients, the staff had to work seven days a week.

Currently, state restrictions are still in place. This means adhering to COVID-19 restrictions including social distancing between the styling chairs, face masks or shields being worn by staff and clients and the most difficult regulation: allowing only 50 percent capacity.

All surfaces are being sanitized with disinfectant wipes and the staff is required to take clients' temperatures when they come to the salon. Stylists wear both face shields and masks while working with

## Waterwheel Guitars offers lessons, instruments, repairs

By LIZ KAMEEN  
*News Co-Editor*

Waterwheel Guitars, located at 150 Water St. in Milford, has a wide variety of guitars and various types of other musical equipment, such as guitar picks, pedals, strings and amplifiers. Additionally, they offer mandolins, ukuleles, basses, keyboards, both



Liz Kameen/Del.Aware

**Waterwheel Guitars offers a variety of instruments, accessories and lessons.**

acoustic and electric guitars along with drum sets.

repairing amplifiers.

Both owners hoped to bring relief to a musically deprived area, and provide lessons and support to teenagers from professional musicians.

Al Patrilli, who toured with Trans-Siberian Orchestra and Alice Cooper for many years, offers guitar lessons at Waterwheel Guitars, along with Weis and McVicker.

clients' hair.

"It is a costly and time-consuming process to do all this each and every day, but it is worth it to keep everyone safe and healthy," Nilsen said.

The most drastic change regarding operating the salon now and prior to COVID-19 includes clients being fearful or uncomfortable going to the

*"We made it. We are still here, and we will continue to be here."*

**- Kat Nilsen**

salon under these circumstances. The staff is doing everything they can to reassure people that they are being extremely safe and sanitary.

Although Nilsen worries about being shut down again, she finds ways to stay positive.

"We made it. We are still here, and we will continue to be here," she said. "I'm just extremely grateful for each day."

Due to COVID-19, the high school cannot host its annual blood drive; however, there are still many opportunities to give blood throughout the community. Anyone over the age of 16 who would like to volunteer to give blood can go to <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=18337> to find more information about upcoming blood drives.

# World News

## President Biden dives into improving the nation

By KENZIE PANETTA  
Community News Editor

After the turbulent battle between Donald Trump and Joe Biden, Biden was officially sworn into office on Jan. 20 as the 46th president of the United States.

During his speech, President Biden declared, "The will of the people has been heard, and the will of the people has been heeded. We've learned again that democracy is precious and democracy is fragile. At this hour, my friends, democracy has prevailed."

Plunging into his presidential tasks, President Biden signed 40 executive orders within the first week of his presidency in an attempt to reverse Trump's course on various issues.

Regarding the pandemic, President Biden has established the position of Coordinator of the COVID-19 Response and Conselor, who's job entails advising the president and overseeing the distribution of vaccines, tests and other supplies.

He signed orders that promote mask-wearing, COVID-19 screening, surveillance testing, treatment

research, federal aid distribution and increased support for critical and long-term care facilities.

Department and agency heads have been directed to facilitate the gathering, sharing and publication of COVID-19-related data, assess the availability of protective equipment and other resources required to distribute tests and vaccines and develop a strategy to manufacture these supplies.

President Biden also addressed immigration, deportation and racial equity. He passed proclamations that ended the ban of refugees and residents from seven predominantly Muslim countries from entering the United States, ordered the resumption of immigrant visa processing and halted the construction of the border wall.

Immigration enforcement policies will be revised and the DACA will be maintained in an effort to shield undocumented immigrants from deportation. In addition, undocumented immigrants

will be incorporated into the United States census.

Racial and gender equity was also a central issue in the president's series of orders. President Biden has instructed his government to conduct equity assessments of its agencies and redirect resources in an attempt to advance equality for all citizens.

President Biden has also ended the ban of discrimination on the basis of gender identity or sexual orientation and reversed the ban that prevented transgender citizens from serving in the military.

The president acted in regard to climate change as well. He signed an order

that committed to putting the United States back into the Paris Agreement on climate change, an international pact aimed at controlling global warming.



Source: financial times  
**Joe Biden (far right) and Kamala Harris (mid left) were inaugurated into office on Jan. 20.**

## Italy faces dividing political party crisis

By EMILY HEROLD  
News Editor

Former Italian prime minister, Matteo Renzi, recently withdrew his party's support for the current government, which resulted in political chaos for the country.

Renzi's party, the Italia Viva

party, is only a small part of the ruling coalition, but the current Prime Minister, Giuseppe Conte, needs it to maintain his majority in Parliament. A coalition government is when two or more political parties come together to achieve a common goal.

Renzi quit the coalition, stating that Conte is failing to properly address the country's problems and referred to it as "an act of courage." Renzi's decision

to leave caused a crisis of government that has no clear solution in sight.

"We are not playing," Renzi said. "Democracy is not a reality show."

While facing the worsening pandemic and a recession, Conte is

prepared to approve of a plan to widen the country's deficit by about 24 billion euros (\$29 billion)

in the near future.

Renzi stated that his party is still willing to support plans for more deficit spending and any measures necessary to aid pandemic efforts. In addition, Renzi still considers supporting a new government led by Conte, but that he will not support a coalition government.

"We can be part of the majority if they want us; we can be the opposition if they don't want us," Renzi said.

*"We can be part of the majority if they want us; we can be the opposition if they don't want us."*

**- Former prime minister Matteo Renzi**

## Chinese government, genocide linked

By MADDY FEDUN  
Science & Technology Editor

According to the international convention, genocide is defined as the "intent to destroy, in whole or in part, a national, ethnical, racial or religious group." The State Department announced that China is committing genocide through its oppression of Uyghurs and other Muslim minorities in the northeastern region of Xinjiang.

"I believe this genocide is ongoing, and that we are witnessing the systematic attempt to destroy Uyghurs by the Chinese party-state," said Secretary of State Mike Pompeo.

The Chinese government has rejected any and all accusations of genocide and the lack of basic human rights and has a tendency to

express antiterroism to defend their practices.

The Chinese Embassy said, "the so-called genocide in Xinjiang is simply a lie," adding that the policies in Xinjiang are part of the fight against terrorism, and "these measures have proved to well service Xinjiang's situation and produced notable results."

Although the Chinese government is not taking responsibility for committing actions of genocide, Uyghurs have expressed their gratitude towards the American government.

"Today's determination of genocide is a signal of recognition to the long suffering of victims and survivors of the Chinese government's internment camps, like my brother Ekpar, and millions of Uyghurs," said Rayhan Asat, whose brother is imprisoned in Xinjiang.





# COVID-19 Numbers & Info

## COVID-19 information, research increases

By ALEX KRAKOWSKI  
Staff Writer

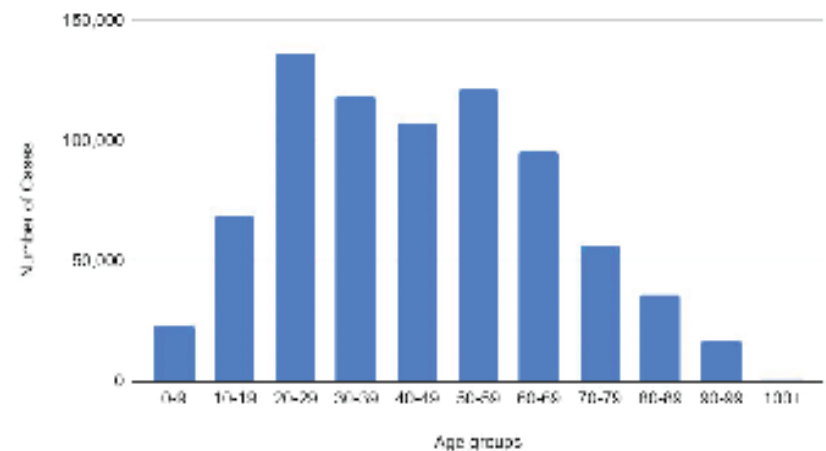
This year the number of COVID-19 cases has been significantly greater than they were at any time last year. Each day the number of cases and deaths increase.

Those who live in multigenerational homes, crowded conditions and more densely populated areas are more likely to contract COVID-19. A person's line of work may also contribute to the risk of contracting COVID-19.

Currently, there are two vaccines being distributed to the public. Both the Pfizer-BioNTech and Moderna vaccines have been approved by the Food and Drug Administration in December of 2020. Other vaccines, like the Johnson & Johnson vaccine, are close to being finished and may be approved as well.

The supply of vaccines is limited, and according to the Centers for Disease Control and Prevention, vaccines are recommended to be given to healthcare personnel and residents of long term care facilities first. However, once more vaccines are provided, more can be administered.

Number of Cases vs. Age groups



Compiled by Adrienne Gordon

## Scientists discover new variants of virus

By KYLA STEAD  
Staff Writer

Although COVID-19 has been declared a global health emergency for nearly a year, it is important to be informed how the virus is affecting the world and to remember the guidelines that have been placed to help control the spread.

New variants of the virus that causes COVID-19 have been documented in the United States as well as globally. These variants occur when viruses change through mutation, and they are expected to occur over time. Whether or not they persist or disappear is unknown.

Currently, there is no evidence that there is greater risk caused by these variants, but an increase in cases is expected.

Documented cases of separate variations have occurred in the United Kingdom (UK), South Africa and Brazil according to the CDC's website. In the UK, the variant was first detected in September 2020, and it has been documented in the United States and Canada. In South Africa, this variant was detected in early October and has not been detected in the U.S. The variant documented in Brazil has not been detected in the U.S. either.

These variants are seen to be spreading quicker and easier than others. Information on all COVID-19 variants is rapidly emerging.

It is uncertain whether or not medicine circulating today responds to these variations or if they affect children differently, but scientists are working to learn more in order to control the spread.

Vaccines are increasing in accessibility, and as of Jan. 27, there have been over 47,200,000 doses distributed and over 24,600,000 doses administered. This information comes from the CDC's website as well.

Cases in the United States have increased over 25 million, and deaths in the country are more than 400,000. Over 14 million individuals have recovered as well.

Globally, there are about 96 million cases reported and over 2.1 million deaths.

## COVID-19 cases in the community

Updated  
Jan. 28

Matamoras  
156

Millrift  
6

DVHS  
34

Milford  
543

Dingmans Ferry  
217

Shohola  
100

Compiled by Danny Zhivkovich





# New laws proposed amidst COVID-19 vaccine distribution

By MADISON KELLY  
Sports Editor

## School

- The current Pfizer vaccine has been approved only for emergency use in individuals 16 years and older, so vaccines won't be required in school settings regardless of the conditions.
- The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) cannot require vaccinations to be taken to go to school but they can recommend it. It is up to state legislation to determine what should be required. Many states will run into complications where 45 states allow for religious exemptions and 15 states for personal belief exemptions from mandatory school immunizations.
- A few states will require children to be immunized against COVID-19 as early as the 2021-22 academic year, but many more will push vaccination requirements back to

the following year.

## Work

- Employers can make the decision for their employees to get vaccinated or believe it is more likely workers to get immunized.
- Healthcare workers and others in contact with people at high risk for the COVID-19 vaccine mandate list.

## Travel

- The CDC has ordered that U.S. from abroad will be required to show COVID-19 tests before entering the country.
- The vaccine is not required for international travel.
- Multiple technology companies are working to create an app that uses a digital passport to allow businesses to verify if people have received the vaccine.

## Vaccination for staff pushed to new phase

By KAILA DUNN  
Managing Editor

On Jan. 23, the Delaware Valley staff was scheduled to receive the first round of the COVID-19 vaccination. After Governor Wolf updated the people classified in each phase of the vaccine rollout, additional community members moved ahead of educators to the Phase 1A classification. Under the new guidelines people over the age of 65 and people with high-risk conditions including but not limited to cancer, smoking and obesity, were moved to 1A. Despite this DV was able to distribute approximately 500 vaccinations to citizens within the community.

By DANNY ZHUKOVICH  
World News Co-Editor

- People who are ages 16 and older without a contraindication to the vaccine are not eligible to be vaccinated. These individuals are eligible during Phase 2 of the vaccination process in Pennsylvania.
- At this time, the Pfizer-BioNTech vaccine is the only product approved for those between the ages of 16 and 17.

## Types of Vaccines

By ALEX KRAKOWSKI  
Staff Writer

### Pfizer-BioNTech COVID-19 Vaccine

In November of 2020 Pfizer and BioNTech, the manufacturers first announced their vaccine to the public.

The vaccine is for anyone 16 years or older. Clinical trials are being done for kids 12 through 15, but only studies are being done for anyone younger than 12. The vaccine requires two shots that are 21 days apart, and the injection site is in the muscle of the upper arm.

This vaccine is an mRNA vaccine, which uses a copy of a natural chemical messenger RNA to produce an immune response. After the second shot, it has shown to have 95 percent efficiency.

### Moderna COVID-19 Vaccine

In November of 2020, Moderna, Inc. announced that its vaccine for COVID-19 was in the Phase 3 study. The manufacturer of this vaccine is ModernaTX, Inc.

This vaccine is recommended for anyone 18 or older, but testing is still being done for anyone between the ages of 12 and 17. The vaccine requires two shots that are 28 days apart, and has shown a 94.1 percent efficiency. The efficiency has shown to be less efficient for those over the age of 85. Similar to the Pfizer and BioNTech vaccine, Moderna's vaccine is a mRNA vaccine.

### Johnson & Johnson Vaccine

Johnson & Johnson is still in Phase 3 of their trials but plans to distribute the vaccine in late January. However, due to some delays they won't be able to administer as many doses as they first anticipated.

The company has already begun taking reservations for the vaccine if they are approved. Unlike other vaccines it is expected to only have one dose. Johnson & Johnson's recent studies have found it has an 80-85 percent efficiency.

Testing has been done on anyone from ages 18 to 59 who has no pre-existing health issues and doses for anyone over 60 are still being reviewed.

By ADRIENNE GORDON  
Entertainment Co-Editor

After many months filled with drive-by cancelled plans and uncertainty triggered by the news that appears to be good news relating to the vaccines are approved and are being distributed. These vaccines are the first step in the battle to end the pandemic. While instrumental to end the pandemic, the vaccine creates an immense amount of work that will be gruelling, hard and might leave you more exhausted than you had before. Here at the Daily News, we hope to provide you with concise information to help your understanding of these vaccines.

# Understanding the Vaccine

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## Vaccine rolls out around the world

By STELLA TANNENBAUM  
Arts & Literature Editor

### Israel

As of January 27, Israel is currently leading the world in COVID-19 vaccination rate at 49.13 doses administered per 100 people. The Israeli government paid a premium to receive early vaccines. The first vaccine was administered on Dec. 19.

Priority was then given to citizens over 60 years old, healthcare workers and those who are at a higher risk due to medical conditions. With approval from Pfizer, Israeli teams repackaged the vaccine into insulated boxes to deliver in smaller quantities to more isolated areas.

### Canada

Having authorized its first vaccine on Dec. 9, Canada was early to order and approve vaccines but has since been criticized for its slow rollout, with only 2.35 doses administered per 100 people as of January

27. Distribution of the vaccine has been complicated by the country's decentralized healthcare system as provinces disagree about rollout plans.

Priority populations include residents of senior living communities, healthcare workers, adults living in Indigenous communities and adults over the age of 70.

### The United States

In the United States, about 7.11 vaccine doses have been administered per 100 people as of January 26. The upcoming transition of power is expected to affect the upcoming months of the vaccine rollout processes, as the administration of president-elect Biden is expected to have a different plan from that of President Trump's administration.

The details of vaccine rollout plans vary depending on the state, but vaccines are being administered to priority groups such as essential workers, those above 70 years of age and those who are medically vulnerable.

Insert 3

## Side Effects

By SOPHIA MILLER  
Arts & Literature Co-Editor

- According to the Food and Drug Administration (FDA), the most common reactions to the COVID-19 vaccine include: pain at injection site, swelling, redness, fatigue, headache, chills, fever joint/muscle pain.
- Kristen Koi, one of the vaccine recipients, commented that "this was the highest fever I can ever remember having, and it scared me."
- Of the 44,000 people who were a part of the clinical trial, those who did show side effects of the vaccine reported that they were short lived and not very intense.
- Reactions to the vaccine also vary on the type of vaccine. The side effects for the Pfizer vaccine include rashes or skin irritation, while the Moderna does not.
- The Centers for Disease Control and Prevention (CDC) recommends that if you are experiencing any of these symptoms to, "drink plenty of fluids, dress lightly and to apply a clean, cool, wet washcloth over the area."







# COVID-19 News

## Rapid Test

-There are two types of rapid testing for COVID-19, a quicker and smaller version of the PCR test, and a test that looks for virus antigens.

-The rapid PCR test collects cells from the patient's mouth or nose with a cotton swab and is sent to a lab.

-The antigen test also collects cells, but instead of a swab, a strip is used. If the patient is positive the test strip will change colors.

-Rapid tests are most frequently used for large group screenings and at home with immunocompromised individuals.

-According to Harvard Health, the Food and Drug Administration (FDA) does not favor rapid antigen testing as negative results will occur more often.

**Compiled by Reilly Ziolkowski**

**Compiled by Adrienne Gordon**

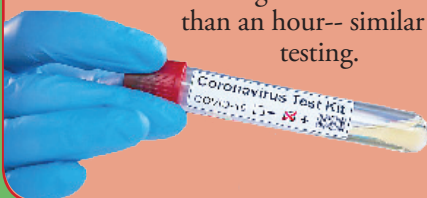
-PCR and antigen tests require a nasal swab test from the back of the nose or throat for a sample.

-If the results are positive, neither test can determine whether a person is actively contagious.

-Both issue a positive or negative result.

-The tests measure a viral load, the amount of virus present once a person has been infected.

-Traditionally, PCR tests take 72 hours for results. However, some urgent care facilities have begun rapid PCR testing that returns results in less than an hour-- similar to rapid antigen testing.



## PCR Test

-PCR tests, also known as molecular, diagnostic or viral tests, detect the genetic material of COVID-19 and are generally in the form of a nasal or throat swab. A saliva sample may be used as well.

-The name comes from the technique used for the test which is called reverse transcriptase polymerase chain reaction or RT-PCR.

-These tests are typically highly accurate and aren't normally required to be repeated.

-Results may be available the day the test is taken, but for locations with many tests, the results may take up to a week.

-PCR tests are unable to determine if the individual has had COVID-19 in the past, but they do diagnose an active infection.

**Compiled by Kyla Stead**

## Lockdown causes mental health issues

**By LIZ KAMEEN**

*News Co-Editor*

Many students and young adults have been struggling with mental health issues due to the COVID-19 pandemic causing lockdowns around the world.

The Centers for Disease Control and Prevention (CDC) released a statement saying that it is very common for some people to feel especially isolated and lonely right now, due to social distancing, quarantine and many students being forced to learn from home. Families may be separated right now and many had to spend the holidays alone, which can contribute to an already heightened sense of isolation and anxiety due to the pandemic.

In order to cope with anxiety and depression, the CDC recommends the development of a regular sleeping schedule, which allows adequate time to spend doing enjoyable hobbies. Additionally, the CDC recommends exercise on a regular basis, along with eating well-balanced meals.

In a poll given to Delaware Valley students about how they spent their time in quarantine, the most common response was learning a new art medium. Many stated they learned how to paint, crochet, embroider or play a new instrument. Another popular hobby was working out, with many responding that they started hiking, biking or swimming.

Dedicating time to self-care and enjoyable hobbies is more important than ever and can help those struggling with lockdown measures.

## Psychosis developing in COVID-19 patients

**By MADDIE MALLON**

*News Co-Editor*

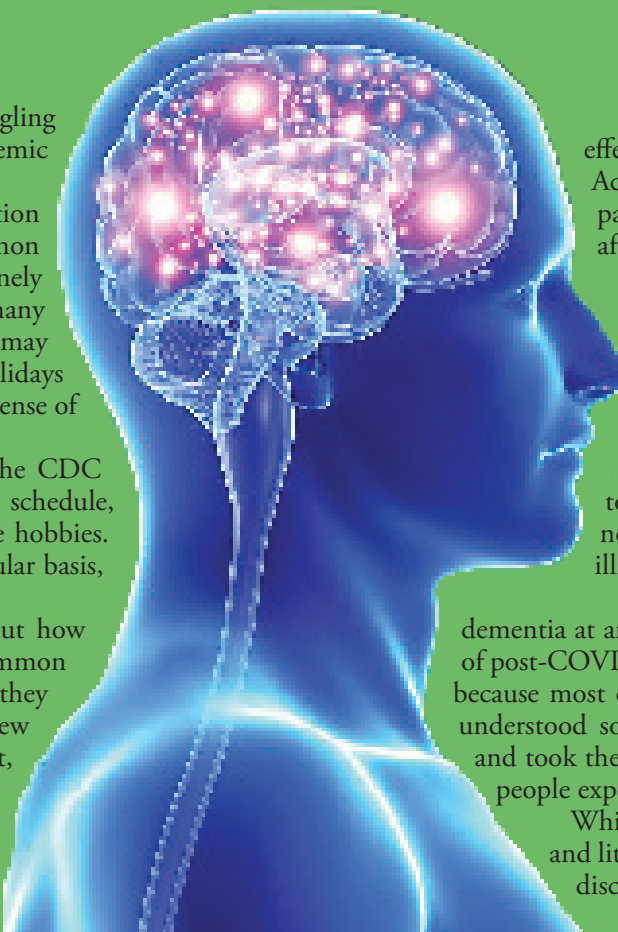
Scientists are constantly discovering new long term side effects of COVID-19, like how it affects brain function. According to the New York Times, nearly one third of patients reported they experienced confusion or delirium after contracting COVID-19.

There have been hundreds of cases around the world of people with intense psychotic symptoms weeks after contracting COVID-19. However, most of these patients did not have extreme cases of COVID-19.

During the summer, a 42-year-old woman came into a hospital because she was hearing voices, seeing her four young children being murdered and had plans to kill them herself. Like most of these patients, she had no prior psychotic symptoms or a family history of mental illness.

Schizophrenia usually develops at a young age and dementia at an old age. According to the New York Times, these cases of post-COVID-19 psychosis are different from usual cases of psychosis because most of these patients are middle aged. Some of the patients understood something was wrong with the way they were thinking and took themselves to a hospital or doctor, which is uncommon for people experiencing psychosis.

While this side effect is uncommon, it is a terrifying possibility and little is known about how to treat it. There is so much to be discovered about the effects of COVID-19.





# World News

## Violent riot infiltrates the Capitol, Congress evacuates

By VICTORIA HOFFMANN  
Editor in Chief

On Jan. 6, Congress met in a joint session to formally count the votes of the Electoral College at the Capitol in Washington D.C. However, the session that was supposed to officiate President-elect Joe Biden and Vice President-elect Kamala Harris' upcoming term matched with turbulent attacks on the Capitol from a group of President Donald Trump's supporters.

Earlier in the day, President Trump held a rally where he discussed his view on election fraud and how it played into his loss this election. President Trump went on to say that he and his supporters will persevere through their loss this election, and they will fight for their representation in the future. He told his supporters that "if you do not fight like hell, you are not going to have a country anymore."

Following this speech, his supporters marched 16 blocks to Capitol Hill. The advance on the Capitol roughly started at 1:15 p.m., when thousands stormed through security outside the building and proceeded to



Source: usa today  
**Capitol Police clashed with protesters as they tried to prevent them from entering the Capitol building.**

breach the building. Protesters inflicted mass damage by destroying parts of the building and artifacts, breaking into officials' offices and even stealing letters and personal items of representatives.

Congress' session was discontinued, as many were evacuated or took shelter to avoid harm from incoming

protesters.

After the protestors were dispersed, Congress resumed session to finish the electoral count.

At 3:32 a.m., Vice President Mike Pence cited the results for Biden's victory in Vermont, which pushed the Democrat past the 270 electoral votes for Congress to confirm him as the next president and Harris as vice president almost 15 hours after the session began.

The aftermath included five deaths, extensive damage and disappointment from citizens who were shocked following the protest.

The days following were filled with high ranking political figures condemning the attack at Capitol Hill, while others claimed it was protesters exercising their First Amendment right.

The debate whether the events at the Capitol were acts of domestic terrorism or sedition were discussed in the media, yet the attack has met the FBI's criteria for domestic terrorism.

"Don't dare call them protesters. They were a riotous mob, insurrectionists, domestic terrorists. It's that basic. It's that simple," said Biden.

## Mass graves spark controversy in Ireland

By SOPHIA MILLER  
Arts & Literature Co-Editor

On Jan. 13, Taoiseach Micheál Martin, the current Irish Prime Minister, issued an apology to former occupants of Mother and Baby Homes across Ireland. This apology was in response to the inhumane conditions that these individuals had to endure while staying at these homes.

Bon Secour Mother and Baby Homes were very popular in Ireland in the mid to early 1900s. Teen pregnancy and pregnancy outside of marriage was frowned upon, so single mothers looked to these homes for shelter. However, due to high death rates in these homes, mass graves needed to be built.

The discovery of remains found in the concrete near the Tuam Mother and Baby House called attention to these mass grave sites. The local news released a story that gained worldwide traction which caused a forensic excavation to

be performed.

Scientists found that this house's mass grave held the remains of 802 children. According to BBC News, the ages of these children ranged from premature babies to toddlers.

Other houses were investigated, some were found to contain the remains of as many as 900 different children.

The history behind these mass graves was revisited in October of 2020 through protests. These protests occurred as many people were afraid of the idea that the documents regarding the investigations of these mass graves would be sealed.



## Biden selects Rachel Levine as assistant health secretary

By MIKAYLA KRISANDA  
World News Editor

On Jan. 19, before his inauguration, President Joe Biden announced that Dr. Rachel Levine of Pennsylvania will be nominated to be his assistant secretary of health.

Levine is Pennsylvania's top health official and would be the first openly transgender official to be confirmed by the U.S. Senate.

"Dr. Rachel Levine will bring the steady leadership and essential expertise we need to get people through this pandemic -- no matter their zip code, race, religion, sexual orientation, gender identity or disability -- and meet the public health needs of our country in this critical moment and beyond," said President Biden. "She is a historic and deeply qualified

choice to help lead our administration's health efforts."

If she is confirmed as the assistant secretary of health, Levine would be the highest ranking transgender official in the U.S. government. The selection of Levine for this position would continue Biden's trend of picking "historically diverse" leaders for his administration.

In 2015, Levine was nominated to be physician general of Pennsylvania by Governor Tom Wolf. She was the physician general of the Commonwealth of Pennsylvania from 2015 to 2017. Currently, Dr. Levine is the secretary of health for the Commonwealth of Pennsylvania. Throughout her service, Levine has still had to deal with mistreatment because she is transgender.

"The entire nation got to watch her succeed in the face of really difficult attacks," said Pennsylvania state Representative Brian Sims. "Republicans still deny her basic equality, and she focuses on saving their lives."

# Arts & Literature

## Spotlight Artist: Rachel Richter

By SOPHIA MILLER

*Arts & Literature Co-Editor*

Junior Rachel Richter has been an adept artist since she was 12 years old. She said that once she realized she had a passion for art, it had a big impact on her life and motivation.

"Before I started drawing and painting, I would literally do nothing." She added "My grades were always bad, and I did not care about anything. But now that I have been drawing, my grades have improved. Basically, I've improved as a person."

From a young age, Rachel was inspired greatly by her aunt who is also an artist and enjoys creating.

She said that most of my art experience is from her as she would spend a lot of time drawing with her aunt as a child. Rachel is also inspired by her love for anime and the manga's unique art style.

Rachel's favorite medium of art is digital because "I can go back and redo something easily."

When creating art, she prefers to draw people, mostly portraits and full body drawings.

Besides her love for digital art, Rachel greatly appreciates acrylic paint and oil paint. She admits that oil paint is very finicky and difficult to use, so

she looks up to oil painters.

Some of her favorites are well renowned artists such as Leonardo Da Vinci and Salvador Dali.

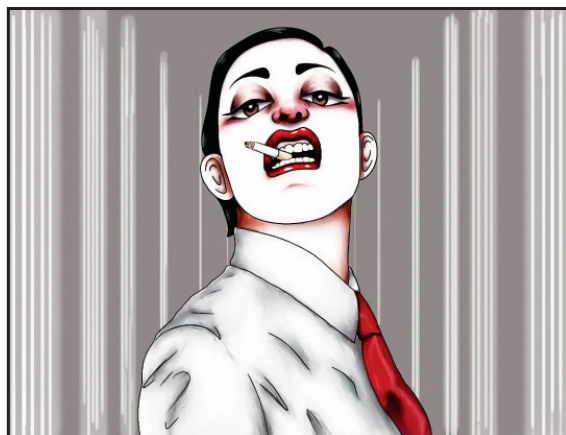
Rachel has taken many of the art courses the high school has to offer, including Painting 1 and 2, Computer Art 1 and 2, Photography and Drawing 1.

Currently, Rachel takes Graphic Design 1 and Ceramics. Next year, Rachel plans to enroll in Jewelry Design, Drawing 2, 3D Drawing, Art History, AP Studio Art, Ceramics 2 and Graphic Design 2.

Besides the many art classes that Rachel takes, she would also occasionally attend Art Club after school to brush up on her skills.

Though Rachel is unsure as to what or where she would like to study in the future, she hopes that her love for art classes will help her to study 3D design in college, as well as anatomy.

When she isn't creating, Rachel likes to indulge in photography, enjoying nature collecting antiques, CDs and vintage records.



Contributed Photo

In this piece, Rachel uses a computer program to depict a person smoking.

## Spotlight Writer: Srdjan Stankovic

By REILLY ZIOLKOWSKI

*Community News Co-Editor*

Senior Srdjan Stankovic began writing when looking for a proper medium to express his ideas. His whole life, he has taken time out of his day to reflect upon his thoughts. This led to him keeping a continuous story that he adds to frequently.

Srdjan prefers to write narratives, and he believes that the series "Boxcar Children," which is his earliest memory of literature, has had the greatest impact on his writing style.

"Recently I uncovered a small notebook with a marked date of slightly over 13 years ago. A long-lost memory dusted off as I read of a young boy exploring a forest, mystical occurrences flooding the scene, each met with an equally wondrous demeanor," Srdjan said.

Srdjan currently takes AP Literature but in his past three years at Delaware Valley, he did not think to enroll in

electives that specialize in writing. He believed his vocabulary and grammar abilities would naturally expand in English classes, but recently realized teachers with a noticeable love for literature have a bigger impact on a learning environment.

"Despite the fact that Srdjan is learning remotely, he is able to produce writing of tremendous quality, with points, insights and transitions coming to him quite naturally," says English teacher Mr. Bryan Pol.

"Clearly, Srdjan's best efforts in my class are through his writing, which is clear, concise and coherent despite the difficulty of the content we are covering in AP Lit."

Srdjan takes inspiration from everything in life. Whether it be the actions of those in his friend group or observations he makes in public, he takes all his observations into account. He believes including these interactions gives depth to his fictional worlds.

## Spotlight Musician: Danielle Dierksen

By JOCLYN IRONS

*Entertainment Editor*

Senior Danielle Dierksen was recently accepted into District Band for both flute and piccolo.

She also qualified for District Orchestra, which only accepts the top four flautists in the district. She is also the number one piccolo player in the district which makes her eligible to audition for the Pennsylvania Music Educators Association State Band. This is a major accomplishment for any musician.

Danielle's main instruments are the flute, piccolo and alto saxophone.

She initially joined band and orchestra in elementary school as a way to develop a new skill. She began playing flute in fourth grade but she did not gain a major interest in it until middle school.

"I have to give credit to Mr. Bullock because he saw potential in me. Mr. Bullock always pushed me to

be a better musician and that's how my interest began to grow tremendously," Danielle said.

She taught herself alto saxophone in ninth grade.

In high school, Danielle has taken part in almost every music program available. She is part of Concert Band, Jazz Band, Marching Band, the indoor winds program and a member of the pit for both middle school and high school productions.

Outside of school, she takes lessons with a private flute instructor to help further develop her skills.





# Arts & Literature

## Students achieve success in Scholastic Art

BY STELLA TANNENBAUM  
Arts & Literature Editor

Results from the NEPA Scholastic Art regional competition have been released, and students from DV dominated the awards with seven Gold Key awards, eight Silver Key awards and nine honorable mentions.

Several students won multiple awards for different pieces, including senior Kendall Mrozinski who won a

Gold Key and a Silver Key. Senior Gavin Munro and juniors Rachel Richter and Ethan Sansolis each won a Silver Key award and an honorable mention.

In addition, two submissions from DV were nominated for American Visions awards, a highly selective national recognition program. Michelle Andia's video submission "Alienated" and Milada Burovova's jewelry piece "Encased in Quarantine" were nominated for this prestigious award.

Typically, submissions that win Gold Key awards are displayed at the Everhart Museum. Because the museum is closed due to the pandemic, art teacher Mrs. Tricia Kaylor will be creating a virtual art show to display all of the winning pieces. The link to the art show will be available soon on social media.

There will be a virtual reception ceremony on Feb. 20 and a full list of winners is available at [everhart-museum.org/teens/](http://everhart-museum.org/teens/).

Senior Milada Burovova earned a Gold Key award and an American Visions nomination with a jewelry piece.



Victoria Hoffmann/Del.Aware



Contributed photo

Senior Kendall Mrozinski's "Contained Sapphire" won a Gold Key award.



Victoria Hoffmann/Del.Aware

Senior Michelle Andia's video submission achieved a Gold Key award and an American Visions nomination.

## 'The Perks of Being a Wallflower' delivers hopeful message

BY MADDIE MALLON  
News Co-Editor

"The Perks of Being a Wallflower" is a coming of age novel about Charlie, an introverted boy going into his first year of high school. Despite being written 20 years ago, the themes in this book are timeless.

Charlie writes letters to the reader, who he says he heard will listen and understand. This makes the unique novel more personal, with the reader acting as a friend to Charlie.

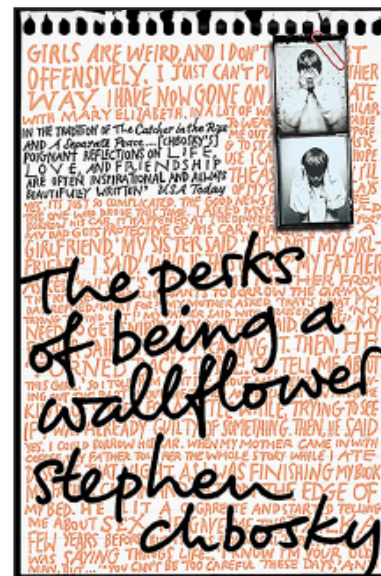
This book is relatable for most high schoolers. Charlie faces school dances, parties, football games, relationships and uncomfortable family holiday dinners. There is something in it for everyone.

Any fans of the movie adaptation should read the book. Even if you do not consider yourself to be a reader, the book

is an easy read and goes into detail on Charlie's relationships between friends and family.

I walked into this book cautiously, knowing it dealt with trauma and depression and worrying it would be difficult to read. This book was much different than I thought it would be, and I struggled to put it down.

"The Perks of Being a Wallflower" delivers a powerful and clear message- that no matter what you are struggling with there are people who understand. It tells readers to not compare their struggles to others' because although someone else may have it worse, it does not make your pain less valid. It also teaches readers to participate in life rather than watch from the sidelines. As stereotypical and corny as it sounds, this book had an impact on me and changed how I look at things.



Source: amazon

Stephen Chbosky gives readers a meaningful and relatable story, "The Perks of Being a Wallflower."

## Fashion Aware: Mini UGGs

BY STELLA TANNENBAUM  
Arts & Literature Editor

UGG boots were a longstanding staple of early 2000s fashion. Two decades later, several of the brand's shorter, more discrete offerings are gaining popularity.

From the Classic Ultra Mini to the Tasman Slipper, UGG's newer styles offer a variety of comfortable yet fashionable options that celebrities like Emily Ratajkowski and Kendall Jenner have been quick to embrace. The miniature boots appear to be more versatile than their full sized counterparts, having been styled with athleisure as well as professional outfits.

Even at their peak popularity, UGGs were highly controversial. Many people were staunchly opposed to the brand, some citing animal cruelty concerns and others simply objecting to the appearance of the shoes.



UGG Classic Ultra Mini

UGG's Tasman Slipper costs \$100 and comes in four colors: Burnt Olive, June Gloom, Black and Chestnut. The \$140 UGG Classic Ultra Mini is available in Burnt Olive, Mustard Seed, Magnolia, Black and Chestnut.



UGG Tasman Slipper



# Entertainment

## TikTok predicts fashion trends for 2021

By REILLY ZIOLKOWSKI

Community News Co-Editor

Throughout the years, designers have taken influence from past decades clothing trends and adapted them to modern times. In the fashion industry, they call this occurrence “the 20 year rule” because every 20 years certain trends will circulate back into style. Just as the 2010s mimicked trends from the 80s and 90s after 20 years of those styles being “out,” it is likely styles from the 60s and 70s will begin repeating themselves in the coming years.

TikTok users have been using the idea of “the 20 year rule” to come up with fashion predictions for this year. Some of the most common clothing predictions found on TikTok include



faux fur trim coats, funky knit and mesh tops, sparkly flare or bell bottom pants and most importantly lots of patterns. Most users predict these items will make full time appearances in spring of 2021, as they began appearing in fashion throughout the end of 2020. Other less common clothing predictions include a-line mini skirts and dresses, ribbed knit dresses and layered shirts with cutouts.

Predictions for shoes and accessories this year include Go-Go or knee high boots, tights with crazy patterns, chunky statement jewelry and fur hats. Some TikToks also include make-up predictions which consist of colorful eyeshadows and bold eyeliner. So far these predictions noticeably mirror trends of the 60s and 70s.

Another reason TikTok users may be predicting



60s and 70s styles for this year because similar societal changes, like those of the 60s, are happening in current time. The 60s and 70s are known for the younger generation breaking old fashion traditions, which they used as a visual way to show their support for the civil rights movements that were occurring.

In the past year, society has seen the same civil right movements resurface in a different form, and young adults of current times are reacting in a similar behavior. Designers may be taking 60s and 70s fashion as inspiration when designing for today's youth.

## “No Time to Die”

By DANNY ZHIVKOVICH

World News Co-Editor

The name is Bond, James Bond, and he's making a return in 2021. Actor Daniel Craig is said to make his final outing as 007 in director Cary Fukunaga's upcoming James Bond film “No Time to Die” on Oct. 8.

In the film, Bond's retirement in Jamaica is abruptly interrupted when he is approached by CIA officer Felix Leiter (Jeffrey Wright) with a mission to rescue a kidnapped scientist. While attempting to recover the scientist, Bond finds himself tracking a mysterious villain named Safin (Rami Malek), who's armed with a new technology that could kill millions.

“No Time to Die” was the first major movie to delay its release back in March 2020 due to the COVID-19 pandemic. Craig's last run as the British superspy will now open a year later than expected.



Source: google

## “The Midnight Sky”

By SOPHIA MILLER

Arts & Literature Co-Editor

“Midnight Sky” is a science fiction movie both starring and directed by George Clooney. The story follows a scientist named Augustine, the only person left on Earth's surface after the rest of the human population moves underground. Augustine operates a scientific base where he devotes the short remainder of his life to saving a deep-space vessel from returning to a polluted Earth.

As someone who frequently watches sci-fi movies, I thought this was a very interesting movie. The CGI was very well done, the plot was interesting and easy to follow and I didn't expect the surprise plot twist at the end of the movie.



Source: google

## “On Pointe”

By KAILA DUNN

Managing Editor

On Dec. 18, Disney+ released a new series called “On Pointe,” which brings people into a semester at the School of American Ballet, SAB, in New York City. The series goes through the audition process for teenagers looking to attend the school, as well as the auditioning and rehearsal processes for children to be a part of New York City's annual Nutcracker. After watching “On Pointe,” I was truly amazed how much information was given about SAB, which allowed me to see the school in a different way than I had originally.

Despite being only six episodes, I thought the series was eye-opening to people whether or not they dance because it showed how much work, practice and dedication goes into dancing.



Source: google

## “Cinderella”

By Jolie Fraggetta

Opinions Editor

A new version of “Cinderella,” produced by Columbia Pictures, is set to come to theaters this winter. “Cinderella” is a live-action movie that is based on the classic fairy tale by Disney. The movie will mirror the plotline of the animated movie with the story of a poor girl who goes to the ball and meets Prince Charming. It will incorporate more of a comedic twist than the original.

Many big names will appear in the movie such as Camila Cabello who is playing the role of Cinderella. James Corden will be playing one of the three mice, and Idina Menzel will be playing Cinderella's evil step-mother.

“Cinderella” will be released in theaters on Feb. 21.



Source: google







# Science & Technology

## Scientists discover Progeria treatment in mice

By LIZ KAMEEN  
News Co-Editor

Progeria, also known as Hutchinson-Gilford Progeria syndrome, is a rare genetic disorder that causes rapid aging in diagnosed children. Usually, those diagnosed with the disease typically live until their late teens or early twenties, but most patients die before they turn 15. Currently, there is no cure for Progeria, but symptoms can be alleviated with medication.

A group of scientists published that they discovered a way to edit the gene mutation that causes Progeria in mice. This discovery provides valuable information regarding gene editing, which could possibly double the lifespan of those living with Progeria.

This study was a collaboration between the U.S National Human Genome Research Institute, National Institutes of Health, the Broad Institute of Harvard and the Vanderbilt University Medical Center. Progeria is caused by an improper protein pairing, causing RNA to splice incorrectly, forming Lamin A, also known as progerin. This toxic protein damages the internal nucleus, which eventually leads to cardiac failure.

Scientists found a way to target the gene mutation in mice. The researchers use a DNA editing technique called base editing, which substitutes the incorrect DNA letter for the correct letter without damaging the DNA strand. The mice that were injected with the gene-correcting protein at 14 days old lived twice as long as those who were not treated.

Although scientists have not been able to transfer this study from mice to humans yet, they are hopeful that this discovery will be one step closer to a cure.

## Body emissions intensified by chemical reactions with cleaners

By MADDY FEDUN  
Science & Technology Editor

Gym facilities generally use chlorine bleach products to sanitize sweaty gym equipment, which not only kills surface bacteria, but also combines with emissions from sweat creating a cocktail of chemicals. The University of Colorado Boulder conducted a study to analyze the emissions of indoor facilities and the reactions they have with common cleaners.

The Boulder team sampled air from a weight room at the Dal Ward Athletic Center, and were able to determine that the athletes produced three to five times the emissions while working out. They then looked at a chemical group, N-chloraldimines, which is a reaction that bleach has with gym air. From

there, they were able to determine that cleaners react with amino acids that are released from sweaty bodies.

"Humans are a large source of

said Zachary Finewax, a research scientist at the Cooperative Institute for Research in Environmental Sciences.

It is important to understand the impacts of air quality. Even though more research is needed to determine impacts, it is still crucial to see the effects that indoor emissions have on human health.

These chemicals can irritate the eyes and throat. They can also cause headaches and other factors such as cancer. Make sure to read all cleaning labels and be aware of the chemicals that are used to clean.

"Since people spend about 90 percent of our time indoors, it's critical we understand how chemicals behave in the spaces we occupy," said Joost de Gouw, a professor at the University of Colorado Boulder.



Source: educational training company

**Chemical reaction with common gym cleaners heightens emissions within facilities.**

indoor emissions. And chemicals in indoor air, whether from our bodies or cleaning products, don't just disappear, they linger and travel around spaces like gyms, reacting with other chemicals,"

## Magnetar flare detected by space telescopes

By MIKAYLA KRISANDA  
World News Editor

A magnetar is a type of neutron star that has an extremely powerful magnetic field. For the first time, scientists have been able to identify a flaring magnetar from another galaxy.

Magnetar stars are said to be responsible for some of the highest-energy explosions in the universe. Astronomers have been unable to prove that the magnetar stars were responsible, but on Jan. 13 the astronomers reported the event at the virtual meeting of the American Astronomical Society and in papers in Nature and Nature Astronomy.

There have been sightings of flaring magnetars in the Milky Way galaxy, as well as in distant galaxies.

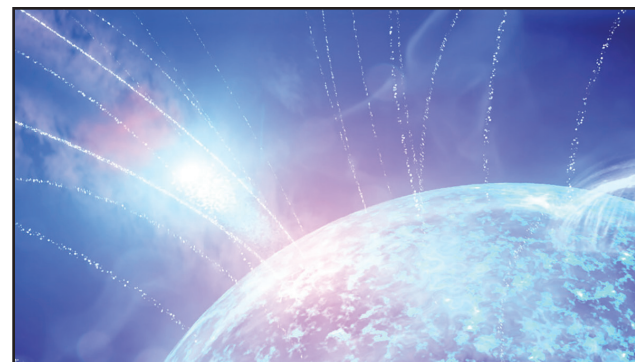
"The others were all a little

circumstantial, and not as rock solid," said astrophysicist Victoria Kaspi of the McGill Space Institute in Montreal.

The first glimpse of this flaring magnetar was on April 15, 2020. Five telescopes in space, the Fermi Gamma-ray Space Telescope and the Mars Odyssey orbiter being a couple, observed the blast. The telescopes provided the scientists with information that allowed them to track down its source.

The magnetar flare originated in the galaxy NGC 253, or the Sculptor galaxy, which is 11.4 million light-years away.

The magnetar flares are described as starquakes on the surface of the star that disturb the magnetic field that lead to extremely powerful gamma-ray flare emissions.



Source: nasa goddard space flight center/Chris Smith, USRA/GESTAR

**Magnetar flares have been identified by scientists for the first time due to the use of five space telescopes.**



# Science & Technology

## What's in your food: Takis

By ALEX KRAKOWSKI  
Staff Writer

Takis are a brand of corn tortilla chips that are well known for their spicy taste. They reached the American market in 2006, and have gained continued popularity.

Takis flavors range from sweet to spicy, but the most popular flavor is Fuego, which is made up of hot chilli pepper and lime.

Like many chips, they are loaded with unhealthy ingredients such as monosodium glutamate (MSG), sodium, artificial colors, flavors and chemicals.

One of the most popular parts of this snack is the seasonings on the outside of the corn chip. Some of the spices have been shown to cause stomach irritation, burning in the throat, diarrhea and indigestion. These spices can eat away at the

stomach and throat lining if they are consumed in excessive amounts because they increase the acid in one's stomach.

Some have even gone to the emergency room because their stomach and esophagus are unable to handle the amount of acidity found in Takis.

High levels of sodium have also been an issue for many snack and food brands, and it is especially an issue for Takis with the amount of sodium in them. One serving size of Takis contains 410 milligrams of sodium, and most people tend to eat more than the recommended serving size. Overindulgence in MSG and sodium can lead to dehydration, headaches and bloating.

Another ingredient in Takis is Tert-Butylhydroquinone (TBHQ) which is a preservative. Researchers have found that high doses of this preservative can lead to DNA damage. Another preservative in Takis is butylated hydroxytoluene

(BHT), an antioxidant preservative that has shown to have a correlation to risk of cancer and asthma.

While the Food and Drug Administration (FDA) has regulated both of these preservatives, eating an excessive amount of these is essentially consuming a toxic dose of chemicals.

The artificial colors in Takis include FD&C Yellow 6 lake and FD&C Red 40 lake, which are in many other foods because of their visually appealing look. They can be found in many processed foods, but it is important to try and avoid consuming too much of these.

Certain studies found on lab rats show that these artificial colors can possibly cause tumors and cancer.

Other options for this snack can simply be oven cooked tortillas with sea salt and organic dried spices. As well as that, there are recipes, such as sliced vegetables coated with spicy seasonings, that can be found online for a much healthier alternative. The spicy flavor can still be present without the chemicals and other unhealthy ingredients.

It is important to check the serving size before eating these spicy snacks, and moderation is key.



## Fitness app Sworkit gains popularity during gym closures

By AIDAN FEAN  
Sports Co-Editor

Since the COVID-19 pandemic began, many businesses, such as gyms, have been forced to close for a long period of time. These closings have caused a rise in the number of people who use fitness apps.

One of these apps is called Sworkit, an app that gives you workouts to help you stay in shape without having to even leave your own house or use equipment. There is a free version of the app, and there is also a premium version of the app that

costs \$2.99 per month.

The app offers different types of workouts from strength to cardio to yoga. It also offers workouts for people that may have equipment easily accessible such as dumbbell or kettlebell workouts. It also has workouts that range in time. This makes it easier for teens to stay in shape in convenient ways.

Fitness apps may have gained popularity because of the pandemic closing down gyms, but they very well may be here to stay as they are a much cheaper

alternative to most gyms.



## Is your shampoo making your hair fall out?

By MADDIE MALLON  
News Co-Editor

A lawsuit that went viral online led to many people finding out their hair products may be causing hair loss. Two women filed a lawsuit against TRESemmé Keratin Smooth shampoo and conditioner, accusing the brand of putting harmful chemicals in their products that can cause hair loss and scalp burns.

The chemical that was found was DMDM hydantoin, which is used as a preservative. DMDM hydantoin is related to formaldehyde that can cause cancer and other harm when breathed in or absorbed in the skin.

A consultant and former formulator for TRESemmé, Perry Romanowski, said there is no scientific evidence indicating DMDM hydantoin causes hair loss.

In 2012, a class action lawsuit was brought against Suave for their Keratin Infusion products that contained DMDM hydantoin for causing hair loss, which were then recalled.

It is easy to ignore the labels on products like these that have so many unrecognizable chemicals in them, but if you are experiencing hair loss research the ingredients on your shampoo or conditioner bottle. Many TRESemmé, Suave, AXE, OGX, Dove and Bed Head products contain DMDM hydantoin.



# Sports

## Feature Athlete: Brooke Acovenno

By SOPHIA PERRIN

Science & Technology Co-Editor

Senior Brooke Acovenno plays three sports at Delaware Valley: volleyball, basketball and track and field. Her favorite being track and field because she enjoys setting small goals and breaking records.

"I also like the individual aspect of the sport, and how it is evident of how much work you put in when your heights and distances are measured," Acovenno said.

Acovenno feels achieved in her goals as far as her sports go. She has received Player of the Year for volleyball and broke the triple jump and high jump

school records in track and field.

While balancing her three sports, Acovenno also prioritizes school work and uses time-management and organizational skills to stay on track with her studies. Along with balancing multiple academic achievements like a National Honor Society membership and maintaining high honor roll throughout high school as well. Her coaches encourage her to strive for excellence in her studies as well as sports.

"I was lucky to have such influential coaches in all of my sports... Coach Quaglia helped me the most in finding my love for the sport track and field," Acovenno said.

Sports have given Acovenno a somewhat set routine which includes: getting up around 6:45a.m., doing yoga in the morning when she has sore muscles, eating breakfast and going to school. After the school day is over, practice starts at 3 p.m. and ends at 6 p.m.

When practice ends, Acovenno makes sure to stretch, and then she goes home to complete her day with dinner, homework and treatment for her sore muscles.

Her sports taught Acovenno a lesson—that you put the time and whatever it is that you want to accomplish.



## Concern growing about 2021 Summer Olympics

By AIDAN FEAN

Sports Co-Editor

The 2020 Summer Olympics were originally scheduled to take place July 24 - Aug. 9. However, they had to be postponed to the summer of 2021 due to the ongoing COVID-19 pandemic. They are now scheduled to take place July 23 - Aug. 8. There is growing concern that they will have to be postponed once again.

On Jan. 7, Tokyo Prime Minister Yoshihide Suga declared a state of emergency. Despite

the state of emergency, Suga reiterated that the Olympics would still be "safe and secure."

It seems as though the Japanese public would prefer not to have the Olympics this year. In a survey by the Japanese News Agency Kyodo and Japanese broadcaster TBS, it was found that about 80 percent of the public preferred postponement/cancellation.

With the 2022 Winter Olympics still on track to take place in Beijing, postponing the games is no longer an option. The 2020 Summer Olympics on July 23 or not will either begin happen at all.



Source: usatoday.com

**Miraitowa (left), the official mascot of the 2020 Summer Olympics, and Someity (right), the official mascot of the 2020 Summer Paralympics, embraced the crowd at their debut event in Tokyo.**

## Chiefs and Bucs to play in Super Bowl LV

By DANNY ZHIVKOVICH

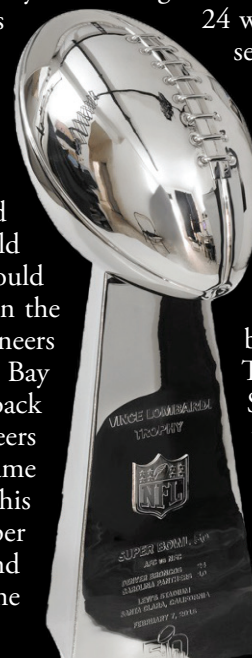
World News Co-Editor

The Super Bowl has remained as one of the most sought after sporting events in modern American history. The notorious NFL game returns on Feb. 7 and will be played at Raymond James Stadium in Tampa, Florida between the Kansas City Chiefs and the Tampa Bay Buccaneers.

On Jan. 24, the NFC and AFC Championships were held in order to determine who would be playing in the Super Bowl. In the NFC Championship, the Buccaneers faced off against the Green Bay Packers. Tampa Bay quarterback Tom Brady and the Buccaneers defeated the Packers in a tight game that ended in a score of 31-26. This will be Brady's 10th career Super Bowl, his first with the Bucs and his first with a NFL team in the NFC Conference.

The AFC Championship was held shortly after with the Chiefs playing against the Buffalo Bills. Kansas City quarterback Patrick Mahomes displayed a dominant performance against the Bills, solidifying a 38-24 win. This will be the Chiefs' second straight Super Bowl appearance as they look to win back-to-back.

This is the 55th Super Bowl to be played and the Buccaneers are the first team to play in their home stadium. The Pepsi Halftime Show will be performed by R&B artist The Weeknd. According to Sporting News, the NFL will allow about 22,000 spectators, with 7,500 of them being vaccinated health care workers.





# Sports

## Boys swim opens season with a strong start

By **KENZIE PANETTA**  
Community News Editor

The boys swimming and diving team has begun their season with an exceptional start. At their meet on Jan. 1 against Holy Cross, they won with a score of 141-22.

The first event was the 200 yard medley relay in which they won first

and second place. The winning team was composed of junior Bobby Holderith and seniors Rory Naturale, Lucas Santiago and Scott Sussman.

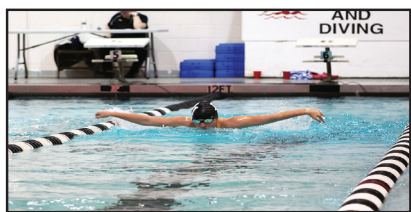
Naturale also won first place in both the 200 yard individual medley and the 100 yard freestyle, and Holderith triumphed in the

100 yard butterfly with a time of 59:37.

Freshman Matthew O'Connell won first place in the 200 yard freestyle, and the boys dominated in the 50 yard freestyle with Santiago placing first at 23:08. Santiago also won first place in the 100 yard breaststroke.

In the diving portion of the meet, senior Jake Wenzel placed first with a score of 202.90.

Head coach Chelsea Shatt is very pleased with the boys' performances and believes that they are in a good position at the start of their season.



Sophia Perrin/Del.Aware

**Freshman Douglas Jacobs attempts to strengthen his butterfly stroke in the first meet.**

## Girls swim wins first league meet

By **SOPHIA PERRIN**  
Science & Technology Co-Editor

The girls swim team won their first league meet with a 85-15 on Jan. 21 against Holy Cross High School. The meet on that Thursday afternoon went particularly well for the girls swimming and diving team.

There were a total of 12 girls events, the first was the 200 yard medley relay won by juniors Sierra Hartmann and Alexis Ristaino and seniors Sierra Gillan and Julia Weinreb with a time of 2:00:88.

Hartmann won the 400 yard freestyle event and Ristaino won the 100 yard breaststroke event.

At the halfway point in the events was the diving portion of the meet. Sophomore diver Victoria Willson placed first with a score of 165.25.

Weinreb dominated the girls 100 yard freestyle with a winning time



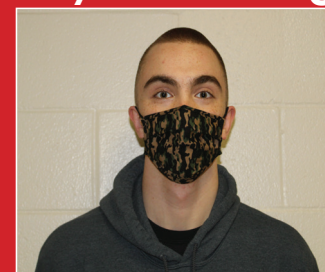
Sophia Perrin/Del.Aware

**Junior Alexis Ristaino strives for improvement in first meet.**

of 1:01:93. Weinreb, along with junior Victoria Corcoran, sophomore Madison Gillan and freshman Anya Ruiz dominated the girls 200 yard freestyle relay with a final time of 1:51:56.

"I think we have a good shot at the league championship and Districts," head coach Chelsea Shatt said.

## Spotlight Athletes Boys Swimming



Lucas Santiago, SENIOR

**"He swam a fast 50 freestyle for this point in the season, and he has been a good leader for the underclassmen"**  
-Head coach Chelsea Shatt

## Girls Swimming



Julia Weinreb, SENIOR

**"Julia is impressing me with her work ethic and it is showing in her times."**  
-Head coach Chelsea Shatt

## Sports improve athletes' physical, mental health

By **LUKE RUGGIERO**  
Sports Co-Editor

Schools around America have been forced to shut down sporting activities because of COVID-19, but a new question has risen from this predicament: is the lack of sports affecting teens' mental and physical health?

A 2018 study performed by a Canadian research group showed that students in grades 8-12 who compete in a physical activity have less stress and better mental health as young adults.

The group followed 850 Canadian students after high school and surveyed them on if they experienced any depression symptoms and tested their mental health. What they found was students who participated in high school sports had lower

depression symptoms and had better scores on their mental assessment than students who didn't play sports.

But how do students and coaches feel about allowing athletes to participate in sports while keeping COVID-19 guidelines in place?

Senior athlete Mark Cavallaro had to deal with COVID-19 precautions year round, competing in soccer, basketball and baseball.

"I think sports should continue because as long as the proper precautions are taken. Every athlete should have a chance to play his or her sport," Cavallaro said.

Football defensive coordinator coach Jim Donnelly also feels that athletes should be able to compete during the pandemic as long as safety measures are taken.

"Obviously we have to take some measures, but I think that it's been shown that athletes are able to compete safely," coach Donnelly said.

Despite COVID-19 precautions, the football team had a great preseason turnout and was able to play seven games this season, according to coach Donnelly.

"Kids just wanted to get involved and get active," coach Donnelly said. "It's kind of a release from everyday life being able to play."

*"Kids just wanted to get involved and get active. It's kind of a release from everyday life being able to play."*

- Coach Jim Donnelly

# Sports

## Wrestling gains momentum as season begins

By MADISON KELLY  
Sports Editor

After a delay in the wrestling season due to COVID-19 related issues, the team was able to have their first two matches against Valley View and West Scranton. The team's record is 2-0.

The Warriors hosted the West Scranton Invaders for their senior night on Jan. 23 when they won 39-21 in a close match.

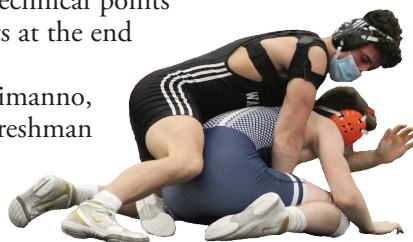
Seniors Sebastian Adler, Jason Henderson and Preston Machado and

sophomore Zac Jacaruso pinned their opponents to gain points for the team. Seniors Cooper Kidd and Daniel Privatt, sophomores AJ Dierksen and CJ Walter and freshman Dom Moyer also gained points by being awarded technical points and having the most points at the end of the three periods.

Senior Connor Crescimanno, junior Hayden Mead and freshman Aidan Black were pinned by their opponents, and sophomore Landon Machado lost in

overtime.

"We're going to get better every day. We need luck on our side with everything going on and kids to stay healthy. The season has been dragging as we usually have 25 matches at this point, but we have two," head coach Lou DeLauro said. "Now, we're going to start competing, which is what the kids enjoy."



Senior Preston Machado

## Spotlight Athletes Wrestling



**Sebastian Adler, SENIOR**  
"He's been wrestling great as a first time varsity wrestler. He's really stepping up as a senior leader for us."

-Head coach Lou DeLauro

## Boys Basketball



**Mike Leonardo, SENIOR**  
"He's led the team in points both games. His length and athletic ability have helped on the boards."

-Head coach Kris Holtzer

## Warriors crush Hanover, fall to Lake-Lehman

By LUKE RUGGIERO  
Sports Co-Editor

On Jan. 29, the boys basketball team lost to Lake-Lehman 55-39 in their fourth game of the season. Seniors Mike Leonardo and Aidan Oliver lead the team in points with 14 and 11 respectively.

So far this season, the team has struggled to put together a solid defensive game.

"We have not done a good job defensively. We are

struggling to stop dribble penetration and our rotations are a half step slow," head coach Kris Holtzer said.

The team allowed Lake-Lehman to attempt 26 field goals, and three players to score in double-digits.

The team picked up their first win of the season on Jan. 19 against Hanover Area, defeating the Hawkeyes 58-42. Leonardo led the team with 16 points, while senior Mark Cavallaro backed him up with 11 points and made three three-point shots of his own.

"We have shared the ball

really well on the offensive end and are assisting on many of our field goals," coach Holtzer said.

Junior Ryan Doherty also put up 10 points, making three of his four free throws.

Despite the slow start, coach Holtzer is confident in his team's offense.

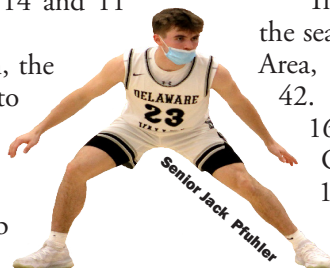
"We have had good balance offensively in the last two games.

We shot the ball at a high percentage against

Hanover, but we struggled making shots at Lake-Lehman."



Junior Noah Newton



Senior Jack Pfuhler

## Girls basketball comes to abrupt pause

By AIDAN FEAN  
Sports Co-Editor

The girls basketball team had to take two separate breaks from all games and practices from Jan. 14-25 due to COVID-19 related incidents. The team needed to get four practices in before they could play Valley View tonight.

Prior to the breaks, the team lost to Tunkhannock 57-25 on Jan. 13. Despite the loss, senior Kaitlyn Hernandez and junior Jillian Senior each had eight points. Senior Erin Hartey also added six points. The team played without starters senior Brooke Acoveno and junior Mackenzie Olsommer.

## Competition cheer places second at Regionals

By KAILA DUNN  
Managing Editor

After recording their virtual Pocono Regional Competition and district competition, the competition cheer team placed second overall in Regionals and are still waiting to hear about Districts.

While the team generally travels to Florida to compete in Nationals, due to COVID-19 this can not happen, but the competition has been pushed to April

which the team hopes to participate in.

"It is a big thing for us to hit zero deductions from the score, and they did that for the regional performance. It was truly spectacular," coach Marchetti said.



Senior Nicole Weinrich

Sophomore Alexia Gimes

Sophomore Jennie Kupinski

Senior Caitlin Chaparro

**Spring sport tryouts will begin March 6. To try out you must have a completed physical dated after June 1. The athletic office is offering physicals on Feb. 17 at DVHS for \$20. You must sign up in the athletic office before Feb. 16.**