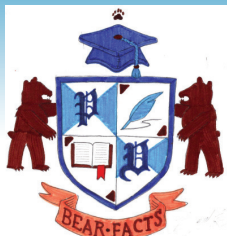


BEAR



FACTS

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DISTRICT

Graduating Seniors going straight into the Military

With soon to be graduated students, some seniors are already choosing to go straight into the military. Some of these students are very excited and will also be attending college and still serving our country with the many educational benefits the military has to offer.

By: Katelyn Honadel

For the past four years, the Pleasant Valley High School class of '24 has overcome numerous challenges, virtual days, obstacles, and so much more. All of their hard work will pay off when they walk across the stage at graduation and get their high school diploma. Many of these seniors are ready to embark on their next journey and see what their future holds.

One of the paths a high school senior can take is going into the United States Military, which consists of different branches. They can choose either the Army, Navy, Marine Corps, Air Force, Space Force, or Coast Guard.

Senior, Alexander Ecker, explains, "I chose to go into the air force because it correlates with my personal interests and there are a variety of benefits. Also, if I were to decide to take college courses, they would be paid for."

Making the choice to go into the military is not an easy one

to make, and those who have chosen this path show courage and bravery. There are many different factors that come into play when choosing this path. For example: the lifestyle, the sacrifices, the traveling, the training, and a variety of other adjustments that will have to be made.

Senior, Joey Brustein, states, "I am excited to start my journey in the Marine Corps because I want to challenge myself and overcome the difficulties I will face."

Students are making an enormous commitment to their country by putting their lives on the line to protect the freedoms of US citizens. The country and its citizens would not have the freedoms and opportunities they do without those who are willing to fight for the greater good.

Senior, Hunter Scheffner, states, "I am feeling very excited to serve in the Air National Guard. I am looking forward to the flexibility, being able to serve my country and attend college at

the same time, and the military educational benefits."

Making this choice is not easy. However, many students find it will fit their personal interests and lifestyle. These students' decisions deserve to be honored and respected, as it is an amazing accomplishment. This path has its challenges and obstacles, but with these students' perseverance and determination they will be able to overcome anything.

There are multiple students going into the military, and each one of them will achieve many great accomplishments. Their bravery and hard work will not go unnoticed, and we wish them the best of luck with their future.



Alex Ecker



Joey Brustein



Hunter Scheffner

DISTRICT

Dance team steps up and take the lead

After the diagnosis of Holi Freeman, the Pleasant Valley dance team takes matters into their own hands.

By: Tristan Lomax

The Pleasant Valley High School Dance Team captains have stepped into the spotlight, guiding their teammates to success while their coach battles breast cancer.

The news of Holi Freeman's diagnosis has shocked the community and her dancers. Coach Freeman has been the mastermind behind the teams amazing performances at events such as the annual Bucket Game Pep Rally, various basketball games, and the Powderpuff game.

Paris Palmer, Tanaya Adorno, and Ashlyn Brophy, the three senior captains, immediately took initiative to help lead the team. Despite the fear and uncertainty, they remained loyal to their coach and their teammates.

"This year has probably been one of the hardest years our

team has experienced. The other two captains and I have really had to step up and assume a leadership role. We had to play captain and coach at the same time," said Brophy.

The efforts of the captains did not go unnoticed. Palmer stated, "There was a little bit of struggle in the beginning. We weren't really prepared for what was to come. As things went on we got a better handle of what we needed to do as captains."

As Coach Freeman undergoes treatment and focuses on her road to recovery, the senior captains continue to lead the team. The dance team is more than a team; they are a family that is bound together by their love of dance.

"It took us a while to get back on our feet and to lead the team at an even greater level. We've had to make decisions that we've never had to make

before. At the end of the day it made us stronger than ever. We miss our coach, but until she comes back we have to carry on everything that she's done for us," said Adorno.



DISTRICT

College Fair finds fanatics

Many colleges appeared at Pleasant Valley for the college fair to help students by giving them more information as they near graduation.

By: Christopher Weber

The college fair is an annual event that is run by the National Honor Society at Pleasant Valley High School. This event was recently held on April 17th in the old gym.

“Colleges, technical schools and the armed forces present information to students in 10th and 11th grade to help them make informed decisions regarding their future,” stated Jacqueline Brinker, co-advisor of the National Honor Society.

Members of the National Honor Society called local colleges and invited them to the college fair. This allowed students to have more options for future education.

“My job was to call different colleges and invite them to attend the college fair. The college fair serves to educate students on the options that they have for post-secondary education,” stated Mira Guinta, member of the National Honor Society.

The college fair has been going on for quite a while, but this year is very special since a lot of the NHS members are new.

“The event has been held

every year for a long time; however, this year we had more colleges attending than ever before. This is my first year in NHS, so it's my first year involved and I'm super proud to be the junior chair of the committee,” explained Guinta.

It gives students more to look at for college if they are having a rough time looking and applying for them.

“Like most events the college fair is a heavy task, people have to send out invites to colleges, organize tables, and sign a bunch of paperwork, and make sure all of the timing is right which can be tricky, but overall the college fair is worth it and a great event to check out,” stated Madeline Worden, member of the National Honor Society.



DISTRICT

Special Olympics returns to Pleasant Valley

Students and athletes took part in the 2024 Special Olympics held at Pleasant Valley High School on Monday, April 29.

By: Joseph Winder

For the first time since 2018 Pleasant Valley hosted the Special Olympics. The history of the Special Olympics dates back to 1976, started by Team North Hampton. Special Olympics was a tradition hosted by Pleasant Valley since the late 1990s, an event to allow those of special needs to participate in athletic events. The tradition was hosted by East Stroudsburg South for the past 6 years, but now PV is hosting once again.

“Special Olympics is a global organization that exists to highlight the abilities of people with intellectual disabilities. While we are a sports-focused and competitive-focused organization, our benefits go well beyond the boundaries of the playing field. Research has shown that athletes who participate in Special Olympics are better equipped to hold jobs, live on their own and complete day to day tasks than their non-playing counterparts,” states the North Hampton website

One of the people helping put together the event is High School teacher Mrs. Tonkay. Her job was to pair students with a Special Olympic Athlete.

“I recruit students to be my buddies. Since we host this year I need 330 students. I also pair up PVSD Special Olympic Athletes with a buddy from PV. The Special Olympics is for grades K-HS,” stated Mrs. Tonkay. Many High School students selflessly took time out of their day to buddy up with the Special Olympic athletes.

An important part of this event is letting the buddies get to know the athletes. That's why the school arranged a breakfast to let them get to know each other. High school teacher Mr. Miller helped arrange it, he sat down with me and told me why students should look forward to

future Special Olympics. He told me how kids with special needs don't usually get to participate in these types of opportunities and how much of a fun event it is.

You can find a video of the event on ABC's local news station WNEP's YouTube channel.



Special Olympics Breakfast

DISTRICT

Anticipation for graduation continues to grow

As this school year winds down , seniors are beginning preparations for their upcoming graduation ceremony.

By: Abbey Dominick

As the year comes to a close, the time for seniors to graduate is closing in. On Friday, May 31st, the Pleasant Valley Graduation Ceremony will take place at 7pm at the stadium. Approximately 360 seniors will be walking the stage and receiving their diplomas. The entire PVSD faculty, administration, and school board has been invited to attend graduation along with the Class of 2024 and their family & friends.

For many graduating seniors, graduation is a symbolic step into the next chapters of their lives. Graduation means they are officially leaving their childhood and joining the real world.

“Graduation means the clos-

ing of my childhood chapter,” stated senior, Anthony Oliver.

Many of them are preparing to attend a higher education institution, go directly into the workforce, or join the military. Stepping into the unknown can be extremely daunting.

“I am excited to leave high school. I have had an amazing four years but it's time for the next chapter,” stated senior, Kara Miller.

Staff members will also be saying goodbye to the students they have come to know for the past four years.

“These seniors began high school here in the fall of 2020 and the world was still in turmoil. They walked into a new school wearing masks and

had to sit 6 feet apart because of a pandemic. No one ever expected this would be the way to start high school. School was a whirlwind of asynchronous, synchronous, and remote learning, High school is hard to handle as it is, and this made it even more overwhelming. Our kids handled it and persevered. Yes, we struggled, but in a few weeks, we will be gathered together to celebrate an accomplishment they truly deserve. I cannot wait to watch “my seniors” walk across that stage and get their diplomas,” stated Daisy Genovese, Pleasant Valley Dean of Students.



PVHS 2023 Graduation



PVHS 2023 Graduation, via Ms. Negron

DISTRICT

Future Valedictorian to be named at Top Ten dinner

At the Top Ten dinner, they will announce the valedictorian. The valedictorian will also need to write a speech to publicly speak at graduation. The top ten will then also find out their line up the morning of graduation practice.

By: Dylan Heckman

The valedictorian is the student who ranked number one academically across their entire high school class. They have the responsibility of delivering the valedictory speech at graduation. This speech serves as a final farewell between the graduates and the high school.

Here at Pleasant Valley, the top ten academically ranked seniors are invited to an exclusive top ten dinner. Mr. Brian Boylan was interviewed on this subject.

The top ten dinner will be held at Stroudsmoor, a buffet restaurant in Stroudsburg on May 28th. Many wonder when the final order of the top ten will

be announced. “We do not know the order yet,” Boylan said. “The top ten will find out the order the morning before graduation practice.” The top ten will also get a special order and seat in the seating arrangements at graduation. “They need to know the order then because the order of seating at graduation is determined by class rank for the top ten,” stated Boylan. Finally, Boylan answered the question everyone is dying to know, when will everyone else find out the order of the top ten and who the valedictorian is. “Everyone will learn the order at graduation practice,” stated Boylan.



Stroudsmoor Buffet, via www.tripadvisor.com

Class of 2024, graduating and leaving with advice and tips

Current seniors had a different freshman year with only coming into school two days a week, and three virtual days. Now with seniors getting ready to graduate and leaving high school behind, they have some helpful tips and advice for underclassmen moving up.

By: Kaylee Ocasio

Calling all seniors, repeat, calling all seniors. Welcome graduating class of 2024, our graduation is right around the corner, and even closer when you are reading this. We had come so far especially from having 8th, 9th, and possibly 10th grade taken from us due to covid-19. With underclassman soon going to be a senior, current seniors will like to give some advice out to future seniors.

When you become a senior, you are already choosing what college you want to attend about mid-October. Then depending on how far away it is, you might be moving away to live on campus.

“The time really does fly by, so enjoy the time you have and the people you're spending it with because before you know it you'll be graduating and getting ready to

move away,” Bailey O’Keefe, senior.

With seniors knowing they will be moving away, and separating from their friends and family, seniors are taking as much photos, memories, and adventures as possible. As you should do the same. But what should underclassmen do while waiting for their senior year? What should they focus on?

“High school is not a competition. You are not always competing with others to have the best grades, the most accomplishments, the most friends, etc. When your 15-17, you feel like everything you do is being compared to others your age, but I can promise that you are your own competition, so focus on outdoing yourself and growing as a person while doing it,” Jessica Wiercinski, senior.

Jessica Wiercinski makes amazing

points. Your only competitor should be yourself. Making yourself grow as a person. Don’t focus or care about what others are doing or what they have. Focus on you and the people that matter to you.

With current seniors leaving and juniors becoming seniors in the next school year, we seniors hope you raise money, make memories, and hopefully have advice for the next underclassman.



Bailey O’keefe



Class of 2024, courtesy of Mrs. Negron,

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“One of my favorite memories from senior year was achieving my goal of 1000 assists, and playing volleyball with my best friends” - Brianna Bruckman



“My favorite memory from senior year is meeting all of my friends” - Lexi Womack



“My favorite memory from senior year would be doing pep rallies and getting to go to the younger school and seeing all my former teachers.” - Bailey O’Keefe

NATION

The UConn Huskies celebrate after their victory in the Men’s College Basketball Championship

The UConn Huskies remain the men’s basketball champions after their miraculous win over Perdue. Many wonder what they have in store for the following season as they will have to measure up to their previous title.

By: Dylan Heckman

Dan Hurley and the UConn Huskies have repeated as the Men’s College Basketball National Champions. Their leader and point guard Tristen Newton won the Final Four Most Outstanding Player award.

Hurley spoke about how difficult the tournament is, when asked about being able to win back to back championships. “You can’t even wrap your mind around it because you just know how hard this tournament is.”

On their path to glory, UConn defeated 16th seeded Stetson, 9th seeded Northwestern, 5th seeded San Diego State, 3rd seeded Illinois, 4th seeded Alabama, and finally fellow number 1 seed Purdue.

UConn was so dominant in this run that they set the all-time record for best point differential ever in the NCAA Tournament. They were plus 140 against

their opponents combined. That means that if you add up how much they beat all of their opponents by, it results in 140.

UConn made their opponents look mediocre despite many of them being elite level teams. The stat that really puts

of their games, they only trailed for 4 minutes and 38 seconds. College Basketball games are 40 minutes long so they played a total of 240 minutes.

Newton gave credit to those who helped him win the game. “Credit to my teammates and



into perspective just how great UConn was in this year’s March Madness is time trailing. Adding up all of the time that the Huskies were losing from all 6

coaching staff for putting me in the right positions to make plays, score, get people involved and get the win tonight.”

The Huskies are only the

eighth team in Men’s College Basketball history to win the big dance two years in a row. The last team to accomplish this incredible feat was the Florida Gators in 2006 and 2007.

Next March, UConn will be attempting to complete the three-peat. They will be losing many of their key players due to them going to the NBA or running out of eligibility. Among these players are their two best, Donovan Clingan and Newton. The road to the title is sure to be even more treacherous next year without these stars, but UConn has already proven that they can go back to back after losing their best players. It is unwise to count out Hurley and the UConn Huskies.



Tristen Newton during the 2024 tournament finals.

NATION

Los Angeles Dodgers star caught up in bank fraud and illegal sport betting scandal

Dodgers player Shohei Ohtani is under fire for allegations were put against him for illegal betting. These allegations would severely put his career in jeopardy.

By: Abbey Dominick

On March 21 2024 Shohei Ohtani’s long term interpreter, Ippei Mizuhara, was fired from the Los Angeles Dodgers. He has been accused of illegally betting on sports, along with stealing millions of dollars from Ohtani. Mizuhara allegedly stole 16 million dollars from Ohtani’s bank account that he helped him set up. Mizuhara reported to ESPN that he had met bookmaker, Mathew Bowyer, at a poker game in 2021 and has been illegally betting with him ever since. Bowyer is currently under investigation as well.

“This morning (April 12), Ippei Mizuhara surrendered to law enforcement and is in federal custody,” stated the Department of Justice in a CNN interview.

Mizuhara has been released on a 25 thousand dollar bond and is required to surrender his passport. He is currently facing a federal charge of bank fraud and if convicted can face up to 30 years in prison.

Mizuhara and Ohtani’s relationship dates back to 2013 as Mizuhara has helped Ohtani with his limited English. In 2018 Mizuhara helped Ohtani create a bank account and refused to give access to any other professional advisors including

Ohtani’s agent, accountant, and financial advisor. This is Ohtani’s first year with the Dodgers after previously being with the Los Angeles Angels since 2017. On April 10 the FBI had officially declared Ohtani of having no involvement in the betting scandal.

"I'm very sad and shocked that someone who I've trusted has done this," Ohtani said.

Ohtani is continuing to move forward in his season despite this adversary.

"For me personally, this marks a break from this, and I'd like to focus on baseball," Ohtani stated in a Los Angeles Times interview.



www.nbcnews.com



www.abcnews.com

DISTRICT

Senior Prom: Class of 2024 commemorate the year in style

The Pleasant Valley High School class of 2024 partied at Penn’s Peak, ending their high school tenure on high note.

By: Faith Santa

On Saturday, May 11th, prom attendees walked into the class of 2024’s tangled themed prom at Penn’s Peak.

Students had the opportunity to take pictures both inside and outside the venue. The sky was beautiful which made for the perfect background to the outdoor pictures.

Inside, they were seated round tables where the food was served family style. There was chicken, mashed potatoes, green beans and pot roast. The drinks were mock tail style.

The music consisted of pop, R&B, and a small amount of Spanish music. The dance floor was packed with students dancing and singing alongside their classmates.

“The best part was dancing with all my friends and just hanging out. It was a good time,” stated Esmeralda Telles, a senior who was among the Seniors who shared their experiences.

The staff were polite and helpful as they served the students and made the drinks. Teachers that attended as chaperones monitored students, guided students to the tables and tried to help everyone have a great night. Everyone involved in prom did their best to make

the night memorable.

“I think the best part of prom was how much fun everyone was having,” stated Mrs. Fego, an English teacher.

Prom ended with the announcement of the prom king and queen. Blake Walters and Deanna Perry were crowned king and queen. They performed a slow dance to a song from the Disney movie Tangled. Everyone watched, and soon after, others joined them on the dance floor for the last few dances of the night.



photo courtesy of pvbears2024

Madeline Worden enjoys last hurrah as senior class president

Madeline has done an incredible job planning her prom and completing fundraisers. As her time as president comes to an end, we appreciate all she’s done for the class.

By: Duke Willhardt

Since the 2020-2021 school year, Madeline Worden has served as the class president for the Class of ‘24.

She is committed to her role as President sharing that she believes the role of the class President is to listen to, communicate with, and lead her peers. Her administrative duties include delegating tasks to other Class Office members, organizing fundraising events, and subsidizing the costs of the senior class.

Her fellow Class Officers, Vice President Debbie Luna, and Treasurer Molly Sobers have shared with us their experience working closely with Madeline. Vice President Debbie has known Madeline since middle school when they were both rising through the ranks of Class Office. She has held her current position all 4 years of high school sharing,

“I don’t think that there would be a better person to fill the President position other than Madeline. She is so orga-

nized with all the events and planning. She brings new ideas to the table and works so well with the rest of the Officers.”

Molly became Treasurer freshman year which is when she got to know Madeline. She describes the Class President as,

“Maddie is a very smart and hard worker. We like to say she’s our spokesperson because she’s so good with talking and negotiating with people. She’s the sweetest and always tries to find a way to make everyone happy”

Madeline Worden, also serves as the organizer along with Senior Class Adviser, Mrs. Genovese, for the 2024 Prom Committee. She helps plan, raise money for, and realize the ideal prom for the Senior Class.

On top of all of her extracurricular activities, Madeline has remained within the top 10% of the class. She has stated,

“It’s easy for me to prioritize before doing one thing and then moving on to the next. I like being busy, and it makes

me happy to do good things and to do a good job”

She has also shared that it can be hard to prioritize school over things like going out with friends or other social events.

“It does get tricky and can sometimes be overwhelming but I keep the goal of graduating as my first priority”

Madeline has exemplified what it means to lead with integrity, compassion, and unwavering commitment to her peers.



Class of 2024 President, Madeline Worden

DISTRICT

Senior family members spending one last occasion together

Seniors related to each other provide an insight as their journey together in high school has come to an end.

By: Kyara Gomez and Areli Ramirez

As the class of 2024 gets closer to their graduation, we wanted to shout out some family members who will be graduating together after years of being in school together, as this can be a very emotional time for all students, it can be especially emotional for students who have been going to school with a family member for so long. We talked to many family members in the class of 2024 that will be graduating together, and they had a lot to say about this journey coming to an end.

Maya and Kaya Maciejewski are twins graduating in 2024. They have grown up together in school, and, until 7th grade, they were placed in the same classes. They share a lot of the same friends and interests, and they are always there for each other.

“Having a twin sister was like having a built-in best friend, we never fought and were never apart,” stated Maya Maciejewski.

As twins, there was always some sense of individualism that was lost with people branding them “the twins” or it being hard to tell them apart. Even through all the obstacles and memories, at the end this is a grand moment for both Maya and Kaya.

“I am glad my sister and I are graduating together [...] Graduating at the same time means we both are starting new beginnings at the same time.” stated Kaya Maciejewski.

Kaya will be attending SUNY College of Environmental Science and Forestry as an undecided major and working in the Wildlife Conservation field. Likewise, Maya will also be going to SUNY College of Environmental Science and Forestry but will be majoring in Forest Ecosystem Science. Maya will also be working in an environmental field.

Graduating seniors Gavin and Hailey Krock, are cousins who have grown up together. They have a very close family bond, living only houses apart. Being only three weeks apart they experienced lots of phases and obstacles together, allowing them to grow even closer as both friends and cousins.

“We were raised more like siblings than cousins.” stated Hailey.

This moment means a lot of both Hailey and Gavin as they have matured together into the people they are today.

“It means we still have room to grow, still gonna have a good relationship going into life” stated Gavin.

Hailey Krock plans to extend her education at Northampton Community College, where she

will be majoring in Health Sciences to become a Ultrasound Technician. Gavin Krock will also be attending Northampton Community College for two years and Regional, majoring in Business and Real Estate.



Gavin and Hailey Krock



Kaya and Maya Maciejewski

Seniors awaiting the real world

With seniors leaving high school soon, and going into college or straight into the work force, many seniors may be experiencing some anxiety and stress.

By: Sienna Pearce

With the end of the 2023-2024 year coming to a close, many seniors are finalizing their plans for the next few years.

Results of a survey conducted showed the majority of seniors are planning to attend university after school. Additionally, most of them are planning to attend a university within this state. Despite the majority going to school nearby, many seniors are still anxious.

“I’m excited to branch out and experience new things and meet new people but I’m nervous to move away from my family and friends,” stated senior Bailey O’Keefe.

Since the transition from high school to the real world is such a colossal shift, it is normal for seniors to feel some amount of anxiety in anticipation for this change. However, this is also a very exciting time.

“I feel that it comes naturally, there is no need to stress about becoming an adult so soon, just focus on the present and all will be good,” stated senior Keira Gilbert.

The future can be daunting, but these seniors are up for the task.

“We have lived with struc-

ture our entire lives, this transition is our first time without it and we will be testing ourselves with what we have been preparing for our entire lives” stated senior Madeline Worden.



Keira Gilbert

DISTRICT

Mia Whitehead proves to be an Exceptional Captain and Role Model

Mia Whitehead, the captain of the Pleasant Valley High School cheerleading team, is leaving a great legacy behind for others as her senior year comes to an end.

By: Ciara Lisboa

Senior cheer captain Mia Whitehead maintains a reputation for being an exemplary athlete, as well as an exemplary person.

"I've been an all-star cheerleader for 12 seasons at Valley Elite where I also coach, as well as a 3-year varsity cheerleader for Pleasant Valley," stated Whitehead.

Mia Whitehead is an outstanding athlete as well as a student. She excelled in her sport with many rewards and accomplishments to her name.

"I am a bronze, silver, and gold medalist at the All Star World Championships and at the Grand World Championships at the WASF Championships. I also am a three time All American athlete and was chosen to join the UCA staff for Cheerleading." Said by Whitehead.

Whitehead had finished her time in high school cheer with many accomplishments and as a captain. She was an amazing captain and ended her cheerleading career with many good outcomes and is continuing her

time either cheering in college or continuing coaching at Valley Elite.

Whitehead also excels in school and is a kind person. That is what also makes an amazing athlete.

"As a captain for PV this year, I got to see first-hand how individuals can truly come together under varying circumstances to put their best foot forward on the mat no matter the outcome and I couldn't be prouder of their growth this season".



Mia Whitehead

NATION

Future Baseball World Series Predictions

As the major league baseball season starts many predictions are being made on what team will come out on top. Teams are preparing for their games and wins.

By: Logan Czura

To begin the 2024 Major League Baseball season, we have a pretty good idea of what teams will be buyers and what teams will be sellers at the trade deadline. We also have a good idea of what teams have a World Series in their future and teams that are getting close like the Los Angeles Dodgers, Philadelphia Phillies, and Arizona Diamondbacks that are preparing to make a run, and if they don't, it'd be considered a failed season for those teams. Then there's the teams like the Oakland Athletics, who struggle to even get over a thousand fans for a game. Teams like the San Francisco Giants, New York Yankees, and Chicago Cubs who

should be in the running for a wild card or even a division title but we will see.

The major league season is a very long season, and game one out of 162 began on Thursday, May 28 and we will see who will be the World Series champions of baseball for the 2024 major league season.

Every team knows that it's very important to start off hot on opening day and to win their first series but also need to remember that it's a very long season and have to make it from March 28 until almost the end of October. Baseball is all about streaks.

"What we see in most teams when they win a championship is that their team starts to come

together and starts to put the pieces together," explains Joe Anderton, Pleasant Valley High School baseball coach.

Of course every team wants to win every game and every series, but that just won't happen. You will have your good days, your bad days, and your ugly days. You can go on a five game losing streak and have no hope at all and not even be thinking about playoffs, but then you can magically go on a 10 game winning streak and have your name and team right back in the wild-card and playoff contention.

"Lots of work goes into winning a championship not just physical training but players need to know what they are doing at all times and still be able to come up big when they are needed to," explains Pleasant Valley baseball player and sophomore London Smith.



www.sportslogos.net

DISTRICT

Sean Hallenbeck shows great leadership as he leads the Pleasant Valley High School boys basketball team

Hallenbeck is not only a good leader but a great teammate and supporter for his team. He always shows up for the team whenever needed.

By: Katelyn Honadel

How do you measure good leadership? Is it someone who will always be nice or is it someone who holds you accountable? Senior basketball player, Sean Hallenbeck, leads his team by pushing his teammates to reach their full potential as basketball players.

Sean has been playing on the Pleasant Valley boys varsity basketball team since his freshman year and has now stepped into the captain spot his senior year. Fellow senior captain, Zachary Pandolfo, explains his importance to the team.

"He is a crucial part of our team's success. He plays point guard so he is like the quarterback of basketball by bringing the ball up, making smart passes, and leading the team."

Sean proved he was a key part of this team by averaging 8.5 points per game, 3.5 rebounds per game, and 6.0 assists per game this season.

"Sean's natural basketball ability and hard work makes him stand out as a player," states Robert Hahn, boys varsity bas-

ketball coach.

During the boys exciting season, one particular game stood out to Sean. He explains, "Bangor was my favorite game. It was our first game along with our first win. Although I played well, I didn't score much but I didn't need to because my teammates had my back."

Sean was an example of a well-rounded player who could handle the ball, face pressure, play good defense, and put points on the board for his team.

Sean is a player who has a strong love for the game and influences those around him in a positive way. Zachary states, "He plays with that passion and energy that can bring everyone up."

Throughout Sean's four years of playing varsity basketball, he has impacted many of those around him, learned valuable lessons, and many numerous memories along the way.

Sean explains, "My teammates mean a lot to me and as a senior I am going to miss them. I have been playing with them for years and they are just a group

of cool guys to be around."

Although Sean will no longer be playing for the Pleasant Valley Bears, his basketball journey will not end here. Sean plans to continue playing at the collegiate level, but is yet to decide where.



Sean Hallenbeck

DISTRICT

Girls lacrosse team capture EPC "three-peat"

The Pleasant Valley Girls Lacrosse team was once again undefeated in their regular season. We are PV proud of this team!



By: Logan Czura

The Pleasant Valley Girls Lacrosse team is currently 15-0 after an 18 to 3 win over Moravian Academy last night. There is a lot of expectations for them this season after what they did last season.

"There is very high expectations on us and our team this season but we are okay with that, the team picked a great quote that says 1 step at a time, 1 punch at a time and 1 round at a time," said Pleasant valley Girls Lacrosse Head Coach Toni Bush.

After winning their third straight conference championship, the girls lacrosse team knows the pressure that they have on their shoulders, but it's just more motivation to go and

get the ultimate goal: a district championship.

As for the future of Pleasant Valley Girls Lacrosse, Coach Toni Bush said she "sees a strong continuous love for the sport and the game and expects for a few more years that Pleasant Valley Girls lacrosse will remain strong, but the challenge will come in the 2026 season".

Devon Bush a junior at Pleasant Valley High school and one of the Varsity Captains, said how it feels to be a captain and how other teammates may look up to her.

"It's nice to be a leader and to know that people can come to me for questions or help," stated Bush.