



Jeremy Block, a junior at Delaware Valley High School, is a standout student who takes pride in the many extra-curriculars he takes part in. Block is a member of National Honor Society, Chamber Choir, Computer Graphics, Drama, Broadcast DelVal and Student Council. “Being involved in after school activities has given me a different view on time and how to participate

so I can balance the work load,” he said. Block also volunteers for the local food pantry. He also finds himself busy with being a part of Boy Scouts and working on his Eagle Scout Project. This busy young man is also an independent film producer who had a viewing at the Black Bear Film Festival. “I want to be remembered as the trustworthy student who was always reliable and helpful,” he said.

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Recently tackling his 100<sup>th</sup> win, Delaware Valley junior Jalen Palmer has proved to be a forced to reckon with on the wrestling mats. Palmer is currently 17-2 this season and was a finalist in the Cumberland Valley Tournament. He was also a finalist in the Hurricane Classic, which is considered to be one of the top 10 tournaments in the country. He is also a two-time district and Lackawanna League champion. Palmer has also been recognized as a

NHSCA All-American. According to head wrestling coach Lou DeLauro, “Jalen is always on the attack and looking to score points. That attitude and work ethic makes him and everyone in the room better.” Palmer also is a volunteer for the junior’s wrestling program.