



Senior Tea: Page 2

DELAWARE

Delaware Valley High School - Milford, Pa.

Opinions 4 Community News 10 World News 11 Arts & Literature 12 Science & Technology 13 Entertainment 14 Sports 15

Empty Bowls event brings in close to \$1,000 for pantries

BY ALLIE O'TOOLE
Arts & Literature Editor

On Dec. 13, the ceramics classes taught by Mrs. Tricia Kaylor and Mrs. Krystine Thompson worked hard to bring Empty Bowls back for the ninth consecutive year.

Students worked endless hours to make over 100 bowls that were all sold. During all lunches, the ceramics room was filled with students and staff supporting the cause.

The room was decorated for the holiday season with paper snowflakes, lights and the ceramic bowls made by the

students that were displayed on the tables. Over 10 soups were donated. Many



Allie O'Toole / Del.Aware

Senior Ciara Dindiyal fills bowl with chili donated by Andrew Ingemi and the Warrior Cafe.

local businesses including Balch's, Fáilte's and the Dimmick donated many different soups. Staff members, parents, food classes and the Warrior Cafe also donated soup.

"This was my first time coming to Empty Bowls. It was a great experience. I definitely recommend going. The soups and the environment were amazing. I'm glad that our school participates in this activity as it is for an amazing cause," senior Jesse Russotto said.

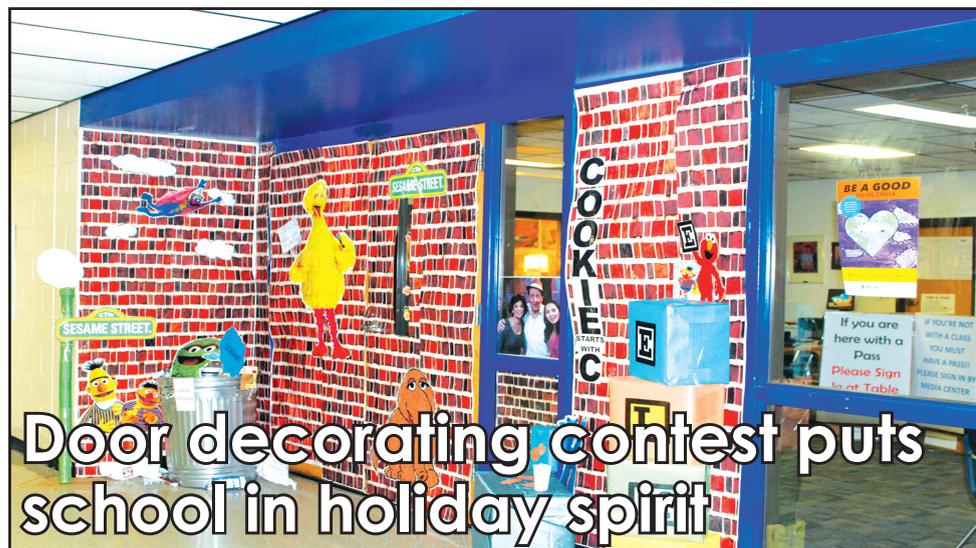
This year, Empty Bowls raised \$933. This money will be donated to Holy Trinity Lutheran Church in Dingmans Ferry, Ecumenical Food Pantry in Milford and another organization by choice of the

students.

"I could not do this without the Warrior Cafe, food classes and the custodial staff. They helped me very much and made this experience very smooth," Mrs. Kaylor said.

Every year there is a theme used to create the bowls. This year was a folded slab bowl with glaze. With approximately 115 students in ceramics, there were many bowls sold and enjoyed.

"Empty Bowls brings the whole community together for a really good cause. We all worked very hard on our bowls, and we are excited that this tremendously helps the community," said



Door decorating contest puts school in holiday spirit

During the month of December, faculty and students worked on crafting themed doors for the annual door decorating competition. The competition is hosted by Rachel's Challenge and Student Council. This year's theme was "A Walk Down Memory Lane." The doors were decorated with anything from Pac-Man to Barbies and "Fairly Odd Parents" to "Full House." The end of the competition is Dec. 20 and the winner will be given a \$35 gift card. In the picture is the media center's door which is "Sesame Street" themed.

Photo and caption by Mia Van Wie

Women in STEM students represent DV in Massachusetts

BY NATALIA LISZKA
Entertainment Editor

On Dec. 7, six students from Delaware Valley competed in a STEM competition in Bedford Massachusetts.

The two teams comprised of juniors Kaleigh Kuddar, Laura Marquez, Abigail Vogel, Alice Cauchi, MacKenzie Panetta and Hannah Williams and were led by computer science teacher Miss Jessica Hubal and physics teacher Mr. Steve Rhule.

"This competition allows our students to enhance their collaboration and communication skills as well as develop their critical thinking and helps them achieve goals to prepare them for STEM fields that are usually male-dominated," said Miss Hubal.

There were four events including science trivia and problem solving, a

mystery architecture challenge and a pre-made engineering event. The team consisting of Cauchi, Panetta and Williams placed third in the architecture challenge, and the team with Kuddar, Marquez and Vogel came in first place in the engineering event. Both teams placed in the top third overall.

"I was so happy to go and spend a day with other students with the same interests and was a great weekend for being with other girls of science," said Williams.

"The female students that have participated in this competition in the past have communicated to me that it was a very positive experience for them, and I should continue to do whatever I can to keep this opportunity available for future DV students," said Mr. Rhule.

This experience was made possible by Mr. Rhule's and Miss. Hubal's Pop-Tart fundraiser customers.

School News

Senior class chooses superlatives for annual Senior Tea

By JOLIE FRAGGETTA
Community News Co-Editor

Last Friday, the senior class gathered in the 11/12 lunch room seventh period. Here, they were given iced tea and cookies while the senior superlatives were announced.



'Class Clowns' Tarna Batelman and Tommy Porco accept their award with a smile and frown showing off their personalities.



'Class Loudest' Ashley Thalassinos and Daniel Jorgenson stay quiet while being presented their award.



'Best Buds' Heather Starr and Katie Nagrowski as well as Angus Muttee and Jack Lutfy accept their award by comically wrapping their arms around each other.



'Class Couple' Emma Boyd and Anthony Decker hug each other lovingly as they are named class couple.



'Class Brains' Virginia Yost and Tim Lloyd pose professionally for their award.

Photos and captions by Jolie Fraggetta

Class of 2020 votes on teacher superlatives

By MIA VAN WIE
Opinions Editor

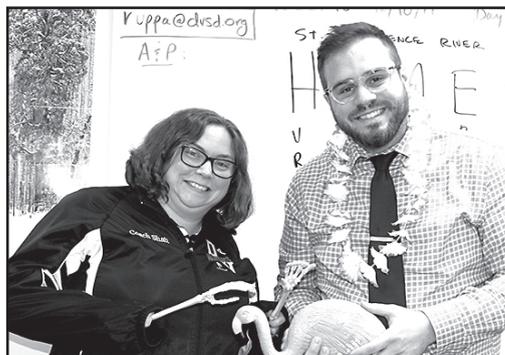
During lunches on Dec. 10, the class of 2020 voted for Teacher Tea. The Del.Aware constructed a list of superlatives for teachers that included 'Class Clown,' 'Class Loudest,' 'Most School Spirited,' 'Class Couple' and 'Best Dressed.'



Mrs. Chelsea Sweeney and Mr. Dave Peters were recognized as 'Best Dressed.'



Mrs. Leslie Lordi and Mr. Kevin DeVizia were voted 'Most School Spirited' and showed their spirit with pom poms.



Mrs. Chelsea Shatt and Mr. Andrew Rupp were voted 'Class Clown.'



'Class Couple' was given to Mr. Jeff and Mrs. Raycharlyn Krasulski. In May the couple is celebrating their 10-year wedding anniversary.

'Class Loudest' was presented to Mrs. Laurie Osczepinski and Officer Mark Moglia.



*Compiled by Emily Herold and Jolie Fraggetta
Photos and captions by Mia Van Wie*

Student Council hosted its annual food drive this November and collected over 3,000 items for the Ecumenical Food Pantry of Pike County, Blooming Grove Food Pantry and Holy Trinity Lutheran Church.

School News

Former MMA fighter inspires student body at assembly

BY GABBY LEE
News Editor

On Nov. 14, former MMA fighter Charlie “The Spaniard” Brenneman spoke to all classes about lifelong learning and perseverance. Brenneman took the two hours he had to talk to the students about kindness and empathy as well.

He took his personal experiences from teaching, professional fighting and becoming a public speaker to show students what talent and hard work can get them in the end.

Brenneman had nine books, his UFC belt and gloves lined up in the front of the auditorium. He used these items to tie in the theme of perseverance and hard work. These items had students more intrigued in his message.



Gabby Lee/Del.Aware

Charlie "The Spaniard" Brenneman inspires students to just keep going and to follow their dreams.

“Every one of you is responsible for your life. Period. Life will keep throwing stuff at you so just keep going,” said Brenneman.

Out of college, Brenneman was a junior high Spanish teacher, but he realized he missed his life of wrestling and began training to fight professionally. Afterward, he was a MMA fighter for eight years until he realized his true passion was inspiring students to reach their full potential.

After giving back-to-back presentations, he invited the students to go take pictures and talk to him. Later that day, he visited each lunch to personally connect with students.

“I thought his entire talk was inspiring, especially how he kept fighting even after he got knocked out. He didn’t quit,” said sophomore Ryan Battaglia.

BCO interacts with special guest drummer

BY LUCIA VITANZA
World News Editor

more things about percussion and drumming.

On Nov. 26, Dr. Irene Lantz’s son, Kendall Lantz, came and performed in front of the 9/10 band, chorus and orchestra students during 6th period.

Dr. Lantz discussed what it was like going to school for music. He also spoke about the truth on becoming musically involved in a band and what it takes to become widely known.

He talked one-on-one with the students in percussion. They were able to see him play and learn



Lucia Vitanza/Del.Aware

Seniors Dom Dijan and Gary Dean posed with professional drummer Kendall Lantz.

Lantz grew up in Milford and graduated from Delaware Valley High School. He then went on to graduate from LACA’s Musical Institute in 2006. From there, he started to teach at the School of Rock in Clark, New Jersey. He currently teaches there, as well as tours with the band The Reign of Kindo as the drummer. Lantz has been with Kindo since January of 2019.

Jr. Parent Night to aid with pathways after high school

BY VICTORIA HOFFMANN
News Co-Editor

In February, 11/12 guidance counselors will be hosting an event for parents of juniors. The night will include a general overview of preparation and plans for students after high school.

The counselors will be presenting a PowerPoint to discuss what parents and students can start doing now such as: making a list of colleges the student is interested in, start looking into campus visits and most importantly finding dislikes and likes regarding future plans.

It will also cover key topics such as testing like the SATS, ACT and ASVAB. The search process with colleges and career choices will also be discussed.

“We want to cover everything and

talk about the different pathways after high school,” said 11/12 guidance counselor Mrs. Jessica Favorito.

The event will cover pathways such as: community college or a four-year college, trade schools, military and workforce. The general requirements within each path will also be covered.

Mrs. Favorito emphasizes parents and students to start making a list of questions or concerns they would like to go over at the event.

If any parents or students have detailed concerns regarding plans after high school, guidance counselors are free to talk and answer questions about future plans. While the date regarding the event is still to be determined, DV’s guidance website will provide helpful information and details regarding the night.

“We want to cover everything and talk about the different pathways after high school.”

- Mrs. Jessica Favorito

Inquiring Photographer

WHAT IS YOUR FAVORITE THING TO DO DURING THE HOLIDAY SEASON?

BY GABBY LEE



“Eat food”
David Loeffler
Class of 2021



“Hang out with my family”
Gabriella Rogers
Class of 2023



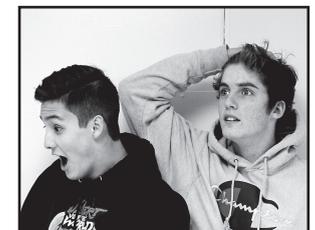
“I love to decorate.”
Ella Vogel
Class of 2023



“Hanging out with friends and looking at Christmas lights”
Haylee Mosser and Juliana Llaurado
Class of 2022



“I love to be home and hang out with my family.”
Mr. Daniel Gonzalez
Staff



“Sledding”
Angus Muttee and Jack Luffy
Class of 2020

Opinions



Drama auditions for “Once Upon a Mattress” will be held on Jan. 25 at 11 a.m. Auditions will begin by learning a dance sequence, so please bring appropriate clothing. Then, students will need to have a song prepared and can bring sheet music for accompaniment. Students are encouraged to change into formal clothing this portion. Contact director Caroline Lehman for with any questions or concerns at lehmanc@dvsd.org.



Compiled by Kaila Dunn

What is more important: talent or hard work?



“Hard work is more important than talent. Even with talent, hard work is essential in achieving success. You can achieve anything you want to, as long as you dedicate hard work to your end goal.”

MICHAEL KNAPP
Class of 2022



“I think talent is a great skill but hard work is more important because it shows your dedication to what you want to do.”

AMANDA COYNE
Class of 2022



“Hard work is without a doubt more important. Having talent is like having the ingredients to a cake, without mixing them and working to make them into a whole cake, they remain separate and incomplete ingredients.”

IAN MURCH
Class of 2020



“Hard work is more important than talent because a hard working person can easily surpass a talented person not putting in full effort.”

TRAVIS KELLY
Class of 2022

Ms. Monopoly: A game that contradicts its purpose



In September 2019, Hasbro Games introduced yet another form of its famous, classic, and certainly competitive property-buying game, Monopoly. However, this Monopoly unlike the others, is not just a remake of the original game or even the same game with some modern upgrades, like electronic and more recently voice banking.

This game, in contrast to the others, has heavy and sexist rule changes that favor females over males. And yes, I said SEXIST rule changes in a Monopoly game. Ms. Monopoly focuses on the historical and present accomplishments of women and their contributions to society, which is a great idea that encourages young female children to feel proud of themselves from an early age.

The problem however is that certain rules give females an unfair advantage in the game, strictly based on their gender. This rule deals with passing ‘GO.’ In any normal Monopoly game passing ‘GO’ meant collecting \$200 for every person- equal regardless of sex, gender, race, or creed. In Ms. Monopoly, women collect \$240 when passing ‘GO,’ while men collect \$200.

These rules are very infuriating and should be frowned upon. This game teaches young kids that men are less than women strictly based on gender alone. This promotes a sexist mindset for young children that will stay with them until they discover their true political identity, and unfortunately accepting sexism at a very young age may influence their future views on the world.

I understand that this is to reverse the “wage gap” experienced between the genders back on men; however, the U.S. has taken major steps to decrease that gap to the point to which both genders today get paid the same amount of money for the same job and hours worked. The only reason this pay gap exists is because women take time off work to have kids, again not a man’s fault, but this game implies that it is.

This rule of Ms. Monopoly feels like instead of steps forward to promote equality between the genders, society is going ten steps in the opposite direction.

Lastly, Ms. Monopoly also contradicts its main purpose of empowering women. Because of this pay increase in Ms. Monopoly, it inherently implies that women could not compete with men in the original game, degrading women’s abilities by creating a separate game just for women to win.

In conclusion, Ms. Monopoly promotes sexism from an early age against men, but also degrades women in the same process. This product is disappointing considering that Monopoly is a classic game, but is now being used for political gain. Hasbro is truly taking steps backward from equality and creating a world in which nobody wins.

MARK CAVALLARO
Class of 2021

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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

Mock Trial team competes at autumn invitational

By MADISON KELLY
Sports Co-Editor

On Nov. 23, the mock trial team competed in the Monroe County Bar Association's (MCBA) annual Mock Trial Invitational at East Stroudsburg South High School. This was the club's third time participating in this invitational. Hazleton Area High School won the competition.

Students from schools in Pennsylvania were given a fictional criminal case, the Commonwealth of Pennsylvania vs. Kim Monroe, to study the weeks prior to the events. The teams had to argue both sides of the case, the plaintiff and defendant, in separate mock trials.

One team was comprised of seniors John Babbitts, Stephen Demmo, Dominic Dijan, William Murray, Kamila Alario, Katie Nagrowski, opening and closing arguments. They are also judged



Contributed photo

Paul Guadagni questioned witness Eva Wallace during the mock trial.

Terrance Ring, juniors Laura Marquez and Samantha Orneck. The other team was comprised of juniors Zoe Elaro, Rayne Stone, sophomores Paul and Matthew Guadagni, freshmen Elana DeJesus, Brian Drake, Daniel Matyushin and Eva Wallace.

Paul Guadagni was named one of the top three lawyers of the tournament, which was the first time anyone on the mock trial team was recognized for this award.

The judicial role is comprised of real attorneys and judges who score the teams on how well they deliver their

on the relevancy of their objections, how believable the witnesses are and the cross examination delivery. At the end of the competition, a team is announced the winner based off their record throughout the day.

"Mock trial has been a really great experience because of the great people I've met and the work we do to prepare for competitions. It helped me build public speaking skills, professionalism and discipline. I can honestly say a big part of who I am today is thanks to the mock trial team," said Elaro.

According to club adviser Mr. Thomas Bailer, even though the team lost, they are improving due to the new members being a lot more competitive than in the past and working to win at their state competition in late winter.

"I joined mock trial two days before the competition because they needed an extra witness. I didn't know what to expect. I was pleasantly surprised, and I ended up enjoying the whole experience," said Marquez.

Yearbook order forms are due by Dec. 20. All yearbook sales are pre-order online only with each yearbook costing \$75. Go to ybpay.lifetouch.com/Order/SelectJob and type in the code: 11858820 to purchase a yearbook.

Junior Historians participate in Salvation Army Thanksgiving

By MADDY FEDUN
Sports Co-Editor

On Nov. 26, the Junior Historians traveled to the Salvation Army in Port Jervis, to help participate in a Thanksgiving dinner. The Junior Historians unloaded cars full of turkeys, pies and other food. All donations were made by the community.

As the line began to grow outside, the Junior Historians cooked mashed potatoes and opened jars of cranberry sauce to serve. The Salvation Army had tables spread around the room with fall colored table cloths. At 12 p.m. the doors opened and people began to slowly make their way in.

An assembly line was made near the kitchen and the Junior Historians helped serve the food onto everyone's plate. Each person was only allowed one serving because the food needed to feed everyone.

"I like volunteering and giving back to the community," said senior co-president Robert Riccio.

Working alongside senior co-president Kayla Cassaro, Riccio is more than happy to spend his free time volunteering for the Salvation Army.

The Salvation Army dates back to 1865, where its history began in East England. The Salvation Army Social Services of Greater New York, also known as SSGNY, currently manages 46 social service programs. Their goal is to feed, clothe and house the needy while providing Christian services.

There are many ways to help the Salvation Army to continue providing services. People can

help out by volunteering, donating goods, becoming a bell ringer or providing gifts for the holidays.



Maddy Fedun/Del.Aware

Junior Historian junior Connor LaMarca prepared butter for the Thanksgiving Dinner held by the Salvation Army on Nov. 26.

Puzzle Fun

Directions: Complete the riddles 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!

Last issue's winner: Senior Jada Gonzalez

- 1. I am white and beautiful like snow, but I am not as cold as ice. Who am I?*
- 2. You can only do this every four years over snow or ice, people do their very best to claim their price. What am I?*
- 3. I may stand out like a sore thumb, but I can make a dark room glow and guide others to keep the presents coming on a continuous flow. What am I?*
- 4. I am rich but I cannot be poor, I can be dark and I can be white, I can be hot or I can be cold but having too much of me can make you a little jittery. What am I?*
- 5. What do Celsius, Fahrenheit and Kelvin all have in common?*

Compiled by Mary Quinn

School News

Chamber choir graces community with holiday tunes

BY ASHLEE WISLON
Managing Editor

On Dec. 14, the chamber choir visited three local places in the community to share their holiday joy and talent. They went to Belle Reve morning, followed Towers at 11 a.m. and final performance Matthew's Church in that evening.

At Grey Towers, on a grand staircase to of songs, including "Jingle Bells" and which were all met with the crowd. The group of holiday carols that the opportunity to join

"It [the event] reminded me of how many talented students we have in our school. There were certain songs that gave me chills. I also enjoyed the part where the audience was invited to join in," said senior Alexis King.



Members of the chamber choir performed holiday songs.

Ashlee Wilson/Del.Aware

the group assembled perform a multitude "Fum, Fum, Fum," "Silent Night," loud applause from also sang renditions the audience had in on.

Chorus, orchestra perform

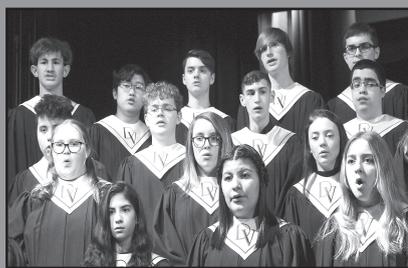
BY VICTORIA HOFFMANN
News Co-Editor

On Dec. 13, the high school chorus and orchestra performed their annual winter concert.

The chamber chorus started with their classic rendition of "Ava Maria" by Nathaniel Dett and "The Word Was God" by Rosephanye Powell. The concert choir continued the show with Franz Joseph Haydn and Patrick Leiberger's "Gloria," David Lantz III "The Sounds, The Silence."

The boys of chorus performed Randall Thompson's "Stopping by Woods on a Snowy Evening."

Randall Thompson's "Bright Morning Stars" was performed with solos by senior Laurel Brower, juniors Jon Reome and Bailey Shay. The girls in chorus continued the performance with Ron Jeffers "Le



Chorus harmonizes together as they perform "Gloria."

Victoria Hoffman/Del.Aware

sommeil de L'Enfant."

Next a Nigerian Carol, via Olatunji and Whalum's "Betelehemu" was performed with solos from senior Ian Murch and sophomore Jade Cook. Lastly, "Veni, Veni Emmanuel" by Richard Robert Rossi was sung accompanied by the St. Patrick's Church bell choir.

Choir director Mr. Richard Horst said he was proud of the choir's improvement from the previous concert.

After the chorus finished their performance, the chamber orchestra swept in with Sebastian Bach's "Contrapunctus" and Imagine Dragon's "Radioactive." The seventh period orchestra performed Mozart's "Overture to Lucio Silla," Richard Williamson's "Yuletide Carols for Strings," Arcangelo Corelli's "Christmas Concerto" and Elliot Del Borgo's "Greensleeves Variant."

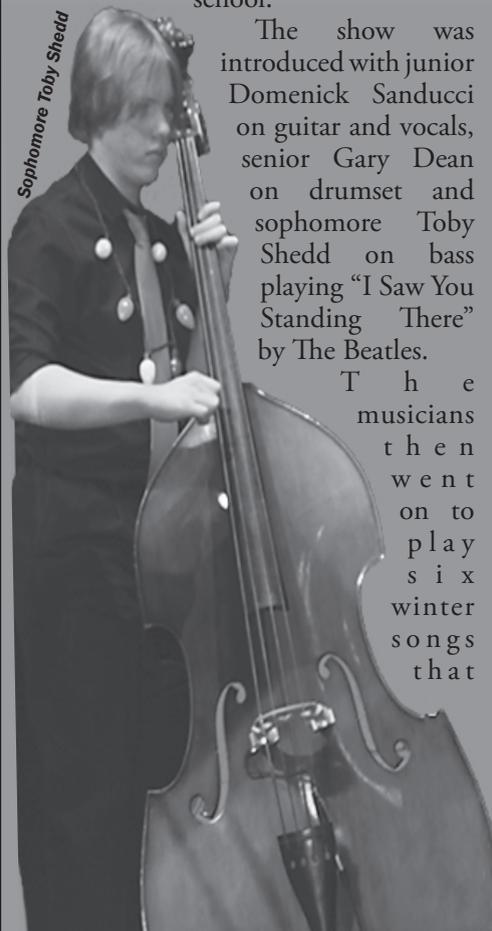
Jazz Band rejoices in annual winter concert

BY LUCIA VITANZA
World News Editor

On Dec. 6 the jazz band put on a winter themed annual concert at the high school.

The show was introduced with junior Domenick Sanducci on guitar and vocals, senior Gary Dean on drumset and sophomore Toby Shedd on bass playing "I Saw You Standing There" by The Beatles.

The musicians then went on to play six winter songs that



Sophomore Toby Shedd

Mrs. Tina Reece described as interesting common tunes presented in a new way produced by the students.

The songs featured were "My Favorite Things" from The Sound Of Music, "Comfort and Joy," "Nocturne," "Let it Snow! Let it Snow! Let it Snow!" and "Solvejg's Song" from The Peer Gynt Suite. The band closed the night with a zydeco style version of "Joy to the World." Zydeco music style evolved in Southwest Louisiana by French Creole speakers and blends blues, rhythm and blues and indigenous Louisianian music.

Featured soloists included seniors Gavin Brazanskas on trombone, Kyle Ziemba on tenor saxophone and Dean on drumset; juniors Aidan Sykes on trumpet, Danny Zhivkovich on tenor saxophone, Josh Caraballo and Mike Asprea on alto saxophone and Sanducci on guitar; sophomores John Zirpoli on piano, Matt Cortes on alto saxophone and Shedd on bass.

"I felt like it was definitely one of our better concerts. We are a close group and it makes playing with each other easy. There were no very bad or very good songs; just overall consistency within the whole performance. It was in general a good concert. For the next concert, I hope for everyone to help make us reach our true potential and play to the best of our abilities," said Dean.

Band concert rescheduled after ice storm impacts area

BY NATALIA LISZKA
Entertainment Editor

Due to inclement weather, the annual winter band concert will be rescheduled to early January. After preparing for over three months, the band will play a mix of holiday pieces such as "The Nightmare Before Christmas" arranged by Michael Brown, "Christmas 'POP' Sing-a-long" arranged by James D. Ployhar, "The Polar Express" arranged by Jerry Brubaker, "Theme and Fugue from The Young Person's Guide to the Orchestra" arranged by Richard L. Saucedo, "Of Blood and Stone" arranged by Julie Giroux, "We May Rise" arranged by Preston Hazzard as well as "Minor Alterations No. 2: Carols from the Dark Side" by David Lovrien.

Featured soloists in these pieces include senior Michael Newton, juniors Priya Ramkissoon and Danielle Dierksen, sophomore Andre Phillips and freshman Rebecca McFeely.

Congratulations to juniors Evelyn Hupka and Jennifer Yulfo and eighth grader Charlie McClain for making District 10 Band!

School News

XC team hosts 7th annual Turkey Trot

Participants donated 358 total items for local food pantries.

By SHANNON DEIGNAN
Sports Editor

The cross country team hosted the 7th annual Turkey Trot 5K race at the high school on Nov. 16.

Approximately 238 participants were in attendance along with many additional volunteers and staff to keep the event running smoothly.

Overall, junior John Russo won the race with a time of 18:16:06 earning him a frozen turkey and a first place medal.

"It was very fun to compete in the race. It was nice to beat a friend that I have been trying to beat for a while and to finally get a win. I think this event helps promote the cross country team

and is a great way for us to fundraise for equipment that we need during the entire season," Russo said.

Following Russo's finish was DV alum Zachery Nekich with a time of 18:28:34. Following Nekich's finish was junior Adam K a n t e r m a n clocking in at 18:28:75.



Members of the cross country team hang out with the turkey mascot before the race begins.

The first female to finish the race was Tiffany Leventhal of Honesdale who placed tenth overall with a time of 20:35:11. Her first place finish also earned her a frozen turkey which

was donated by Key Food Marketplace in Milford.

Participants were encouraged to donate non-perishable items at the race that the team donated to the local food pantries. In total, 358 items were donated to the pantries.

In addition to the prizes awarded to the first place finishers, T-shirt prizes were given to runners who traveled an hour to get to the race, runners who were under the age of ten, runners who traveled from a state other than New Jersey, New York or Pennsylvania and runners who traveled from Shohola.



Teacher Feature: Mr. Brian Watson

By KAILA DUNN
Staff Writer

Mr. Brian Watson is the new electrical occupations teacher for the CTE department, who came to DV in the middle of November. Prior to coming to DV, Mr. Watson was the arson investigator for the New York Fire Department.

"Being apart of FDNY really opened my eyes to electrical work. I remember hearing one of the fire marshals say that the fire was due to poor electrical work and could have been prevented," said Mr. Watson.

After learning this, Mr. Watson began doing electrical work as a side job while still working for the FDNY.

Mr. Watson received an associate's degree in electrical construction from SUNY Delhi in 1990 and is currently attending Temple University to obtain a bachelor's degree in education.

So far, Mr. Watson has really enjoyed being at DV. He believes the district is terrific and the CTE programs are "mind blowing" with all of the equipment available to them.

"All my colleagues have been so welcoming and helpful in every aspect," said Mr. Watson.

Mr. Watson is looking forward to watching his students grow and helping them develop a stronger interest in electrical work. He also hopes to encourage his students to get an apprenticeship in the trade as a summer job to help them pursue a career in electrical work.

"I am very fortunate to be here and it is a huge blessing. I am looking forward to this whole new career and seeing what it brings me," Mr. Watson said.

Dr. Bell hosts cabinet meetings with students

By MIA VAN WIE
Opinions Editor

On Nov. 19, Dr. John Bell met with 13 high school students to conduct his first cabinet meeting. Dr. Bell wants to be able to hear from the students directly on what they think about our district. He wants to hear what the students like and dislike about the schools, so he can try to use these new ideas to improve the schools. The cabinets are made up of students from a variety of backgrounds to get well rounded feedback. Dr. Bell plans on having one of these meetings every marking period.

During the high school meeting, the first discussion was about the things the students enjoyed about the school like the new facilities, technology, diverse and challenging classes and many more aspects. The cabinet

also talked about features they wished the school had. A study hall for athletes was brought up, along with an honors English class being offered to juniors and seniors. A resource where top students of specific subjects from previous years can give their emails out so other students could reach them for quick tutoring on homework was also discussed. Another idea given was for there to be extra help given to seniors for college applications, whether it be an extra class or after school meetings where students could have one-on-one help for an extended period of time.

"The meeting was extremely beneficial and opened doors for the leaders in our school as well as those in our administration to interconnect in ways that would make DV a better place," senior Cyan Vazquez said.



Drama club performs cabaret to raise money

On Dec. 13, members of the Drama Club performed acts including a ballet pointe solo, singing solos and duets, with some accompanied by the piano for members of the school and community in order to raise money for their upcoming production "Once Upon a Mattress." Many of these acts were from Broadway productions, but some were jazz and others were rock and roll. "I think that it was a very good bonding experience for all of the performers and the audience. It allowed trust to be built and we look forward to doing another cabaret," said junior Jon Reome.

Photo and caption by Kaila Dunn

Gift Giving Season

By ASHLEE WILSON
Managing Editor

With the holidays quickly approaching, there are a multitude of different types of gifts to choose from to make sure you have the perfect presents for your favorite people. From easily accessible last minute gifts to projects you can complete right in your home, there is no reason to fret over what to get for that special someone this gift-giving season, no matter what their interests are.



Compiled by Victoria Hoffmann

AFFORDABLE GIFTS



Compiled by Mikenzie Accetta

THOUGHTFUL GIFTS

LAST MINUTE GIFTS

Compiled by Mikayla Krisanda



Compiled by Allie O'Toole

DIY GIFTS

EDIBLE GIFTS

Compiled by Mia Van Wie

Community News

New menu for The Grill pleases customers

BY MADDY FEDUN
Sports Co-Editor

My family and I went to the Grill located in Matamoras on Nov. 23 to try their new menu. We made a reservation, knowing that it would be somewhat crowded.

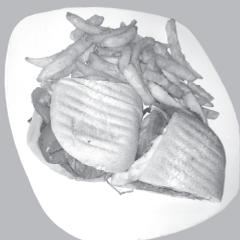
Once we arrived, we were greeted by a nice waitress whom sat us down at a booth immediately. Then, we ordered drinks while they gave us time to look at the menu. I ordered a shirley temple that was given to me shortly after I asked for it.

The menu had a variety of choices and even had options for vegetarians, like myself. The new Grill menu had the same prices for all food on that page, which I found very interesting.

I decided to get the Vegetable Lovers which consisted of fried eggplant, sautéed mushrooms, onions, peppers, spinach and mozzarella cheese with a balsamic glaze. I also asked for a side of fries to go along with my meal.

It took exactly 33 minutes for the food to come out for six people. The food was hot and my expectations were met.

Overall, my family and I had a great experience at the Grill. We were able to sit down and enjoy our meals without feeling rushed to leave. The prices were high but the service was great and when we asked for something they made sure our requests were made. The restaurant itself was decorated for Thanksgiving and the decor on the walls made the Grill its own.



FBLA hosts Fall Ball at Belle Reve Senior Living

BY ASHLEE WILSON
Managing Editor

On Nov. 27, 26 members of Future Business Leaders of America (FBLA) spent their Wednesday afternoon before Thanksgiving volunteering at the first annual Fall Ball at Belle Reve Senior Living in Milford. The goal of the event was to connect the younger generation of high school students with the elderly residents in the community in order to combat loneliness and to bridge the gap between generations.

The volunteers arrived at Belle Reve at 1 p.m. to help set up the decorations, the photo booth and the "shopping center," which was fully stocked with clothes for the residents to pick from at their leisure. These clothes were donated by FBLA members during the clothing drive held by the club throughout November.

The occasion began with a game of balloon volleyball, which included both the volunteers and the residents. This game

Throughout the event, the elders were able to take pictures with props in the photo booth, browse the "shopping center" and play more personalized games with the volunteers, such as cards and the reconstructing of puzzles.

Many of the volunteers appreciated the opportunity to interact with members of the older population.

"Before learning about this project, I never really gave much thought to the disconnect between the different generations in our area. After participating in the Fall Ball, I realized the importance of connecting with our elders and learning about their experiences," said treasurer Kaleigh Kuddar.

FBLA will be hosting another event, the Holiday Bash, at Belle Reve on Dec. 21.



Ashlee Wilson/Del.Aware

FBLA members enjoyed the interactions they were able to have with the senior citizens at Belle Reve.

was followed by a few rounds of trivia. Finally, the residents were able to move into a separate room to enjoy snacks and refreshments prepared by the volunteers.

Animal of the Month

BY EMILY HEROLD
Entertainment Co-Editor

Copper is a nine month old beagle mix who is full of nothing but love. With his short and smooth coat, droopy ears and long tail, one cannot help but fall in love with him.

Copper was a stray who was found and brought into the humane society in late October. When nobody claimed him, they decided to put him up for adoption.

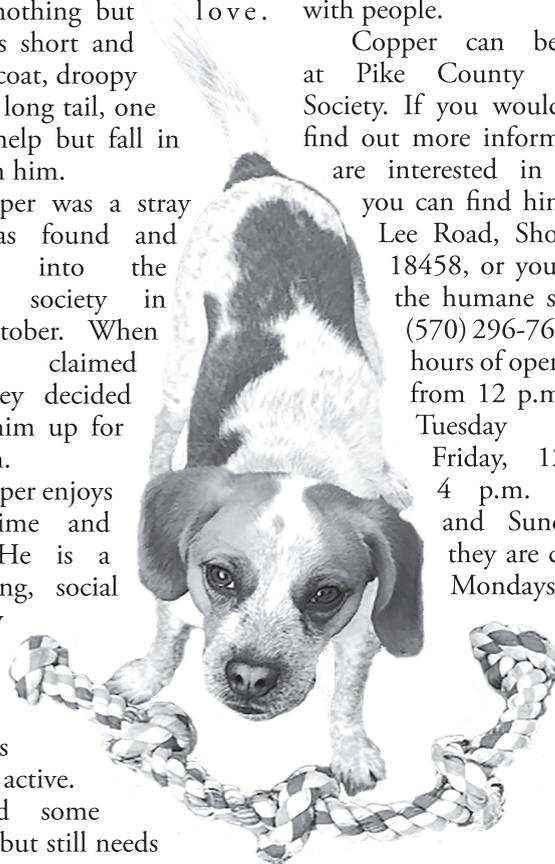
Copper enjoys quiet time and walks. He is a lap loving, social butterfly who is

playful, curious and active. He had some training but still needs

to be kept on a leash.

He is good with small dogs and cats, but has never really been around big dogs. He is super friendly and loves to be with people.

Copper can be found at Pike County Humane Society. If you would like to find out more information or are interested in Copper, you can find him at 189 Lee Road, Shohola, Pa 18458, or you can call the humane society at (570) 296-7654. Their hours of operation are from 12 p.m.-3 p.m. Tuesday through Friday, 12 p.m.-4 p.m. Saturday and Sunday and they are closed on Mondays.



Annual tree lighting puts community in holiday spirit

On Dec. 7, members of the Milford community hosted the annual Holiday Tree Lighting at the Milford Community house.

Along with the ceremonial lighting of the tree, the Dingman Delaware Middle School chorus sang holiday favorites for the town. Free hot cocoa and cookies were available as well.

While families waited for Santa Claus' arrival by fire truck, a live nativity and holiday antique train were displayed.

Families throughout the community came together for this traditional event to join in the holiday spirit.

Photo and caption by Gabby Lee

World News

Shootings continue to wreak havoc in the U.S.

By VICTORIA HOFFMANN
News Co-Editor

A controversial topic in the United States is gun violence. Each year more and more lives are lost because of shootings and other gun-related incidents. An estimated total of 409 mass shootings has claimed the lives of over a thousand citizens in the United States this year.

In other terms, there have been more mass shootings in the United States than days in the year.

Mass shootings have raided multiple states throughout the nation devastating places such as: schools, local stores, beaches, open streets, military bases and places of worship.

The Federal Bureau of Investigation defines a mass shooting as a single incident that results in four or more deaths. However, media outlets have their own take on the definition of mass shootings according to the death and injury total.

The Gun Violence Archive is a non-

profit organization that tracks data on mass shootings. According to the GVA's data, the United States has had more shootings this year than in any other before.

As the numbers of shootings rise, the concerns about measures to prevent such devastations increase too.

More and more activists are demanding a change to stop the ongoing epidemic of mass shootings. However, the dispute between those who support gun control and those who execute their second amendment right to bear arms has halted the process for resolving the ongoing crisis.

Solutions such as universal background checks, mental health evaluations, higher security and other ideas have been brought

into the debate to resolve mass shootings.

However, the demand for change has increased lately, as many hope for the United States to follow the examples set by other countries who have experienced mass shootings recently.

On Dec. 13, the Czech Republic experienced a mass shooting at a hospital in the city of Ostrava, within the same day the country's security was boosted to avoid future grievances.

"The elephant in the room, the thing that makes us stand out among the 29 other high-income countries, is our guns and our weak gun laws," said

David Hemenway, professor of health policy at Harvard, who has spent much of his career researching gun violence and control.



Source: andres eighton
Citizens gather at a memorial site to mourn for those lost in the El Paso shooting earlier this year.

New Ohio abortion law proposed Bubonic Plague returns in two shocking cases

By EMILY HEROLD
Entertainment Co-Editor

In November, state representatives Ron Hood and Candace Keller, two Republican Ohio lawmakers, sponsored a new bill that would end the practice of abortion in Ohio.

According to a news release from the Right to Life Action Coalition of Ohio, this bill, known as House Bill 413, looks to legally recognize an unborn fetus as a person. This release also states that anyone who performs an abortion would be "subject to already existing murder statutes." The bill also includes protection for doctors who perform life-saving procedures and treatments that result in the unintentional termination of the pregnancy.

Ohio state representative John Becker has stated that he is a co-sponsor of this bill. In May, representative Becker proposed an abortion law that falsely suggested doctors can reimplant ectopic pregnancies. Ectopic pregnancies are pregnancies in which the fertilized egg is outside of the uterus. The fertilized egg cannot survive outside of the uterus and could cause damage to nearby organs and a life-threatening amount of blood loss.

Kellie Copeland, executive director of NARAL Pro-Choice Ohio, stated in an interview with The Post that representatives Keller and Hood had already introduced a similar abortion ban in the previous General Assembly which ended up failing in both chambers.

"They want to ban abortion; they want to classify it legally as murder," said Copeland.

By JOCLYN IRONS
Arts & Literature Co-Editor

On Nov. 16, a hunter in China contracted the plague from eating wild rabbit causing 28 people to be quarantined.

The plague is caused by a bacteria usually spread by fleas. A person can catch the plague from an infected animal or directly from the fleas themselves. Symptoms can start anywhere from one to six days after infection. The first signs include fever, chills, and weakness. These symptoms are followed by the forming of buboes, swollen and painful lymph nodes under the arms, in the neck, or in the groin. If left untreated the bacteria will spread through the sufferer's body which could be fatal.

This is the second occurrence of Bubonic plague since the event named The Black Death, which spread across Europe in 1346 to 1353. This event killed an estimated 50 million people or 60 percent of Europe's population.

"Unlike in the 14th century, we now have an understanding of how this disease is transmitted," Dr. Shanthi Kappagoda, an infectious disease physician at Stanford Health Care, told Healthline. "We know how to prevent it — avoid handling dead animals in areas where there is transmission. We are also able to treat patients who are infected with effective antibiotics, and can give antibiotics to people who may have been exposed to the bacteria [and] prevent them [from] getting sick."



Syracuse University hit with racist incidents

By ALLIE O'TOOLE
Arts & Literature Editor

Throughout the month of November, Syracuse University and area surrounding the university experienced 12 cases of vandalism, anti-Semitic graffiti and racists or bias related incidents. These incidents have caused protests, boycotts and a sit in that lasted a week.

SU officials have been addressing and investigating the incidents of racism. They have boosted campus security and vowed to the students and faculty: "stiffer student conduct code and more diversity in hiring."

It took four days for SU officials to come up with an email they sent to notify the student body that the racial slurs against African Americans and Asians were located on two different floors in Day Hall.

"I do not think they take us seriously," said Ashley Hudson, a member of Department of Public Safety Student of Color Advisory Board, "both as students and people on this campus."

The school is also investigating the claims that a white supremacist manifesto was being "air dropped" to several cellphones in the university's Bird Library. Chancellor Kent Syverud claims that it was a "hoax."

The campus DPS stated "no specific threat existed and that local, state and federal authorities have been notified."

Students have been calling for Syverud's immediate resignation.

On Dec. 5, students using the #NotAgainSU marched to Cruise Hinds Hall, where Syverud's office is located. They delivered hand written letters calling for his resignation to happen before Jan. 13.

Arts & Literature

Fashion Aware: Corduroy

BY JOLIE FRAGGETTA
Community News Co-Editor

Corduroy has been in and out of fashion since the 1700s when the French began to wear it. The fabric came back into fashion during the 1950s. During the '90s grunge era, the fabric was a staple piece to give any outfit a bit more edge. Corduroy was used for pants and jackets during this time.

Corduroy became very popular again in the early 2000s. Corduroy jackets came back into fashion and it became a fabric many stores began to use. Many stores such as The Children's Place and GAP sold corduroy pants and skirts.

Corduroy has recently come back into style in the past few years. Today it is used to make a multitude of clothing such as skirts, pants, jackets and so much more.

Corduroy is a versatile fabric because it can be dressed up or dressed down. During the winter months, a corduroy skirt paired with a sweater and boots can be perfect for an event or even just to wear to school. Corduroy jackets are also getting more popular as the weather gets colder.

My favorite corduroy outfit is a long sleeve striped shirt underneath a corduroy pinafore dress with slip-on Vans.

Corduroy is widely available in a number of stores. These pieces can be found in American Eagle, PacSun and Macy's at the mall. For a cheaper alternative the fabric can be found at Walmart and many thrift stores. Online sellers such as SHEIN and Romwe also sell corduroy pieces at a lower price.

Teacher feature: Dr. Irene Lantz

By MICHAEL NEWTON
Editor in Chief

From ABC Network to the Olympics, Dr. Irene Lantz is an accomplished individual with her life centering around art. She was self-taught, bounding from one category of art to another, discovering her niche and unlimited talent.

After graduating high school, Dr. Lantz went on to earn her associates in marketing and managing at Baruch College in New York City. Later, she virtually attended Pratt Institute in Brooklyn, New York, with a dual major in painting and art history and a minor in jewelry design.

Furthering her career in the arts, Dr. Lantz earned a masters

in art education and a doctorate in expressive arts therapy and education. She earned the latter in Switzerland.

She was hired in Delaware Valley in 2002 and teaches AP Art History, Foundations in Art, Jewelry Design and Painting 1 and 2.

Her self-sustained business of 37 years, Manu Designs, has sold to the likes of

Nordstrom and Saks Fifth Avenue. Moreover, her creations can be found internationally.

"My varied background provides a holistic perspective of teaching the arts. I love teaching. I love kids and their authenticity. They are honest about who they are, and it keeps my spirit alive," said Dr. Lantz.

"I love teaching. I love kids and their authenticity. They are honest about who they are, and it keeps my spirit alive."

- Dr. Irene Lantz

Students prepare to dominate Scholastic Art and Writing Awards

By JOCLYN IRONS
Arts & Literature Co-Editor

The Scholastic Art and Writing Awards is an opportunity for students to have their artistic and literary skills publicized.

These awards have been providing recognition for teens with creative talent since 1923.

Local teens with all different artistic mediums participate every year.

The Everhart Museum in Scranton, sponsors the artists of Northeastern Pennsylvania. When artwork is submitted, the museum curators judge the works and award the teens with a gold key, a silver key, or an honorable mention.

The students who get awarded a gold key get their artwork displayed at the museum in late January and are automatically considered for national level recognition.

"Delaware Valley always has a good showing. We are always in the top five finishing schools in northeast Pennsylvania," said art teacher Mrs. Christine Sweeney.

This year the school has 28 students taking part in the competition. Six of those students submitted full portfolios, which include multiple pieces all in the same medium.

The Scholastic Art and Writing Awards has been a wonderful springboard for many notable alumni such as Stephen King and Andy Warhal.



AP Art History hosts Japanese Tea Ceremony

On Nov. 13, the AP Art History class hosted its 12th annual Japanese tea ceremony in honor of Asian art. The purpose of the ceremony is to create a relaxed atmosphere between the host and its guests. The ritual consists of preparing and serving matcha and Asian cookies to balance the bitter taste of the tea. "This ceremony enhances students' knowledge of Asian culture to give them an experimental component to facilitate their learning," said Dr. Irene Lantz.

Photo and caption by Mikenzie Accetta



Contributed photo

This image taken of Laurel Brower titled "Wonderful Land" was entered in the portfolio "Uneasy Eyes," which was taken by Livi Gandolfo.



Joclyn Irons/Del.Aware

This painting "Der Kuss" was created by Abigail Reno.



This sculpture was created by Rachel Lejeune in the AP Studio Art class.

Joclyn Irons/Del.Aware

Science & Technology

What's In Your Food: Pillsbury™ Reindeer Sugar Cookies

By MADISON KELLY
Sports Co-Editor

Reindeer sugar cookies are a quick and easy snack to make during Christmas break, but do you know what is really in them? There are a total of 14 ingredients in these cookies, which are to keep them on the shelf longer.

Many processed foods and beverages contain sodium benzoate, and these cookies are no exception. Sodium benzoate is used to prolong shelf life. Although some people claim that this man-made additive is harmless, it has the ability to convert to benzene, which is a known cancer inducer.

Dyes are another ingredient in processed food. The most common ones are Red 40 and Yellow 5. Red 40 causes hyperactivity in children and immune system tumors in mice. A recent study on rats has shown that some side effects are reduced parental and offspring weight, decreased brain weight

and lowered chances for survival in newborn rats. Yellow 5, or Tantrazine, has been known to cause behavioral changes like irritability, restlessness, depression and difficulty with sleeping.

Sodium Aluminum Phosphate, SALP, is a leavening acid, which provides a sponge like consistency in baked goods. SALP has been linked to causing Alzheimer's disease because of increased consumption of aluminum due to the toxicity in the element.

Aluminum is present in thousands of products, yet many people don't understand the consequences. The FDA does not test the safety of aluminum consumption and has "classified this substance as GRAS (Generally Regarded As Safe)." Alzheimer's disease affects more than 5.3 million Americans in the world today and is the seventh-leading cause of death in the United States.

A study was done on animals exposed to aluminum in the womb and the neurological

effects they developed were changes in behavior, learning and motor response.

The main ingredient in reindeer sugar cookies is enriched bleached flour, which is a common type of flour used in baking. Enriched sounds like it's good for you, but in reality, it means that all the natural vitamins and minerals have been extracted. This is done in order to give the bread a finer texture and increase shelf life. Rather than receiving steady bursts of energy when it is broken down slowly, your body breaks down enriched flour more quickly, which raises blood sugar as well.



World's first 3D printed neighborhood built in Mexico

By MIKENZIE ACCETTA
Science & Technology Co-Editor

A huge 3D printer constructed its first houses in a rural part of Mexico. The two houses were made with a huge ICON's 33 feet long 3D printer, called the Vulcan II. The printer produces a concrete mix that hardens when it dries, building the sturdy walls one layer at a time. The nonprofit organization, New Story partnered with ICON, a construction technology company, to form these resilient home that can withstand the floods and earthquakes that frequently occur in the area. The families also have an opportunity to help design their future houses.

Many of the residents are living in houses they built themselves out of wood, metal and affordable products. On average, these families are living on \$3 a day.

"We think part of what 3D printing allows us to do is to deliver a much higher-quality product to the housing market at a speed and price that's typically not available for people in low-income housing," said ICON CEO and co-founder Jason Ballard. "It is rare that the most-in-need of our sisters and brothers globally get first access to advanced technologies and breakthroughs in materials science. It is a house that anyone would be proud to live in."

The 500-square-foot homes have two bedrooms, a kitchen, one bathroom and a living room space.

"3D printing is not science fiction. We have crossed that threshold from science fiction into reality," Ballard told CNN. "In the future, our bet is that this will be humanity's best hope for a housing solution that matches our highest values and ideals."

Builders hope to make 50 new houses by the end of 2020.

Fact Feature: Vaccines

By SAM GARCIA
Science & Technology Editor

What it is

Vaccines are substances that help protect against certain diseases and contain a dead or weakened version of a virus.

How they are made

Vaccines are made by taking viruses or bacteria and weakening them so that they cannot reproduce or replicate themselves very well or at all. People given vaccines are exposed to enough of the virus or bacteria to develop immunity but not enough to make them sick.

Quick Facts

- Vaccines prevent more than 2.5 million deaths each year.
- Scientific studies and reviews continue to show no relationship between vaccines and autism.
- Vaccines helped reduce measles related deaths globally by 78 percent between 2000 and 2008. In sub-Saharan Africa, deaths dropped by 92 percent in the same period.
- There are existing vaccines that could stop rotavirus and pneumonia which kill nearly 3 million children under the age of five every year.

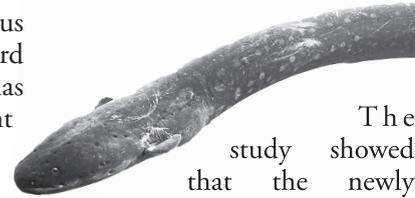
Newly uncovered eel sets shocking record for animal voltage

By MIKAYLA KRISANDA
World News Co-Editor

The newly discovered electric eel called *Electrophorus Voltai* has shown a new record for animal voltage. This eel has around 860 volts. An amount as small as 44 volts has been reported to cause death in humans. Out of the other two recorded species of electric eels in South America such as the *Electrophorus Electricus* and the *Electrophorus Vani*, the *Electrophorus Voltai* has the highest voltage. Scientists are trying to utilize the electric shock of these eels as another source to power medical devices.

Electric eels are freshwater animals that can grow up to eight feet long. The *Electrophorus Voltai* is found in the Amazon rainforest. From 2014 to 2017, scientists in South America

studied 107 different electric eels from Brazil, French Guyana, Guyana, Suriname, Peru and Ecuador.



The study showed that the newly discovered eel and other species were not only physically different but also had different genetic material. The *Electrophorus Voltai* has different bone structure than the other species of eels.

"These eels aren't exactly new kids on the block," said David de Santana, a zoologist from the Smithsonian Institution's National Museum of Natural History. "But this is the first discovery of a new species after more than 250 years."

Entertainment

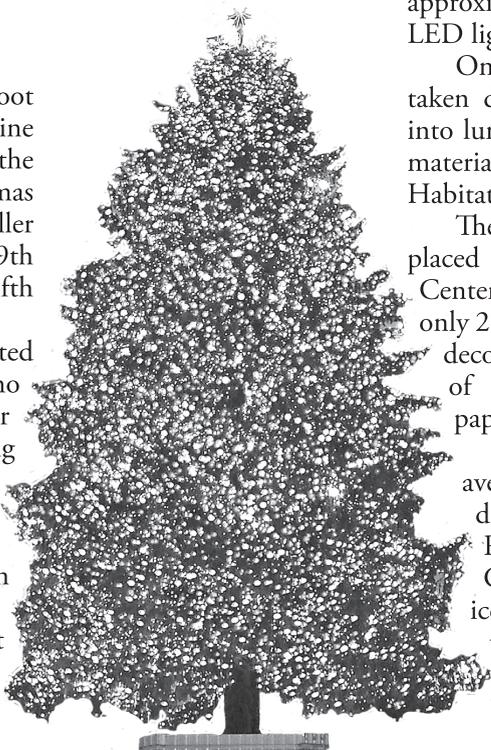
Rockefeller tree lights NYC

By NATALIA LISZKA
Entertainment Editor

On Dec. 4, a 77-foot tall Norway Spruce pine tree was lit as a part of the 88th annual Christmas Tree lighting in Rockefeller Center between West 49th and 50th Streets and Fifth and Sixth Avenues.

The tree was donated by Carol Schultz who grew the tree in her backyard from a sapling she used as her own Christmas tree in 1959.

Traveling more than 60 miles from its stump, the 12-ton tree was put up in the center on Nov. 9 and will be shining bright with



approximately 50,000 LED lights until Jan. 17.

Once the tree is taken down, it is made into lumber for building materials and donated to Habitat for Humanity.

The first tree was placed in Rockefeller Center in 1931 standing only 20-feet tall and was decorated with strings of cranberries and paper garland.

Attracting an average of 800,000 daily visitors, Rockefeller Center also has ice skating available to complete the seasonal experience.

Juice WRLD passes away

By SAM GARCIA
Science & Technology Editor

On Dec. 8, only six days after his 21st birthday, rapper and singer Juice WRLD, born Jarad A. Higgins, died after having a seizure at Chicago's Midway International Airport.

Higgins was given two doses of Narcan, an emergency treatment when opioid overdose is suspected.

He woke up but was incoherent. Paramedics took him to Advocate Christ Medical Center in Oak Lawn, Illinois where he was pronounced dead at 3:14 a.m.

The cause and manner of his death has not yet been revealed because the autopsy completed was deemed inconclusive.

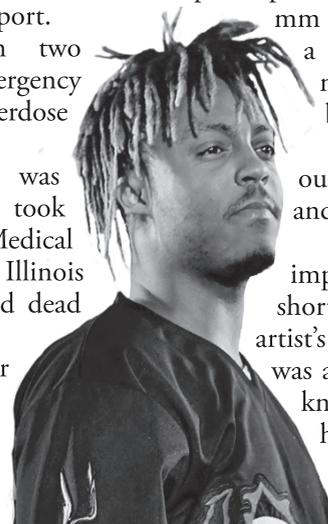
Officers and agents

had been waiting at the Atlantic Aviation hangar at Midway because they suspected the musician's private plane of carrying contraband.

The search turned up 41 "vacuum-sealed" bags of marijuana, six bottles of prescription codeine cough syrup, two 9 mm pistols, a .40-caliber pistol, a high-capacity ammunition magazine and metal-piercing bullets.

Higgin's death has led to an outpouring of grief from fans and celebrities alike.

"Juice made a profound impact on the world in such a short period of time," said the artist's label, Interscope Records. "He was a gentle soul, whose creativity knew no bounds, an exceptional human being and artist who loved and cared for his fans above everything else."



'Watermelon Sugar' by Harry Styles

By MIKAYLA KRISANDA
World News Co-Editor



On Nov. 16, Harry Styles released a new single called "Watermelon Sugar" for his upcoming album. The single gives off retro vibes and is very upbeat. I like the fact that Styles incorporated instruments like the trumpet into the song. Styles' music can be described as "70s soft rock" which is something that I personally enjoy listening to. During my first listen, I enjoyed the summer vibe that the single created. The vocals within the single were also well executed, and I think that it had themes that were similar to his first album "Harry Styles." Overall I thought that "Watermelon Sugar" was well written and is very pleasing to listen to.



'10,000 hours' by Dan and Shay

By MADDY FEDUN
Sports Co-Editor



Dan and Shay released their new song "10,000" hours on Oct. 4. The song had the perfect combination of country and pop music. I personally believe the acoustic guitar used was able to piece the entire song together. When I first listened to the new song, I could not stop singing the chorus and I was obsessed. The song relished on romance while bringing off summer vibes and was very enjoyable. I do think this was Dan and Shays best song yet, and I strongly believe that this song deserves to win "Song of the Year" at the CMAs next year. Dan and Shay have truly outdone themselves.



'Frozen 2'

By MARY QUINN
Community News Editor



After watching the original too many times, it became kind of boring for me, but I still really enjoyed it. I was very excited to see the movie with a new twist and different adventure. I enjoyed learning more about Elsa's magic and the kingdom since we knew very little about it in the first movie. For me, this movie tied it all together. In "Frozen 2," I was completely satisfied with the ending and the whole movie. I am an emotional person, so if you are too, you may want to have tissues ready because some parts really got me. I absolutely loved "Frozen 2" and believe it was way better than the first.



'Noelle'

By MADISON KELLY
Sports Co-Editor



"Noelle" is a unique new Christmas movie that spreads the message of kindness. The two main characters, Nick and Noelle, are Santa's children. When Santa passes away, Nick steps up to be Santa Claus, and he gets stressed. Noelle tells him to take a vacation, but he doesn't return. This left me on the edge of my seat because who was going to be Santa now? Their cousin tries to make Santa more tech savvy, this made me lose interest in the movie. When Noelle gets Nick to come home, he says that Noelle should be Santa. This came as no surprise because during "Noelle", she showcased her dad's Santa traits such as the Santa "twinkle".



Sports

Girls swim, dive expect to start season strong

By JOLIE FRAGGETTA
Community News Co-Editor

After winning the district championship last year, the girls swim and dive team is anticipating another successful season.

The team has been practicing since Nov. 18th increasing their yardage every day. They have practiced six days a week since then.

Seeing the girls every day for almost a month, head coach Chelsea Shatt is expecting returning senior Shannon Deignan and the other seniors to lead the team.

Juniors who have stepped up this season are Julia Weinreb and Samantha

Hurley.

"They all help out in the locker room and in the pool. They have emerged as swimmers this year", coach Shatt said.

Shatt is also excited to have returning district champions junior Sierra Gillan and sophomore Victoria Corcoran on the team. Top performers including juniors Jordan O'Connor and Sophia Fouse and sophomore

Marisa Dambach have also returned for this season.

Coach Shatt is hoping for a strong season and says one challenge the girls will face is staying competitive throughout the season.

Even with strong swimmers, coach Shatt admits that they do have competition going against Scranton Prep and believes that will be the deciding factor in whether the girls place first or second in the league.



Natalia Liszka/Del.Aware

Junior Julia Weinreb swims the backstroke at the team's Black and White meet.

Boys swim, dive aim for district, league titles

By SHANNON DEIGNAN
Sports Editor

The boys swim team has been preparing for what they anticipate to be a successful season. Last season, they won both the district and league titles.

The team has been preparing for the upcoming season by attending practices six days a week since Nov. 18.



Natalia Liszka/Del.Aware

Sophomore Bobby Holderith swims the 200 yard individual medley at the team's mock meet on Dec. 12.

Leading the Warriors is senior captain and last year's 200 yard freestyle district champion Damian Baranowski.

Also leading the team are senior captains Luke Stevens and Aedan Walter and juniors Lucas Santiago and Evan Dong.

Returning divers include

junior Jake Wenzel and senior Jack Lutfy, however many new divers have been working hard to prepare for their first season on the varsity team.

The boys went undefeated last season and are hoping to defend both their district and league titles this year.

"I am anticipating great swims and multiple wins as we defend our league and district titles this season," said head coach Chelsea Shatt.

The Warriors first meet was scheduled for Dec. 12, however due to a broken starting block on the pool deck, the meet has been postponed to an unknown date.

Warriors start off season strong, undefeated

By MADISON KELLY
Sports Co-Editor

The Warrior wrestling team started the season off strong receiving the most points at the Lackawanna League Championship and winning against the Lake-Lehman Knights. They start the season off with a record of 1-0.

Lake-Lehman

On Dec. 12, the Warriors hosted their first home match against the Knights and defeated them 73-0.

Seniors Gavin Brazanskas, Machias Magill, Travis Norman, juniors Cooper Kidd, Preston Machado and freshman CJ Walton pinned their opponent quickly in the first round. Senior Joe Casella, junior Connor Crescimanno, sophomore CJ Ross and freshman Josh Conti won contributing to the Warrior win. Senior Jay Shauger

won his match in sudden death overtime contributing to the Warriors win as well.

Senior Matt Daub, juniors Josh Caraballo and Jason Henderson won by default as there were no opponents in their weight class from the Knights.

"My senior season has been going great and is looking even brighter as the season continues. I expect our team to win the district and to place high in the state tournament. We have been surpassing our limits and show no sign of slowing down," said Casella.

Lackawanna League Championship

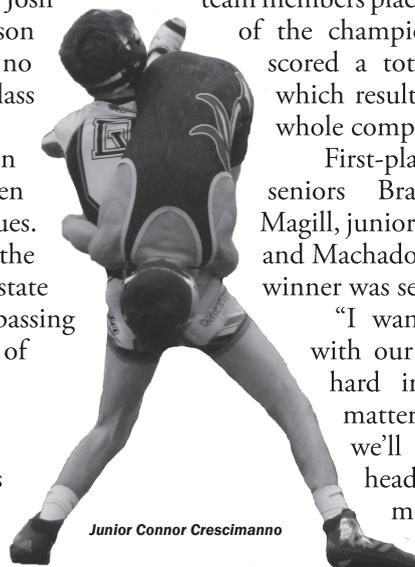
On Dec. 14, the Warriors traveled to Wallenpaupack Area High School to compete at the Lackawanna League Wrestling

Championship.

The Warriors secured a win with seven team members placing in the top three of the championship. The team scored a total of 237 points, which resulted in winning the whole competition.

First-place finishers were seniors Brazanskas, Casella, Magill, juniors Henderson, Kidd and Machado. The second-place winner was senior Norman.

"I want to go to states with our team by working hard in the room. No matter what happens we'll always keep our heads up and keep moving forward," Henderson said.



Junior Connor Crescimanno

SPOTLIGHT ATHLETES Girls Swimming



Shannon Deignan, SENIOR

"Shannon has worked hard throughout her swim career. She has been a leader for this team and always creates a positive atmosphere."

-Head coach Chelsea Shatt

Boys Swimming



Damian Baranowski, SENIOR

"Damian has shown great leadership with the new swimmers so far this season."

-Head coach Chelsea Shatt

Wrestling



Jay Shauger, SENIOR

"He is an athlete who portrays no quit and all grit."

-Head coach Lou DeLauro

Sports

Spotlight Athletes

Boys Basketball



Jackson Shafer, SENIOR

"Jackson is our team captain. He led us in every category and has really stepped up as a leader."

-Head coach Kris Holtzer

Girls Basketball



Brooke Acoveno, JUNIOR

"Brooke shows great leadership and has an offensive spark. She is constantly scoring and doing the little things."

-Head coach Lindsay Baker

Competition Cheer



Lauren Weinrich, SENIOR

"No matter what the team needs, Lauren is always here. She has a full team mentality and exhibits great leadership qualities."

-Head coach Jennifer Marchetti

Team suffers losses to Wilkes-Barre, Hanover

Despite starting 0-3, senior Jackson Shafer leads the team offensively.

BY GABBY LEE
News Editor

The Warriors opened the season with two tough losses against the Wolfpack and the Nighthawks.

DV- 44, Wilkes Barre- 68

On Dec. 6, the boys basketball team suffered a loss to the Wilkes-Barre Wolfpack. The team had a 23 percent shooting average and struggled with turnovers.

The Wolfpack came out strong with their 6'3" player dunking in the first quarter. The momentum was in Wilkes-Barre's favor even though the Warriors did not quit. The Warriors cut the Wolfpack's lead to nine at the



Junior Aiden Oliver

end of the first half.

However, the Warriors started out slow in the second half, and the Wolfpack took advantage to end the game with a score of 68-44. Senior Jackson Shafer led the Warriors with 15 points, 12 rebounds and four assists. Junior Mark Cavallaro also added eight points.

DV- 34, Hanover- 49

On Dec. 12, Delaware Valley lost their second game of the season to Hanover 49-34. The Warriors struggled to make shots, shooting at a 32 percent average.

"We need to be more aggressive and take more shots. Once we get into the paint more and try to draw more fouls



Senior Jackson Shafer

from the other team, we will be more successful," said head coach Kris Holtzer.

Although the Warriors lost, senior Jackson Melnick contributed eight points and senior Jackson Shafer added 16 points and 10 rebounds.

"We need to work hard in practice and in games. Once we fix the little things, we will definitely improve," said junior Aiden Oliver.

Warriors defeat PME, lose to ESN

BY LUCIA VITANZA
World News Editor

The Warriors currently hold a record of 1-2 after defeating Pocono Mountain East and losing to Pleasant Valley and East Stroudsburg North.

DV- 39, Pocono Mountain East- 33

The girls basketball team defeated Pocono Mountain East on Dec. 7 with a final score of 39-33, giving them their first win of the season.

At their first home game of the season, junior forward Brooke Acoveno led

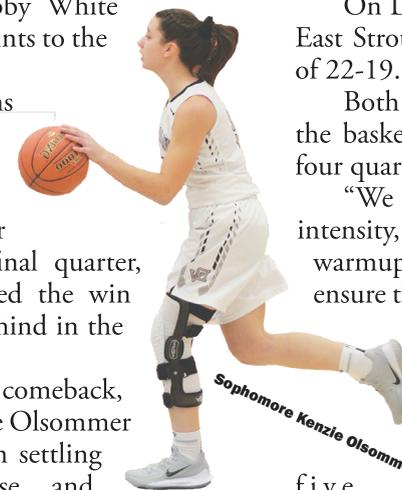


Junior Brooke Acoveno

the team by scoring a total of 18 points. Junior Gabby White also added seven points to the team's win.

Both teams came out aggressive, creating a close game throughout all four quarters. By the final quarter, the Warriors secured the win by coming from behind in the final few minutes.

"During that comeback, (sophomore) Kenzie Olsommer played a key role in settling down our offense and pulling everyone together. That was the key piece missing last year," said head coach Lindsay Baker.



Sophomore Kenzie Olsommer

DV- 19, East Stroudsburg North- 22
On Dec. 11, the team was defeated by East Stroudsburg North with a final score of 22-19.

Both teams struggled to put the ball in the basket keeping the game close for all four quarters.

"We need to come out with more intensity, not just in the game, but in warmups too. That intensity will help to ensure that we are ready to do whatever to win," said senior guard Ashley Thalassinos.

Junior guard Kaitlyn Hernandez scored a total of six points. Olsommer contributed five points, which included a three pointer. Acoveno also added six points.

Competition cheer wins district title

BY MIA VAN WIE
Opinions Editor

The varsity competition cheer team won their first district title in 12 years on Dec. 15. This followed their performance on Dec. 8 which earned them a bid to Nationals.

At the UCA Empire Regional Championship at Nassau Community College in Long Island, the team performed in the small varsity division. At this competition, they placed fifth place out of 13 teams, which earned them a bid to UCA National High School Cheerleading

Championship which is held at the Walt Disney World Resort in Orlando, Florida.

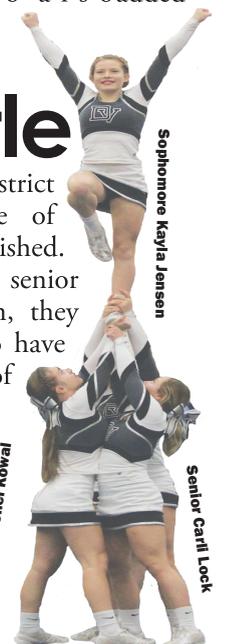
The team continued to work hard at practice the following week to prepare for the District 2 Competitive Spirit Championship. The competition was held at Wallenpaupack Area High School. They received first out of seven teams and the district title due to one of the best performances they have performed.

"I am really proud of our performance, we worked so hard these past couple of weeks, and it really paid off," senior captain Melissa Shafer said.

The team set goals together for

this season and district champions being one of them that they accomplished.

According to senior captain Tara Stevenson, they are extremely proud to have accomplished one of their goals, and they are always chasing their other goals.



Sophomore Kayla Jensen

Sophomore Rachel Kowal

Senior Carli Lock