



Sean Prudhoe, a junior at Delaware Valley High School, is a great example of a well-rounded student. Prudhoe is the vice president of Mu Alpha Theta and a member of National Honor Society and Student Council.

Furthermore, he is one of the captains of the swimming team and is a member of the volleyball team. Prudhoe also finds the time to volunteer for Relay for Life, United Way's Day of Caring, and other volunteer work for the swimming team. "Volunteer work has given me more experience working with other groups," he said.

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Senior diver Kristiana Brush recently won the Lackawanna Championships diving meet. This is her third gold at this competition in the past three years. Diving coach Mrs. Amanda Pope said, "Her work ethic is incredible. She is passionate about the sport and recognizes the importance of hard work and practice in order to improve." Brush also volunteers for Relay for

Life. "Volunteering makes me feel happy to help other people in need," Brush said. She is hoping to continue her diving career in college.