



Warrior Week: Pages 12 & 13

DEL AWARE

Delaware Valley High School - Milford, Pa.

Opinions 4 Community News 10 Lifestyle 14 Arts & Literature 16 Entertainment 18 Science & Technology 20 Sports 22

Day of Caring helps students connect with the community

By FAITH BAILEY

School News Co-Editor

Day of Caring is a nationwide community service event sponsored by United Way that Delaware Valley High School held Sept. 20. The school makes Day of Caring an opportunity for the youth to get opportunities to work with nonprofits and local municipalities in their community.

The event consisted of activities such as the Adopt-a-Highway Cleanup on US-6 and the car wash at the Milford Township Municipal Building that raised money for GAIT. The students also helped local organizations at the Center for Developmental Disabilities, Green Trees Early Learning Center, the Delaware Township Municipal Building, parks throughout Milford Borough and the Pocono Environmental Education Center.

"I wish more students were aware of the impact that spending a couple hours doing some service work has, not only on the people they're helping, but what it does for them," Dr. Jayson Pope, Assistant to the Superintendent for Federal Programs, said.



Faith Bailey/Del.Aware

Junior Eric Choi helps at the car wash fundraiser that raised \$1,564 for GAIT.

Students signed up through assistant principal Mrs. Heather Santarelli by filling out a short form and were then assigned one of the eight locations.

"I think we see that a lot of our agencies seem to be in need of assistance now more than ever, whether it's from a staffing standpoint or a budgeting standpoint," Dr. Pope said.

This year was the first year since 2022 that the school was able to host the program again. Over 100 students and staff members participated, but Dr. Pope hopes for more involvement next year.

"I think seeing our kids interact with other members of our community and them being so impressed with what our kids are like and how hard they work is what I'm most proud of with this event," Dr. Pope said.

Students, teachers utilize new AI 'traffic light' system

By VANESSA DISPOTO

School News Co-Editor

The school board recently approved a new policy in regards to using artificial intelligence on school assignments.

On Sept. 18, the AI "traffic light" procedure was approved as a policy and set in place to establish certain guidelines. AI has been evolving nonstop recently, and the district believes that teachers and students would benefit from having a policy in place to make sure that the expectations were clear. The district office and many different teachers and administrators worked together to cultivate this idea.

The student handbook already consisted of consequences for using AI inappropriately, but the

stop light was a result of an uptick in student use of AI that needed further addressing.

Mrs. Jacqueline Weston, the English department chair, has expectations that the stop light will be beneficial this year.

"My hope is that we will be able to help students understand when AI is appropriate and how to use it appropriately as a tool so that they can enhance their education," Mrs. Weston said.

"My hope is that we will be able to help students understand when AI is appropriate and how to use it appropriately as a tool so that they can enhance their education."

- Mrs. Jacqueline Weston

allowed and not allowed when it comes to using AI. The red light means that AI usage is not permitted, the yellow light means that certain AI tools can be used with teacher approval and the green light gives the

students access to approved AI tools.

There are two official DV approved AI websites for students, MagicSchool and SchoolAI. Other websites or tools may also be allowed if approved by the Technology Supervisor before student use.

Teachers must make sure that their students are aware of what light each assignment is on, and anything not specified is an automatic red.

Ms. Jessica Hubal, the Assistant Principal for Academic Affairs, believes that AI can be very helpful, especially since it has become a large part of everything that goes on today.

"The world that we're living in utilizes it," Ms. Hubal said. "We want to make sure that students know how to use it when they leave here."

So far, according to the administration, the policy has shown that it was a great addition to set clear boundaries for students and teachers when using AI.

School News

Hall of Fame cements legacies for past Warriors

By EMMA SIMMONS
Editor-in-Chief

The 2025 class of DV Hall of Fame inductees were honored at a ceremony on Sept. 28 at the Tom Quick Inn. The class consisted of five accomplished individuals who each demonstrate the embodiment of Warrior pride: Christopher Haas and Valerie Langberg Rofeberg into the academic/professional wing, Tiffany Klebez Neill and Chris Horner into the athletic wing and Mary Jane Seidenstricker into the legacy wing.

Christopher Haas, class of 1984, is a graduate of the University of Pennsylvania and holds a career at Bank of America.

Haas felt honored to be inducted and recounted how different DV was when he graduated.

“The amount of professionalism and the level of opportunities here [DV] that has grown over the years is truly amazing,” he said.

Valerie Langberg Rofeberg is valedictorian of the class of 2010, as well as a graduate of Brown University, where she designed her own curriculum for her major in statistics. Currently a biostatistician at Boston’s Children’s Hospital, Langberg credits DV’s resources and staff for setting her up for success.

Tiffany Klebez Neill, class of 2001, established herself as an accomplished field hockey player receiving multiple accolades at the district and state levels. She continued her athletic and academic career at Rutgers University, where she became a captain of the team while attaining a degree in art history and psychology. Klebez remarked how she was humbled when chosen to be a part of the distinguished honor.

“The people and athletes here [DV] helped build me as a person, so it’s incredible to be honored among such a great group of people,” she said.

Chris Horner, class of 2009, was a distinguished football player and team captain, with his skill earning him multiple all-league and all-state honors. He went

on to play football at Colgate University and earned a degree in political science.

Horner noted how special it felt to be selected for the Hall of Fame by people he respects greatly.

Mary Jane Seidenstricker, a graduate of East Stroudsburg University, was a physical and special education teacher at DV. Seidenstricker’s advocacy led to her playing a large part in the establishment of female sports at DV.

Receiving the honor on behalf of her late mother, Seidenstricker’s daughter Beth Bonagura relayed how she was grateful for the opportunity to see her mother’s legacy be kept alive.

“She would always tell me we need to do what’s right, even if there is a challenge to get to it,” Bonagura said.

As the newest members take their place within the Hall of Fame, the tradition will continue to bring together community members to both honor past Warriors and inspire future ones.



Emma Simmons/Del.Aware

‘The Block’ provides space for creativity

Student Council hosted the school’s first event at “The Block” before the football game on Sept. 5. When the idea was brought up to the Student Council, the officers wanted to make the idea a reality and turn the old track shed space into a useable area for events. Different clubs can sign up with Student Council adviser Mrs. Wummer to use the area before home games where they can make the space their own and support their fellow Warriors.

Compiled by Josie Lordi

Inquiring Photographer

“If you could have a ‘theme song’ play when you enter a room, what would it be?”

Compiled By ELLA BECKER



“‘Feathered Indians’ by
Tyler Childers”
Skylar Malone
Class of 2029



“‘Headlines’ by Drake”
Trey Newton
Class of 2028



“‘Godspeed’ by Frank
Ocean”
Madison Caruso
Class of 2027



“‘Crazy Train’ by Ozzy
Osbourne”
Caleigh Shannon
Class of 2027



“‘Fireworks’ by Drake feat.
Alicia Keys”
Mason Stewart
Class of 2028



“‘Really Really’ by Kevin
Gates”
Eliana Castillos
Class of 2026



Meet the Del.Aware Staff!



Emma Simmons
Editor-in-Chief



Kimberly Smyser
Managing Editor



Kaitlin Gelardi
School News Editor



Faith Bailey
School News Co-Editor



Vanessa Disposito
School News Co-Editor



Lily Stoveken
Opinion Editor



Ashantia Dicette
Opinion Co-Editor



Alyssa Zimmer
Community News Editor



Keira LeMay
Community News Co-Editor



Lilian Seibert
Lifestyle Editor



Ava Troup
Lifestyle Co-Editor



Jaida Palacios
Arts & Literature Editor



JoeiMarie Cohen
Arts & Literature Co-Editor



Ella Becker
Entertainment Editor



Reilly Newton
Science & Technology Editor



Chloe Simonson
Science & Technology Co-Editor



Mike Iuzzolino
Sports Editor



Josie Lordi
Sports Co-Editor



Lucas Petersheim
Sports Co-Editor

"I am so very excited about this year's staff. They collaborate well and genuinely like being together which makes for a great atmosphere."

- Adviser Mrs. Leslie Lordi

Opinion
OUR OPINION

High schoolers have too many priorities

Do you feel it yet? The stress that coincides with the time school is in session? As the school year begins, high schoolers are bombarded with a multitude of priorities that they are expected to maintain and complete in a timely and well-thought-out manner. An initial stressor students simultaneously face is trying to adjust to the school schedule after a relaxed summer. The early wake up itself is a struggle, but in addition, DV students are quickly thrown into a seven-period schedule with assignments in every class that they are expected to complete promptly and accurately. Not to mention, with DV students being known to have a competitive nature in academics, many feel pressured to take rigorous courses such as AP or

honors classes, which amplifies stress due to heavier workloads. Outside of school, students are burdened with an increased amount of responsibilities as many students commit to various programs and extracurriculars. From clubs, sports or other outside activities, a majority of students feel pressured to partake in after-school events. Furthermore, many students are tasked with obtaining a certain amount of volunteer hours for clubs that require them. Even if students don't involve themselves in many activities, they still have priorities to withhold around their house. Additionally, some students may be employed and work grueling hours throughout the school week.

Some upperclassmen, in addition to the regular school course load, are also challenged with the stress of learning how to drive. Each year, it seems that more and more students feel pressured to perform their best in all possible ways. In response to the competitive college admission rates, students tend to go above and beyond initial workloads to appear more well-rounded and academically driven. Due to this, class rank, SATs, GPAs and extracurriculars weigh heavily on students' mental health. From the initial seven-period schedule to outside-of-school involvement, standardized testing, college application processes, volunteering, maintaining a job and more, high schoolers have too many priorities.

You're wrong, I'm right

By ASHANTIA DICETTE
Opinion Co-Editor

There seems to be a lack of credibility online when looking at all of the critiques and views on anything from news stories to songs and albums. That's because everyone, from the ripest ages of unemployment to lawyers, are giving their two cents on things as if it's law. This trend brings down the credibility of actual critics, the ones with years of writing experience and hopefully unbiased, professional opinions. The issue here is the people online who are practically foaming at the mouth to jump online and unpromptedly send threats to critics who dare share an opinion that doesn't exactly match theirs. To be clear, I'm not saying that people online who aren't seasoned critics shouldn't be allowed to share their thoughts. This is an opinion article after all. I'm simply saying that we should stop, pause for a second

and think about our own use of the internet because all of those anger-driven rants devalue the work of actual critics. But I'm not trying to imply that critics themselves are the perfect specimen. It's clear that they are far from it. They can be biased, grossly out of touch or even paid off for positive reviews. Let's all think back to those obnoxious film bros who believe that "The Matrix" and all of its painful sequels are "peak cinema" and "secretly brilliant." Or think of those old people who claim that "real music died after 1975." And if you somehow don't get it, you might as well never indulge in cinema or music again. Even with their flaws, critics used to serve a deeper purpose; they shaped culture, made trends—gave artists a standard to work up to. Now, that purpose is gone. Everyone with a Wi-Fi connection has an opinion, whether it's smart or not, and it's drowning out the voices of real critics, which is causing them to come off as untrustworthy.

A good review from an established critic is built from carefully chosen words, woven together with a purpose in mind. But what seems to be getting all of the traction and buzz online are the soullessly thrown-together takes. It is vital to realize that a critic's job isn't using ChatGPT to generate a review on the new "Superman" movie with Subway Surfers as the background on TikTok—or giving bad reviews to restaurants on Yelp for attention. The people who do that aren't real critics; they are people fishing for likes. Now, I have an idea. Maybe, just maybe, we should start to listen to real critics again. Not because they are flawless, but because their job is more meaningful than making stuff up for clicks and attention.

KAITLIN GELARDI <i>School News Editor</i> LILY STOVEKEN <i>Opinion Editor</i> ALYSSA ZIMMER <i>Community News Editor</i> LILIAN SEIBERT <i>Lifestyle Editor</i>	 DEL.AWARE EMMA SIMMONS <i>Editor-in-Chief</i> KIMBERLY SMYSER <i>Managing Editor</i> MRS. LESLIE LORDI <i>Adviser</i>	JAIDA PALACIOS <i>Arts & Literature Editor</i> ELLA BECKER <i>Entertainment Editor</i> REILLY NEWTON <i>Science & Technology Editor</i> MIKE IUZZOLINO <i>Sports Editor</i>	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: del.awarenewspaper21@gmail.com
---	---	---	---

Opinion

Undecided major: self-exploration or scam?

By LILY STOVEKEN
Opinion Editor

This time of year is full of college preparations for members of the senior class, and one of the many items students have to consider when applying is their major. While some have a clear vision for their future, others have little to no idea—and that's completely fine. But is it the right choice to click that "undecided" option?

Many college students go in undecided, and even more end up changing their major at some point in their academic career. Indecision is a large part of the college process and is perfectly natural, but there are still some issues to consider when you're going into that process without a direction.

If you're thinking about going in undecided, the first thing you have to consider is why you actually

want to go to college. Are you trying to explore your own academic interests, or are you feeling the pressure of your environment? From what I've seen, today's society has a rigid view of success: if you're not headed for academics, you're not going to accomplish much. This is untrue, and it pressures students into going to college for little other reason than to appear successful.

College is a big commitment, and it's one you should be making for yourself, not the expectations of other people. If you really want to explore your own interests, going in undecided could be worth it—but if you're doing it because of societal pressure, you may want to reconsider.

Another issue to consider is how unsure you actually are. For example, if you know you want to pursue something scientific but can't choose a specific field, an undecided major can give you an opportunity to narrow down your scientific interests.

But if your possible careers range from school teacher to hairdresser, it might not be worth it. A year in college is an expensive way to realize that you'd rather specialize in a trade instead.

That's another matter to consider: finances. College tuition has risen rapidly, and it's becoming less and less common to walk away from a degree without student debt. If finances are a large concern, it might be wise to limit your options to less expensive colleges or even take a gap year to really narrow down your interests.

Essentially, there's no definitive answer to whether or not an undecided major is worth it. It all depends on your individual situation. Do you really want to pursue a degree, or do you want to please others? Do you have some idea about your interests or no idea at all? Are you financially prepared? Make the choice that's right for you.

Do you support the use of school-approved AI?

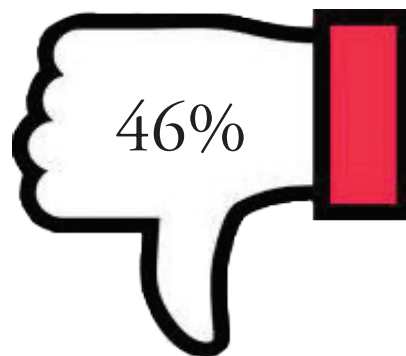


"AI is being used everywhere, and it is good to expose students to it."

"It helps you get to the answer without giving you the answer."

"It can help you brainstorm ideas correctly."

*A questionnaire was given during all lunches to 100 randomly selected freshmen, sophomores, juniors and seniors.

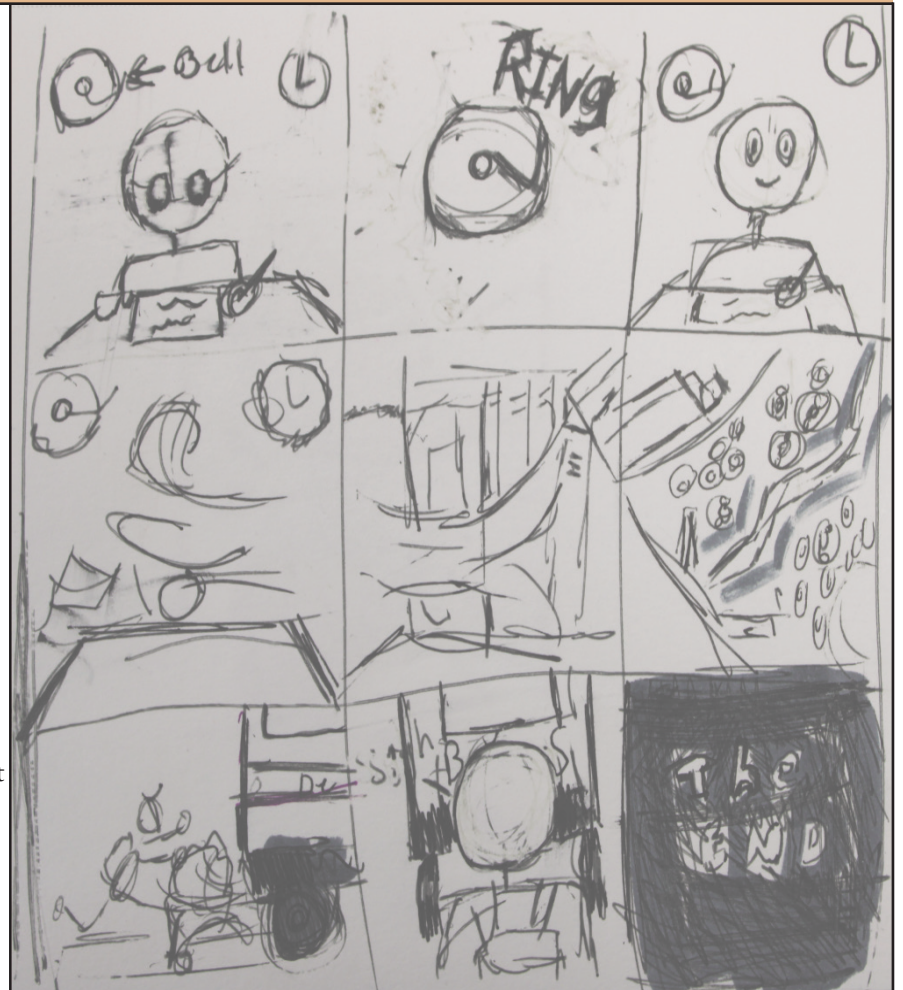


"It causes laziness in both students and teachers."

"It can take away from student creativity."

"It's not always reliable."

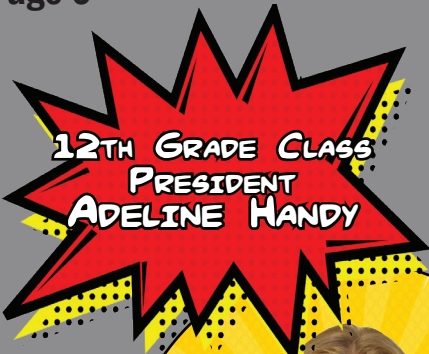
Compiled by Ava Troup



ILLUSTRATED BY
KATE YABLONSKI

HEROES

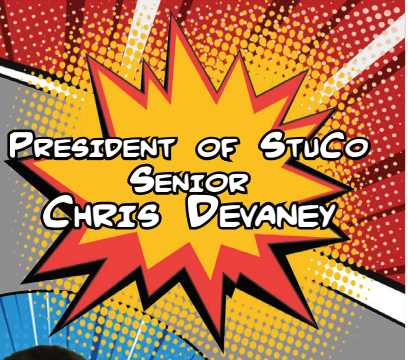
AROUND OUR SCHOOL



12TH GRADE CLASS
PRESIDENT
ADELINE HANDY



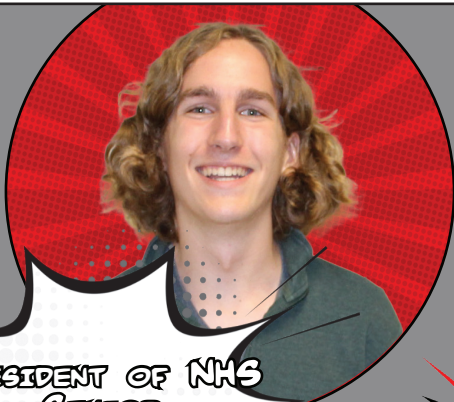
"MY VISION IS TO MAKE SENIOR YEAR UNFORGETTABLE, FULL OF LAUGHTER AND GROWTH, LASTING MEMORIES AND SUCCESS."



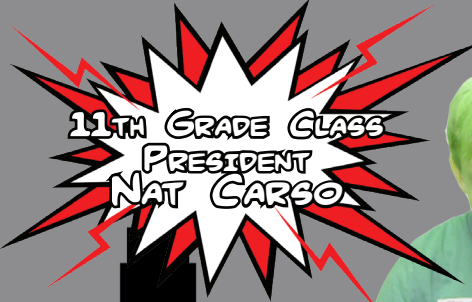
PRESIDENT OF STUCO
SENIOR
CHRIS DEVANEY



"I WANT TO BRING IN THE MOST SCHOOL PRIDE THAT OUR SCHOOL HAS EVER SEEN, AND I ALSO WANT TO MAKE SURE THAT EVERYONE IS INVOLVED AND HAVING A FUN TIME."



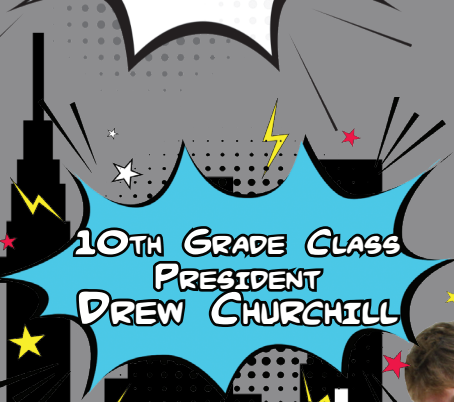
PRESIDENT OF NHS
SENIOR
JACKSON HANGOCK



11TH GRADE CLASS
PRESIDENT
NAT CARSO



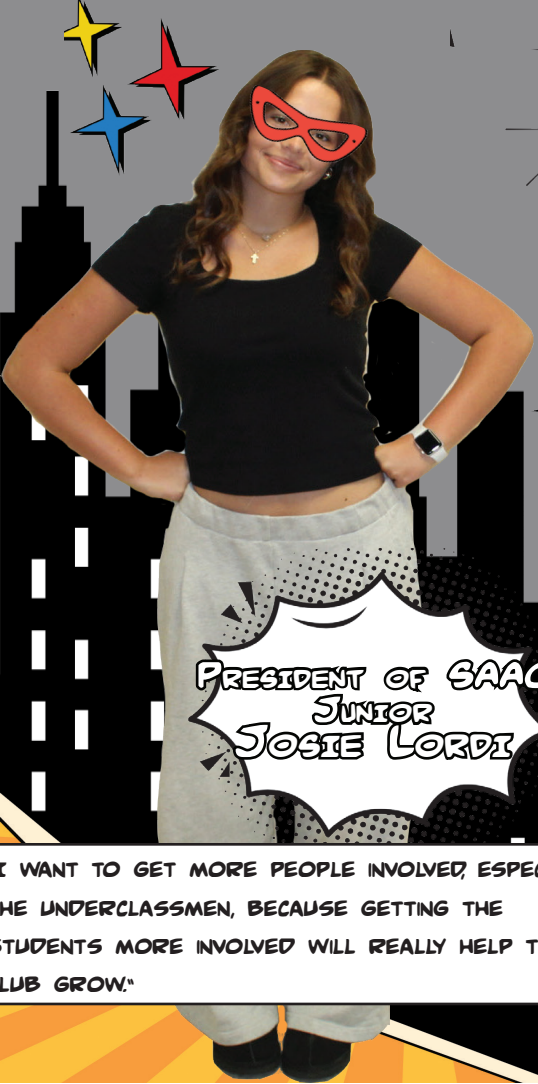
"(I WANT) TO PREPARE EVENTS FOR EVERYONE TO ENJOY, AND TO STRIVE TO MAKE DV BETTER FOR YEARS TO COME."



10TH GRADE CLASS
PRESIDENT
DREW CHURCHILL



"(I WANT TO SEE) A YEAR OF GROWTH, RESILIENCE, UNITY AND DISCOVERY, WHERE STUDENTS EMBRACE CHALLENGES AND USE THEM TO PREPARE FOR THE FUTURE HORIZON."



PRESIDENT OF SAAC
JUNIOR
JOSIE LORDI

"I WANT TO GET MORE PEOPLE INVOLVED, ESPECIALLY THE UNDERCLASSMEN, BECAUSE GETTING THE STUDENTS MORE INVOLVED WILL REALLY HELP THE CLUB GROW."

School News

CTE Spotlight: Building Trades Occupations

By EMMA SIMMONS
Editor-in-Chief

Most DV students have heard of the different CTE programs and may even be a part of one. Often, however, it is overlooked how truly specific the work and dedication that each program requires. In particular, the Building Trades Occupations CTE prepares students for very distinct careers in ways that not many people have the opportunity of experiencing.

The building CTE consists of three different levels that allow students to build different potential skills in carpentry, masonry, plumbing and electricity, with the end goal of preparing them to enter into any of those fields for a future career.

Instructor Mr. Keith Fitzpatrick emphasized the drive the students display in their work.

“This is a physical trade,” Mr. Fitzpatrick said. “You have to want to work hard.”

On a daily basis, the students spend about half an hour within the standard classroom setting and then spend about two hours within the expansive workshop doing hands-on tasks.

“This is a physical trade. You have to want to work hard.”
- Mr. Keith Fitzpatrick

Building a new Construction (BC) I starts out with carpentry, which teaches students about floor framing, roofing and siding for houses and commercial buildings. BC II then focuses on concrete, masonry, plumbing and electricity.

Subsequently, in BC III, most students continue



Emma Simmons/Del.Aware

Two BC III students prepare wood to build calculator holders for Mr. Jonathan McElhaney’s classroom.

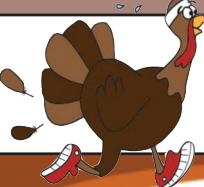
practicing their previous skills or join the co-op program.

Behind the scenes, the students complete many projects: last year, they built the new track shed. This year, they plan to potentially repair the high school tennis shed and build a dugout for DDMS.

Mr. Fitzpatrick relayed how he enjoys the versatility

of the curriculum because of the different niches the students fall into.

“It really helps prepare them to find a job in a multitude of fields,” he said.



The annual DV Turkey Trot 5K will take place on Saturday, Nov. 15, at the high school’s cross country course. Register online at runsignup.com/Race/PA/Milford/DVTURKEY to participate and support the cross country team and the local food pantry!



Using the letters and symbols, first identify and then unscramble the fall-themed words. Come to Mrs. Lordi’s room in C13 with your answers for a prize once you have finished. **Compiled by Faith Bailey**

TUTORING OPPORTUNITIES

SCIENCE LAB	MATH LAB	CAREER LAB (NEW)
- Room D5: A&B Lunch - Room R21: B&C Lunch - Science tutoring - Help with science homework - Space for peer study groups	- Room A3: Per. 1,3,4,5,6,7 - Room A10: Per. 2 - For help with all math courses - Mon/Wed/Fri: A & B Lunch - Tue/Thu: A & C Lunch	- Learning Commons - Tue-Fri - A Lunch - Seniors only - College applications and future planning - Pass required if coming from class

Compiled by JoeiMarie Cohen

School News



SEE THE COLLEGE BOARD WEBSITE FOR NEARBY TEST SITES



UPCOMING TEST DATES:

NOV 8
DEADLINE OCT 24

DEC 6
DEADLINE NOV 21

MAR 14
DEADLINE FEB 27

DON'T MISS YOUR CHANCE TO REGISTER FOR THE SAT

Get ahead on your college journey! Register using the link below or the QR code and the school code **392635**.

LEARN MORE >

 www.satsuite.collegeboard.org





Compiled by Mike Iuzzolino

New classes provide exciting opportunities to students

By KEIRA LeMay
Community News Co-Editor

This school year, Digital Media and Design as well as Creative Writing are available for all students to take. Digital Media and Design is a new course being offered, while Creative Writing has undergone a curriculum rewrite.

The Digital Media and Design class is focused on promoting school spirit through different media projects.

Students must first take Computer Art 1 in order to learn foundational skills in Adobe Illustrator and Photoshop.

Mrs. Krystine Thompson, who teaches the course in M6, enjoys working collaboratively with the students.

"It's really like a team environment," Mrs. Thompson said.

The students are currently working on taking media day photos for student athletes, alongside Business and Marketing CTE

students.

Creative Writing, previously known as Effective Writing, has undergone a change in curriculum in order to appeal to more students. Ms. Alexandra Letki and Mrs. Shannon Miller worked together to create the new curriculum this past school year.

Creative Writing is a short story-based course, with a focus on fiction and character development.

"We look at it from an author's point of view," Ms. Letki said. "So we're thinking about how we get readers involved."

The curriculum covers various aspects of creative writing, such as character description and setting. The new curriculum has increased student involvement, compared to the previous Effective Writing course.

Ms. Letki is excited about the students' enthusiasm and curiosity about the course.

"I've had a lot of kids coming to me about it," Ms. Letki said. "They're very excited for it."

VOICES HEARD AROUND OUR SCHOOL



Highlighting our New Staff



Ms. Hailee Kolvenbach
Special Ed Department
Room: D2



Mr. Zachary Witte
Social Studies Department
Room: B6



Ms. Alexandra Taffera
Special Ed Department
Room: C8



Mr. John Neckers
English Department
Room: C21



Ms. Kayla Prestianni
Science Department
Room: R23



Mr. Brian Wyckoff
Math Department
Room: S4



Mrs. Lisa Barcelowsky
Guidance Department
Room: 9/10 Office



Mr. Allen Keller
Special Ed Department
Room: R4



Community News

Hidden gem by the lake serves delicious food

By ALYSSA ZIMMER
Community News Editor

Jimmy's Lakeside Pizza is a little pizza place that many people don't even know is there, which is a shame because they have great food and a gorgeous view of the lake. The view makes the dining experience even more special.

My family normally orders pizza from Jimmy's, but this time we wanted to try dining in instead of just picking up our pizza and leaving.

When we walked in, we noticed it was a slow night except for the people picking up to-go orders. This didn't affect the service though because as soon as we ordered, we got our appetizers.

We ordered coconut shrimp and mozzarella sticks for appetizers. My brother got two slices of pepperoni pizza, and my mom and I split a ham and cheese calzone. The coconut shrimp were surprisingly good. They were crispy and served with a Thai chili sauce. The portion size of seven shrimp was generous for \$10.99.

They gave us six mozzarella sticks, and they had a good cheese pull and were crispy as well.

My brother enjoyed his pizza, and he said it was crispy and the sauce was sweet.

The ham and cheese calzone that I split with my mom was a good size for only \$10.75. Besides mozzarella cheese, it also had ricotta cheese in it. The size of the calzone is perfect for splitting.

They told us when we got there that the calzone would take 30 minutes, and it came out right on time.

Whether you are eating inside or outside, you can see the lake shimmer and sometimes see a pretty sunset as you're eating.

Besides pizza and calzones, Jimmy's also offers hot sandwiches, salads, wraps, wings and more.

They offer a gluten free option for pizza crust on any 10" personal pizza including their specialty pies.

The bill came out to \$47.75, which we felt was an appropriate price for how much we ordered.

I definitely recommend going to Jimmy's Lakeside Pizza located at 106 Log Tavern Way, Milford, PA 18337.



Josie Lordi/Del.Aware

Ann Street Park gets makeover

Ann St. Park is being remodeled because it was not ADA (Americans with Disabilities) compliant and did not meet the needs of everyone in the community. The new playground equipment will be installed in phase one and phase two. This includes slides, climbing bars, stepping stones and other features. Colorful pour-in-place surfaces will be added for safety and accessibility. The dirt alleyway down the center of the park will be replaced with a wide, tree-lined walkway with benches and decorative lighting. Phase one will be complete this fall and phase two will hopefully be complete in the spring.

Compiled by Josie Lordi

10th annual Milford Readers and Writers Festival commences

By KIMBERLY SMYSER
Managing Editor

The Milford Readers and Writers Festival took place on Sept. 12 to 14 at several venues: the Milford Theater, Pike Country Public Library, Grey Towers and the Good Shepherd Episcopal Church. The festival is purely driven and organized by volunteers, and all the money earned is used to cover the costs of the current year's festival, with any remaining funds carried over to support the following year's festival.

The volunteers who run the festival granted DV students the ability to attend all events free of any charge this year.

On Sept. 12, the day sessions that kicked off the festival focused on writing and publishing; access was available upon purchasing a ticket. During the evening, there was a preview for the upcoming events that will take place at the Milford Theater, as well as a feature of two authors who have previously collected stories told by the Lenape.

"It was an especially cool event because the Chief



Kimberly Smyser/Del.Aware

On Sept. 13, alumni Ryan Balton and Stella Tannenbaum were on a panel at the Readers and Writers Festival discussing journalism.

of the Delaware Tribe, Chief Brad KillsCrow, flew in from Oklahoma to join us," co-chair of the festival Dr. Brian Carso said.

On Saturday and Sunday, among those featured were Hollywood screenplays, investigative journalism,

various pieces of literature and a session with two Del. Aware alumni.

Beyond the Milford Theater, there were events similar to these at several other venues, often running simultaneously.

The festival highlights Milford's history with art which provides a comforting area for many authors to write books.

"By gathering together to think about ideas and discuss them," Dr. Carso said. "We improve ourselves both as individual people and as community members and citizens."

Dr. Carso appreciates the connections that the festival, as well as reading and writing, has to offer for everybody in the community.

"It's certainly interesting to hear from established authors, but it's also great to learn what interests young people, and to hear their voices," Dr. Carso said.

Community News

Local café provides space for community gatherings

By LILIAN SEIBERT
Lifestyle Editor

Imagine the scent of espresso and fresh baked goods lingering in the air, while locals fill up the tables in a cafe that gives you the same feeling as being wrapped up in a warm blanket. For owner Aaron Stark and manager Melissa Lefebvre, Café Wren isn't just a business—it's a dream become reality.

Café Wren, a local business in Milford, began when Stark created the color palette, theme and the overall vibe. Coming up with the name was easy for Stark as he named it after his niece Wren. When it came to deciding on who would manage by his side on Café Wren, Lefebvre was the perfect choice.

"We realized that we're really on the same page as to what we wanted for the space, in terms of having somewhere for people in the community to come and hang out," Lefebvre said.

Café Wren isn't just about coffee; Stark chose Milford for its outdoor activities, natural beauty and the central location between New Jersey and New York. Their appreciation for the outdoors is shown throughout Café Wren.

"I feel like Milford has a lot of that to offer between the river, trails and just the natural beauty of the place," Lefebvre said.

Although coffee shops are frequently associated with picking up your drink and leaving, that is exactly the opposite of Café Wren's meaning. Stark's café has a relaxed atmosphere where customers can get food and drinks, sit down and stay for as long as they want. This isn't the only thing that makes them unique,

as all of their food, drinks and syrups are made completely from scratch as well as many other ingredients are from local suppliers.

"You don't have to be in and out here," Lefebvre said. "You definitely want people to relax and take their



Lilian Seibert/Del.Aware

Café Wren is open from 7 a.m. to 4 p.m. on Sunday through Thursday, and open until 7 p.m. on Friday and Saturday.

time."

Not only does the environment make Café Wren special, but so does their community involvement. Throughout the year, Café Wren hosts various events including art meetups, book clubs and many other meetings for local organizations. Most importantly, they have small, local artists and musicians come and perform. Every third Thursday of the month, Café Wren holds an open mic night for anyone to come out and share their talent with the community.

"First and foremost, it's a meeting place for people," Lefebvre said. "Most importantly, it's a community space."

Café Wren's environment is an extraordinary place to spend time and meet with the community.

Lefebvre shared wise words of advice to those who one day would like to start a business: "Work towards it in a way where you can gain the practical experience of working in that type of industry before you jump into being a business owner."

Annual September Fest returns

By LUCAS PETERSHEIM
Sports Co-Editor

One of Milford's annual festivities kicked off on the weekend of Sept. 20. September Fest filled the town with lively music, delicious food and vendors lined up on every block selling everything from beaded necklaces to face paints. This annual event brings a variety of activities to enjoy.



Lucas Petersheim/Del.Aware

Colorful Jeep Wranglers were lined up near the Milford Theater for members of the community to see.



Lucas Petersheim/Del.Aware

The streets were filled with rows of vendors selling food, goods and much more.



Lucas Petersheim/Del.Aware

Dimmick Inn provides outdoor seating with tents and live music.



Lucas Petersheim/Del.Aware

Many of Milford's roads were filled with places for people to socialize and eat.



UPCOMING EVENTS

At the Milford Theater

**OCT. 4—Blockbusters live:
A concert experience**

**OCT. 5—Movie: Tootsie
w/John Dilco**

**OCT. 11—Unforgettable live:
U2 Tribute Show**



LEARN MORE AND ORDER
TICKETS AT:
THEMILFORDTHEATER.COM

**OCT. 12—Movie: "Mr. Smith goes to
Washington" (1939) w/ John Dilco**

OCT. 25—Live Play: Dracula

**OCT. 26—Halloween Family
Movie: the Addams family**

**OCT. 25—Movie: "Jaws"
w/John Dilco**

Compiled by Keira LeMay



**Warriors
light up
with spirit!**



**Jersey vs.
Jersey Shore**



**Camo vs.
Neon**



**White Lie
Wednesday**



**Throwback
Thursday**



**Class Color
WAR!**



Scan the QR code to see more
photos from Warrior Week
on the Del.Aware's online
newspaper.

Powder Puff



**NOW SH
WAR
WE**

By EMMA SIMMONS
Editor-in-Chief

During an eventful Spirit We
Homecoming dance on Sept. 27,
pride by participating in various ac

During Spirit Games, the sopho
2, and the seniors edged out the ju

Saturday's Warrior Fest feature
juniors beat the seniors 46-18. The
event also occurred, featuring gue
Chris Horner and head football co

The Warriors beat Abington
game, and at halftime, seniors M
crowned Homecoming king and q

Later that night, the Homecom
p.m., and had concessions, a DJ and



SHOWING RIOR EEK

ek building up to the anticipated
students displayed their Warrior
activities.
omores destroyed the freshmen 13-
niors 12-7.
ed the powder puff game where the
first official High School Game Day
sts such as Hall of Fame inductee
ach Keith Olsommer.
Heights 28-14 during the football
ike Iuzzolino and Leah Bird were
ueen.
ning dance took place from 7 to 10
d a photo booth.

High School Game Day



'26 & '28 WIN



Compiled by JoeiMarie Cohen, Keira LeMay, Josie Lordi,
Faith Bailey, Ava Troup, Lilian Seibert and Ashantia Dicette

Lifestyle

Seniors sport kids' backpacks as new trend

By VANESSA DISPOTO
School News Co-Editor

Seniors are finding ways to make their last year of high school more enjoyable.

Besides the common traditions of senior skip day or time capsules, a new trend that is making its way onto the scene is reusing childhood backpacks

Not only are DV seniors doing this, but around the time of back to school shopping, social media flooded with other senior students following this trend. There are many other senior traditions, yet the backpacks are making a prominent comeback.

Seniors decided to trade in their boring and practical backpacks for a backpack that could carry more than



just books: nostalgia and memories. Senior Danielle Cruz decided to participate in the trend by wearing her Minnie Mouse backpack from elementary school.

"I thought it would be a cute reference to my first years of school," Cruz said.

Rewearing childhood backpacks is a great way to spice up the views in the hallways, and the large amount of backpacks seen, show that the seniors love participating in this trend.

As their time at the high school comes to an end, the backpacks may be seen as a way of expressing freedom and happiness. The backpacks also give the senior class a way to connect with their childhood and remember memories.

Caffeine in a can

Comparing today's most popular energy drinks

Energy drinks are incredibly popular especially among high school students. There are many options to choose from, and they each have their own pros and cons.



Alani
Price: \$2.48
Calories: 15
Sugar: 0 g
Caffeine: 200 mg
Vitamins: B3, B5, B6, B12 and Taurine
Rating: ★★★★★



Red Bull
Price: \$2.88
Calories: 160
Sugar: 37g
Caffeine: 114 mg
Vitamins: B3, B5, B6, B12 and Taurine
Rating: ★★★★★



MONSTER
Price: \$2.48
Calories: 110
Sugar: 26 g
Caffeine: 160 mg
Vitamins: B3, B5, B6, B12 and Taurine
Rating: ★★★★★



Celsius
Price: \$2.28
Calories: 10
Sugar: 0g
Caffeine: 200mg
Vitamins: C, B3, B5, B6, B12, B2 and Taurine
Rating: ★★★★★

Compiled by Mike Iuzzolino

Did you notice?

By KIMBERLY SMYSER
Managing Editor



You did not notice the last time you fell down and got a scratch on your knee and did not stop crying and begging your mother to kiss your Barbie bandaid. You did not notice the last time you were excited to go to the park and go down the slide as many times as you could before it was time to head home. You did not notice the last time you pretended to be asleep in the car so your father would carry you inside.

You did not notice, but now you begin to reminisce. The changes in yourself, your habits, your beliefs—all different now that you have aged and gained knowledge that your younger self could have never imagined.

You are a completely different person, but you did not notice the gradual changes. You did not notice the daily transformations you grew into. You are still genetically the same; however, you are entirely different.

You might not have noticed yourself growing up, but I am sure you did notice the new pimple forming on your nose. You did notice the person who left your message on "delivered" for two days. You did notice the bad grade you got on the paper you worked for hours on.

But you wish you did not, you wish you did not notice these small, insignificant things that somehow consume all of your thoughts.

You wish you had noticed the last time your parents tied your shoe for you, but instead you notice the last time they scolded you.

You wish you had noticed yourself growing up, but instead you noticed how you overlooked your childhood.

You did notice that.

You notice how you are at the age you once dreamed to be. It seemed like it would be forever until you are "that" old, and now you dream to be at the age you once took for granted.

Of course, it is not your fault. It is a natural occurrence: overlooking your life and wishing you had done things differently. But alas, we can not. We can only shape our futures and learn from our past.

The next time you are regretting a choice, try to reflect and grow from it instead of longing for a different outcome—we all know the past is not going to change.

Lifestyle

Fashion Aware: Thrifting

BY LILIAN SEIBERT

Lifestyle Editor

Have you ever wondered why the simple act of purchasing clothes has become so costly? With a quick thrift shopping experience, your life could change for the better—in both your wallet and your wardrobe.

Although thrifting has been popular since the 1930s, it has made a huge comeback in the last decade. Thrifting has many positive aspects including sustainability, affordability, supporting unique styles and accessibility, ultimately creating a lasting impression on the future of fashion.

Shopping secondhand not only benefits your bank account, but also helps the planet. Extending the life of an article of clothing by just nine months reduces the amount of water, carbon and waste being affected by 20% to 30%. It is also proven that 1.2 billion tons of carbon dioxide is released each year, more than international flights and package shipping combined.

Other than being good for our planet, it's beneficial for the people too. Many thrift shops like Goodwill, Salvation Army and locally run spots fund

community programs like housing, addiction recovery and job training, providing more than just clothes.

Although shopping at a thrift store doesn't sound as fun as going to the mall, the affordability factor of thrifting wins. You may not find everything you want,



Lilian Seibert Del.Aware

Milford Vibes provides stylish outfits at a discounted price.

but you can buy so much more for less money, which is important during times of inflation. Most items cost 50% to 90% less than original price, therefore, depending on the store, you could find a pair of pants that were originally \$60 for a low price of \$6.

Thrifting has recently shown relevance on social media platforms like TikTok and Instagram which have proved popular. Most thrifting videos show trends like "thrift hauls," "\$20 outfit challenge" and "random outfits." All of these trends are fun, creative ways to spend your time shopping.

While there are not many known franchises here in Milford you can find unique, small businesses around town that provide the same purpose as chain stores. If you want to make a quick shopping trip to a local store, Milford Vibes has all types of clothes and accessories that are worth trying out.

Whether you're looking for a new style, a formal outfit or even everyday essentials, there are clothes and accessories for all ages, sizes and styles so if you want to try something new, thrifting is for you.

Fun, festive ideas to kick off fall season

BY KAITLIN GELARDI

School News Editor

Do you see the leaves changing color? Fall is finally here! The Del.Aware staff has compiled fun fall-themed ideas to help you enjoy a cozy season with family and friends.

Apple/Pumpkin Picking

Penning's Farm Cidery (Warwick, New York)

- 36 min. (35.8 miles) from Matamoras
- Pumpkin and apple picking
- Hayrides
- Corn Maze
- Dairy Farm



Fall Craft

Paint a pumpkin

1. Pick out your pumpkin.
2. Clean the surface and apply a white base coat.
3. Use acrylic paint to apply your design.
4. Follow the pumpkin contours and work in sections.
5. Add finishing touches such as glitter or yarn.



Movie

"Hocus Pocus" (1993)
Dir. by Kenny Ortega
Family/Comedy,
Rated PG

Fall Drink

Apple ginger fizz

1. Add apple cider, lime juice, cinnamon, apple cider vinegar and a few ice cubes together to a shaker. If you don't have a shaker, use a mason jar or anything with a tight lid.
2. Shake for 20-30 seconds until combined.
3. Garnish with a cinnamon stick or anything of your choosing and enjoy!



Fall Recipe

Check out the recipe for pumpkin-shaped Rice Krispie Treats online by scanning the QR code!



Arts & Literature

Fall benefit concert showcases talented musicians

BY ALYSSA ZIMMER
Community News Editor

The band, chorus and orchestra had their first benefit concert of the year on Sept 24 and each ensemble performed three songs each.

"The students performed a wide variety of music; they were challenged and did very well," choral director Mr. Richard Horst said.

Mr. Horst's chorus students performed songs ranging from "Past Life Melodies," which had open-throat chanting in it, to "Unwritten," a popular modern pop song that was written in 2004.

Seniors Emma Jacobs and Christina Devine and juniors Alyssa Donatone and Rhapsody Morgan all performed solos in "Unwritten."

Orchestra director Ms. Lauren Flack said she

chose particularly upbeat but difficult music for their portion of the concert.

Her students played a medley of "Willy Wonka and the Chocolate Factory" as their first song. Their third song "Red Rhythmico" featured juniors Eric Choi, Nathaniel Carso and Sophia Mullen, along with sophomore Ilaria Sarte as soloists.

"The students performed a wide variety of music they were challenged and did very well."

- Mr. Richard Horst

"Attitude makes all the difference [because the music is tough to learn]," Ms. Flack said.

Mr. Richard

Bullock, who is the director for concert and jazz band, also chose upbeat songs for his students to perform.

The jazz band in particular played many energetic songs. In their first song "Big Swing Face," there were multiple improvised solos, and Mr. Bullock

enjoys challenging his students to be able to think of improvising on the fly. Each year, Mr. Bullock chooses a senior student to pick a song that they would like the jazz band to perform. This year, he chose Townes Markwaller to be the feature. Markwaller



Alyssa Zimmer/Del.Aware

Junior Eric Choi performs a solo on the violin in "Red Rhythmico."

chose "Life in a Glasshouse" by Radiohead.

For their next performance, each ensemble will be holding a winter concert in the week of Dec. 8.

Pull quote: "The students performed a wide variety of music they were challenged and did very well," choral director Mr. Richard Horst said.

Tri-M music honor society empowers musicians

BY JAIDA PALACIOS
Arts & Literature Editor

The new Tri-M music honor society will be accepting new applicants starting in October for its program to recognize and support the students who excel academically and musically.

The honor society is open to all music students who are in jazz band, concert band, chorus, or orchestra.

Members must have a 3.0 GPA and a grade average of 90% or higher in their music performance classes to be eligible for acceptance. Sophomores, juniors and seniors are eligible to join. Candidates are required to take one semester of a music performance class prior to induction, though students who are approved to join must also continue to partake in their ensemble for at least one semester to keep their placement in Tri-M.

Additionally, fifteen hours of music-based community service hours are also required.

Last year marked the first time the society hosted both the official induction ceremony and recital. The recital gave the students an opportunity to showcase their talents whilst celebrating their accomplishments. Adviser

"[The goal of the society is] to keep honoring our hard-working students."

- Mrs. Kelly Craver

Mrs. Kelly Craver hopes to have the recital again this spring. In order to be inducted, you must play in the concert.

The honor society is led by the student officers, who include Ashantia Dicette as the president, Dominick Agron as the vice president, Jackson Hancock as the secretary, Claire Choi as the historian and Brendan Baird as the social media manager.

"[The goal of the society is] to keep honoring our hard-working students," Mrs. Craver said. "They deserve to be recognized for their achievements in music."

DV DRAMA

WINTER SHOWS



DATES



"12 Angry Men" + "12 Days Before Christmas"

SHOW DATES: JAN. 16 & 17
@7PM

SHOW DATE: DEC. 13 @12PM
PICTURES W/ SANTA!

12 DAYS BEFORE CHRISTMAS
WEDNESDAY, OCT. 22

12 ANGRY MEN
THURSDAY, OCT. 23

SEE MS. FITZKEE IN ROOM C15
FOR QUESTIONS!

AUDITIONS



**SCAN FOR
DETAILS!**



Compiled by Lilian Seibert

Arts & Literature

Spotlight Artist: Kate Yablonski

By JOELMARIE COHEN
Arts & Lit Co-Editor

Senior Kate Yablonski first discovered her passion for art at a young age, beginning with simple sketches of characters before expanding into more complex work. As she got older, her interest shifted to acrylic painting, with portraits and self portraits being the center of her focus.

In addition to her acrylic work, she has explored developing a fashion portfolio and continues to branch out into new approaches that expand her style. Her biggest inspirations come from artists who are known for their expressive use of colors and brushwork, such as Vincent Van Gogh and Jenny Saville. She is especially drawn to bold and bright colors, as she

uses them to highlight feeling and energy within her artwork. Kate uses platforms such as Pinterest to spark inspiration for her work. Once she has the idea, she shapes the references she chooses to explore. This year marks the second time she has taken AP Studio Art. Kate has also previously taken art classes such as AP Art History and Jewelry Design. She keeps a sketchbook filled with pieces that hold personal meaning.



Challenges have played a significant role in her development as an artist. When faced with creative blocks, she tends to try and reset by taking a break or starting over, making those moments opportunities for improvement.

Outside of her own projects, Kate sees art as something that is rooted deeply within our daily lives. It is present in multiple forms, making it difficult to separate it from the world around us.

She encourages younger, newer artists to keep working consistently and not to stop. After graduation, she plans to study art education with hopes of becoming an art teacher.

Spotlight Writer: Griffin Myers

By CHLOE SIMONSON
Science & Technology Co-Editor

For Griffin Myers, writing isn't just about telling a story — it's about raising questions and making readers think. A junior with a passion for storytelling, Griffin has been writing since middle school when his love of comics, fantasy and detective novels grew into developing stories of his own.

His favorite genre is mystery, but his stories are more than just solving issues.

"I don't try to write characters," Griffin said.

"I try to write people — people with flaws, things you'll agree with and things you don't. My goal is to make readers stop and question."

Griffin is a "just do it" kind of author. Rather than waiting for inspiration, he treats writing as discipline. Most assignments he tries to complete in one sitting. That doesn't mean it's always easy.

"It's hard to keep ideas fresh and break away from tropes," he said. "The only way through is to keep writing until something sticks."

Over the years, Griffin has finished five books, has poems published and submitted work to short story contests. He's also taken every writing elective offered at school, including the Creative Writing class. As a freshman, Griffin was a member of the Creative Writing Club.

Griffin sees writing as more than finishing projects. It's a way to understand things he doesn't fully grasp and to connect with

others.

"Writers are voices for people," he said. "By putting thoughts to the page, we help others feel understood."

His advice for new writers is simple: "Don't expect only positive feedback. Have people who will challenge what you put on the page, and you will see improvement."

"Writers are voices for people by putting thoughts to the page, we help others feel understood."

- Griffin Myers

Spotlight Musician: Emma O'Dea

By REILLY NEWTON
Science & Technology Editor

Emma O'Dea picked up her first instrument in elementary school. Determined to play the french horn, life had other plans and led her to the trombone instead. Later down the line, she added the euphonium to the list of talents.

"I like to think I'm pretty good at it," Emma said. "I like being good at things, and it challenges me. There's always ways to improve and get better."

Now a senior, Emma is involved in concert band, jazz band, middle school pit band and, up until this year, marching band. She plans to continue marching band in college but not center her major around it.

Throughout high school, Emma

has competed in jazz and band competitions, playing at Marywood University and Steel Stacks; she even helped win a district title for marching band last year.

Outside of school, Emma took lessons for a short period of time. Although they helped her a little, in the long run she ultimately realized that practice was not the most important factor in truly improving.

"I think it's really how much you love it [that makes you] get better. A teacher can only give you so much advice before you actually grow," Emma said. "Some people don't love it, and you can definitely tell."

Emma credits her band teacher, Mr. Richard Bullock, for playing a significant role in her development as a musician.



Entertainment

Swift's new studio album holds high expectation

BY ELLA BECKER
Entertainment Editor

Taylor Swift's 12th studio album, "The Life of a Showgirl," was released at 12 a.m. Swift announced her album on the "New Heights" podcast, featuring her boyfriend Travis Kelce and his brother Jason Kelce.

Travis Kelce claimed that Swift's new album is upbeat with a fun pop sound, a complete contrast from her last studio album, "The Tortured Poets Department."

Swift's new album includes 12 songs, and she has announced that she will be releasing many surprises like she has been known to do in the past. One of her most anticipated songs is "The Life of a Showgirl," which features Sabrina Carpenter. Carpenter is the only announced featured artist on her new album.

Swift has not released new music since April 2024, as she had been on her almost two-year-long tour. During her break from touring, she purchased all her master recordings of her first six studio albums.



Writer and producer Jack Antonoff, who has previously written and produced with Swift, is reportedly not writing or producing Swift's new album.

There is speculation that Swift will go on yet another tour for her new era, however nothing has been confirmed.

Read the review of Swift's new album at dvhsnews.org.

Tyler Childers delivers captivating performance during 'On the Road' tour

BY EMMA SIMMONS
Editor-in-Chief

I had the pleasure of attending Tyler Childers' show at Forest Hills Stadium in Queens, New York, on Sept. 29.

With Childers being a musical artist that I hold very near and dear to my heart, I was fully prepared to have the concert blow me away, but it was even better than I imagined.

Childers set the tone for his electrifying performance almost immediately, keeping the crowd engaged by rotating

between songs on his newer album that fans may not be as familiar with-- I know all of them, but I digress-- and older, more popular songs.

Childers' accompanying band members played a huge part in the energetic atmosphere of the show, but Childers' own authenticity and humor truly shone through both within and between the songs he played.

If you are ever presented with the chance to see Tyler Childers live, I urge you to seize that opportunity with the utmost enthusiasm; I promise you will not regret it.



Emma Simmons/Del.Aware

Drake and PARTYNEXTDOOR bring their collaborative album overseas

BY LUCAS PETERSHEIM
Sports Co-Editor

One of the most well renowned R&B duos of the 2010s announced their international tour "Some Special Shows 4 You" early this past June. Drake and PARTYNEXTDOOR took their collaborative album "Some \$exy \$ongs 4 U" to Europe this summer.

They released their first song together "Over Here" in 2013 as a part of PND's "Seminole" mixtape. Since, they have produced hit after hit including Grammy nominated "Come and See Me" and "Nokia," which went top 10 on the Billboard Top 100, and "Loyal" which went platinum not once, but twice.

Both artists amassed a huge fan base that accounts for 100 million monthly listeners. PND last went on tour overseas in 2015, while Drake just finished his solo international tour this year. The tour took place entirely in Europe, starting in Birmingham, United Kingdom and ending in Hamburg, Germany on Sept.

23.

They regarded Ziggo Dome in Amsterdam, Accor Arena in France and the biggest of them all Finsbury Park in London which holds about 50,000 people.

The tour consisted of solo performances from Drake and PND as well as them coming together during the show. Throughout the tour, they brought a variety special guests such as Yebba, J Hus and most notably 21 Savage.

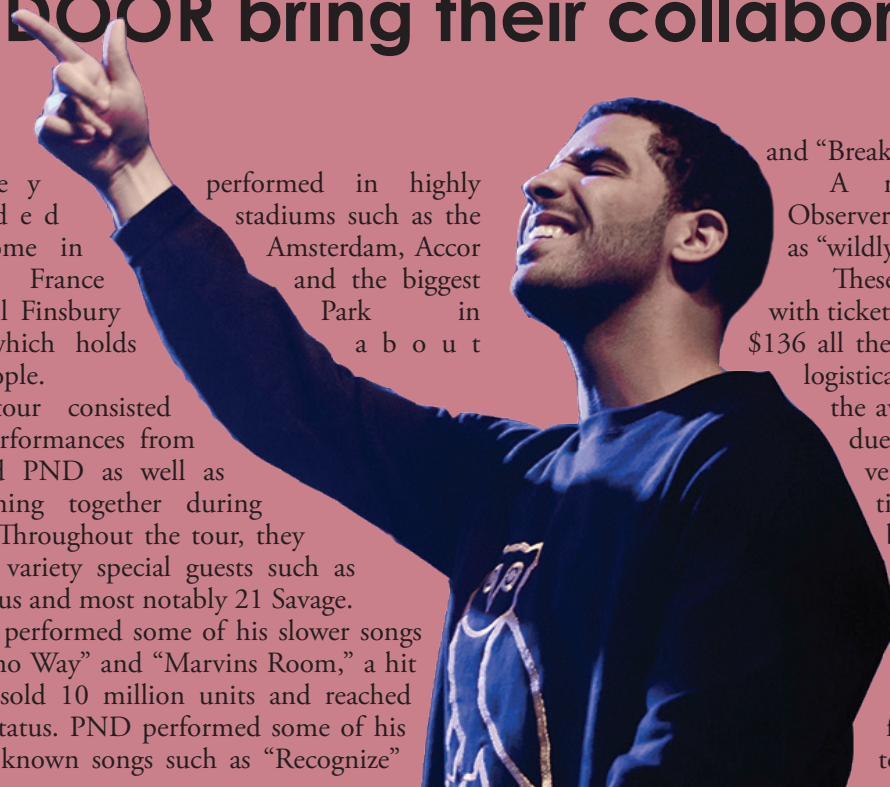
Drake performed some of his slower songs like "Feel no Way" and "Marvins Room," a hit song that sold 10 million units and reached diamond status. PND performed some of his most well known songs such as "Recognize"

performed in highly stadiums such as the Amsterdam, Accor and the biggest Park in about

and "Break from Toronto."

A review from the Observer described the show as "wildly entertaining."

These sold-out shows with ticket prices ranging from \$136 all the way to \$2,500 are logistically challenging for the average fan to attend due to its overseas venues and fast-selling tickets. The shows bring a unique experience due to the overseas venues and large arenas, which leads to mixed reviews from fans throughout the tour.



Summer '25 in Review



XOXO

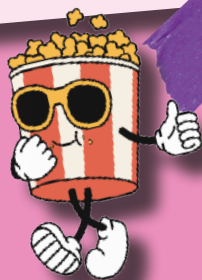
The Del.Aware staff has spoken on this year's song and album of the summer. There was a three-way tie for song of the summer between "Love Me Not" by Ravyn Lenae, "Mystical Magical" by Benson Boone and "Ordinary" by Alex Warren. Billboard has named "Ordinary" the song of the summer.

The long awaited third season of Jenny Han's "The Summer I Turned Pretty" was released June 17. The show follows main character Belly as she gets caught up in a dramatic love triangle between two brothers. Other popular shows this summer included "Love Island USA" and "Daredevil: Born Again." IMDb's show of the summer was "Black Rabbit."

Del.Aware's album of the summer was a tie between Morgan Wallen's "I'm the Problem" and Sabrina Carpenter's "Short n' Sweet." "I'm the Problem" was released May 16, and "Short n' Sweet" was released Aug. 23, 2024.



Released July 25, the highly anticipated release of "Happy Gilmore 2" followed Happy's return to golf in an exciting movie filled with celebrity cameos. Tied with "Happy Gilmore 2," the hilarious live-action classic. Other popular releases include "A Minecraft Movie" and "Superman." IMDb named "Jurassic World: Rebirth" as the most popular movie this summer.



Science & Technology

Blue light glasses spark controversy

The science behind the functional and fashionable eyewear

By LILY STOVEKEN

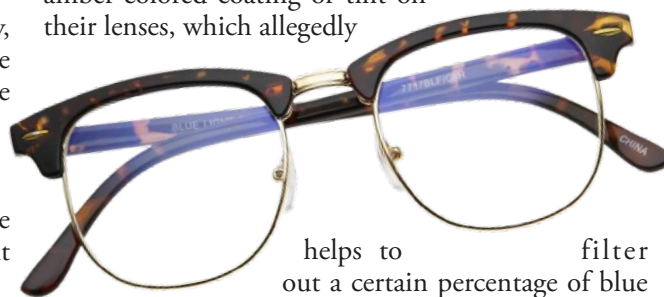
Opinion Editor

As the world becomes more digital by the day, people are increasingly exposed to screens—and the blue light that comes with them. The extent of blue light's harmful effects are debated among scientists, but regardless of disagreement, blue light glasses are a possible solution.

Blue light, known officially as high-energy visible (HEV) light, is a short, visible wavelength of light that increases mood and alertness. While natural exposure to blue light from the sun helps to regulate the circadian rhythm (sleep cycle), exposure to the artificial blue light of screens, especially in the later hours, can disrupt that rhythm and cause eye strain.

Blue light glasses are advertised as one way to

prevent these issues. They don't alter vision the way typical glasses do; rather, they have an amber-colored coating or tint on their lenses, which allegedly



helps to filter out a certain percentage of blue light and ease its impact on the eyes and the circadian rhythm.

However, not all blue light glasses are created equal. They are available on sites like Amazon at prices reaching as low as \$5, yet can easily be worth

hundreds when purchased from other brands like Felix Gray. The quality of the lens could be a factor in determining how well the glasses work—if they work at all.

There is much debate in the scientific world regarding this subject. Medical sources, like the American Academy of Ophthalmology and the Mayo Clinic, emphasize the lack of research surrounding blue light itself. Some research suggests that improvements in sleep quality and eye strain after wearing blue light glasses are due to the placebo effect, meaning that the glasses only work because the individual wearing them believes they're working.

In the end, blue light glasses are a harmless, potential solution to the impacts of late-night screen exposure, but no one can say for certain if they truly work as advertised.

What's in your food?:

Peelerz gummies

By AVA TROUP

Lifestyle Co-Editor

Peelerz fruit gummies offer a new and fun twist on how to enjoy a classic gummy candy. These sweet and innovative treats allow customers to “peel” the gummy as if it was a real piece of fruit and then eat the fruit skin and the inside to create a fully immersive experience.

This brand has nine different flavor options with all of them being shaped like the fruit they are meant to represent. The nine flavors are mango, grape, pineapple, peach, banana, lychee, strawberry, lemon and peach. While

they do have many flavor options, the base ingredients are similar, with maltose syrup, sugar, concentrated apple juice and gelatin being the main ingredients. These are all normal ingredients to be found in gummies and have not been found to have

any negative side effects.

Many of the gummies do have food dyes in them, such as Red 40, Blue 1 and Yellow 5, which are known to have potential side effects when frequently ingested. With the serving size being four pieces per serving, the negative effects of the food dyes are significantly less of a concern as long as the snack is consumed in moderation and follows the appropriate guidelines.

Regardless of the fact that there are many different flavors of the gummies, the nutritional information generally stays the same, with 90-120 calories per serving, 0-1g of fat, 22-26g of carbohydrates, 17-18g of sugar, 0g of dietary fiber and 0-1g of protein. The high sugar content should also be taken into consideration when purchasing the gummies with one serving being around 40% of the suggested daily sugar intake.



What science says about life on other worlds

By CHLOE SIMONSON

Science & Technology Co-Editor

Imagine looking up at the night sky, knowing that something out there is alive. From the red sands of Mars to the icy moons beyond, and even to planets around distant stars, researchers are searching for signs of life beyond Earth. Astronomers estimate there could be over 300 million Earth-like planets in the galaxy. It all begs the question: Are we alone?

The first clue is in the water. It's vital to every living organism on earth. Where water flows, ecosystems can form. In 1971, Mariner 9 mapped most of Mars and revealed channels, lakebeds and hints of a thicker atmosphere. Today, NASA's Perseverance rover is studying rocks and soils in Jezero Crater, an ancient lake bed, for microbial fossils to bring back to Earth.

Two of the most promising worlds are Europa, a moon of Jupiter and

Enceladus, a moon of Saturn. Both hide saltwater oceans beneath thick ice, and Enceladus blasts plumes into space. In 2023, scientists confirmed phosphorus there—a key ingredient of DNA and cell membranes—along with organic compounds like hydrogen, methane, carbon dioxide and salts. NASA's Europa Clipper, launching in 2025, will probe Europa's potential habitability.

Beyond the solar system, telescopes like Kepler and James Webb have revealed thousands of exoplanets. Some sit in the “habitable zone,” where water could persist. James Webb can even read exoplanet atmospheres, looking for oxygen, methane and other biosignatures.

In short, that “other life” people imagine probably won't arrive in spaceships. Scientists expect the first discovery to be microscopic organisms or chemical traces. Even microbes would prove Earth isn't alone—and would reshape how people understand life in the universe.

Science & Technology

Writing opens door to the brain

By REILLY NEWTON

Science & Technology Editor

In this ever-growing technological age, many traditional practices are being disposed of and replaced with more efficient processes.

Typing, for example, is quickly taking over as one of the most popular ways to communicate. In a world characterized by the digital age, it's hard not to engage in some type of text thread throughout the day.

With this sudden takeover, it's easy to forget the art of handwriting that has ruled the world for centuries before, and the benefits it has reaped.

Many of us treat the ability to write as a sixth sense, when in fact it really is a skill that requires constant cognitive practice.

It's proven that writing by hand stimulates the brain by engaging several different regions responsible for movement, vision and sensory processing. Furthermore, it is also linked to reinforcing memory retention, photonics and reading comprehension.

"There's this really clear tie between

this motor action being accomplished and the visual and conceptual recognition being created," Sophia Vinci-Booher, an assistant professor of educational neuroscience at Vanderbilt University, said.

Beyond general motor skills, when you write by hand, you are revealing current emotions that might not be visible to others at first glance.

For instance, if someone is in an anxious mood, their writing may reflect that by being messier or even illegible. On the other hand, if that person is calm or happy, their script may be neater.

Graphologist's research proves that the way one slants their writing up or down, or is prone to write in a bubbly manner instead of a tight one, is impacted by mood.

This is linked to a term called cognitive burden. The more mental stress placed on someone, the more it affects their cognitive abilities, which therefore affects their physical skills.

The next time you take notes, opt to handwrite them and take a minute to analyze them; you may find out something about yourself that you didn't notice.

App helps consumers make healthier choices

By VANESSA DISPOTO

School News Co-Editor

Yuka is an application available to download on any mobile device that can help people see what's really in their food, drinks or even beauty products.

Most brands are great at marketing their products as healthy. When I downloaded Yuka, I found that many of my everyday products contained toxins.

The interface of the app is simple, which makes it easy for anybody to use. The barcode scanner recognizes almost anything it scans. The product is then given a score out of 100, and the app provides you with specific components of the product that may

cause harm.

One item I decided to scan was my CeraVe Daily Moisturizing Lotion. Even though their marketing made me believe it was a great product, Yuka was able to thoroughly contradict them.

The item received a score of 15 out of 100, and one high-risk ingredient, propylparaben, was found in the lotion. The app gave me information on harmful ingredients, and even provided me with an alternative option, Aveeno Daily Moisturizing Cream.

Yuka is an amazing app for anybody looking to be more conscious when shopping for food or beauty products. I find the app to be extremely useful, and I would recommend it to anyone.



Conspiracy theory: Are cats real?

Are you sure your cat isn't spying on you...?

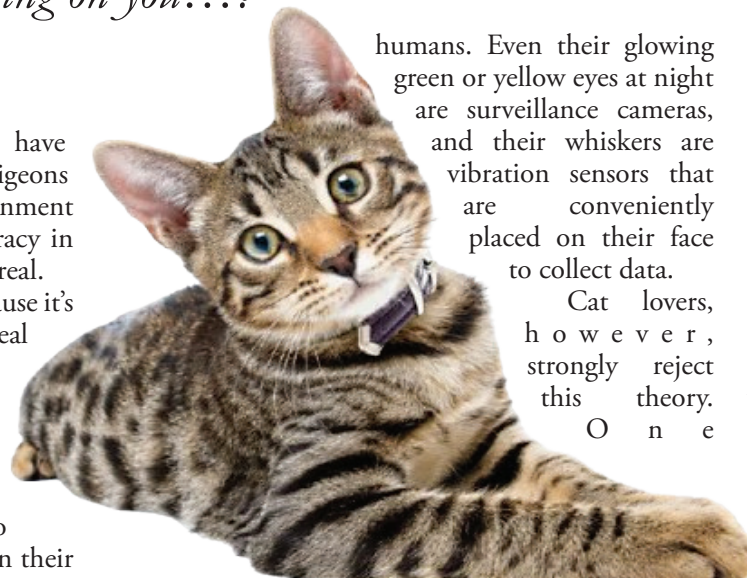
By ASHANTIA DICETTE

Opinion Co-Editor

For many years, conspiracy theorists have theorized on and on about birds—specifically pigeons and how they are drones designed by the government to spy on civilians. But there is a new conspiracy in town that is gaining traction online: cats aren't real.

This theory is similar to the bird theory because it's modeled after it. The claim is that cats aren't real but instead are drones created for surveillance.

Ever wonder why your cat is always gone? Well, it's sending its collected spy data back to government officials. Cats can sleep up to 20 hours per day, which causes believers to theorize that they are using that time to "recharge" after spending a whole day spying on their



humans. Even their glowing green or yellow eyes at night are surveillance cameras, and their whiskers are vibration sensors that are conveniently placed on their face to collect data.

Cat lovers, however, strongly reject this theory. One

Reddit user in disagreement stated that cats were sent here by the aliens in order to protect us from the drones. That's the reason why cats attack birds at any opportunity.

"No, I know what's happening here, the birds are possessing the cats and controlling their brain patterns," one Reddit user wrote. "It's well known that cats contribute to bird extinction so we just don't realize it's a parasite drone taking over a cat's body."

However, this so-called "conspiracy theory" is still alive and thriving on the internet. On a multitude of websites you can find people backing up the theory, some even going as far to spy on their own cats in order to find out the truth.

Similarly to the bird theory, many view this theory on cats as an early sign of craziness. But they may simply be in denial.

Sports

Girls tennis shuts out Western Wayne 5-0

By ALYSSA ZIMMER
Community News Editor

The tennis team beat Western Wayne 5-0 on Sept. 24, and the team ended their regular season with a 6-8 record.

No. 1 singles player junior Emma Strickler won her first set 6-1 and her second set 6-0. No. 2 singles player junior Josie Lordi won 6-3 her first set and 6-1 her second set.

No. 3 singles player sophomore Maya Spicer won her first set 6-3 and second set 6-4.

No. 1 doubles players senior Ruby Bailor and sophomore Avarie Balogh won

6-0 their first set and 6-1 their second they beat Mid Valley 5-0.

set. Western Wayne forfeited their second doubles match.

"The season started off with a handful of losses, but we really came together to play much better as the season progressed," Lordi said.

The team won their match on Sept. 26 against Honesdale 3-2, and on Sept. 29



Contributed Photo

Junior Emma Strickler is warming up her serve for the match against Scranton

For the Mid Valley match, Strickler, Lordi and Spicer won their singles matches, while Bailor, Balogh, juniors Meghan Hagerty and Sophia Romeo won their doubles matches.

The Warriors play the Buckhorns today at 4 p.m. for team Districts.

Lordi and Strickler will play singles Districts on Oct. 10. Doubles Districts will take place on Oct. 16.

Field hockey team outmatched by Hornets

By KIMBERLY SMYSER
Managing Editor

The field hockey team lost a hard battle 6-0 to Honesdale on Sept. 29, making their overall record 2-11.

"Honesdale has a system of play that is about speed and attack," head coach Marielle Cohen said. "They ended up with a lot of opportunities and eventually goals are going to go in."

Coach Cohen credits the team for playing hard for 60 minutes and focusing on the right things.

"It is very hard to be in a losing season, but they [her players] do a nice

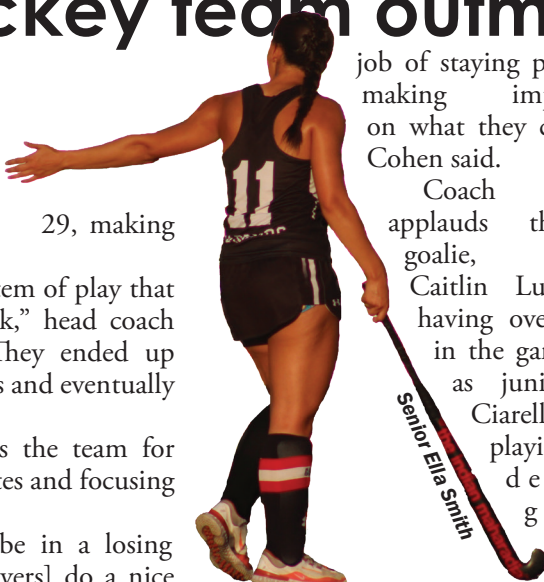
job of staying positive and making improvements on what they can," coach Cohen said.

Coach Cohen applauds the team's goalie, sophomore Caitlin Luciano, for having over 20 saves in the game, as well as junior Jordyn Ciarelli for playing a strong defensive game.

According to Coach Cohen, captains, senior Ella Smith and junior Savannah Liz played a tough and competitive game.

Although the majority of the varsity team is made up of underclassmen who are still learning about the sport, they are gaining quality experience. This leads coach Cohen to be hopeful for the coming years' predicted success.

"[For the end of the season, I hope we can] continue improving on offensive and defensive corners, outletting and connecting as a team on offense," coach Cohen said.



Senior Ella Smith

Collegiate update: Lauren Donnelly

By MIKE IUZZOLINO
Sports Editor

Lauren Donnelly, a 2025 graduate, is currently an outside hitter for Moravian University's DIII volleyball team. As a freshman, she appeared in nine of 11 matches, including her first start against Wentworth Institute of Technology.

What is a typical day in your life?

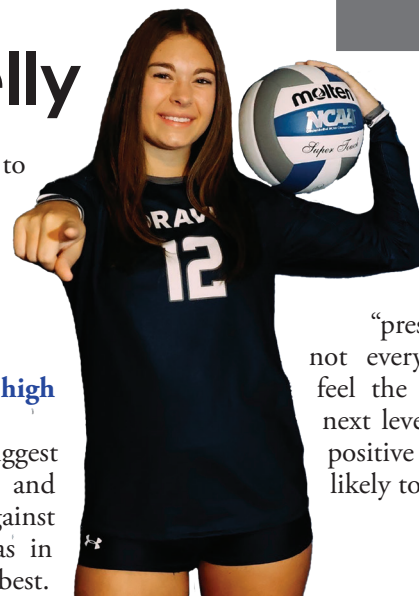
Wake up at 5, eat breakfast, practice from 6:30 to 8:30, class from 9 to 10:15, either lift or film at 10:30 depending on the day, eat lunch, class from 12 to 2:45, study hall from 3 to 6, eat dinner, homework/film, go to sleep at 11.

What are your goals for the season?

My personal goals are to continue to improve my skills, contribute to the success of my team and make the dean's list. As a team, we are hoping to make the Landmark Conference playoffs and continue to build upon our team chemistry.

What is the biggest difference between high school and collegiate athletics?

It is like having a full-time job. The biggest difference is the level of commitment and competition. In high school, you compete against teams with a variety of skill levels, whereas in college, you are playing against the best of the best.



Spotlight Athletes Tennis



Ruby Bailor, SENIOR

"Ruby is the co-captain of our team and has worked really hard this past year to improve her game and strategy."

- Head coach Amy Strickler

Field Hockey



Jordyn Ciarelli, JUNIOR

"Jordyn is always focused on improving while being a good teammate and encouraging her teammates all the time."

- Head coach Marielle Cohen

What is your advice for athletes looking to play in college?

My advice is to embrace the pressure. Our coach tells us that "pressure is a privilege," meaning not everybody gets the chance to feel the pressure of playing at the next level. If you view pressure as a positive thing, then you are more likely to thrive under it.

Sports

Golf team's victory secures playoff berth

BY MIKE IUZZOLINO
Sports Editor

Senior CJ Koger's score of 37 helped the golf team defeat Valley View on Sept. 11, improving their season record to 6-4.

The team won with a score of 163-175. Sophomore Adam Myers placed second on the team shooting a 41, followed by sophomore Hunter Stead who shot a 42 and seniors Chase Peereboom and Liam Onofry who both shot 43s.



Contributed Photo

Senior CJ Koger lines up and sinks a putt in his match against Valley View.

The match proved to be a key win for the team.

"The match was exciting because going into it, I knew that we had a chance to make playoffs if we beat Valley View," head coach Jim Salus said.

Typically, home course advantage is a tough obstacle to overcome, but the team was able

to by shooting their best score at an away match this season, which was something that coach Salus was proud of.

"There were times when kids could save strokes if they were more conservative or more aggressive," coach Salus said. "It depends on the shot, but overall, I thought they did a great job at that course to shoot 163."

This was the team's second win against Valley View during the season, and the third victory in a three-game winning streak.

The team will lean on upperclassmen leaders like Koger and Peereboom for success in the upcoming postseason.

Spotlight Athletes Golf



CJ Koger, SENIOR

"He is a returning senior for the past four years and has been a solid player. I'm hoping for the best for him this year at Districts."

- Head coach Jim Salus

Girls Soccer



Brooke Nielsen, SOPHOMORE

"[Brooke] leads by example at practice and on the field."

- Head coach Kevin Quinn

Girls soccer team loses to Abington 4-0

BY JOSIE LORDI
Sports Co-Editor

The girls soccer team lost a tough game against the Abington Heights Comets 4-0 on Sept. 26.

Abington started off strong with their offensive game, leaving the Warriors to defend for the majority of the first half. The Comets moved the ball quickly, and the Warriors just couldn't seem to keep up. Junior goalkeeper Hailey Westridge and junior defender Rhyanne Rettinger had some defensive stops for the Warriors, slowing Abington down.



Sophomore Brooke Nielsen

"We hung with a very talented team and played great soccer," head coach Kevin Quinn said.

Delaware Valley kept trying to get the ball to sophomore midfielder Brooke Nielsen, but just couldn't get it past Abington's defense. With the ball not making it past the 50 yard line, the Warriors couldn't even get a shot on goal.

Abington took the lead with 11 minutes remaining in the first half. The Warriors had solid defense leading up to the goal, but that didn't stop the Comets from putting one in. Abington led 1-0 at halftime.

The Comets scored a goal in the first 30 seconds of the second half. DV's offense still did not have a shot on goal. Abington got another goal with 20 minutes remaining in the game and another with 15 minutes remaining.

"Our playing is improving entering the last half of our season," coach Quinn said.

Warriors upset Comets in Hoco game

BY EMMA SIMMONS
Editor-in-Chief

The Warriors defeated Abington Heights 28-14 on Sept. 27, improving their record to 2-4 for the season. The win marks potentially a turning point for the 2025 season, being the team's second consecutive win after opening the season 0-4.

Senior running back Mike Iuzzolino led the scoring with two touchdowns. Additionally, both he and junior outside linebacker Devin Estevez put up most of the rushing yards for DV with 178 yards

and 99 yards respectively. Iuzzolino also completed a 97-yard kickoff return and blocked a punt, both of which played a major part in the final score of the game.

Head coach Keith Olsommer credits both Iuzzolino and Estevez for being essential to the Warriors' win over the Comets, who are currently second in District II power rankings.

"Mike had a great game on both offense and defense, and Devin provided a spark for us in the fourth quarter," coach Olsommer said.

The win allowed DV to maintain possession of the black and blue jug that

is traded back and forth on the annual rivalry game against Abington; a tradition that coach Olsommer established with Abington coach Joe Repshis 20 years ago.

"It [the jug] magnifies the importance of the game and adds some fire to the atmosphere," coach Olsommer said.

The Warriors will take on Long Island Lutheran at home tonight at 6 p.m.



Sophomore Trey Newton

Football



Mike Iuzzolino, SENIOR

"He is a fantastic leader and a hard worker, and he fulfills many roles on the field that most players cannot."

- Head coach Keith Olsommer

Sports

Warriors lose a close one to Cougars 2-1

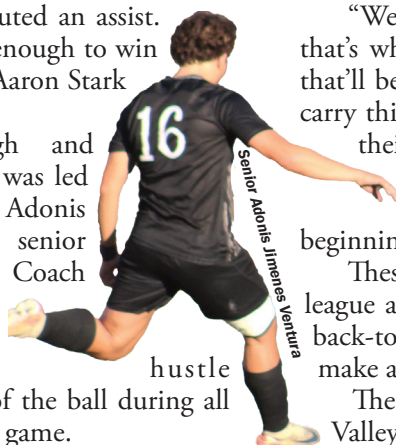
By **LUCAS PETERSHEIM**
Sports Co-Editor

The boys soccer team fell to a record of 4-3-2 after falling short to Valley View on Sept. 23. The game was tied at one goal a piece for the majority of the game until Valley View's offense scored a penalty kick with about 10 minutes left in the game.

Though the game resulted in a loss, head coach Aaron Stark was happy with the team's play. The attack was led by the team's leading scorer, junior Jason Nagy with one goal, and senior Lance Saint

Jean who contributed an assist. "We played well enough to win the game," coach Aaron Stark said.

The tough and relentless defense was led by senior captain Adonis Jimenes and senior Reagan Decker. Coach Stark was also pleased with the effort and the hustle from both sides of the ball during all 80 minutes of the game.



"We battled the entire game, and that's what I need from these guys, and that'll be contagious." The team looks to carry this effort through the back half of their difficult schedule.

They face opponents that they already played at the beginning of the season.

These games will be crucial for the league and Districts. They aspire to win back-to-back district championships and make a deeper run in the state playoffs.

The team next heads to Minisink Valley Highschool to face the Warriors.

Volleyball hammers Wyoming Area

By **REILLY NEWTON**
Science & Technology Editor

The girls volleyball team defeated Wyoming Area in straight sets on Sept. 25. The scores were 25-7, 25-14 and 25-22.

Key players included sophomore Makayley Hughes with 10 service points and 18 assists, junior Layla Hickok with 10 service points and three aces and senior Kate Prior with 11 service points.

The Warriors went into the game with full confidence and played like it. With an easy first two sets, the Warriors hit a lull during the final set and allowed a seam for Wyoming Area to penetrate.

Wyoming Area was able to capitalize on the energy shift and quickly gain on the Warriors. With a tight final set, the Warriors were able to pull off the victory to end the game.

"They played well," head coach Karley May said. "Towards the end, I think we got a little comfortable, but when we play games like that, when they're not very good, it's hard to keep our energy up."

Coach May said that although a good amount of teams are still widely unchallenging, the competition is increasingly getting more serious.

"The teams in the league are getting much better every single year. It's kind of refreshing in a way," coach May said.



Josie Lordi/Del.Aware

Senior middle hitter Brianna Waldron goes in for a kill against Lake Lehman.

The Warriors take on Stroudsburg High School on Oct. 4 at 11 a.m. in the high school gymnasium.

XC team succeeds despite tough course

By **JAIDA PALACIOS**
Arts & Literature Editor

The cross country girls improved to 8-1 and the boys were 6-3 after racing at Honesdale, a course known for its hills and difficult terrain, against Elk Lake, Montrose and Blue Ridge. The boys and girls teams secured wins against Montrose and Blue Ridge.

The boys beat Montrose 25-30 and Blue Ridge 22-33, while the girls beat Montrose 23-38 and Blue Ridge 21-40 on Sept. 17 at Honesdale.

Even though they secured two wins, they lost to Elk Lake due to the team's speed.



Alyssa Zimmer/Del.Aware

Seniors Kim Smyser, Ava Troup and Lily Stoveken pass a competitor.

Sophomore Grace Holderith secured a first place win for the girls. Her time of 20:06 set her as the new record holder on the new Honesdale course. Head coach Keith Fitzpatrick said Seniors Kim

Smyser and Lily Stoveken, along with sophomore Mya Viera, also delivered strong performances.

Seniors Gideon Yost, Connor GIBLIN, Phil Fitzpatrick and John Llewellyn all finished within 50 seconds of each other to secure the wins. Yost had a time of 19:01, GIBLIN 19:33, Fitzpatrick 19:46 and Llewellyn 19:52. To seal the wins against Montrose and Blue Ridge, sophomore Aiden Asocella set his best personal record at 20:45.

"I knew Elk Lake would be difficult to beat, but I was happy with our performance and wins against Montrose and Blue Ridge," head coach Keith Fitzpatrick said.

Spotlight Athletes Boys Soccer



Jason Nagy, JUNIOR

"He controls everything in the middle of the field and gives us opportunities in the offense."

- Head coach Aaron Stark

Girls Volleyball



Paris Machado, JUNIOR

"She is such a competitor, and she wants to be better everyday. She has been the leader for kills every game."

- Head coach Karley May

Cross Country



Grace Holderith, SOPHOMORE

"If her form keeps up, I expect her to be a first team all star again."

- Head coach Keith Fitzpatrick