



Dunkin' Valentine's Menu:
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DEL AWARE

Delaware Valley High School - Milford, Pa.

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Coaches vs. Cancer event to unite school community

BY AVA TROUP

Lifestyle Co-Editor

In 2025, an estimated 2.04 million new cancer cases are expected in the US. Because of this staggering statistic, the high school will be hosting its annual Coaches vs. Cancer event tonight in the high school gymnasium from 5-9 p.m. The main goal of the event is to increase cancer awareness and fundraise for the American Cancer Society.

This pink-out event will take place during the girls and boys varsity basketball games.

"The event gives everyone an opportunity to come together, not only to honor those who have fought or continue to fight their respective battles, but also unite in a common purpose to end cancer," Dr. Jayson Pope, assistant to the superintendent for federal programs, said.

The Student Athletic Advisory Committee (SAAC) adviser Mrs. Krystine Thompson designed the pink-out shirt that was sold during lunch periods. These shirts will be sold at the event for \$20 and 100% of the proceeds will be donated to the American Cancer Society. Journalism students will host their second High School Game Day event throughout the course of the games.

"Our students have taken on a major role by creating digital content focused on fan engagement and event promotion," Business and Marketing CTE teacher Mr. Jeff Luhrs said. "They have worked with purpose, creativity, and professionalism, and I am incredibly proud of the way they have leaned into this opportunity and risen to the challenge."

Special guest Mike Joseph,

a current Northeast PA Coaches vs. Cancer board member and former Bucknell University basketball athlete, will also be interviewed remotely. Cancer survivors will be a part of the event as well.

A silent auction will take place for a variety of items, such as a Knicks jersey autographed by John Stark and a pair of Air Force 1's custom-designed by senior Angela Olsen. There are also 13 other baskets that will be raffled off at halftime of the boys game.

The planning of this event has been a group effort from a variety of classes and clubs. Many of the staff involved have been touched by this large amount of participation.

"The most meaningful part is the collaboration between so many groups at the high school to make the event a success. Journalism, Business and Marketing CTE, Combo 10 students, SAAC and Digital Media students are all collaborating for an amazing cause. It's great when we can all support each other and work together," Mrs. Thompson said.

Designed by Angela Olsen



Combo 9 book program offers opportunities to students

BY FAITH BAILEY

School News Co-Editor

All levels of the Combo Program have began working this year to increase student volunteerism. The ninth-grade team decided on the Book Buddies program, a reading-based initiative that consists of freshman combo students working with elementary students to help them to find enjoyment in reading.

The program is a joint activity with the United Way that allows the freshmen to go to Delaware Valley Elementary School and read to kindergarteners. Any Combo 9 student who was interested could participate. Assistant to the Superintendent for Federal Programs Dr. Jayson Pope, social studies teacher Mr. Nick Quaglia and English teacher Mrs. Jackie Weston helped put it together.

The program gives both Combo and elementary students the chance to benefit from each other.

"In addition to helping to improve the lives of

others, the Combo kids have the opportunity to work on their communication skills and foster a sense of community in themselves and others," Mrs. Weston said. "As for the kindergarteners, it provides them with fantastic role models and the opportunity to expand their love of reading."

The program is intended to allow the ninth graders to visit with their book buddies multiple times throughout the year. The Combo students have been working on their communication skills throughout the year to be able to work well with the kindergarteners.

Mrs. Weston has a connection with the program and feels that it is an amazing opportunity to support

the love for reading in younger ages. She values the dedication that the freshmen are willing to provide.

"Being able to help foster a love for reading and provide young children with the opportunity to connect with some of our amazing high school students means the world to me."

- Mrs. Jacqueline Weston

"Being able to help foster a love for reading and provide young children with the opportunity to connect with some of our amazing high school students means the world to me," Mrs. Weston said. "When I think of my students who are willing to give up their

time to help others, my heart swells with pride, and when I think they may be able to encourage a young person to love reading, I am overjoyed."

School News

Mrs. Kresse brings skills to the healthcare CTE

By ASHANTIA DICETTE
Opinion Co-Editor

Welcome new teacher Mrs. Jodi Kresse, to the school's Career and Technical Education (CTE) healthcare program, where she brings years of professional healthcare experience and a passion for helping others.

Mrs. Kresse has been a registered nurse since 2009. And she was the nurse

"By seeing, touching, feeling and doing, you learn best."

- Mrs. Jodi Kresse

at the high school from the 2020-25 school year. When the opportunity to teach became available, she said it felt like the right next step. Teaching allowed her to share her love for healthcare and caring for others with students interested in medical careers.

"I thought it would be great to pass my love of nursing and health care and taking care of people on to our future generation of health care workers," Mrs. Kresse said.

A graduate of Delaware Valley, Mrs. Kresse remarked that she felt a strong connection to the school and its community. She credits her time as a student as being helpful to prepare her for the future. "Giving back to the community where I grew up was really important to me," she said. "I had such great experiences here as a student."

This year, Mrs. Kresse's main goal for the healthcare CTE program is to provide students with strong foundations and meaningful experiences that will help them succeed after graduation. Her teaching style focuses on flexibility and meeting students' needs. Mrs. Kresse said she believes that hands-on learning is one of the most efficient ways for students to not only develop

skills but also build confidence.

"By seeing, touching, feeling and doing, you learn best," Mrs. Kresse said.



Ashantia Dicette/Del.Aware
Mrs. Kresse displays her cell models in her new classroom.

According to Mrs. Kresse, interpersonal skills are some of the most important qualities for students interested in healthcare careers. She emphasized the importance of communication, compassion and respect when working with patients who may have different backgrounds.

Mrs. Kresse describes the program as rigorous but supportive. She

acknowledges that healthcare can be a challenging career path but is committed to helping students succeed if they are willing to put in the effort. She believes that hard work makes success achievable.

SAT provides importance to students' futures

By FAITH BAILEY
School News Co-Editor

The SAT is a test developed by College Board that select colleges factor into admissions. It is used along with a student's GPA and class rank to evaluate their ability to handle college courses. Its importance has changed in recent years, becoming less of a deciding factor, but it is still a significant part of the process.

Many teachers view the SAT as just a piece of a student's performance. "I look at it as a transcript is [like] a movie about a student, whereas an SAT is like a snapshot," guidance counselor Mrs. Jessica Favorito said. "You can't get a great idea of a student by just looking at an SAT score."

Although some colleges do not require the SAT anymore, it provides opportunities for scholarships and merit aid if a student performs well. Just six years ago, a student could not

apply to a college without submitting at least one SAT score.

The SAT focuses solely on math and English including topics of algebra, geometry and trigonometry. Reading comprehension and vocabulary are the main portions of the English section.

The test is offered locally at Delaware Valley, Wallenpaupack and High Point. To sign up for the SAT, go to the College Board website, make an account, click my SAT and then follow the prompts.

It is important for juniors to start looking for colleges and taking the SAT.

"This is the time right now that you should be planning for life after high school especially if that means college," Mrs. Favorito said. "Part of that process is taking your SATs."

SAT Dates

March 14	Register by Feb. 27
May 2	Register by April 17
June 6	Register by May 22



Compiled by Faith Bailey

School News

Club feature: Civic Debate

BY VANESSA DISPOTO
School News Co-Editor

Students interested in discussing current events and sharpening their public speaking and debate skills have found a new outlet through the Civic Debate Club, a recently formed organization that encourages thoughtful discussion and respectful disagreement.

The club was founded earlier in the school year by junior Nat Carso, who serves as the president of the club. Carso wanted to be able to create a space where students could explore different ideas and engage in meaningful conversations about issues that are important to them.

"I decided to start the club to have an outlet for students to learn more about other ideas, topics and discuss issues that they are interested in," Carso said.

The club meets every other Monday, generally until 4:20 p.m. Meetings follow a consistent schedule. At the end of each meeting, members of the club decide a topic to debate at the next meeting. Leading up to that meeting, they perform various types of research on the chosen topic, which prepares them to argue different perspectives.

When the members arrive at the next meeting, they debate using various formats and styles.

Carso said that starting the club came with challenges, especially because it was not formed at

the beginning of the school year.

"I had to fill out a form to start the club and spread the word about it so people would join, which was difficult [to do] halfway through the year," Carso said.

Junior Chase Ruzanski, vice president of the club, is involved by actively engaging in debates about

modern controversial topics. He believes that the club provides valuable skills that extend beyond what one would get out of a typical classroom setting.

"I think students should join because it offers a good opportunity to practice debate and social skills that can be useful in college and many careers," Ruzanski said.

Members of the club are preparing for new opportunities, and Ruzanski also said he hopes to continue playing an important role in the club.

"We are planning to compete in real debate competitions next year," Ruzanski said.

So far, the club has debated on marijuana and AI. The club is available to join at any time, but it is a winter club, so only a couple meetings remain.

"The club is a great place for students who are passionate about civics to come and discuss some current issues," Carso said. "[It is] also for students who are just looking to learn more to educate themselves about what's going on in society."

"I decided to start the club to have an outlet for students to learn more about other ideas, topics and discuss issues that they are interested in."

- Nat Carso

Winter signing day celebrates athletes



Nine athletes put pen to paper solidifying their collegiate commitments during the annual winter signing day held on Feb. 2. Various athletes from fall and winter sports made their decisions to attend a variety of DII and DIII universities. The following seniors finalized their commitments: Krystina Orby- Lock Haven (DII), Leah Bird- Wilkes (DIII), Reagan Decker- Bloomsburg (DII), Samantha Prisco- Pennsylvania College of Technology (DIII), Sasha Sheehan-Lesley (DIII), Jeremiah Segal- Wilkes (DIII), Emiley Hughes- Wilson (DIII), Keegan Samson- Centenary (DIII) and Taylor Spears- Marywood (DIII).

Compiled by Lucas Petersheim

First Flexible Instruction Day prompts mixed reviews

BY VANESSA DISPOTO
School News Co-Editor

The circulation of opinions revolving around the snowy weather and cold temperatures has been occurring for weeks, and on Jan. 27 the first Flexible Instruction Day (FID) took place.

This approach is designed to ensure that students will continue to receive essential instruction without extending the school year further.

Superintendent Dr. Brian Blaum shared his thoughts regarding the process of determining the date of the first FID.

"Tuesday [Jan. 27] was chosen as an FID because we had our students prepared from the previous Friday," Dr. Blaum said. "I ultimately chose to make Monday [Jan. 26] a traditional snow day due to the volume of snow we received."

Although it seems that AP courses and CTE programs would have been disrupted, administrators said that

everything ran smoothly.

"Teachers may choose to introduce new content if that's how their lesson plans fall," assistant principal Ms. Jessica Hubal said. "Especially in AP courses where staying on schedule is important."

Some students such as freshman Veronika Martin believe that the FID was beneficial and an efficient way to keep students on track with schoolwork.

"I think it went really well," Martin said. "There was a lot of independent learning which I didn't mind."

Other students such as freshman Bella Puiu did not feel so great about the FID and felt that it was unsuccessful.

"I feel like I got no work done," Puiu said. "It was okay, but I'd honestly rather spend my time in school learning than online."

As of Jan. 29, there are two snow days and four FIDs remaining.

Opinion

OUR OPINION Was 2016 actually the time to be alive?

Picture this. You are eight years old waking up to a beautiful snowy day without a care in the world. Your naive brain does not shed a thought about the effects of pollution on the environment or the price of gas. You only worry about what flavor donut you are going to get or who gets to go down the slide first at recess.

Now, you are 17 years old and a high school student who has to worry about finals and plans for your future.

You begin to look back on your youth and reminisce.

Back in 2016, life was good— it was great.

What an odd thought to have, since there are plenty of scientific developments happening now too; so why do we look at our past through rose-colored lenses? Why do we always compare the present to the past when they are so insanely different?

In 2016, there were overwhelming terrorist attacks and intensifying political division, but we often focus on the medical breakthroughs and light-hearted cultural moments.

So why do we choose to neglect the disheartening events that happened over a decade ago?

From a psychological perspective, this is most likely due to the phenomenon of hindsight bias and our tendency as humans to romanticize our history.

We often remember the highlights and forget the boredom and fear that once controlled our lives like they do now. The present is often deemed as nerve-wrecking, making the past feel calm. We are already aware of the consequences of past mistakes, so it seems safer and simpler.

This is commonly seen in relationships: the past frequently feels superior since nostalgia erases memories of conflict. As we continue to grow and age,

we remember how someone made us feel happy and open rather than the full reality of the relationship’s struggles. Since past relationships no longer require that strenuous effort, they seem simpler than the unfinished present.

Back in 2016, were we just naive children who did not know any better and were enjoying life as it came to us? Or were we actually just sheltered and unaware?

There are still plenty of positive factors of our current lives that we should focus on while, of course, keeping in mind the negative aspects of our society without harping on them.

If we instill this positive mindset now, pleasant outcomes are likely to follow and give future generations something positive to look back on in a decade from now.

It’s time to stop glorifying stress

By LILY STOVEKEN
Opinion Editor

Stress is a normal part of life. It can occur as the result of any inconvenience— a late homework assignment, an argument with a friend. But when did we begin to see overwhelming stress as a prize instead of something to avoid?

In today’s world, especially modern America, it’s normalized for people to fill their schedules to the brim. Instead of prioritizing sleep, diet or a healthy lifestyle in general, we live on quick cups of coffee and the constant rush between home and work life. This mentality has bled into the lives of students.

It’s considered normal to take on as many AP classes, honors classes, clubs and sports as their schedule allows. It’s become clear that if you’re not overwhelmed, you’re not doing it right. Of course, the demands of this lifestyle lead to copious amounts of

stress, but it’s not the stress that’s the problem. It’s the way we respond to it.

When someone admits that they haven’t slept in days due to studying, that they’re living off of energy drinks— that they’ve been sacrificing their health and energy for the sake of maintaining this impossible standard—the immediate response should be telling them to take a break. To try and take care of themselves. But that’s not always the case.

Those who are stressed beyond belief are not seen as people to pity, but people to admire. Why? Because they’re hard workers. They’re meeting the standard that society has set for us— at the sacrifice of their health, yes, but they’re meeting it nonetheless.

We’re appreciating the wrong thing; hard work deserves to be praised and recognized, but stress does not. The accomplishments of those who push themselves to the breaking point deserve recognition, but their lack of sleep and test anxiety does not. If we

glorify stress, it serves as positive reinforcement for a lifestyle that is ultimately unhealthy.

Since when did we stop prioritizing ourselves? Since when was the work more important than the real, living person behind it? While often disregarded, having a healthy body and mind is essential to success in other areas of your life. Work is important, but in the end, all your efforts will come crashing down if you fail to take care of yourself.

Overwhelming stress should not be glorified. It should be treated as a sign that you’ve pushed yourself too hard. No one should have to completely drain themselves in order to feel as though they are working hard enough.

So the next time you forsake sleep for studying or take on an extra project simply because you can, just remember that your work ethic doesn’t have to change. The standard does.

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Letter Guidelines

The Del.Aware is an administrative reviewed publication of the journalism class of Delaware Valley High School. The Del.Aware will print acceptable letters written by current students which may be edited or condensed for reasons of libel, good taste, grammar and punctuation.

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Opinion

Dating is not a pastime

BY CHLOE SIMONSON

Science & Technology Co-Editor

Teens talk a lot about “just getting out there,” as if dating is something you’re supposed to do constantly, even when you don’t feel like it. I’ve noticed this pressure from friend groups and social media specifically and it always feels like dating has become more of an obligation than an experience.

Dating just to date doesn’t help anyone. It often makes things worse. If you don’t see a future with someone, why string them along?

There’s this idea that staying single means you’re doing something wrong. People love to say things like “I need a boyfriend or girlfriend,” as if being alone is a temporary mistake that needs fixing or that you need a significant other to be accomplished.

All this pressure doesn’t create real connections; it creates rushed interactions with people you don’t actually want to know. And honestly, it can make dating feel like some sort of social obligation.

When you date just to date, the

experiences start to blend together. You repeat the same conversations, the same stories, the same polite laughs. After a while, it gets draining. I mean, do you even like this person?

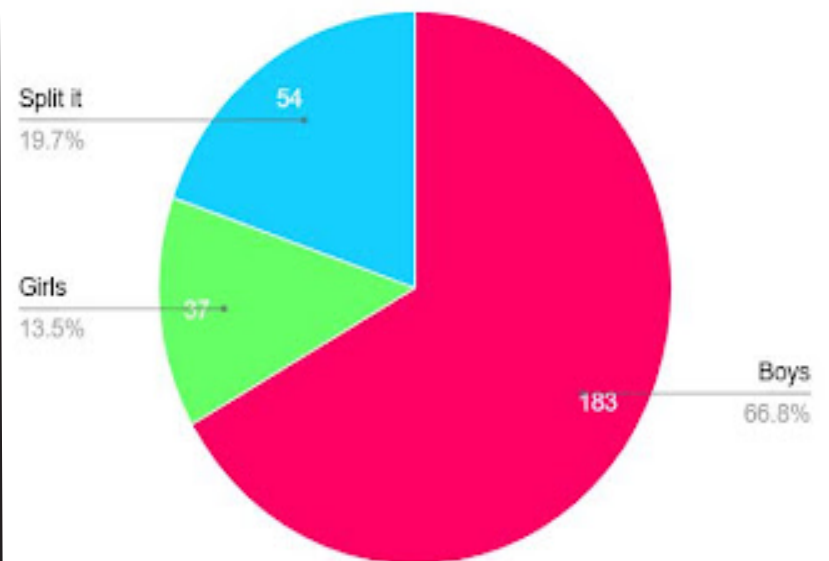
It’s hard to build something meaningful when both people are just checking a box. Dating becomes another task instead of something that should feel natural, and that constant cycle that waters down the real experience of loving someone.

There’s nothing wrong with taking a break from dating or choosing to stay single for a while. You get to figure out what you want, what you need and who you are. Being single isn’t failing; you just haven’t found the right person, something you won’t do when you’re just moving from one person to the next. Dating without intention doesn’t lead to anything good.

So instead of treating dating like a checklist, we should date when it feels right, not when others tell us to, and just because all of your friends have a significant other. At the end of the day, meaningful connections come from honesty and timing, not pressure.

Poll: who’s responsible for the first date?

Who do you think should pay on the first date? The pie chart below displays results from the survey conducted during all lunches.



Compiled by Jaida Palacios

You’re attached to someone you’ve never met

BY EMMA SIMMONS

Editor-in-Chief

Think of that one actor, musical artist, fictional character or online personality that you love. Now, think of a family member, friend or pet that you also love, and reassess: what does the word “love” really mean to you? Do you care as deeply about figures you have never met as you do about your own family?

Parasocial relationships are defined as one-sided, emotional relationships with people you do not know. Psychologists attribute their development to humans’ tendency to develop attachments to others. Social media and 24/7 internet access enable us to have enough information about a stranger’s life to believe we know them.

This is not always bad. Finding comfort in seeing figures who represent qualities we possess is certainly a positive factor and can provide a sense of hope or

motivation to pursue goals. But at what point is that line crossed?

When you begin to check your phone constantly, obsessing over the minutiae of another person’s life, it can become draining or isolating, let alone the danger due to increase in screen time alone. Teenagers and young adults may even experience a lack of social skills or motivation when they are able to sit at home and find comfort in the internet instead of real human interaction.

It is also imperative to be aware that companies intentionally capitalize on that isolation, training actors to publicly divulge “secret” information or tell social media users that they “love” them. News outlets and paparazzi make money by posting intrusive content about celebrities’ lives to feed the obsession. Think of meet-and-greet events or book signings. Aren’t these just attempts to feel closer to that person or have a tangible way to embody your admiration?

The truth is, these people do not know who you are, and they certainly do not love you. There is no harm in finding joy in the media because it can truly be inspiring or a positive influence.

However, be careful to not care too much about these one-sided relationships because they can be an unhealthy attempt to fill a gap in your life with superficiality. Be aware that curated posts and merchandise campaigns are intended to manipulate you into becoming overly invested.

Instead, use your energy to build gratifying relationships with teammates, peers, family and friends. That way, you can build connections that are truly personal. I promise you, the one you have with that one TV show is not.

School News

'Twelfth Night' cast list

MARK YOUR CALENDARS FOR THE SHOW: APRIL 17, 18 AND 19



VIOLA
SENIOR

ADDISON DEL MAURO



ORSINO
JUNIOR

LOGAN WOODWARD



OLIVIA
SENIOR

EMMA JACOBS



MALVOLIO
JUNIOR

ALYSSA DONATONE



SIR TOBY
SOPHOMORE

TRENT KAYLOR



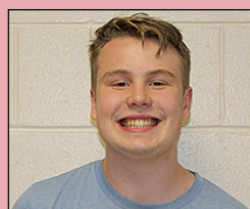
MARIA
SENIOR

CHRISTINA DEVINE



FESTE
SENIOR

ASHANTIA DICETTE



SIR ANDREW
JUNIOR

SAMUEL CARLOZZI



SEBASTIAN
JUNIOR

PAUL CIMINO



ANTONIO
JUNIOR

LILIAN SEIBERT



SIR ANDREW
SOPHOMORE

WILL KENT

Compiled by Lilian Seibert



The semi-formal dance will be held Friday, Feb. 13 (snow date Friday, Feb. 20). The dance will be Great Gatsby-themed. Looking for an outfit? Be sure to check out Cinderella's Closet in C13 for attire, accessories and shoes!

CTE Spotlight: Culinary Arts

BY ALYSSA ZIMMER
Community News Editor

The Culinary CTE is led by chef Alexander Niosi, who teaches his students aspects of the culinary industry, and the program prepares them either to go straight into the workforce or college.

The Culinary CTE is divided into three levels: level one, level two and level three. First year students have class for the first three periods, while second and third year students have class after 5A lunch and remain there until the end of the day.

The first level is introduction, where students learn all fundamental skills such as safety for equipment, how to work in the kitchen properly, knife skills, how to work with vegetables and produce basic dishes. Chef Niosi's students make a variety of breakfast foods and bake in the beginning of the school year, which helps them understand measurements.

"I am a baker by trade, so I like to make bread, but the chicken unit is actually pretty fun to teach," chef

Niosi said. "The unit is called poultry fabrication, and it's pretty interesting to see everybody's emotions."

In the first year, the class is strictly led by chef Niosi, who explains to the students what to do and guides them. As the students progress into the next levels, the class becomes more independent. Second and third years start to do projects on their own, especially when it comes to the Warrior Café by developing menus, creating ideas and concepts for special events that may be held on or off campus.

Last year, the Warrior Café was open to the public for dinner service.

While this isn't on the agenda at the moment due to the small class sizes that chef Niosi has, he said his students are producing lunches for the staff.

"Our numbers are generally pretty small, but I usually have at least one student in a graduating class who is interested in going to college [interested in pursuing a career in culinary arts]," chef Niosi said.

At the end of every school year, chef Niosi's

"[This is] the biggest project that they enjoy the most, to see all their work come to fruition, and they played out as servers, cooks and kitchen workers."

- Chef Alexander Niosi



Alyssa Zimmer/Del.Aware

Junior Jessica Scherman cleans the sink to sterilize it so that it is ready to be used for the next class.

students prepare a seven-course dinner and develop the menu.

"[This is] the biggest project that they enjoy the most, to see all their work come to fruition, and they played out as servers, cooks and kitchen workers," chef Niosi said.

School News

Where are they now?: *Dan Balton*

By **MIKE IUZZOLINO**
Sports Editor

Fifteen years ago, Dan Balton was walking the halls of Delaware Valley as a co-editor-in-chief of the Del.Aware. Today, the 2011 graduate is shooting Emmy-nominated comedy specials and Super Bowl halftime shows.

Balton's most famous shot came from the 2025 Super Bowl halftime show with Kendrick Lamar. At the time the feud between Lamar and Drake was at an all-time high, and Lamar's song "Not Like Us" was his most popular song dissing Drake.

Balton captured Serena Williams, who previously had a relationship with Drake, dancing to the song. Her appearance shocked the world, and Balton's image of the moment went viral.

"I was like, oh, this was this whole big performance, and people were honing in on this one moment," Balton said. "It was just a cool thing afterward to know that I was a part of."

Balton's Emmy nomination came in 2020 from his shooting of Dave Chappelle's "Sticks and Stones" special. Given the climate of the world at the time of

his nomination, he was unable to physically attend the show, but he still described the experience as surreal.

"So most years there'd be a ceremony to go to, of course, but because of the pandemic that year, there wasn't," Balton said. "So it was just kind of something that I had to be excited about in a sort of lockdown, but it was still really exciting."

Balton has always had a passion for videography.



Contributed Photo

Dan Balton was one of the videographers at the 2025 Tony Awards.

His parents own a business in the industry, and he grew up surrounded by it. He then went on to study both film and business at Penn State, and shortly after graduation he landed a job as a producer for a PBS affiliate in State College.

2018 was the year he took the big jump, moving to New York full-time as a freelance producer/director.

"I always knew that New York was the goal, and it always just seemed like the place where I wanted to end up, both career wise and culture wise," Balton said.

Balton highlights music and comedy as his favorite topics to shoot because of how interesting the visual aspects of the productions are.

On these sets he primarily operates jib cameras, which are essentially long camera cranes that are popular in the multi-camera television world.

Balton credits all the clubs and activities, including the Del.Aware, that Delaware Valley has to offer for establishing his interest in what is now his career.

Puzzle Fun

Group these words into 4 sets of 4,
finding a common theme for each!

Roses	Wings	True	Candle
Text	Gifts	Love	Bow
Uncon- ditional	Young	Arrows	Date
Sash	Kiss	Center piece	Puppy

Be the first to return the correct answers to C13 to win a prize!

Compiled by Vanessa Dispoto

Inquiring Photographer

"WHO IS YOUR CELEBRITY CRUSH?"

COMPILED BY JOEIMARIE COHEN



"Tom Welling"
Bella Seidel
Class of 2026



"Paul Dano"
Savannah Murdock
Class of 2027



"Piper Rockelle"
John Raabe
Class of 2028



"Megan Fox"
Kolton Graber
Class of 2029



Vanessa Dispoto



Jaída Palacios



Chloe Simonson



Ava Troup



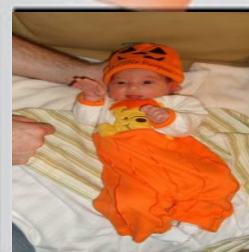
Keira LeMay



Ashantia Dicette



Lilian Seibert



Reilly Newton



Lucas Petersheim

OH NO! THE NAMES ARE SCRAMBLED!

MATCH EACH BABY TO THE
CORRECT NAME!



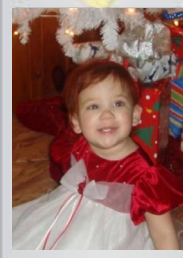
Kaitlin Gelardi



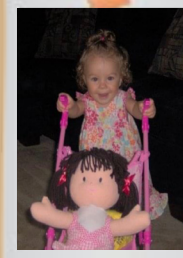
Kimberly Smyser



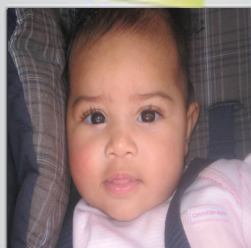
Mike Iuzzolino



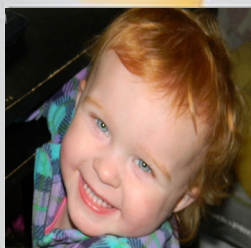
Josie Lordi



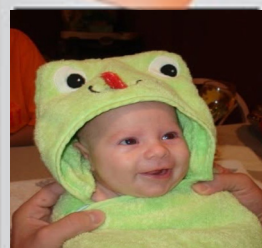
Lily Stoveken



Emma Simmons



JoeiMarie Cohen



Alyssa Zimmer



Faith Bailey



Ella Becker

School News

'12 Angry Men' demonstrates triumph of empathy, reason

BY KAITLIN GELARDI
School News Editor

Set in the 1950s, the play "12 Angry Men" offers a behind-the-scenes perspective on the American legal system, exploring the power of individual pursuit and the impact of reasonable doubt on a case filled with hasty judgment.

The play, held on Jan. 16 and 17, takes place at a New York County courthouse on a hot, stuffy day, where a jury is tasked with determining the fate of the accused perpetrator.

The defendant, an unnamed Puerto Rican 19-year-old boy, is the primary suspect in the stabbing and murder of his father and faces the death penalty if convicted.

In contrast to the other jurors, Juror 8, played by junior Madison Curchoe, is the only juror who argues that the boy is not guilty of the crime.

On the other hand, Juror 3, played by sophomore Will Kent, is determined that the boy is guilty, and

aggressively shuts down Juror 8. Throughout the play, his anger intensifies as more jurors lean toward the verdict of not guilty.

Juror 8 utilizes pieces of overlooked evidence to support her argument that the boy is innocent. For



Kaitlin Gelardi/Del.Aware

The Foreman and Juror 10 attempt to restrain an angry Juror 3 as he struggles to convince the jury of the defendant's guilt.

example, she points out how the knife used in the murder could be purchased practically anywhere at a cheap cost. She even purchased an identical knife to demonstrate that the weapon was easily obtainable, outruling the argument that it was distinctive and couldn't have belonged to anyone else.

As the play transitions towards its conclusion, Juror 8 continues to reanalyze evidence that initially appeared as proof of guilt, transforming them into compelling arguments for reasonable doubt.

Through Juror 8's unwavering fight, the play explores how bias can lead to rushed judgment, and that empathy along with critical thinking are essential for justice.

The play ends with Juror 3 lashing out at the jurors, after they all solidified and changed their votes to not guilty, leaving him to feel alone and ostracized. Once the room clears, he begrudgingly accepts the verdict and admits that the boy is innocent, demonstrating the triumph of reasonable doubt over prejudice.

Lead Like Her Leadership Summit educates athletes

BY JOEIMARIE COHEN
Arts & Literature Co-Editor

Sussex County Community College hosted its first Lead Like Her Leadership Summit on Feb. 4, bringing together female high school athletes, coaches and athletic professionals for a day focused on leadership development in sports.

The summit took place at the college's Performing Arts Center from 9 a.m. to 1 p.m. It is designed to give participants an opportunity to reflect on how athletics can shape leadership skills. The event aims to encourage confidence and collaboration among women in athletics through interactive sessions and guided discussions.

A central part of the program will be the keynote address by Dr. Cindy Jebb, president of Ramapo College of New Jersey and a retired U.S. Army brigadier general.

Additional sessions featured former collegiate athletes Vicky Ziolkowski, Katie Ord, Jamie Borger and Kelsie Stefkovich, who shared perspectives shaped by their experiences competing at the college level in sports such as soccer, field hockey and softball. These discussions were designed to explore leadership skills for athletes both now and in the future.

The summit will additionally present two awards meant to recognize leadership within local high school athletics: Female Athletics Professional of the Year and Lead Like Her Athlete of the Year. These awards highlight commitment among coaches, athletic professionals and student-athletes.

Ultimately, the sessions and recognitions aim to show that leadership in athletics goes beyond competition, emphasizing growth, accountability and impact on others.

AP Fair educates students on course selections



The AP fair took place on Jan. 16 during A, B and C lunches. The purpose was to introduce the concept of taking advanced placement classes, displaying a variety of subjects that students could take throughout their high school careers. The booths were led by student volunteers who are enrolled in each class. Senior AP Spanish student Philip Fitzpatrick speaks to underclassmen to encourage them to enroll in a foreign language class. He presents a visual that shows geographical locations as well as historical landmarks.

Compiled by Jaida Palacios

Community News

Milford's new addition provides variety of pastries

By **KIMBERLY SMYSER**
Managing Editor

Officially opened on Dec. 13, sourdough bakehouse Deez Donutz has quickly gained popularity throughout Milford for offering inclusive, high-quality baked goods.

The owner, Yvonne Brennan, credits her son, Owen Brennan, for being the inspiration for their ticket item, which they call donutz, due to his idea to make sourdough donutz at the Acton Fair last year.

Brennan prides herself on the store's exclusive use of 100% beef tallow to fry their donutz, making everything they sell fresh, organic and natural. All of their toppings also uphold this standard since they are made from freeze-dried, organic berries.

Deez Donutz sells a variety of baked-goods ranging from Polish cookies and sourdough donutz

to vanilla bean pudding. They also sell five different types of bread: sourdough, baguette, soup bowl, rustic loaves and milk bread, which is a community favorite according to Brennan.

Of course, since the store is still new, they have many more goodies to come such as inclusion loaves, croissants and maybe even donut-bread pudding—but I suppose you'll have to stop by yourself and find out when those come out.

Brennan expressed her gratitude to the community for everyone's unwavering positivity about her newly opened bakery.

The cake donutz offered cost \$3 and the raised donutz cost

\$4.50 with flavors ranging from glazed to chocolate covered strawberry. Sourdough breads are typically \$6-\$15 and other baked goods are sold around \$2-\$6.

Deez Donutz opens at 9 a.m. Wednesday, through Sunday, and they close when they sell out. If they don't completely sell out, which they usually do, they give the extra pastries to other local businesses and neighbors.

"Thank you, Milford," Brennan said. "We're blown away by how many people come in here and thank us for opening, which is wonderful. We're super happy to be able to provide this for the town."



Kimberly Smyser/Del.Aware

Deez Donutz offers light and flavorful donutz that are naturally leavened and slowly fermented.



Kaitlin Gelardi/Del.Aware

Milford ice skating rink offers winter activity

The Milford ice skating rink, located in Ann St. Park, was framed and lined on Jan. 1. Skating is free and over 100 pairs of skates are readily available.

Maria Farrell, who is in charge of Parks and Recreation for Milford Borough, encourages community members to visit the rink.

"The ice rink really is a community treasure," Farrell said. "It brings people of all ages, abilities and locations together to enjoy the beautiful winter weather."

The temperatures will ultimately determine when the rink closes, so make sure to visit the rink while it's still open.

Compiled by Kaitlin Gelardi

Classic Italian comfort food thrives in the heart of Milford

By **VANESSA DISPOTO**
School News Co-Editor

My recent visit to Tom Quick Inn in Milford with my mother was a pleasant dining experience overall.

Upon walking in, we were greeted kindly, which immediately set a positive tone for the evening. The restaurant had a warm, cozy atmosphere that felt inviting without being too overwhelming, making it easy to relax after a long day and enjoy the meal.

Although it took a few minutes for our server to come over, she promptly brought us water, explained the specials in detail and made us feel well taken care of. The menu was extensive and offered a wide variety of options, making it easy for both my mother and I to find something appealing.

We started with an appetizer of fresh bruschetta served on garlic crostini. It was flavorful, fresh and a delightful way to begin the meal. Shortly after, we were brought warm bread for the table, which was accompanied by butter and olive oil with red pepper flakes.



Vanessa Dispoto/Del.Aware

The fresh bruschetta served on garlic crostini appetizer was bursting with flavor.

For entrees, I ordered the chicken francaise with fettuccini, while my mother chose the chicken marsala with mashed potatoes and seasonal vegetables. The chicken in my dish was cooked well and the pasta was tasty. Although the francaise sauce was a bit runny, it still had a good flavor.

To finish the meal, we were offered dessert menus and decided

on an affogato, which was a satisfying and enjoyable ending.

Overall, Tom Quick Inn provides a comfortable atmosphere, reasonable prices and a solid dining experience worth revisiting.

Community News

Restore the Star project sparks new-found energy in Milford community

By REILLY NEWTON

Science & Technology Editor

For nearly a decade, an all-encompassing movement has taken our quaint little town by storm: the Restore the Star project. This initiative advocates for the iconic star, usually found situated on top of the Milford Knob, to have a permanent, and to some, rightful home atop the popular hiking trail.

In 2017, the bright and well-recognized star was abruptly taken down by the National Park Service. The ongoing permit that allowed the star to remain up was terminated with no clear reason as to why, and it didn't take long for the community to voice their opinions.

"If you look at our sign ups on Facebook and our website, I think we are at 1,000 people who all want the star back," said Fred Weber, a chairperson for the Restore the Star

committee. "I would say 80% of residents, maybe even more, want the star restored."

The Restore the Star committee is headed by many community members and leaders all fighting toward the same goal, including Weber (Pike County Historical Society), Maria Farrell (Lions Club) and Milford's mayor, Candace Mahala.

During the star's time atop the Knob, it was cared for mainly by the Lions Club, who replaced bulbs and made sure it was lit. Even now, they keep it sheltered in a shed, ready to shine once again.

For a brief period of time, a makeshift star was placed in a different location, but ultimately proved hard to see.

"It wasn't quite the same. We kind of looked at it and said 'this star should be back on the Knob

where it was since 1930,'" Weber said.

Despite what seems to be an overwhelming amount of support for the renewal of the Milford Star, there are those who view the star as controversial due to reasons relating to religious ideology.

The star, a happy and welcoming sign to some, was also interpreted as a blatant religious symbol that did not emit the same hospitable energy to all Milford residents. Instead, it spouted a religious agenda that did not appeal to everyone.

To Weber, and many others, the star symbolizes home, community and unity instead.

"A star can mean different things to different people. If you want to look at it as a religious symbol, that's your right," Weber said. "But that's not our intent at all."

The Milford Star is not the first symbol to be displayed on the Knob. The history of this tradition dates back to the Civil War era, with specifically a star emblem emerging during the 1930s.

To learn more about the Star's historic background, and to show support for the cause, visit restorethestar.org.



Contributed photo

A painting made around 1843 shows Broad Street in Milford.

First female mayor of Milford Borough aims high for first term

By EMMA SIMMONS

Editor-in-Chief

The first female mayor of Milford Borough, Candace Mahala, was elected to her initial four-year term in November 2025.

The borough was able to vote for mayor on Nov. 4 between Republican Peter Cooney and Democrat Candace Mahala. Mahala was declared the winner with 63.59% of the vote. Sworn in on Jan. 2, her first term will expire at the end of 2029.

Mahala grew up in Milford and attended Delaware Valley High School where she graduated from in 2002. After attending college in Massachusetts and working around the Boston area, Mahala and her husband moved to Europe and then back to Milford about three years ago.

After coming back to Milford, Mahala did not initially intend on being involved in local politics.

"I started to notice a lot of things in Milford that frustrated me about public safety, so I attended council meetings and talked to representatives," she said.

After the incumbent mayor Sean Strub decided to step down after his two elected terms, Mahala decided to run for mayor to be able to have direct influence on the community.

"I didn't picture myself entering the political world, so I feel honored that the [Milford Borough] residents trusted me as the first female mayor and one of the youngest," she said.



Photo from Milford Borough website

Candace Mahala is sworn in as mayor on Jan. 2 in the Pike County Courthouse.

The mayor's main responsibilities are to deal with community concerns and maintain oversight of the local police department. The Milford Borough's police department specifically is independent,

meaning it has no connection to any regional police division.

Mahala's main goals in her role is to assist the police department and keep it independent through review and communication plans. Along with oversight of the police, Mahala intends to keep focus on prioritizing pedestrian safety in town, as well as implementing welcome packages for residents to give them more information about the borough.

"I want to make Milford a place where people can be safe and come together whether they live here, work here or own a business here," she said.

She relayed how important it is for community members to attend meetings and see how they can influence decisions.

"I don't think I even realized until very recently how much goes into the decisions that are made," she said.

After her four-year term ends, Mahala will have the opportunity to run for reelection indefinitely.

"It's humbling to feel the responsibility that was entrusted to me, and I am excited to make as much of a positive impact as I can," she said.

*Brian Fells***2nd Year as Board Member**

"[I would like students to know that] they have more influence than they think. Showing up, speaking during public comment, emailing board members or even just following what is on the agenda can make a real difference because the decisions being made there end up shaping your day-to-day school experience."

Compiled by Emma Simmons

**MEET YOUR SCHOOL BOARD**

The Delaware Valley school board consists of 20 members who meet every month to take part in crucial decisions that directly impact our schools. These decisions are made in public discussions every month that range from curriculum to budgeting. Each school year, members are elected for two-year terms by the community. Below are the 20 members of the Delaware Valley School Board.

*Jack Fisher***22nd Year as Board Member**

"My hope is that each generation that walks through the doors of DV is afforded the highest level of educational opportunity. It is critical to our community, indeed our nation, that every child from kindergarten on up receives expert teachers, a high-quality curriculum, advanced modern technologies and a wide array of academic, athletic and artistic programs in which to choose. If I can make that come about, I will have done my job as a DV school director."

Compiled by Kimberly Smyser

*Jessica***12th Year as Board Member**

"I think that it is important for everyone to know that while we may not always vote how each person wants, [the board members] all take their responsibility seriously and put a lot of time and thought into each and every decision made."

Compiled by Emma Simmons

*Christine Agron***4th Year as Board Member**

"Being a school board director is a very fulfilling job. I am very aware of the direct impact my votes and actions have on our students and faculty members. DV is a special place and to be part of a board that continually chooses to support education and opportunities for students to grow makes me incredibly proud!"

Compiled by Ava Troup

*Rosemary Walsh***6th Year as Board Member**

"[High school students should be aware that] the school board is a diverse group of individuals who work hard to see the many sides of an issue and make decisions that are in the best interest of our students and community."

Compiled by Emma Simmons



SCHOOL BOARD

of elected community members who take
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nge from implementing policies to
elected, or re-elected, for four-year
26 school board members.

Compiled by Kaitlin Gelardi

Decker

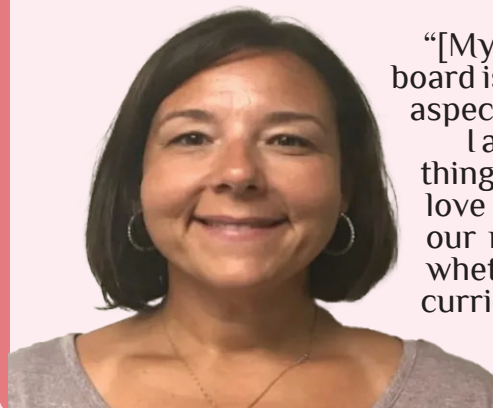
Board Member

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Felicia Sheehan

8th Year as Board Member



"[My favorite part about being on the school board is] getting to see how the many different aspects of how the school district is run.

I also love getting to see all of the amazing things happening within our district. I truly love when our students and staff come to our meetings to tell us of their successes, whether it is academic, athletic or co-curricular."

Compiled by Kimberly Smyser

Carl Will

3rd Year as Board Member



"[I initially chose to run for a board seat since] DV was an important part of my upbringing. I learned a great deal during my time there, and serving on the school board has been a meaningful way to give back to the district that helped shape me.

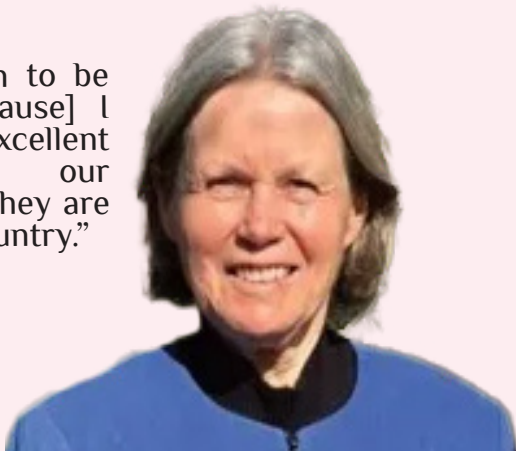
I strongly believe that civic duty plays a vital role in our society, and as a school director, I volunteer my time to help shape policies that will impact our community for years to come."

Compiled by Kimberly Smyser

Dorit Smith

1st Year as Board Member

"[I chose to run to be on the board because] I would like to see excellent education for our students[because] they are the future of the country."



Compiled by Ava Troup

Pam Luffy

30th Year as Board Member

"[I chose to run for a seat on the board because I believe that] community values should be reflected in educational decisions and policies. I, and a few other board members and parents, seriously advocated that DVSD personnel should focus more intently on rigorous, relevant and high quality education with equity for ALL students."



Compiled by Ava Troup

Lifestyle

Self care for the winter months

By JOSIE LORDI
Sports Co-Editor

The colder the days get, the harder it is to remember that self care is not a luxury, but a necessity. Shorter days, along with the cold weather, can affect both physical and mental well-being.

Practicing self care during the winter months is essential to stay healthy, balanced and motivated. It doesn't have to be complicated, but small habits like skincare, warm baths and self tanning can make your winter more enjoyable.

Cold air can definitely dry out skin, making lotion an important part of your winter self-care routine. Applying moisturizer daily helps to keep your skin soft and protected from the harsh cold air. Taking a few extra minutes out of your day to moisturize can also make you feel more

comfortable.

Self tanning is another way to feel good and look good. With less sunlight and shorter days, using a self tanner can be a game changer and boost confidence. This definitely is an easy step to add to your routine.

Warm baths and showers are especially comforting in the winter. They can help relax muscles, warm the body and provide a nice moment away from all the stress that is going on in your life. Adding scents and bubbles to your bath can make the experience even more soothing. There is no better feeling than stepping out of that warm bath, putting fresh pajamas on and getting ready for bed.

Winter self care doesn't have to be complicated, just the right mix to make the winter more comfortable, give you that confidence boost and make it feel less overwhelming.



Valentine's day gift guide

Take a look at the enhanced versions of your classic gifts.

THIS



Handwritten letter-
The more effort, the
more meaningful!

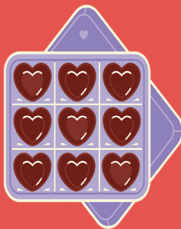
NOT THAT



Store-bought card



Favorite snacks/candy-
Get something you know
your partner will enjoy!



Assorted chocolate box



Personalized bouquet-
Receiving your favorite flowers
is the best!



Artificially-dyed flowers

Following your passion— at what cost?

By LILY STOVEKEN
Opinion Editor



With college looming on the horizon, high school students are somewhat forced to think about things that they might not be ready for. Countless questions are brought to the surface as graduation gets closer and closer— by parents, teachers, friends, and anyone else who happens to know that you're graduating soon.

In my experience, the first question asked is always the same: "Do you know what you want to do after high school?"

On paper, the question seems so black and white: either you know or you don't. That couldn't be further from the truth. For many students, it's not a question of knowing. It's a question of reality.

Society encourages us to follow our passion. To chase that one thing that lights us up inside, the one thing that would make work feel less like a chore and more like a fulfillment. The question "Do you know what you want to do?" is brimming with this expectation. It assumes that our majors will be determined by our hearts and our hearts alone.

And yet, reality can smother our passions. A student with a lovely singing voice could have parents who raised her with the expectation of becoming a lawyer. Another could dream of becoming a doctor, but struggle to find a situation that works financially. Those with passions for the arts are constantly reminded that their chances of success are far slimmer than others.

For many, their passions are at war with practicality, their hearts with their minds.

This isn't intended to crush anyone's dreams further, but to acknowledge the silent struggle that so many students go through.

It's not up to me, or anyone else, to say what the right choice is for everyone. Should we chase our passions relentlessly or abandon them in the name of practicality? A passion is something that should not be easily ignored. It's a sign that you have a gift to give to the world, a spark to light. But in the end, it's your life. You alone have to decide if your dreams are worth confronting your reality.

Lifestyle

Fashion aware: Phone Fashion

BY ELLA BECKER
Entertainment Editor

Clothing isn't the only fashionable form of self-expression and being in line with trends, what your phone wears also demonstrates your personal style.

One of the most popular trends in phone fashion is the OCTOBUDDY. These little suction cups stick onto your phone and allow you to stick your phone to any surface. They've proven to be super useful and helpful, since a handful of people in almost every room have one, and online influencers rely on them.

Some OCTOBUDDYs are magnetic, some have glue that sticks to your phone case and some have double-sided suction cups. On-brand OCTOBUDDYs retail around \$15, whereas off-brand ones retail around \$5 and can be found online or in stores like T.J.Maxx.

Another rising phone trend is putting charms on your phone case to create a more personalized touch. These charms can be found in H&M, T.J.Maxx and

other popular retail stores. Phone charms can retail anywhere from \$10 to \$20.

Phone cases are obviously considered phone fashion, but the trends continue to evolve. Currently, phone cases with bright and bold patterns are very popular. The brands Casely and CASETiFY have many options of trending phone cases to



choose from. These phone cases are a little more on the pricey side, ranging from \$30 to \$65. However, Target and T.J.Maxx offer more affordable, on-trend options.

One of the most popular trends at the moment is Hailey Bieber's Rhode Lip Case. This phone case, made of silicone, has a little slot for one of the Rhode lip balms to fit into. They come in many colors and you can select any of the Rhode lip balms to come with the phone case. The phone cases are an initial price of \$30 with an additional price of \$20 for a choice of lip balm. Some stores sell similar phone cases as a cheaper option, but obviously without the branded lip balm.

Phone chargers are also starting to get a new look. Some phone chargers are decorated with beads and gems, and such chargers could be located at Walmart or T.J.Maxx.

Whether you're simple or you like bright designs, there is definitely phone fashion out there to suit your personal taste.

Don't let motivation slumps ruin your year

BY AVA TROUP
Lifestyle Co-Editor

As winter break ends and the new semester rolls around the corner, a new enemy enters the playing field— the dreaded motivation slump.

Motivation slumps occur when people become overwhelmed with keeping a balance between academic, social and personal life, and it can cause them to shut down. It becomes more difficult to stay on task with schoolwork, and spending time with loved ones seems borderline impossible. While it can be hard, it is possible to break a motivation slump with some of these quick tips to get you back on track for the start of the new semester.

Pick new study spots: Picking a new study spot acts as a reset for your brain. Changing locations gives your brain a slight break, which can lead to new ideas being formed.

Timer strategy: Utilizing a timer to section off the amount of work can also be helpful while in a study slump. A timer allots a specific amount of time for each assignment and rewires you to focus on one specific task at. Having a specific deadline and a countdown can assist with completing work on time.

Take active breaks: Instead of taking a break and scrolling on your phone, active breaks refresh the body as well as the mind. It gets the blood pumping and creates a new stimulation for your brain to focus on. Some examples of this are physical activity, reading and trying new skills.

Be understanding: It is important to realize that many people will go through motivation slumps as they work. Taking a moment for yourself is a powerful tool that can help combat motivation slumps as well.

DUNKIN' Valentine's Menu

OUT NOW!

1. CHOCOLATE COVERED STRAWBERRY DAYDREAM REFRESHER
2. BLUSH SPRTIZ REFRESHER
3. BUFF CHAI
4. THE PERFECT MATCHA
5. HEART EYES DAYDREAM REFRESHER
6. TOXIC EX-PRESSO CLOUD LATTE
7. SWEET ON YOU CLOUD LATTE

VALENTINE'S DAY SPRINKLE MUNCHKINS + 25CT TIN

JUST BCUZ

Compiled by Kaitlin Gelardi

Arts & Literature

Spotlight Artist: Julia Boronow

BY JOSIE LORDI
Sports Co-Editor

From a young age, senior Julia Boronow, also known as Jules, has known that she wants to be an artistic creator.

"I don't care what I do in my future; all I want to do is create," Jules said.

Jules has been interested in art and creating an artistic presence for herself since she could remember.

"I always probably watched a movie every single day when I was younger," she said. "I was always interested; I just always liked the attention to detail and the things I saw around me in movies."

When watching movies as a kid, she never memorized her favorite directors but would spot out the little details and think to herself, "yeah that's something I would like to do help perfect the small things."

Jules's favorite art project involved working on a video with a local foundation that helped those who were incarcerated. The project encouraged them to get back on their feet and put them back into society.

"Not only was it fun to work with these people but I was interviewing, writing scripts and directing," Jules said. "I got to put cameras in places that I wanted to do, while I was helping real people and the real community. It was a lot of fun just learning and creating."

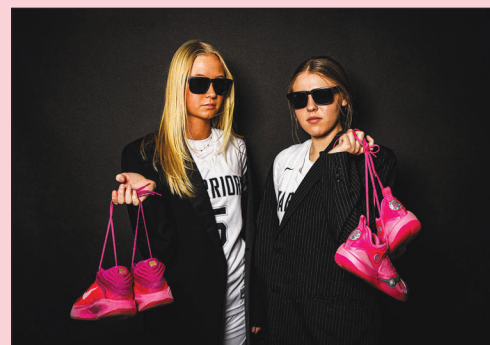
One person who inspires her is Tyler the Creator. A quote that he said that she connects

with is, "Create like a child, edit like a scientist."

"If I think I can do it, I'll do it," Jules said. "I will make a million different edits, make little tweaks all the time, re-download that photo and then it finally gets to that point where I say 'This is it? It's perfect.'"

Jules credits her mom, art teachers Mrs. Tricia Kaylor and Mrs. Krystine Thompson and business and marketing teacher Mr. Jeff Luhrs for supporting her through everything she does and giving her confidence.

"Keep an eye out for me," Jules said. "I do a lot of projects, and I work really hard."



Contributed Photo

Jules took this photo of the girls basketball team to promote the Feb. 6 Coaches vs. Cancer game.

Spotlight Musician: Emma Jacobs

BY ELLA BECKER
Entertainment Editor

Senior Emma Jacobs has used singing as an escape from the real world for as long as she could remember.

Jacobs usually sings soprano, but she has also sung parts as an alto and mezzo soprano.

She has been in musicals throughout high school and acted in productions, such as "Mamma Mia," "Big Fish," "9 to 5," and she will also be participating in this year's spring musical, "12th Night."

Emma's commitment to, and her love for music does not end with the school, since she has done smaller cabarets with the Milford Theatre, Presby Players and Tri-State Players.

After high school, Emma plans include a dual major in special education and primary education. She also plans to continue her singing career throughout college by joining choirs and drama productions.

Emma has been a chorus student for her entire high school career and was given the opportunity to participate in chamber choir as well.

Some of Emma's accomplishments include being able to perform with the Four Seasons Chorale and Tri-State Chorale. She was also given the opportunity to sing the national anthem in her audition for District Chorus.

Jacobs will miss all the memories and friendships she's made during high school chorus.

"Some of my best memories with people are when I get to sing with them," Emma said.



Spotlight Writer: Nova Weyant

BY MIKE IUZZOLINO
Sports Editor

For Nova Claire Weyant, writing is more than just an assignment for English class—it's a form of expression.

Nova specifically highlights poetry as her favorite genre to write. It is a passion that began during assigned poetry units

back in middle school, and it is something that she continues to pursue as a passion, even outside of school.

"I love conveying emotions that you probably wouldn't be able to in other ways," she said. "When writing, you can use the words to outline how you're feeling."

Not only does she hope to convey emotions, but also she hopes to guide others to be inspired to find their own

passion.

When writing poetry, she starts by taking whatever is on her mind and simply writing it down, regardless of sentence structure and grammar. She does this in order to convey raw emotion as well as she can, without worrying about sounding perfect.

Nova is part of the first group of juniors to take AP English Literature and Composition.

"I took it because I love fiction, so it wasn't super difficult of a transition,"

- Nova Weyant

Nova said. "It was just a little hard because you're expected to know what to do rather than getting taught how to do it."

Nova believes that everyone has the ability to write, they just need to find a topic or genre that they are passionate about.

Arts & Literature

Musical ensembles attend festivals

By LILY STOVEKEN
Opinion Editor

With the new year comes new opportunities for the musical ensembles to flaunt their musical skills and knowledge in competition. Students from chorus, band and orchestra travelled to various schools to play and audition in county, regional and district-level competitive festivals.

PMEA (Pennsylvania Music Educators Association) festivals are events that last one to three days and consist of intensive rehearsals, auditions and a final concert featuring all attending students.

Juniors Madison Curchoe and Logan Woodward represented the high school in the PMEA District Chorus Festival on Jan. 8 and Jan. 9 at Berks Catholic High School. They auditioned for the regional competition alongside 200 other chorus students from over 50 high schools in District 10. Curchoe

qualified for the upcoming Region V chorus festival.

The Tri-County Band Festival took place at Western Wayne High School on Jan. 13. Bands from six school districts attended the event, which consisted of all-day rehearsals and a final concert encompassing a wide variety of music. Nine students attended the Senior Windband Celebration at Marywood University from Jan. 30, to Feb. 1. Senior Gideon Yost and junior Meghan Haggerty were featured soloists within their ensemble.

Juniors Eric Choi, Claire Choi and Nat Carso attended the District 10 Orchestra Festival at Berks Catholic High School Jan. 22-24. Eric qualified for the Northeast Regional Orchestra festival.

These festivals provide opportunities for not only

musical growth but also connection as well, according to band director Mr. Richard Bullock.

"Festivals like this promote a high level of musicality from our students," Mr. Bullock said. "It also gives our band members an opportunity to work with other students from around the region as well as guest clinicians from all around the country. Festivals are also a great way for our students to become closer to their fellow band members here at DV as they get to spend extended time with them during the course of

"Festivals like this promote a high level of musicality from our students."

- Mr. Richard Bullock

the festivals."

Today, Eric, Claire and Curchoe and senior Grace Stevens are attending the District 10 Band Festival at Twin Valley High School, auditioning to move on to the regional level.

Student artists earn prestigious awards

By LILY STOVEKEN
Opinion Editor

Described as the "nation's longest-running, most prestigious recognition for creative teens," the Scholastic Art Awards

provide an opportunity for teens across the country to showcase their talents in arts and literature. This year, many art students from Delaware Valley were recognized for their work.

Senior Maya Zhivkovich received a Gold Key award, earning immediate regional and national

consideration as well as an American Visions nomination. Senior Megan Frey, juniors Juliet Lee, Anjali Udeshi and sophomore Daisy Olivo Heller all earned Silver Key awards, which recognize top-quality works at the regional level.

Honorable mentions were given to seniors Emma Jacobs, Angela Olsen, Natasha Soto and Kat Poletayeva, as well as juniors Ben Bendykowski and Prudence Spak and sophomore Myhia O'Brien.

All award-winning students will have their art pieces displayed at the Everhart Museum in Scranton this month.



Contributed photo

Art students display their award-winning artwork.

AP students submit artwork to be in NAHS Juried Exhibition

By ALYSSA ZIMMER
Community News Editor

Every year, AP art students in the National Art Honor Society (NAHS) submit their artwork for the possibility of their art being chosen to be showcased in the global NAHS Juried Exhibition.

The students submitted their work online and there were various categories that students could enter their work under. The categories ranged from drawing mediums to sculpture work. The show is entirely online. Students were not required to send hard copies of their work to the judges.

Around 1,700 pieces of art are submitted each year

and only 125 of those are chosen to be featured in the virtual art gallery.

"Last year we did not win, but the year before that and the year before that we did," AP art teacher Dr. Irene Lantz said. "We're hoping to win this year."

The exhibition dates are April 10 to Aug. 31, 2026 so the students have to submit by Feb. 17 to have their pieces be juried and considered. Students and teachers will then be notified Thursday, March 12 if their work was chosen to be featured in the virtual gallery.

Since students from countries all over the world submit their artwork to be featured, according to Dr. Lantz, it is impressive that DV is competitive and does so well.



Contributed Photo

Senior Gianna Rodriguez submitted her piece "History Has Its Eyes On You" for the NAHS art exhibition.

Entertainment

Live-action 'Tangled' to hit theaters within next year

BY ELLA BECKER
Entertainment Editor

Disney has started to develop a live-action "Tangled," along with the movie's cast list. An official release date has not yet been announced, however there is speculation that the production will hit theaters mid-year 2026 or even 2027.

Many fans were hoping to see the couple MacKenna Grace and Mason Thames star in the new production, however Milo Manheim was cast as Flynn Rider and Teagan Croft as Rapunzel. Kathryn Hahn is reportedly in talks to play Mother Gothel.

Fans have been

expressing their feelings about the casting, as many people think Manheim is the perfect fit. They have also shown mixed feelings towards Croft, due to her vocal ability.

Michael Gracey, who has notably directed "The Greatest Showman," is said to be directing the film, with Kaytin Robinson writing the script. The goal for the production is to stick to the original musical-like film.

Overall, fan expectations of the beloved live adaptation to the classic fairytale are extremely high.



Bruno Mars returns with new album, stadium tour

BY JAIDA PALACIOS
Arts & Literature Editor

Bruno Mars is returning to the global stage with his first solo album and stadium tour in nearly 10 years.

The 16-time Grammy winner announced "The Romantic Tour," a global stadium tour spanning North America, Europe and the UK. The tour will start on April 10, 2026, and end on Oct. 17, 2026, marking Bruno's first tour since the "24K Magic World Tour" in 2017-2018.

His fourth solo album, "The Romantics," will be released on Feb. 27. The first single, "I Just Might," hit No. 1 on the Billboard Hot 100 and dropped on Jan. 9 as a sneak peek at his new album.

The excitement for the new tour set a new record for Live Nation Entertainment, the concert

promotion company that owns Ticketmaster, with 2.1 million tickets sold in a single day.

Tickets range from \$250-\$2,000 and are available for purchase through Ticketmaster.

During his decade-long absence from releasing solo music, Mars has remained active in the music industry. The duo Silk Sonic unofficially started in 2017 but in 2021 they released their album "An Evening with Silk Sonic" earning four Grammy awards. In August 2024, he collaborated with Lady Gaga on "Die With a Smile," which earned him another Grammy award. In October 2024, he collaborated with Rosé, a BLACKPINK member, to create "APT.," which gained instant popularity for its catchy tune.

Raw emotion, rough execution

Zach Bryan's 'With Heaven on Top' album leaves fans feeling disjointed.

BY CHLOE SIMONSON
Science & Technology Co-Editor

Zach Bryan's new album "With Heaven on Top" sounds like something written in one sitting without any peer review. It has diary-dump energy. It's personal, unfiltered and obviously meant more for himself than his audience. There are artists who are able to pull that off, but is Zach Bryan one of them?

"With Heaven on Top" is an objectively a good album, for Zach Bryan and his fans. Thematically, he circles the usual Zach Bryan territory; heartbreak, self-reflection, trying to make sense of where he's been and where he's going. But some songs feel less like actual songs and more like scattered thoughts he didn't bother stitching together. The album goes from one idea to another so quickly that it's hard to follow the emotional thread or the point he's trying to make.

Some of his lyrics don't seem to connect to anything and don't fit into his poetic style choice

shown in previous albums. You get the sense of seeing into his personal life, which I do believe was the goal of the album: to show us his process and connect with us on a deeper level. He wants us to know that he feels

what he sings, except this time, it's awkward.

Sometimes music like this can feel authentic and other times it's frustrating because it feels like it could've been something more if he'd given it a second look, considering his fan base consists of young adults and teens.

Musically, it's familiar. It's both acoustic and studio, stripped back, raw and intentionally rough around the edges. Fans or avid listeners who want him to stay in that lane will probably be happy. Casual listeners who want a little more structure or polish may feel like the album gets repetitive or confusing fast. His themes, or subjects, in "With Heaven on Top" just don't fit his typical rambling.

"With Heaven on Top" is very Zach Bryan. It's honest, emotional and messy. But it's also unfocused, occasionally confusing and clearly not designed to be relatable to your average person. It just sounds like him working through life, not necessarily trying to bring the listener with him.



Source: Pitchfork

Entertainment

Memorable moments of televised award shows

By KAITLIN GELARDI

School News Editor

Award ceremonies are often viewed as glamorous nights of celebration and triumph. They tend to unfold similarly; celebrities announce and receive awards, a host unbearably struggles to entertain audiences and social media users critique the attendee's outrageous outfits.

However, the unscripted moments that livestreaming provides steals the spotlight and etches themselves into the collective memories of viewers. From outbursts to cruel mistakes, these instances encapsulate moments that can be remembered for their genuine absurdity.

Starting off strong, the first instance that left an impact on viewers occurred during the 94th Academy Awards in 2022.

Presenting the Best Documentary award, comedian Chris Rock was repeatedly cracking jokes

about other actors when suddenly a particular one didn't land. Rock compared Will Smith's wife, Jada Pinkett Smith, to G.I. Jane, a character with a shaved head. Jada had been public about her struggles with alopecia, a condition that causes intermittent hair loss and simply rolled her eyes at the joke.

This approach differed drastically from Will, who instead angrily rushed onstage and slapped Rock across the face while demanding that he never insults his wife again.

The slap quickly became known as "the slap heard around the world" and resulted in decreased popularity toward Smith.

Dating back to 2017, another awkward moment occurred in the 89th Academy Awards when the film "La La Land" was mistakenly announced as the winner of the Best Picture category instead of "Moonlight."

Unfortunately, the producers of "La La Land" had already begun their speeches, making the mix-up even more comedic and humiliating due to the

delayed revision of the error.

Lastly, this next occurrence left a lasting impact on the fanbases of two celebrities and still sparks controversy today.

Back in 2009, Kanye West famously interrupted Taylor Swift's acceptance speech during the Best Female Video category at the 2009 MTV VMAS, declaring that he believed Beyonce deserved the award more.

This incident initiated a long-term feud and created underlying tension between fans that resurfaces whenever either artist engages in controversial behavior.

Although awkward, these unscripted moments leave lasting impacts on pop-culture and can be reflected upon for years to come. Additionally, for most viewers, these vulnerable aspects of award shows makes the watching experience much more comedic and entertaining.

Reduce, reuse, recycle

By REILLY NEWTON

Science & Technology Editor

With a constant stream of movies getting released every year, it is increasingly noticeable how the industry repurposes many of the same actors.

Star-studded personalities have flooded social media with what seems to be nonstop roles in many films.

Although it is understandable that casting well-known celebrities, instead of talented actors, increases chances of publicity, it is undeniable that the repetition is really getting old.

Acting as a profession is already an extremely hard job to secure. Nepo babies prove to be a steady example of this, transcending all industries with their immediate head start. When the casting pools require

someone to already be in the limelight, it discourages the amount of actors who could have potentially been more fit for that role.

It is hard to shine light on casting controversies without bringing up the topic of miscasting ethnicities for more ethnically ambiguous actors.

To simplify a complex topic, it is not uncommon for audiences to be offended when someone who has no ethnic relation to a character is cast as such. Usually casting directors use a well-known celebrity as a copout instead of branching out and evaluating less famous personnel.

In an industry created to relate a multitude of stories about the human experience, audiences should be met with a multitude of faces to bring those stories alive. That should be the standard, not an option.

Stranger Things 'Conformity Gate' raises controversial opinions, false hope for fans

By JOEIMARIE COHEN

Arts & Literature Co-Editor

Over the past month, following the release of the final episode of "Stranger Things" Volume 2, "The Gate," a new fan theory called "Conformity Gate" has spread across the Stranger Things fandom.

The premise is that the seemingly peaceful conclusion is actually fake, and instead an illusion created by the villain, Vecna, also known as Henry Creel, to keep the characters complacent and remain under his control.

This phenomenon gained attention on social media platforms like TikTok, X and Reddit, where fans shared videos trying to analyze the finale. Supporters of the theory point to small visual details, such as changing colors and background inconsistencies as clues that the story displayed may not be entirely true, and that a hidden ending is possible.

These posts went viral quickly, convincing many viewers that a secret episode would be

released to reveal the 'true' ending of the show.

While the theory is creative, it also shows the lengths fans will go to when unsatisfied with a story's conclusion. I feel mostly indifferent about the finale, but creating an entire alternate reality solely because the ending did not match expectations seems somewhat extreme.

Small shooting errors or artistic choices were treated as intentional hints, even without any proof from the creators. For some fans, especially those disappointed by unfinished storylines, "Conformity Gate" became a way to hold onto hope that the show was not really over.

However, instead of enjoying the story for what it was, many people became focused on finding something that was never promised.

In the end, "Conformity Gate" highlights how passionate fanbases can be, but it also shows how disappointment can turn into a false expectation when people refuse to accept an ending they did not enjoy.

Science & Technology

Are humans biologically incapable of being selfless?

By REILLY NEWTON

Science & Technology Editor

Albert Schweitzer was a German humanitarian, physician and theologian renowned for his philanthropist work in colonial Africa. Starting in 1913, Schweitzer helped establish medical centers and offered aid to local African communities. Schweitzer soon became a global symbol of selfless service and a near-saint for his life saving work. Schweitzer also became a common analogy for the scientific concept of psychological egoism.

Psychological egoism is the view that humans are always motivated by self-interest, even when displaying acts of selflessness. The meat of the argument claims that when people choose to help others they do so because of the personal benefits they expect to obtain, either directly or indirectly.

When evaluating Schweitzer's case point blank, it

is simple generosity that explains his actions. When viewing his work with psychological egoism in mind, however, the narrative becomes more skewed.

Though his work was an enormous act of service to those in need, could there have been an underlying, sick, greedy need to be revered, praised and stamped in history books as a savior? Was Schweitzer taking advantage of dependent small African communities, using them for his own inflated ego?

Well, probably not.

Humans are complex creatures, and our motives and actions are difficult to explain under generic umbrellas. What

scientists do know is that human brains aren't wired to be purely selfish. If anything, selfishness is an acquired trait, with cooperation being a more natural human tendency.

Throughout history, humans have thrived as social creatures, not just as preference but for survival, reproducing these hierarchies through generations. Beyond basic biology, human intelligence naturally develops morals like helping those in need and caring for others.

As a concept that embraces acts of selflessness that in turn benefit humans' own selfish desires, egoism doesn't really work. According to "the paradox of hedonism," when one is explicitly concerned with their well being over others, they will lack the fulfillment that comes with selflessness: friends, close relationships, etc. Simply put, we tend to attain more gratification by focusing on things other than pleasure.



X faces backlash for AI-generated deepfakes

By KEIRA LEMAY

Community News Co-Editor

Social media platform X (formerly known as Twitter) has been the center of recent controversy surrounding the platform's AI chatbot Grok. The chatbot, released in 2023, was intended to be a resource for X's users to answer questions, solve problems and brainstorm. Recently, Grok has been inappropriately manipulated by users to make deepfakes, or realistic AI-generated photographs, of influencers, celebrities and minors.

Users are able to ask Grok questions underneath posts on X and can ask the chatbot to explain what is in a photo, change the photo or react to the post. However, users have begun to manipulate the chatbot, asking it to remove or change clothing in a picture or create an inappropriate photo. Grok AI generated over three million non consensual inappropriate photos in less than two

weeks, according to researchers from the Center for Countering Digital Hate.

In response to the backlash, Grok announced that only paying subscribers could have access to the photo generation feature. Many government agencies have begun to regulate access to X in response to the controversy.

In early January, United Kingdom online agency Ofcom launched a formal investigation into X, to determine if the app has violated the Online Safety Act.

X is no stranger to controversy, having previously been criticized publicly for concerns surrounding user safety. Critics held concern that user data would not be protected under X's privacy policy, which allowed the app to access users' biometric data and encrypted messages. X faced backlash when over 200 million users' data was released in a 2025 data breach.

The controversy raises concerns about the future of AI and new online safety laws regarding deepfakes and artificial intelligence.



Jumping spiders display signs of dreaming

By CHLOE SIMONSON

Science & Technology Co-Editor

The idea of spiders being able to dream comes from a 2022 study on jumping spiders, a species known for big eyes, sharp vision and expressive movements. When these spiders sleep, they enter a phase where their bodies twitch, their legs curl and flex and, most importantly, their retinas start darting around rapidly. In humans, we call this the REM cycle-the phase where most of our dreaming happens.

Because young jumping spiders have transparent exoskeletons, researchers were able to record those retinal movements directly. Watching their eyes shift during sleep brought researchers to believe that the spiders were dreaming. Adding more to the excitement, the movements happened in repeating

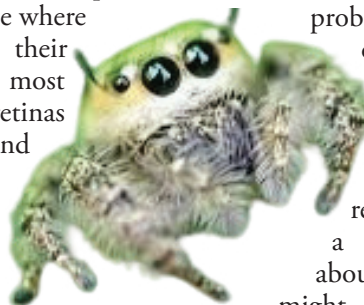
cycles, hinting that spiders move through actual sleep stages, not just random rest.

Now, does this mean a spider is dreaming about chasing flies? Well, there's no way to know. Their brains are incredibly small compared to ours, so if they dream, it's probably more like flashes of images, patterns or hunting instincts replaying.

What makes it fascinating to researchers, is that a creature with only about 100,000 neurons might still experience some version of dreaming, just like us.

It opens the door to a bigger idea. That "dreaming," isn't just a human concept. Not only that, but now we have confirmation that these little guys have a consciousness.

So next time you go to kill a spider, maybe think about the dream he had the night before.



Science & Technology

What's in your food?: Nerds Gummy Clusters

BY ALYSSA ZIMMER

Community News Editor

Nerds Gummy Clusters is a treat that has crunchy, colorful Nerds on the outside and a sweet gummy candy on the inside. There are many different flavors of the Gummy Clusters, such as very berry, rainbow, grape strawberry blitz, cherry lemonade blitz and berry punch rush.

While there are many different flavors of Gummy Clusters, the ingredients are all more or less the same. The main ingredients include: corn syrup, sugar, gelatin, food starch, malic acid, citric acid and apple juice concentrate.

Other ingredients listed, such as gum arabic and carnauba wax act as binding agents. This means they help the Nerds stay on the cluster instead of falling off while being eaten or simply sitting in the bag.

Many other gummies have similar ingredients

to the Gummy Clusters, however certain candies use pectin instead of gelatin making them vegetarian.

In addition, the Gummy Clusters do contain Red 40 and other food dyes. The amount of food dyes in them isn't enough to have many negative effects due to the serving size being 16 pieces. The amount of food dye present is also known to be a small percentage of the product due to its location on the ingredients list.

As long as they are eaten in moderation, and consumers are aware of, more importantly, the amount of sugar in them, they aren't a major concern.

Although there are multiple different fun flavors, the nutrition facts are



the same, 100 calories per serving, 0g of fat, 40mg of sodium, 25g of carbs with 21 of those grams being sugar and 0-1g of protein. The high amount of sugar should be taken into consideration when purchasing because one serving is 42% of your suggested daily sugar intake.

They also have festive packaging and other fun flavors for various holidays. This includes frosty for Christmas, spooky for Halloween, hoppin' for Easter and valentine for Valentine's Day. The festive flavor choices are all the same flavor Nerds aside from the color to match the holiday.

Roblox tests facial AI

BY ASHANTIA DICETTE

Opinion Co-Editor

Recently, the major gaming platform Roblox has tested a new artificial intelligence system that estimates users' ages through facial analysis, a move the company says is meant to improve safety and limit age misrepresentation.

The system asks users to complete a short camera test requiring them to present their face at least twice, which is then analyzed by an AI model trained to estimate age based on facial features and movement.

Roblox says this technology will help determine whether users meet age requirements for certain features, including access to mature games and voice chat.

Age accuracy has long been a grueling challenge for Roblox, as users can self-report their birthdays when creating accounts, making age falsification effortless. The company claims the AI system addresses the issue without requiring users to upload government-issued identification.

The facial scans are done in real time and are deleted shortly after an age

estimate is made. Roblox has publicly stated that participation is optional, as users can rely on other verification methods, such as parental consent.

However, the use of facial analysis has raised a plethora of concerns among privacy advocates. Critics argue that AI age estimation can be inaccurate and may reflect a bias related to race, gender or physical development. Others question whether or not minors should be asked to submit facial data at all, even if it's not stored.

"This is disgusting. No one should have to feed their face to an AI just to be able to talk to people on Roblox," one Reddit user wrote. "This will not only kill games that require communication, but funnel kids directly to predators and vice versa by getting their ages wrong."

The test reflects growing pressures online platforms face when it comes to protecting younger users. Lawmakers and child safety groups have criticized social media and gaming companies for failing to enforce age-based restrictions.

And as virtual spaces become more prevalent online, the line between safety and surveillance continues to blur.

Spotify DJ creates active listening experience

BY JOEIMARIE COHEN

Arts & Literature Co-Editor

As Spotify continues to expand its platform, Spotify DJ offers premium users a personalized music experience powered by artificial intelligence.

This feature functions as a music companion that selects songs based on the listening habits of each user. It combines previously played favorites with recommendations designed to introduce new artists and genres, creating a new product of music that adapts to individual preferences. The purpose of this addition is to make music discovery more dynamic while also maintaining a sense of familiarity for the listener.

Users can interact with Spotify DJ in several ways. Tapping the DJ button in the "now playing" bar allows users to change the tone or direction of the music.

Requests can also be typed into a text box or spoken through the microphone, allowing the AI to respond in real time. Spotify also

provides suggested prompts based on listening behavior, giving users the option to influence the music selection without manually choosing songs.

Spotify DJ includes a "Switch it up" option, which gives users the option to adjust the mood or style of the music at any time. The feature provides voice commentary between songs, explaining why certain tracks are selected or highlighting patterns in the listener's frequent usage. This adds to the listening experience, creating a radio-style format while simultaneously keeping music selection personalized.

Spotify DJ represents Spotify's integration of artificial intelligence into its streaming service, offering a more interactive approach to music discovery.

By combining inputs from the audience with generated recommendations, the feature allows listeners to explore new tracks while keeping their existing favorites, creating an adaptive listening experience.

Sports

Collegiate update: Liliana Coe

By JAIDA PALACIOS

Arts & Literature Editor

Liliana Coe, a 2025 graduate, is continuing her athletic career at Citadel University, competing at the DI level for their track and field team. As a senior in high school, she set three school records: 12 feet in pole vault, 36 feet 9 inches in triple jump and 49.40 seconds in the 4x100 meter relay. She was the district champion in the pole vault and 4x100 relay during the 2025 season, a three-time state qualifier from 2024-2025 and an indoor state medalist, placing eighth in the pole vault.

What is a typical day in your life?

I wake up and complete my military duties, including formation. I then attend classes from around 8 a.m to noon, practice in the afternoon and

lift later in the day. There is also another formation at night. I will be a part of the Corps of Cadets for all four years of college and the ROTC for only two years.

What goals do you have this season?

My primary focus is to continue to improve my performance by scoring high on the events.

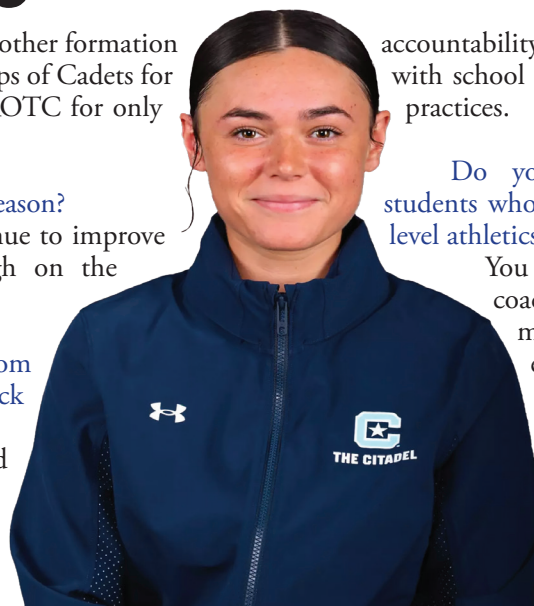
What has the transition from high school track to college track been like?

Adjusting to college track and field is different from high school because you need to have good time management. Everything is on your own, so you have to take

accountability for yourself and keep up with school while also keeping up with practices.

Do you have any advice for students who want to pursue collegiate-level athletics?

You should talk to as many coaches as you can and visit as many colleges as you can to ensure which school is best for you. And if you don't know something, always ask questions and reach out to people and try to be as involved as you can.



Unified bocce finishes 6-4

By JOSIE LORDI

Sports Co-Editor

The unified bocce team ended its season with a winning record of 6-4. In the last game of their season, DV's team one lost to Dunmore 9-3, while team two won 8-4.

"Both our teams played wonderfully this year," head coach Hailey Vogel said. "The team has grown a lot from our first season this year, and we are very proud of them."

The seniors on the team were Brielle Spears, Taylor Spears, Chris Devaney and Finn Lewis.

"Since we only have four seniors this year, it will be nice to have 16 returning players for next year," coach Vogel said. "I believe having

that continuity of so many returning players will put us in a good spot for next year."

Brielle, Lewis, sophomore Logan Lewis, junior Greg Plotkin and transition students Gabe Peruso and Zoey Schaal were stand out leaders for the team this year.

"The team morale is always so high just because of the make-up of special education students and regular education students," coach Vogel said. "Our

special education students are always so excited and proud to be a part of an athletic team that they naturally keep everyone's spirits high, even when we lose a game."



Josie Lordi/Del.Aware

Transition student Gabe Peruso secures a point for the Warriors.

Seahawks, Patriots set for rematch in Super Bowl LX

Both teams' defenses rank among the top five in the NFL.

By MIKE IUZZOLINO

Sports Editor

The stage is set: this Sunday, the Seattle Seahawks and the New England Patriots will face off in Super Bowl LX in a rematch of Super Bowl XLIX.

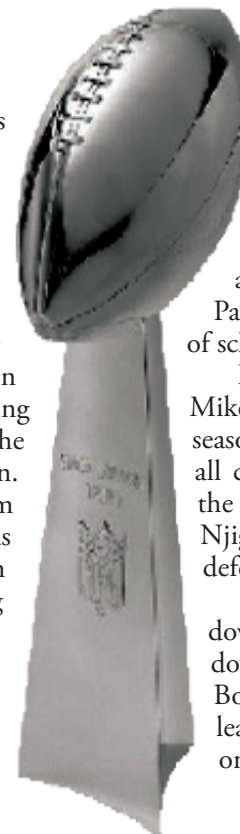
The last time these teams met in the Super Bowl, the game ended in dramatic fashion, cementing what is known as one of the best games of our generation. Rookie cornerback Malcolm Butler made a miraculous interception to seal the win for New England, securing the game's place as an all-time classic.

Now more than a decade later, both teams are back, although few expected the Patriots to return this

quickly. After winning just eight games combined over the past two seasons, New England has surged under first-year head coach Mike Vrabel. With second-year quarterback Drake Maye taking the league by storm as the MVP front runner, the Patriots' rebuild has arrived ahead of schedule.

For the Seahawks, head coach Mike Macdonald is in his second season, and he has his team firing on all cylinders. His defense is among the league's best, and Jaxon Smith-Njigba is a nightmare for opposing defense.

Ultimately, the game will come down to which defense can slow down the opposing offense more. Both defenses rank top five in the league, but the offensive weapons on both teams can't be ignored.



Sports

Abington's speed sinks Warriors 123-62

BY REILLY NEWTON
Science & Technology Editor

The boys swim team lost 123-62 on Feb. 4 to one of their top competitors Abington Heights.

Junior Ryan O'Connell's 100 freestyle and sophomore Thomas Zaucha's breaststroke were the closest races of the night, but overall they couldn't

break through the Comets' speed and endurance.

"I knew it was going to be a tough meet because Abington has really fast swimmers," head coach Chelsea Shatt said. "It helps that we love Abington. We love competing against them and they're great kids too."



Reilly Newton/Del.Aware

Junior Ryan O'Connell fights for the lead against his opponent.

Girls swim loses to Abington Heights

BY AVA TROUP
Lifestyle Co-Editor

The Warriors lost a hard fought meet against Abington Heights on Feb. 4 and ultimately finished with a score of 112-72.

Head coach Chelsea Shatt was impressed with the effort the athletes put into the meet even with tough competition.

"[We knew it would be a] hard meet, but everyone swam to their fullest potential," coach Shatt said.

Multiple swimmers were noted for their successful performances against the

Comets.

Freshman Sasha Novikov placed second in the 100 yard freestyle with a time of 1:01.93.

Sophomore Isabella Cady also had a strong performance with a time of 1:07.99 in the girls 400 yard freestyle relay.

Regardless of the loss, the team

Despite missing a considerable amount of practice due to severe weather conditions, the Warriors still gave it their best effort and had high spirits throughout the meet.

In their league, Abington ranks first, with the Water Warriors tied with Scranton Prep for second.

"They are a smaller team, so we usually have better depth, but they have very fast swimmers," coach Shatt said.

The team hosts Scranton Prep on Feb. 12 on senior night.

used the meet as an opportunity to reflect on their performance.

"It was definitely a great opportunity to compete against an experienced team and to learn where our individual and team strengths were," senior captain Elizabeth Bailey said.

Girls swim will be hosting senior night on Feb. 12 at 4:30 p.m. against Scranton Prep.



Ava Troup/Del.Aware

Junior Chloe Cruz competes in the 200 yard medley relay.

Boys wrestling dominates Pleasant Valley

BY EMMA SIMMONS
Editor-in-Chief

The boys wrestling team defeated the Pleasant Valley Bears 54-16 on Feb. 3, securing its ninth win of the season.

With the district championship on the horizon, head coach Lou DeLauro was satisfied with the team's performance and consistency after defeating the Bears.



Emma Simmons/Del.Aware

Junior Andrew Elliott fights hard against his opponent.

"We are starting to peak at the right time coming into the postseason," he said.

Coach DeLauro noted sophomore Drew Churchill as a standout during the match due to his work ethic.

"He just continues to improve and never gives up in his matches," coach DeLauro said.

The district championship will occur on Feb. 20 and 21 when all varsity wrestlers will compete

for a chance to move on to Regionals. Coach DeLauro expects a few wrestlers to move on to the regional championship, notably senior JJ Segal.

"He narrowly missed qualifying last year, so we expect him to move on due to how much better he has gotten," coach DeLauro said.

As the season comes to a close, coach DeLauro hopes the team will focus on taking advantage of chances to improve each practice.

"We are still a really young team, and it's tough to learn everything at once," he said. "Staying in position to score more points is going to really help us improve."

Spotlight Athletes Boys Swim



Thomas Zaucha, SOPHOMORE

"He works hard at practice, and he is doing well in the meets."

-Head coach Chelsea Shatt

Girls Swim



Mariana Wyss Duarte, SENIOR

"She has taken a leadership role and has been putting in a lot of work into all of her laps at practice."

-Head coach Chelsea Shatt

Boys Wrestling



Zion Colon, JUNIOR

"He has the most wins of anyone on the team so far this season, and he continues to get better."

-Head coach Lou DeLauro

Sports

Girls wrestling loses tough battle to Cavaliers

By KIMBERLY SMYSER
Managing Editor

The Warriors lost to East Stroudsburg South 51-24 on Feb. 4, making their record 2-6.

"We knew that East Stroudsburg South was tough, and I went into it knowing that to win, we'd have to perform our best," head coach Evan Bates said.

Sophomore Mya Viera, senior Kate Prior and sophomore Caitlin Luciano won their matches by forfeits, and freshman Keira Snyder won her match by a pin.

"It's very difficult to go out there after a teammate has lost, let alone have several



Kimberly Smyser/Del.Aware

Freshman Keira Snyder pins her opponent, securing six points for the Warriors.

teammates lose," coach Bates said. "She [Snyder] took control of the match right away which speaks volume to her attitude

and mental state."

According to coach Bates, freshmen Anabelle Viera, sophomore Kylie Pearce and senior Riley McHenry had great moments and matches up until the end, despite their disappointing losses.

Coach Bates credits the girls for their improvements all around. This season, he knew that they would struggle in dual meets since the team is composed of mainly freshmen and sophomores.

"Wrestling is an individual sport—more than just competing. Everybody learns their own idiosyncrasies about how they're going to execute a move," coach Bates said.

Spotlight Athletes Girls Wrestling



Anabelle Viera, FRESHMAN

"Anabelle has an unmatched determination and courage."
-Head coach Evan Bates

Girls basketball falls short to the Comets

By LUCAS PETERSHEIM
Sports Co-Editor

The Warriors fell to 10-7 with a loss to the Abington Heights Comets on Jan. 28.

The team played relentless defense by pressing the ball and rebounding. The team's scoring was led by junior Amanda Aragona with 12 points followed by senior Kyrstina Orby who contributed seven points.



Junior Amanda Aragona

The team's defense and rebounding has been strong, but offensively, they were slow out the gate, only scoring six points in the first quarter.

Head coach Mikaela Smith credits senior captain Jordan Dickerson for her great defensive effort by holding the Comets lead scorer, Emma Coleman to only 16 points.

"Our big focus was we had to stop Coleman. She had 34 points on us last time. I think Jordan did an amazing job on her," coach Smith said.

With the end of the regular season creeping closer and closer, coach Smith wants to fine-tune the team's problems

and prepare for playoffs.

"We want to make sure we are focusing on our transitions and not rushing our shots," coach Smith said.

She was also adamant about sharing the ball and not rushing the offense.

"We need to work on not settling for a good shot but finding the best shot," coach Smith said.

The team looks to maintain their tough-nosed mentality for the rest of the season and into the playoffs.

With playoffs right around the corner the team looks to shrug off this loss and build off their strengths in hopes of a playoff win.

Girls Basketball



Amanda Aragona, JUNIOR

"She is leading our team in scoring, assists and steals. She has a scorer's mentality that helps drive the offense."
-Head coach Mikaela Smith

Strong defense leads Warriors past Buckhorns

By MIKE IUZZOLINO
Sports Editor

The boys basketball team improved to 11-8 with a 54-29 win over Wallenpaupack on Feb. 2.

Sophomore Trey Newton led the team with 20 points, and with senior Tyler Lombardo being unable to play, junior guards Alex Calvario and Harrison Bixby stepped up with 13 and 10 points, respectively.

"Trey was ridiculous tonight," head coach Kris Holtzer said. "We told him to go get loose and do what you've got to do, and when he kicked the ball, those other

guys were making shots."

It was a tight game throughout the first quarter, with the Buckhorns holding a slight lead at the end of it. The Warriors made several defensive adjustments in the second quarter, including trapping out of their zone defense, which proved successful as they went into halftime leading 23-13, allowing only two points in the second quarter.

The Warriors then continued that success in the second half, outscoring the Buckhorns 18-11 in the third quarter. This was their best offensive quarter of the night: one in which they capitalized off of turnovers and great shooting looks.

The Warriors now rank third in the District 2 Class 6A power rankings, trailing only Wilkes-Barre and Williamsport.



Contributed Photo

Senior Colin McGarvey leads the team with 31 made 3-pointers.

Boys Basketball



Trey Newton, SOPHOMORE

"He's been doing a really good job getting into the paint and getting guys the ball."
-Head coach Kris Holtzer