



Holiday Insert: Page Insert 1

DEL AWARE

Delaware Valley High School - Milford, Pa.

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Empty 'Bowls' offers mugs, beverages to-go

By REILLY ZIOLKOWSKI
Arts & Literature Editor

On Dec. 21, art teacher Mrs. Tricia Kaylor held the annual Empty Bowls fundraiser with the help from the students in her ceramics classes. The event was held in M7 from 11:30 a.m. - 1 p.m.

In past years, soup was donated by local businesses and put in the bowls made by her classes. Last year, because of the COVID-19 pandemic, local businesses were not asked to donate, instead the culinary

students in the Warrior Cafe made candy truffles. Just like last year, the fundraiser looks a little different due to the remaining COVID-19 restrictions.

This year, mugs were made by students in her ceramics classes and beverages such as hot cocoa, coffee and tea were available for students and staff. The suggested donation for mugs was \$10 and hot cocoa bombs, handmade by the Warrior Cafe, were also distributed with the purchase of a mug. Cookies and other snacks donated by students were offered at the gathering.

This year Mrs. Kaylor wanted to change things up. Instead of having her classes make bowls like they have for the last 10 years, she had them make mugs. Between the four ceramics classes, about 80-90 mugs were made.

"I had been wanting to make mugs for the past

few years, but I finally found a mug pattern that was versatile in use, and students were able to make successfully," said Mrs. Kaylor.

The mugs were all made using the same template, but Mrs. Kaylor gave her students freedom to experiment with glazes and designs so they were all unique.

All proceeds made at the event will be distributed between the four food pantries in the local community.



Students participate in a gingerbread house contest

By MACKENZIE OLSOMMER
Sports Editor

On Dec. 14 the junior class officers, Kiley Huttman, Leah Weinreb, Amber Scofield and Clint Murray, organized a gingerbread house contest. Gingerbread houses were made during school with the students from the autistic support class and after school in the lunchroom for any students who signed up.

The special education students made four gingerbread houses and then 12 houses were

made after school. Some students worked in teams, while some chose to make gingerbread houses independently.

Any student who participated after school paid \$5 as a fundraiser for the junior class. Hot chocolate and candy canes were also available for students to purchase.

All the gingerbread houses were on display at the main entrance of the school until Dec. 20. They were then donated to the Milford Senior Care Center.



Junior Sofia Kieley

Holiday spirit shown in decorating contest

This year the Del.Aware ran their fourth annual Holiday Decorating Contest. It was open to anyone who wanted to participate in the contest, and the first place winner will receive a \$20 Dunkin' gift card.

Everyone who entered, displayed their festive lights, trees and many other decorations. This year's first place winner is junior Sasha Crawford, with her vibrantly lit tree adorned with a shining star. Please stop by D4 or contact Mrs. Lordi at lordil@dvhsd.org to pick up your prize.



Photo and caption by James Zayatz

Instagram: @delaware

Twitter: @TheDelAwareNews

School News

DV gives back for the holidays

By JEONGHO KOH

Science & Technology Co-Editor

The spirit of giving has been closely associated with the holiday season. Various classes and clubs have come up with ways to give back to the community during the holiday season.



Alex Krakowski/Del.Aware

Members of the Drama Club performed “Twas the Night Before Christmas” at the Storytime with Santa event on Dec. 18.



Contributed Photo

The newspaper students sold DV magnets in order to purchase gifts for high school students in need.



Contributed Photo

On Dec. 3 and 4, the National Art Honor Society (NAHS) hosted two holiday Crafternoon events for faculty members' children and will be donating a portion of the proceeds to purchase toys for families in need.



Alex Krakowski/Del.Aware

On Dec. 16, members of Rho Kappa and of Mr. George Gelderman's sociology classes helped Port Jervis's Elks Lodge continue their 50-year tradition of helping kids in need.

Compiled by Liz Kameen, Lucas Pauley, Jeongho Koh and Sophia Vasile

The Drama Club will be putting on the production of “The Addams Family” this spring. Dancing and singing auditions will be held on Saturday, Jan. 15 from 1-4 p.m. in the auditorium. For more audition information and requirements, you can stop by Room C15 or talk to the director Sarah Fitzkee.

CTE students display workmanship at SkillsUSA

By NICK GELARDI

News Co-Editor

Building Career Technical students competed in building and carpentry SkillsUSA competitions at Johnson College on Dec. 14.

Junior Wyatt Beheran competed in



Contributed Photo

Junior Wyatt Beheran (right) with his gold medal after first place finish.



Contributed Photo

The early stages of junior Joe Carpenter's cabinet after it was cut to size.

building construction with a framing project. After creating lines for the studs, he framed two walls and designed a rough-in of plumbing piping and electrical wiring. He came in first place and qualified for States which will be held in Hershey, Pennsylvania this spring. Beheran also received his card for work after high school.

Junior Joe Carpenter competed in cabinetry building a cabinet for power tools. After cutting the face, frame and doors to size, he mounted the hinges on it. Sophomore Liz Gruodis also did very well in the carpentry competition.

Puzzle Fun

Merry Christmas and Happy Holidays! In this issue the Del.Aware's puzzle fun is a holiday themed picture search. We have hidden an image of a reindeer on different pages throughout the issue. Be the first person to come to Mrs. Lordi in D4 with the total number of reindeer to win a prize. Junior Ahmad Araj is the winner of the last edition's puzzle.



This reindeer does not count towards the final number.

Compiled by Nicole Steinberg

School News

Chorus, orchestra impress with holiday concert

By LUCAS PAULEY
Opinions Editor

On Dec. 19, the chorus and orchestra performed their holiday concert in front of a live audience at the auditorium. Both mainly performed separately, but for a portion of the concert, they played together. It was the first in-person concert of the year for both groups.

Both chorus and orchestra's setlists were full of holiday classics from Christmas past.

Orchestra began the show with a four-song setlist. It consisted of "Fantasia on Christmas Carols," "Still, Still, Still,"

"Farandole" and "Hanukkah Habanera."

Senior Devin Zellmer was the cello soloist for "Fantasia on Christmas Carols," and junior Scott Holderith was the violin soloist for "Hanukkah Habanera."



Lucas Pauley/Del.Aware

Junior Scott Holderith playing his "Hanukkah Habanera" violin solo.

Chorus then followed with their own section of the concert. The chorus performance consisted of a nine song setlist. Songs included "The Little Drummer Boy," "We Toast The Days" and "I'll Be Home For Christmas."

"I think the concert went very well. We were able to strive through adversity," chorus director Mr.

Richard Horst said.

The show closed with the combined performance from both groups. They played selections from George Frideric Handel's "Messiah." This included "Rejoice Greatly" with a solo performance from senior Jade Cook and the popular song "Hallelujah."

"We've been working on playing as an ensemble instead of a group of soloists playing together."

- Ms. Lauren Flack

"We've been working on playing as an ensemble instead of a group of soloists playing together," Ms. Flack said.

Orchestra has been preparing for this concert since the beginning of the school year. Orchestra director Ms. Lauren Flack emphasized the importance of playing as a group.

Jazz band performs holiday songs for live audience

By SHAUN RYAN
Entertainment Editor

On Dec. 13, the high school jazz band performed six holiday songs in the auditorium.

The jazz band is smaller this year and consists of only nine people playing at a time.

Although the band is small, they filled the auditorium with sound. The jazz band played both big and small ensemble arrangements with the parts they had.

The arrangements they played consisted of a variety of jazz subgenres, including Afro-Cuban, gospel and even Latin sounds.

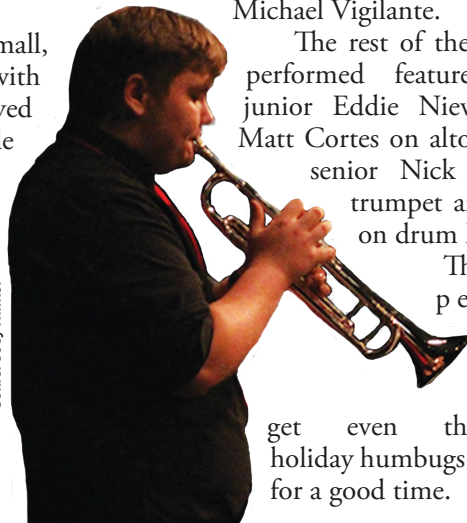
The opening piece they performed, "Invitation," had a

mysterious and interesting sound. The song featured senior Liam Yost on the baritone saxophone for a mid-song solo. Senior John-Michael Zirpoli was also featured for the last portion of the piece.

The fourth song on the set list, "The Man with the Bag," featured a vocalist performance provided by senior Michael Vigilante.

The rest of the pieces they performed featured guitarist junior Eddie Nieves, senior Matt Cortes on alto saxophone, senior Nick Moglia on trumpet and Vigilante on drum kit.

The songs performed were festive enough to get even the worst holiday humbugs in the mood for a good time.



Senior Joey Rinkel

Band performs live for winter holiday concert

By JEONGHO KOH
Science & Technology Co-Editor

The high school band held their winter concert on Dec. 15. For the first time since the coronavirus pandemic, the band was able to play in front of a live audience.

In the order that they were played, the repertoire consisted of "A Christmas Carol," "First Suite" by Alfred Reed, "Christmastime Down South," "Deliverance" and "Havana Knights."

Despite unfavorable circumstances in the last weeks before the concert, the

band as a whole managed to successfully prepare for their big day according to band director Mr. Richard Bullock.

"We were very unsure as a music department how things were gonna go, but they [the students] stepped up. They really performed with dynamics and put feelings into the music," Mr. Bullock said.

Mr. Bullock hopes that the band will continue performing live in future concerts.

"It makes a huge difference when a crowd is present, and it will depend on the climate of the pandemic whether we can continue playing live," he said.



Jeongho Koh/Del.Aware

The band performs in front of a live audience on Dec. 15.

Opinions

Dear Dela

Dear Dela, how do I cope with my grandfather's declining health?
-Concerned Family Member

Dear Concerned Family Member, let me preface this by saying how sorry I am. Slowly losing a loved one is always hard, but I would say try to be there for him as much as possible. You will make yourself feel better in the long run if you see him instead of just pushing his health to the side. I know it may seem selfish, but continue to do things that make you happy as well.

Dear Dela, how do I tell my friend none of the girls he flirts with are interested in him?
-Troubled Friend

Dear Troubled Friend, honestly, I would just let him figure it out by himself. I think it would do more harm than good to tell him that the girls aren't interested in him. Yes, he might be embarrassing himself, but sooner or later he will realize that maybe the girls truly don't like him like that. Either don't talk about it or tell him nicely that maybe they just aren't interested in him.



Birthdays near Christmas: Naughty or nice?

SHAUN RYAN
Class of 2023

My birthday is Dec. 22, 2004, which means today is my birthday, assuming you are reading this newspaper the day it came out.

Having a birthday close to the holidays has its respective pros and cons. One of the cons being that it has almost no pros.

"This is for your birthday AND Christmas," the infamous last words spoken by many of my loved ones on Christmas day. I don't even blame them since it saves on money.

Of course having a birthday near Christmas causes me to see my family and get my gifts around the same time. My birthday is usually overshadowed by another important birthday on the 25th.

Having a birthday party or doing something on my birthday is somewhat hard to plan, since everyone is busy during the holidays.



Honestly, sometimes I forget my own birthday in anticipation of Christmas.

When I see my relatives on Christmas Eve, they always remember my birthday. Usually it's an afterthought but nonetheless, they remembered.

I can't really say I hate when my birthday is because I am grateful for all that I have. If I could switch it to June 22, that would be great though. Having a birthday during the winter season is a drag in general.

Despite this, let's all be honest, we are all in it for the gifts. Maybe my birthday bothered me more when I was younger, because now the only gift I really want is money. Regardless, I don't think I will ever forget these words, "This is for your birthday and Christmas."

ABBY CHUDоба
Class of 2025

My birthday is on Dec. 9th. I personally really like having my birthday in the winter, let alone near Christmas.

For the past couple of years, it has snowed on my birthday, and it has been really cold too. I really enjoy the colder months because I always do a lot of winter activities such as skiing, ice skating, ice fishing and snowmobiling.

Also, some years we didn't have school because of snowstorms which is pretty fun. When I was younger, I had Christmas/winter themed birthday parties. I really enjoyed them a lot!

Yeah, a summer birthday would be fun too, but I can do just as much in the winter as I can in the summer.

One birthday I enjoyed the most was when my mom took me into New York City on my birthday weekend. We went to Rockefeller Center and went ice skating. Then she took me to see two



Broadway plays. We saw "Wicked" and "Frozen". It was so fun to see New York City decorated for Christmas.

Whenever my birthday comes around, I don't get as many gifts as I do for Christmas, but I usually get a gift or two from my parents, and my sister gives me something too. This year, my parents gave me an electric ukulele and a mini Bose speaker.

There is only about two and a half weeks between my birthday and Christmas, so having it in the same month doesn't bother me at all. Actually, I prefer it because it is close to my favorite holiday.

For additional articles by the Del.Aware staff, visit dvhsnews.org.

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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
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Community News

Annual tree lighting brings community together

BY MARISA DAMBACH
News Editor

On Dec. 4, the annual tree lighting returned to Milford after being canceled last year due to COVID-19. There was hot chocolate, cookies and carolers from the Dingman Delaware Children's Choir. The Pike County Chamber of Commerce hosted the event from 4:30 p.m. to 6:00 p.m. Over 100 people attended from around the area.



Dingman Delaware Children's Choir started the evening singing Christmas carols.



Santa made a guest appearance and gave treats to the children.



Marisa Dambach/Del.Aware

The tree lighting took place after the children's choir sang seven Christmas carols.



Marisa Dambach/Del.Aware

Free Christmas cookies were available for all guests to take.

Tactical Tacos offers expansive menu

BY AIDAN MCBRIDE
Sports Co-Editor

Located next to the Dollar Tree in Port Jervis, New York, Tactical Tacos serves various types of delicious food in the form of tacos, bowls, burritos and more. With the customers being able to choose their toppings, while having the meal being made in front of them, Tactical Tacos brings a new kind of taco experience to the tri-state area.

After walking in, customers find themselves in an open area, as there is much room to stand while waiting to place an order.

There are plenty of options to choose from on the menu. There are tacos with different types of meat, such as pork, ground beef and chicken. From there, customers get to choose what goes on the taco. There are plenty of toppings, ranging from simple ingredients like lettuce and tomatoes to different types of mixes, such as pico de gallo.

Not only does Tactical Tacos serve tacos, but they also serve a variety of

appetizers, bowls, burritos and desserts. The bowls start out with the same base as the tacos-- a choice of meat. Just like the tacos, there are plenty of toppings to choose from to make a delicious meal.

Tactical Tacos is a great place for some flavorful tacos and other Mexican-style foods. Its kind staff and a wide selection of foods and reasonable prices is what makes it enjoyable.



Aidan McBride/Del.Aware

Tactical Tacos provide many toppings such as pico de gallo, salsa and sour cream.

BetterWorld provides eco-friendly products

BY MARISA DAMBACH
News Editor

BetterWorld, located at 322 Broad St., offers a plethora of environmentally friendly products from coffee and food to natural health. It's open everyday from 8 a.m. to 6 p.m.

The owner, Liam Hutchinson, opened the shop in July 2021. Hutchinson wants to be a service to the community and believes that's what small businesses are all about. The main objective of the store is to live a life with sustainable products.

"We want to look at what it means to truly live sustainably," Hutchinson said.

BetterWorld also focuses on getting its products from countries that have similar philosophies as they do. They recognize a lot of products come from countries that should not be supported and plan to change that.

Their main source of business is their coffee. The coffee is sourced from organic Mexican beans roasted in a

solar powered roastery. Their menu includes flat whites, lattes and even hot chocolate with vegan options.

A majority of their baked goods come from Apple Ridge Farm in Saylorsburg, Pennsylvania. Apple Ridge has the goal to be sustainable as does BetterWorld. Apple Ridge makes all kinds of bread and pastries that are gluten and dairy free.

BetterWorld is the perfect place to buy products/gifts for friends and family who are advocates for sustainably.



Marisa Dambach/Del.Aware

BetterWorld offers various items such as muffins, cookies and coffee.

World News

Omicron variant cases increase worldwide

By SHAUN RYAN

Entertainment Editor

The Omicron variant of the coronavirus is spreading rapidly over several countries where it has been discovered. The transmission rates are higher than those of the Delta variant.

According to people recently diagnosed with Omicron, the symptoms that it causes are not as severe. Patients recover faster as well.

The real threat Omicron poses is the rate of transmission. Omicron has been reported in 36 U.S. states and 77 countries, according to the U.S. Centers for Disease Control and Prevention.

Omicron spreads 70 times faster than the Delta variant, according to a study by researchers at the University of Hong Kong.

A set of data compiled by Oxford students suggests that vaccinations will not protect people from Omicron as effectively. Two of the most used vaccines, AstraZeneca (used in most places other than the U.S.) and Pfizer, were determined to be less effective against

this variant compared to Delta.

"Our findings show that vaccine effectiveness against symptomatic disease with the

Omicron variant is significantly lower than with the Delta variant," the Oxford researchers wrote.

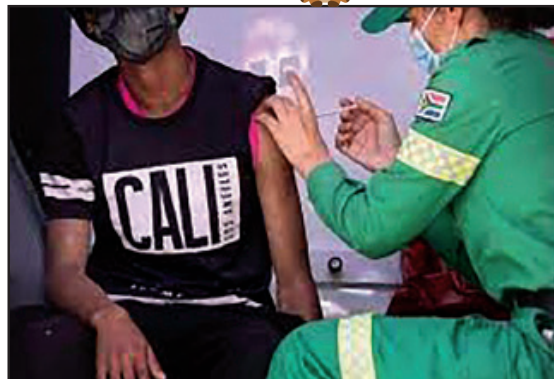
With a virus that is highly infectious and can avoid barriers put up by vaccines, the likelihood of another outbreak is very high. Omicron is already in most countries around the world, even if it has not been detected yet, according to World Health Organization

(WHO) director Tedros Adhanom.

"Omicron is spreading at a rate we have not seen with any previous variant... we're concerned that people are dismissing Omicron as mild. Surely, we have learned by now that we underestimate this virus at our peril," Tedros said.

Tedros and the WHO suggest that vaccines alone will not protect against the virus. If the Omicron were to have a major outbreak, it is likely that precautionary measures like masks and social distancing will reemerge, according to WHO.

"Even if Omicron does cause less severe disease, the sheer number of cases could once again overwhelm unprepared health systems," Tedros said in a statement.



Source: theguardian

Studies show the Omicron variant can bypass vaccination immunity defense.

74 dead after tornadoes strike Kentucky

Seven other states affected by deadly tornadoes.

By AIDAN MCBRIDE

Sports Co-Editor

On Dec. 11 and Dec. 12, a tornado outbreak occurred in eight states in the central and southern regions of the United States. As of Dec. 14, at least 74 people were killed in Kentucky, and 109 residents remain unaccounted for according to Kentucky's governor Andy Beshear.

At least 14 people were killed in four other states. According to emergency management officials, there were four deaths in Tennessee, six in Illinois, two in Arkansas and two in Missouri.

Beshear stated that death tolls numbers may be different between emergency management officials and county coroners. He also stated that 95

National Guard troops are searching for possible missing people.

In Kentucky alone, more than 1,000 houses have been destroyed, and one of the tornadoes traveled at least 200 miles according to Beshear. Towns like Mayfield and Dawson Springs were completely wiped out.

"This is the deadliest tornado event we have ever had."

- Governor Andy Beshear

President Joe Biden approved a major disaster declaration for Kentucky on Dec. 12.

The declaration provides at least eight counties in the state to be provided with federal aid. President Biden plans to travel to Kentucky to view the damage done in Dawson Springs and Mayfield.

"This is the deadliest tornado event we have ever had," Beshear said.

Russia plans possible invasion of Ukraine in Jan.

By NICK GELARDI

News Co-Editor

Ukrainian officials expect a Russian invasion after a Russian military buildup was sighted including tanks, artillery and troops. Ukraine has notified other countries to be prepared if Vladimir Putin and Russia go ahead with the supposed attack.

The tension between the two countries goes back to 2014, but these new Russian movements stem from Ukraine's plans to join NATO, an organization that represents a Cold War alliance amongst countries to offset Russia. Despite Putin diminishing that these plans would

go ahead, Ukraine Defense Minister Oleskii Reznikov estimated that the number of Russian troops near Ukraine is 94,300.

A meeting was held on Dec. 6 between Putin and President Joe Biden to address this issue. Biden vocalized that he would make it "very, very difficult" for Putin to attack Ukraine, referring to a set of new initiatives from his administration to discourage Russian invasion.

Both Ukrainian and Western officials hope that this conference call will help change Putin's mind over a potential attack. Russia is making an effort to mend the relationship between itself and the U.S. with new proposals on security issues.



The Del.Aware's Holiday Guide

What is your favorite...

Holiday Tradition?

"Christmas Eve gathering at my grandma's house"
Addy Oliver
Class of 2025



"Charoet & Matzah"
Toby Shedd
Class of 2022



"Christmas carolling"
Staff Mr. Jonathan McElhaney



Christmas Movie?

"Home Alone"
Charleigh Cook
Class of 2025



"Elf"
Hailey Kelly
Class of 2024



"Decorating my house with my family"
Kaitlyn Tants
Class of 2022



"Putting up ornaments"
Owen Carso
Class of 2025



"Potato Pancakes"
Liam Fass
Class of 2025



"Candy Canes"
Sam Pellett
Class of 2022



Holiday Food?

"Elf"
Thomas Prior
Class of 2024



"The Polar Express"
Logan Olsommer
Class of 2025



"Pernil (Hispanic pulled Pork)"
Olivia Rowehl
Class of 2024



"Ham"
Staff
Ms. Jillian Feese



"Perogies"
Brennan Colville
Class of 2023



"National Lampoon's Christmas Vacation"
Katharine Quinn
Class of 2024



Music and Movies of the Holidays

Movie
Ratings



"The Polar Express"
The movie focuses on a young boy who struggles to believe in Santa Claus. His perspective completely changes when he takes a remarkable train ride to the North Pole and discovers how wonderful it is when people truly believe in the magic of Christmas.

THE
POLAR EXPRESS



"The Christmas Story"
This humorous holiday movie focuses on Ralphie Parker who spends most of his time dodging a bully. Ralphie also dreams of receiving the "Red Ryder air rifle" as a Christmas gift while dealing with his cranky father and loving mother.

"Home Alone"

Kevin McCallister has a different way of preparing for the holidays when his family forgets him at home when they leave for a holiday vacation. Kevin very quickly learns that he has to protect his home from two con men who plan to rob his home.

HOME ALONE



HOLIDAYS AROUND THE WORLD

Greenland
(Denmark)

ARCTIC OCEAN

GREECE

The Greek holiday season is held for 14 days ranging from Christmas Eve to Epiphany (Jan. 6). Greeks celebrate the holidays like no other, using boats as a form of the American-style Christmas trees. They decorate their boats with festive lights and garlands. Most families in Greece don't have the tradition of opening presents on Christmas Day, but instead open their gifts on Jan. 1, Saint Basil Day. Baklava, a classic Greek pastry, roasted lamb and dips, a dessert dipped in honey syrup, are only some of the foods eaten throughout the holiday season. The Greeks have a common saying which translates to "years many [to live and prosper]", that is said on multiple occasions throughout the holiday season.

Greenland's Christmas is celebrated in the Arctic Circle and very far north, where during the winter the sun never rises. Stars help to bring some light along with the decorative lights on very large Christmas trees, which are placed in the middle of villages. One traditional Christmas food in Greenland is Mattak, which is whale skin with a bit of blubber inside it. Another Christmas food is Kivak, which is the raw flesh of an arctic bird which has been buried in sealskin until it has reached an advanced stage of decomposition. On Christmas Eve, lighting candles in cemeteries is usually done to remember family and friends.

GREENLAND

For non-Christian Egyptians, Christmas is celebrated as a secular holiday. In their culture, Santa Claus is known as Baba Noel, Father Christmas. Egyptians who are Christian follow the Coptic Orthodox Church, which follows the Coptic calendar. Coptic Christians celebrate the birth of Jesus Christ on Jan. 7. According to the Coptic calendar practices, Kiahk is in the month leading up to Christmas. This month is practiced with a special fast that is broken with a big Christmas feast. Only about 15% of Egypt's population is Christian and celebrates Christmas as a religious holiday. Most cities and families choose to decorate Christmas trees and hang colorful lights, ornaments, garlands and wreaths.

When thinking about holiday traditions around the world, going to the beach is not something that comes to mind. For Brazil, a visit to the beach is rather common thanks to the hot December summers. Besides a beach trip, many families attend a midnight mass Christmas morning known as Missa do Galo which usually ends around 1 a.m. In addition to Missa do Galo, it is common for towns and cities to have fireworks and a large tree presenting an electric light display prior to Christmas Day. A tradition preserved for younger children is leaving a sock on their window sill in hopes that Santa Claus, Papi Noel, will exchange the sock for a gift.

BRAZIL

EGYPT



HOT COCOA

BY MARISA DAMBACH

News Editor

-Using the clean quart jar, layer each ingredient. Starting with cocoa powder, sugar, powdered milk, chocolate chips, white chocolate chips then top it with marshmallows.

-When ready to serve, add 1/3 cup of the mix to one cup of hot water.

-Add an instruction tag to the jar.

It costs about \$15 to make and is an easy last minute gift for anyone who likes hot chocolate. Makes 12 servings.



Ingredients

- 1 cup sugar
- 1 cup unsweetened cocoa powder
- 1 cup powdered milk
- 1/2 cup miniature marshmallows
- 1/2 cup chocolate chips and white chocolate chips
- 1 quart mason jar



Ingredients

- Melt and pour soap base
- A soap mold
- Essential oil(s)

DIY SOAP



BY KYLA STEAD

World News Editor

-Before preparing the soap base, mix preferred essential oils in a non-reactive container such as glass.

-Next, cut the soap base into small even blocks and microwave in a glass container for 30 second intervals. Mix between intervals until it is melted. There are many soap bases to choose from such as a shea butter soap base, which specifically benefits with moisture and has a mild smell.

-After melting the soap base, quickly add the essential oils and pour into the mold. Let it sit for a few hours and decorate or wrap as desired.

This gift will cost about \$30 depending on the amount of essential oils wanted to create the desired scent and the soap base used.

BY NICK GELARDI

News Co-Editor

-The first step is to cut out the shirt. Make two fabric squares that are 4 inches by 4 inches each. Leave a 2-inch hole on one side and trim down the corners to get rid of any excess fabric.

-Then, sew a blanket stitch around the edge. Tuck the edges of your fabrics in first before doing this for a neater look.

-Using a small funnel, pour the rice into the hand warmer with the 3 tablespoons of rice. The hand warmer should be about three-fourths full of rice. After this, sew the hole so that it is closed completely. Put the hand warmer in the microwave for one minute and then it will be ready for use.

HAND WARMERS



Ingredients

- 1/2 cup coconut oil
- 1 1/2 - 2 cup sugar
- 1 tablespoon peppermint extract
- 1 drop green food coloring
- Small mason jar
- Twine or ribbon



SUGAR SCRUB

BY MACKENZIE OLSOMMER

Sports Editor

-Place coconut oil in a bowl and microwave for 15 - 25 seconds until softened.

-Start by adding 1 1/2 cups sugar to oil, along with the peppermint extract and green food coloring. Mix until ingredients are well combined and good coloring is evenly distributed. (If mixture is too wet, add sugar until scrub is to desired consistency.)

-Spoon scrub into mason jar and tie the twine or ribbon around the jar.

This simple and easy scrub would cost about \$20 for all of the ingredients and supplies. It only takes about five minutes to make and is a perfect last minute gift for Christmas.

Ingredients

- Coconut oil
- Essential oils/scents
- Recycled container
- Castor oil or honey



DIY LIP BALM

BY LIZ KAMEEN

Editor in Chief

-Add 1 tablespoon of coconut oil to small pan and heat on lowest setting until oil is melted. Add 4-5 drops of essential oils or scents and 1 tablespoon of castor oil or honey.

-Optional: add small amount of lipstick or 1 drop of food coloring for a lip tint. Stir until well blended, remove from heat and cool for two to three minutes.

-Pour mixture into old mint container, glass jar or other recyclable containers. Cool at room temperature or in a refrigerator for 25 minutes.

This last minute gift is easy and inexpensive and can be made almost entirely out of ingredients already found in a kitchen.

Arts & Literature

Spotlight Artist: Olivia Coelho

By JAMES ZAYATZ
World News Co-Editor

Junior Olivia Coelho has been interested in art since a young age, having grown up admiring the work of her art professor father and his students. As a little girl, she could always be found working on some art project or another, often sitting in on her father's lessons while completing a painting or art craft.

"My biggest inspiration is my dad. Not only is he incredibly talented, he always encourages me and loves my work. He is my biggest fan, and I'm his," Olivia said.

Olivia realized that she wanted to

seriously pursue art in her freshman year, when taking her first drawing class. She has completed both Drawing classes and Painting 1 in the time since. Her junior year consists of Computer Art 1, Graphic Design, Painting 2 and Jewelry Design.

Olivia enjoys painting over all other mediums, even more so when the paintings are big, bold and colorful. Her goal is to use her creativity to produce art that is eye-catching and fun to look at. Alongside painting, Olivia loves



Contributed Photo

This acrylic painting is an example of Olivia's vivid art style.

to draw and has been recently expanding her horizons with computer art classes.

"Being creative has always been part of me and I hope to encourage others to do what they love," Olivia said.

Olivia's passion for art is driving her to take AP Studio Art in her senior year before she continues to study the arts in college.

Spotlight Writer: Liz Kameen

By REILLY ZIOLKOWSKI
Arts & Literature Editor

Senior Liz Kameen was first introduced to literature at a young age by her Uncle Paul.

"My Uncle Paul's poetry and essay novels inspired me from a young age and encouraged my dive into creative writing," Liz said.

The literature that first impacted her was Linda Urban's "A Crooked Kind of Perfect." She says it changed her life and helped her envision a career in literature. Liz later started writing in seventh grade after reading Laura Gilpin's "Two-headed Calf," and was shocked by how such few words could impact a reader. She said that her preferred writing style is poetry as it provides a platform to express herself in a way formal essays do not.

"This poem ["Two-headed Calf"] sparked my interest in creative writing, specifically free verse poetry," Liz said.

Liz said that she's had many

inspiring English teachers in high school such as Mr. Evan Bates, Mr. Bryan Pol and Mrs. Leslie Lordi. They have all taught her different aspects of writing, like diving deeper into the meaning of a topic or improving her writing stylistically.

"Liz is a mature and sophisticated writer but always manages to make her writing easy for everyone to read," said Mrs. Lordi.

The people who are her biggest inspiration though, will always be her father and her Uncle Paul.

"They encouraged me to follow the path of an English degree, while others ridiculed the idea of it," Liz said.

Liz has taken AP English Literature and Composition, Effective Writing and has been involved in the Journalism program for three years. She wants to major in English with a concentration in pre-law in undergraduate school and eventually would like to attend law school.

Spotlight Musician: Liam Yost

By KYLA STEAD
World News Editor

Playing the piano since third grade and the saxophone since fourth, senior Liam Yost has been involved with music for the majority of his life.

At a young age, he remembers banging around on the piano and eventually asking for lessons.

He also played the alto saxophone but now plays the baritone saxophone.

He took on a leadership role in the marching band as the Wind Sergeant and has shown leadership in the jazz ensemble according to director Mrs. Tina Reece.

"It has been great as a teacher to watch him grow as a musician," Mrs. Reece said.

Liam said that jazz is his favorite genre of music to play because of how malleable it can be, having the ability to take any song and play it in a unique way however he wants.

Outside of school, he has been playing with a local band and performed once at the Milford Music Festival.

Through the groups he has participated in, Liam has learned that pursuing music is a rewarding experience and has always been a positive part of his life.

"Although music can be tough with long hours of practice and stalling in your skill level, it is meant to be enjoyed. I am glad I can use my talent to perform and make music that has a positive impact on other people," he said.



Fashion Aware: Crystal Jewelry

By SOPHIA PERRIN
Science & Technology Editor

Jewelry varying from rings to necklaces and bracelets, have been created using crystals. The crystals have many different types that are used for a variety of meanings/abilities.

The use of this type of jewelry is also becoming exceedingly popular in major runway fashion including Balenciaga's Flooded Floors and Thom Brown's Noah's Ark themed shows.

The origins of this accessory, in first historical reference, comes from the Ancient Sumerians who used them for "magical" purposes. It was further determined that the Ancient Egyptians made their jewelry with Lapis Lazuli, Turquoise, Carnelian, Emerald and Clear Quartz.

In recent years, the use of crystals have come back into fashion. One of the most common forms of crystal jewelry is necklaces with crystals placed in wire cages to create a pendant. The more common crystals include Amethyst, Azurite, Malachite and Citrine.



Entertainment

'Spider-Man: No Way Home' shatters expectations, becomes an instant classic

By SHAUN RYAN

Entertainment Editor

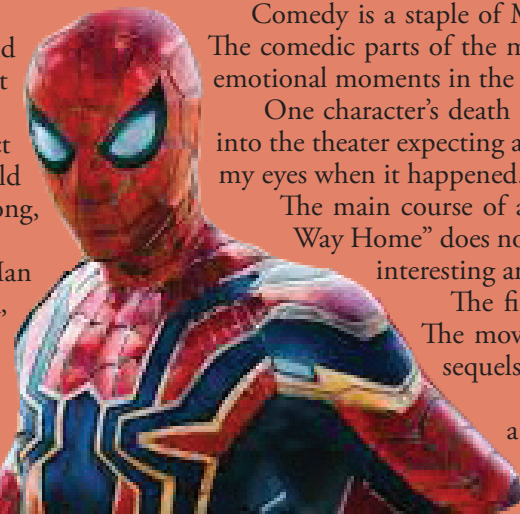
"Spider-Man: No Way Home" was released on Dec. 17 in theatres. This movie was the third installment of the Spider-Man trilogy.

The movie stars Tom Holland as Peter Parker/Spider-Man and picks up where the previous movie left off. At the end of the last film, Spider-Man's identity is revealed to the world by Mysterio.

Peter then approaches Doctor Strange, played by Benedict Cumberbatch, and gets him to cast a spell that will keep the world from ever finding out Spider-Man's identity. Only the spell goes wrong, and that is where the conflict begins.

What makes this movie truly interesting is past Spider-Man villains returning to the big screen. Green Goblin and Doc Ock, played by Willem Dafoe and Alfred Molina, star in this movie almost 20 years after their appearances in the original "Spider-Man" films. In addition, Jamie Foxx returns as Electro.

My personal favorite aspect of this movie is being able to see characters I never thought would interact with each other. Molina and Dafoe play their roles just as well as they did 20 years ago,



if not better.

Holland's performance as Peter Parker is phenomenal throughout the whole film. The romantic scenes between Holland and co-star Zendaya are executed perfectly, I could not ask for more.

Comedy is a staple of Marvel movies, and "No Way Home" is no different. The comedic parts of the movie were well paced and left room for the amazing emotional moments in the film as well.

One character's death in particular was jaw dropping. Although I did walk into the theater expecting a heart-wrenching death scene, I still could not believe my eyes when it happened.

The main course of any superhero movie are the action scenes, and "No Way Home" does not waste a crumb. The action scenes in this movie were interesting and exciting as always.

The final battle was amazing, both visually and plot wise. The movie ends in a satisfying way, while also setting up for sequels to come.

Whether you are a long time fan of the webslinger or a novice spider enthusiast, everyone can find something to enjoy in this film.

'Silent Night' new drama film in time for holidays

By MEAGHAN HUNT

Community News Editor

On Dec. 3, the horror film "Silent Night" was released on AMC+ and later appeared on Apple TV. "Silent Night" had a very slow start to it and as it progressed, it showed the suspenseful plot behind the movie.

The movie starts out with a couple inviting high school friends to a Christmas party with their kids. During dinner and after, the family and friends began discussing a storm that was coming in, but it is not an average thunderstorm.

"Silent Night" was a very exciting and suspenseful movie. The movie really emphasized the bond of family and friends. The movie could have been longer, where it could continue explaining how the storm was created. "Silent Night" is graphic in some scenes, and viewer discretion is advised. "Silent Night" is a drama/horror film where it is more leaning towards a drama, but overall the movie was a 4 out of 5 stars.

Although there was gift giving, charades and dancing, the adults were trying to distract themselves from this danger and spend time with their family. Everyone at the Christmas party has to make a choice and that final choice depends on everything.



Source: imdb

2022 Grammy Album of the Year contenders

By ALEX KRAKOWSKI

Managing Editor

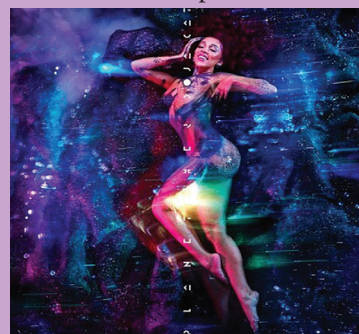
Sour

Olivia Rodrigo

Released on May 21, Olivia Rodrigo's debut album has become one of the most popular albums of the year. It has broken numerous records including Biggest Opening Week for an Album by a Female Artist on Spotify. Rodrigo is also the first artist ever to debut her first three singles in the Top 10 of the Hot 100. Her album is nominated for Best Album of the Year and Best Pop Vocal Album.



Source: teenvogue



Source: ayessharp

Planet Her

Doja Cat

Doja Cat's album, released on June 25, is currently nominated for Best Album of the Year and Best Pop Vocal Album. After its debut, the album spent three weeks at No. 2 on Billboard's Hot 100. Many of her songs on the album gained their popularity on TikTok for different trends.

Science & Technology

CNM-Au8 disease therapy decreases ALS progression

By LIZ KAMEEN
Editor in Chief

Dr. Robert Glanzman, chief medical officer at Clene Nanomedicine, presented findings that CNM-Au8, a disease-modifying form of therapy for patients with early amyotrophic lateral sclerosis (ALS), have shown consistent clinical benefits in test trials on Nov. 30 at the fourth annual ALS ONE Research Symposium.

According to the clinical trial, the medication consistently extended the time for ALS to progress, in both limb and bulbar onset ALS. Approximately 70% of ALS patients are diagnosed with limb onset ALS, which is characterized by weakness in the arms and legs; bulbar onset ALS causes the muscles involved in speaking, swallowing and breathing to be the first affected by the disease.

"CNM-Au8 therapy represents an entirely novel

approach for treating neurodegenerative diseases... CNM-Au8 significantly slowed disease progression, functional decline, improved quality of life and prolonged survival in ALS patients," Professor Steve Vucic said at the conference.

"We recognize the potential for CNM-Au8 as a breakthrough treatment for ALS and look forward to upcoming results from larger clinical studies."

CNM-Au8 uses a suspension of nanocrystalline gold, which is thought to promote nerve cell function.

Nanocrystalline gold acts as a catalyst to the human body, increasing the speeds of chemical reactions,

which can later regulate cellular functioning on the molecular level. Forty five patients participated in the clinical trial, receiving a dosage of CNM-Au8 or a placebo every morning for approximately eight months.

Nanocrystalline gold technology is also being used to treat Parkinson's and multiple sclerosis (MS), which are currently in phase II clinical trials, while ALS patients

have reached phase III of clinical trials. While it is still unclear what causes neurodegenerative diseases such as ALS, MS and Parkinson's, Vucic noted that this treatment has shown significant improvement in the quality of life of ALS patients.

"CNM-Au8 therapy represents an entirely novel approach for treating neurodegenerative diseases...CNM-Au8 significantly slowed disease progression, functional decline, improved quality of life, and prolonged survival in ALS patients."

- Professor Steve Vucic

Change in glacier's stability poses threat

By KYLA STEAD
World News Editor

Antarctica's widest glacier, known as Thwaites Glacier, is one of the most affected by climate change. This poses an issue as researchers warn of its collapse coming sooner than expected.

This "Doomsday Glacier" could cause a cascade of glacier collapse if it collapses itself, and the amount of ice it holds can raise sea levels over two feet.

Thwaites is melting from below due to the warming ocean water, but its grip on the seamount below is also being loosened, making it more unstable. The more unstable the glacier is, the more likely surface cracks

and fractures are to happen, causing the entire ice shelf to shatter. Researchers at the annual meeting of the American Geophysical Union (AGU) say this may happen as soon as three years from now.

This glacier is changing more dramatically than any other ice system, and its annual ice loss has doubled over the past 30 years.

There are more than 100 scientists in the United States and the United Kingdom working on research projects to observe this glacier. Their work and ongoing findings will help build and create strategies to track the process of this glacier's melting. Knowing and understanding how this will affect coastal communities around the world is also an important aspect of their studies.



source: news

Thwaites Glacier may collapse sooner than expected.

Oceans have potential to save environment

By JAMES ZAYATZ
World News Co-editor

According to the U.S. Energy Information Administration (EIA), the world's total CO2 emissions are predicted to reach 4.9 billion metric tons during 2022. To put into perspective the sheer scale of this number, one metric ton is equivalent to 2,205 lbs.

Scientists have come to the conclusion that reducing carbon emissions alone is not enough to stabilize the Earth's rapidly changing environment, and that carbon-removing devices may need to be implemented.

"All of the land-based approaches have limitations, so it's important to evaluate the possibility of also using

the oceans," said Romany Webb, a researcher at Columbia University's Sabin Center for Climate Change Law.

Phys.org names several studies being conducted to develop carbon removal strategies.

Beginning with a method likely to be successful, electrochemical processes would send electric currents through the water in hopes to increase alkalinity and therefore ability to hold CO2.

Ecosystem recovery is a

plan that serves not only to restore habitats and certain species but also to capture CO2 via marine wildlife.

The farming of seaweed is a viable alternative to the others, as the plants would lead CO2 deep into the ocean.



source: flickr

An ecosystem recovery effort took place on Cyohoha Lake on the border of Rwanda and Burundi.

Sports

Competition cheer moves on to States

By MEAGHAN HUNT
Community News Editor

On Dec. 12, the competition cheerleading team qualified for States when they came in second place at the PIAA District II Championships held at Wilkes Barre Area High School.

The top four teams at the district competition moved on to the PIAA state competition.

States will take place at

the Giant Center in Hershey, Pennsylvania, on Jan. 28 and 29.

"We, as a team, are grateful for the opportunity to compete at the state championships," senior Rachel Kowal said. "We hope to compete at the highest level possible."

"Cheerleading is a performing sport, so it is meant to be performed in front of a crowd."

- Head Coach Jen Marchetti

The team started their season on a strong note with a competition at Vorhees High School on Nov.

13 where they took second place. They also competed at Regionals in Lancaster on Dec. 5 where the team failed to place for Nationals.

The team's next competition will take place at Minisink Valley on Jan. 8. They will also host a competition on Jan. 16 in the high school gymnasium.

"It's a thousand times better [live competitions]. Cheerleading is a performing sport, so it is meant to be performed in front of a crowd," head coach Jen Marchetti said.

Football teams selected for Bowl games

By AIDAN MCBRIDE
Sports Co-Editor

On Dec. 5, the College Football Playoff Selection Committee selected four teams to play in the College football playoffs semifinals on Dec. 31. The four teams that will be competing in the College football playoffs are the Alabama Crimson Tide, the Michigan Wolverines, the Georgia Bulldogs and the Cincinnati Bearcats.

Alabama finished the season with a win over Georgia in the SEC championship, beating them 41-24. That win secured Alabama the top seed for the playoffs, and Georgia dropped down from the



first seed to the third seed. Michigan dominated the Iowa Hawkeyes in the Big 10 championship game, winning by over 30 points. Michigan secured the second seed after their win. Cincinnati finished their season with an undefeated record, making them the fourth seed.

On Dec. 31, the first of the two playoff games will be Alabama facing Cincinnati in the Cotton Bowl at 3:30 p.m. Later in the same day, Michigan will play Georgia in the Orange Bowl. The game is scheduled to start at 7:30 p.m.

The four selected teams are playing

for a chance in the National Championship, which will be played on Jan. 22, 2022. The site of the championship game will be Lucas Oil Stadium in Indianapolis, Indiana.

This will be Alabama's seventh time in the College football playoffs since the playoffs were created in the 2014-2015 season. For Georgia, this is their second time in the playoffs. Georgia's last appearance was in the 2017-2018 season. Michigan and Cincinnati are both in the playoffs for the first time in school history.

Spotlight Athlete Competition Cheer



Rachel Kowal, SENIOR
"Rachel is a really talented top stunt girl and tumbler, she is currently working on her full twisting layout. She is a really hard worker."

- Head coach Jen Marchetti

Collegiate Update: Julia Weinreb

By SOPHIA PERRIN
Science & Technology Editor

Julia Weinreb, from the graduating class of 2021, attends Montclair State University. She is on both the lacrosse and swimming teams there.

Weinreb starts her morning with an 8 a.m. lift, then she gets breakfast before her classes of the day. After class, her swim practice starts at 2:45 p.m. and lasts until 5 p.m., after which she goes to get dinner then goes back to her room to complete her homework.

"College sports are definitely different from high school sports. The training is more intense, but it is worth it because you spend so much time with your teammates and become really close," Weinreb said.

As a collegiate athlete Weinreb is expected to go to practice and make her team a priority. This taught

her a tremendous amount of time management. Her competitions in college are more competitive than the ones were in high school. Her love for swimming is what inspired her to continue her passion in college.

"This experience has taught me to never give up because I can make it through anything. College swim is one of the hardest things I have ever put myself through," Weinreb said.

Knowing that college-level sports is a huge commitment, Weinreb decided that college sports was her path when she was a junior in high school. This time in her high school career is when she started taking sports more seriously.

"I love both of my sports, swimming and lacrosse. I was stuck between which one I should do in college. I did not even need to choose because I ended up playing both," Weinreb said.



Contributed Photo

Julia Weinreb practices to prepare for competition.

Sports

Girls swim, dive sweep all events vs. Paupack

By **MARISA DAMBACH**
News Editor

On Dec. 13, the girls swimming and diving team beat Wallenpaupack Area High School 136-47 in their first league meet. The girls swimming and diving team won every event against Wallenpaupack.

There were a total of 12 events and the 200-yard medley relay took the first win. The relay team consisted of seniors Sierra Hartmann, Alexis Ristaino, Kaitlyn O'Connell and Lily Fuchs who won with a time of 2:01.28. Ristaino won the 200-yard individual medley, and

Hartmann won the 100-yard butterfly. At the halfway point of the meet, the



Sophia Perrin/Del.Aware

Sophomore Sadie Fuchs competes in the match against Wallenpaupack.

diving event occurred. Junior Victoria Willson won the event with a score of 165.85.

After the break, sophomore Anaya Ruiz won the 100-yard freestyle with a time of 1:00.45. Ruiz along with Ristaino, junior Maggie Holderith and senior Victoria Corcoran won the 200-yard freestyle relay with a final time of 1:59.87.

"I was impressed with all of the athletes' performances at the meet. I think it will set us up to do very well this season," head coach Chelsea Shatt said.

Girls wrestling successful despite adversity

By **SOPHIA VASILE**
Arts & Literature Co-Editor

The girls wrestling team competed in their first ever competition Dec. 19 held at Central Mountain High School. The team came in ninth place out of 23 schools despite having only seven girls on the team.

Junior Sarah Seltzer won the title Queen of the Mountain with four wins and four pins in her weight class. Junior Alia Narvaez-Weiner came in third in her bracket. Senior Kaelyn Balbirer, and Freshmen Samantha Opalka and Andrea

Boronow all came in fourth place.

"I have zero complaints. The girls showed tremendous heart and improved with every single match," head coach



Nicole Steinberg/Del.Aware

Junior Sarah Seltzer practicing takedowns against teammates.

Evan Bates said.

The first official girls wrestling team isn't as official as they would like. In Pennsylvania, there are currently only 26 schools with a girls wrestling team, Delaware Valley being the tenth school to make it official. Due to the low number of participating schools, girls wrestling is not an official PIAA sport, which has greatly affected the number of tournaments the Warriors will be competing in.

As of right now, the team only has eight scheduled tournaments, two of them being Regionals and States.

Boys swim, dive win home opener

By **SOPHIA PERRIN**
Science & Technology Editor

The boys swimming and dive team won their home opener on Dec. 13 against Wallenpaupack.

The medley relay had a time of 1:56.75, swam by senior Bobby Holderith, juniors Eddie Nieves and Keith Sublett and freshman Tyler Ingraham.

Winning individual swimmers include Holderith for the 200 medley with a time of 2:18.93 and the 100 back with a time of 1:00.92, sophomore Matthew O'Connell for the 50 freestyle with a time of 25.26, Sublett for the 100



Sophia Perrin/Del.Aware

Senior Steven Rizzo dives off of the board in a match against Wallenpaupack.

breast with a time of 1:09.30, freshman Shane Naturale for the 100 fly with a time of 1:07.49 and Ingraham for the 100 free with a time of 57.61.

Senior Zach Madewell won the boys diving event with a score of 158.90.

Other notable relay events were the 200 free relay, the team included Sublett, Ingraham, O'Connell and junior Jake Manning with a time of 1:48.31, and the 400 free relay, the team included Holderith, O'Connell, junior Dan Matyushin and sophomore Alexander Corcoran with a time 3:56.17.

Spotlight Athletes Girls Swimming



Alexis Ristaino, SENIOR

"She has been practicing well, and it has shown in her early races. I'm excited to see her times drop even more."
- Head coach Chelsea Shatt

Girls Wrestling



Sarah Seltzer, JUNIOR

"Sarah epitomizes everything great about wrestling. She never wrestled before last year, but she quickly became a standout."
- Head coach Evan Bates

Boys Swimming



Bobby Holderith, SENIOR

"He has taken a great leadership role with the new swimmers and has started off with good times."
- Head coach Chelsea Shatt

Sports

Girls basketball team starts season 0-5

BY NICOLE STEINBERG
Entertainment Co-Editor

The girls basketball team is 0-5 after losses against Pittston Area High School, Lackawanna Trail High School, Tunkhannock Area High School, Pocono Mountain East and East Stroudsburg South. This year, the team hopes to have a better season than last year, finishing with a record of 2-21.

So far this season some athletes have stepped up their game and are worth keeping an eye out for, freshmen Ciara Newton, Keira Lazzaro and Lauren



Donnelly, as well as senior Mackenzie Olsommer.

"We have a strong senior class that have been great leaders so far. We have some underclassmen stepping up. Ciara Newton played a great game the other night, Lauren Donnelly has taken some of the responsibility of ball handling and Keira Lazzaro has given us great minutes off the bench," says

Head coach Lindsay Duffy.

Overall the team Coach Duffy said that the team has good defensive energy and good decision making. "For the younger players, they are really trying to focus on continuing to build up their basketball IQ and learn as the season goes," coach Duffy said. "The more the team plays as a whole, the better they will become."

According to Coach Duffy, the team needs to work on consistency and discipline on both the defensive and offensive ends of the court.

Boys wrestling team defeats Scranton 56-14

Team looks to take on North Pocono tonight.

BY AIDAN MCBRIDE
Sports Co-Editor

On Dec. 15, the boys wrestling team had their first dual meet against Scranton. The team dominated the opponent with a final score of 56-14.

Senior CJ Ross, juniors Zac Jacaruso, Brennan Colville, Landon Machado and CJ Walton, sophomores Dom Moyer and Noah Polhill and freshman Luke Brazanskas all pinned their opponents to gain points for the team. Sophomore Aiden Black won his matchup in overtime.

On Dec. 27 through Dec. 29, the team is competing in a tournament called the Hurricane Classic, which is a top 10 wrestling tournament in the country.

Head coach Lou DeLauro said the team is successful against opponents because they do not become satisfied with just winning, and



everybody focuses on the little things during matches.

"The team is working extremely hard and overcoming diversity," DeLauro said. "We had two events so far and in both events we had to adjust our line-up due to conditions outside of our control. The wrestlers who have been filling in have been doing a great job. It's been a 'next man up' mentality."

The team will travel to North Pocono High School tonight to take on the Trojans.

Warriors defeat Pocono Mt. East at home

BY MACKENZIE OLSOMMER
Sports Editor

The boys basketball team beat Pocono Mountain East on Dec. 18 with a score of 56 - 47. Both teams fought to the final minute and kept it a close game through all four quarters.

Senior Noah Newton and junior Ronnie McManus were standout defenders for the Warriors.

"We have really worked a lot of 1v1 into our practices and are focusing on beating their [the opponents'] offensive players to a spot and holding our ground," head coach Kris Holtzer said.

Offensively, the Warriors shot the ball well. They had three players score points in double digits. Senior Ryan Doherty scored 11 points, senior Ronny Jason scored 15 and junior Jake Brower had 18.

"We made some adjustments to our offense from last weekend, and our players have responded well by sharing the ball," coach Holtzer said.

Coach Holtzer emphasized that they have focused on their defense and rebounding. He said that on Saturday night, the team was much better at rebounding.

According to coach



Holtzer, in order to prepare for upcoming games, the team needs to watch a lot of film.

"We want to make sure we give our kids the best chance to win," coach Holtzer said.

On Dec. 20, the Warriors fell to East Stroudsburg North. Their record now stands at 1-3.

The Warriors will play in the DV Holiday Boys Classic on Dec. 28 at 7 p.m. and Dec. 29 at 6:30 p.m. in the high school gym.

Spotlight Athletes Girls Basketball



Mackenzie Olsommer, SENIOR
"Mackenzie has been a four-year starter for us. She had done a great job taking the younger players under her wing."

- Head coach Lindsay Duffy
Boys Wrestling



Dom Moyer, SOPHOMORE
"[He] has been a leader on and off the mat and keeps on challenging himself and his teammates to improve everyday."

- Head coach Lou DeLauro
Boys Basketball



Jake Brower, JUNIOR
"Jake has averaged 17 points per game over the last two games and is starting to defend better."

- Head coach Kris Holtzer