



DEL AWARE

Delaware Valley High School - Milford, Pa.

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Students battle in first-ever Geography Bee

By JOEIMARIE COHEN

Arts & Literature Co-Editor

After advancing from the written qualifying test, the top 10 students competed in the school's first Geography Bee phase two competition on March 6, where senior Jackson Hancock took first place, senior Dominick Agron took second place, and freshman Devyn Jones took third.

Students originally participated in the school's new geography bee on Feb. 25, marking the school's first time taking part in the competition.

The first phase was an online assessment administered during social studies classes and open to any student in grades 9-12. Students who couldn't take it during class were given additional supervised

opportunities later in the day.

The test lasted about 30 minutes and covered a range of topics such as landmarks, cultural achievements in Pennsylvania, geography and global history. Some questions encouraged students to think about subjects they hadn't studied before, including international cinema, world cuisine and famous monuments.

Assistant principal, Ms. Jessica Hubal, helped coordinate the event and said the Geography Bee was meant to be educational and enjoyable for students.

"Why not make something in social studies? There's not really much in social studies that we do and make it 9-12. And I thought it was a perfect opportunity for students to have some fun with something," Ms. Hubal said.

Results from phase one determined the top 10 students who advanced to phase two, an in-person competition held on March 6.

During phase two, students competed in 11 rounds of questions in a format similar to a spelling bee. All rounds included both individual and group questions that tested the contestants' knowledge of world culture, geography and global history.

In individual rounds, students were asked questions and had 10 seconds to respond. In group rounds, they wrote their answers on a whiteboard or paper in 15 seconds before revealing at the same time.

"Since this is our first time doing it, we're going to keep it small scale, but that might be something really fun to make it more school-wide moving forward," Ms. Hubal said.

Sticker wall showcases student creativity



The DV Sticker Wall was created by technology education teacher, Mr. Thomas Moran on Jan. 22. It was designed for his Mechanical Drawing I students to have a place for their stickers they created throughout the semester. He has saved stickers from the last three years that will also be displayed on the wall. He specifically wanted to create the wall for the mechanical drawing students' custom sticker projects, to allow their work to be admired and shown as an example for future students. The sticker wall is a new tradition with the main goal to show the hard work the students put in.

Compiled by Faith Bailey

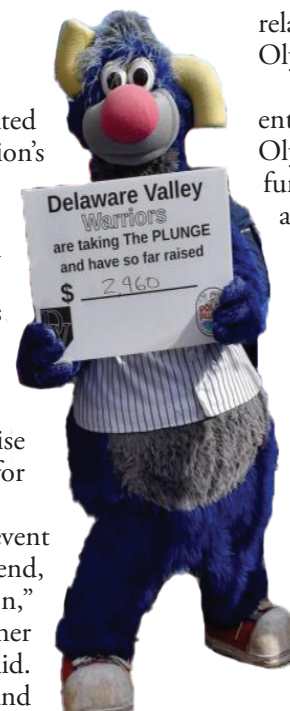
Students take the plunge, raise overall \$3,400

By KIMBERLY SMYSER
Managing Editor

Students participated in the Northeast Region's Cool Schools Polar Plunge on Feb. 26 and raised \$3,400 for Special Olympics Pennsylvania.

While this was only DV's second year attending the event, 34 students signed up and took the plunge to raise awareness and money for Special Olympics.

"It is a wonderful event for all those that attend, and it celebrates inclusion," special education teacher Ms. Hailey Vogel said. "The connections and



relationships that are built within Special Olympics activities are truly fun to see."

Students braced the freezing water with enthusiasm, showing their support for Special Olympics athletes. The event not only raised funds but also strengthened school spirit and highlighted DV's commitment to celebrating and showing support for the organization.

"I think the Polar Plunge is great because it raises money for Special Olympics, and it was really fun to do," sophomore participant Brooke Nielsen said.

In order to take part in the event, students had to raise a minimum of \$40 and sign up with the Cool Schools website. For anyone interested in participating next year, listen for announcements during December of 2026 of next school year.

 @delaware_news

School News

Students learn vital self defense at Martial Arts Club

New co-advisers continue club after previous adviser retires.

BY ALYSSA ZIMMER

Community News Co-Editor

The Martial Arts Club teaches students traditional self-defense techniques that they can use in everyday life.

This year, German teacher Mr. Bob Wyckoff and his son, math teacher Mr. Brian Wyckoff decided to co-advise the Martial Arts Club where they teach students traditional Tang Soo Do techniques.

Tang Soo Do is a traditional Korean martial art. The father-son duo focus on teaching their students forms which teach people movement, wrist grips which teach defense against a grab and one-steps which teach defense against a punch.

The club usually meets on Thursdays twice a month and at the moment they only have five members.

The students practice techniques on exercise mats and the advisers demonstrate techniques first. Then, students practice the technique slowly to learn the motion. Students are also taught to tap out if they want their partner or instructor to stop.

"The club is good physical activity, and I have met new friends from it."

- Colin Stanley

Mr. Larry Marcial, who retired last year, used to run this club and taught more takedowns and rolling. Mr. Bob Wyckoff said they may get into that, as of right now, he plans to teach more Tang Soo Do, so they don't do takedowns.

"Mr. Marcial [ran the club] for many years, and he had expressed an interest a couple years ago for me to keep the club up going when he retired. He showed me a lot of what he did," Mr. Bob Wyckoff said.

Senior Colin Stanley, a member of the Martial Arts Club, said the club has taught him discipline, how to defend himself and to be kind to other people.

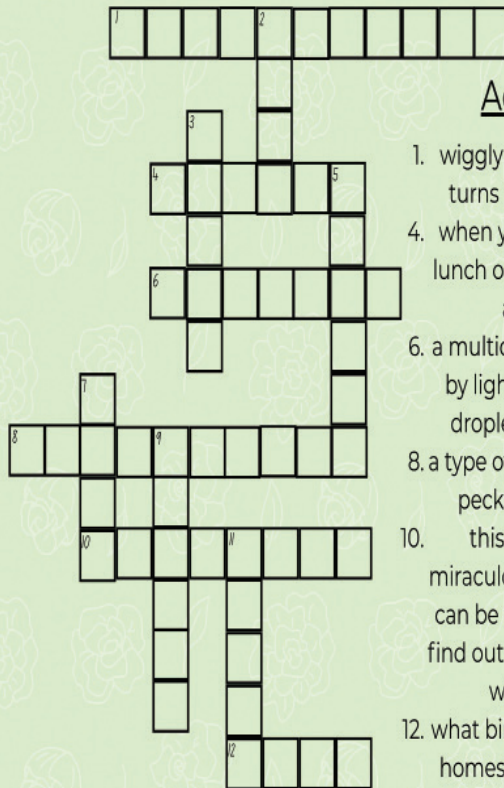
"The club is good physical activity, and I have met new friends from it," Stanley said.

Similar to how Mr. Marcial ran the club, students and parents must sign an agreement saying that anything they do in class is only for the club, everybody will conduct themselves safely and if a student is unsafe, they will not be asked to come back.

Mr. Bob Wyckoff has been training in Tang Soo Do since 2012 and has achieved his 3rd Dan black belt.

SPRING IS IN THE AIR!

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



Across

- wiggly long insect that turns into a butterfly
- when you eat a packed lunch outside usually on a blanket
- a multicolored arc made by light striking water droplets after it rains
- a type of bird that likes to peck holes in trees
- this also appears miraculously after it rains can be dangerous if you find out that it is red with white spots
- what birds make as their homes to stay safe and warm

Down

- the second most common weather of spring in PA
- a type of flower that is violet to purple and has a strong fragrance
- if you find one with 4 leaves it's good luck
- a long, thin, wiggly legless creature that miraculously appears after it rains
- colors that are lighter, delicate or airy
- a type of bird that lays light blue eggs

Compiled by Alyssa Zimmer

Inquiring Photographer

"WHAT IS THE LUCKIEST THING THAT HAS EVER HAPPENED TO YOU?"

COMPILED BY VANESSA DISPOTO



"Getting my dog Layla"
Noah Kirk
Class of 2029



"Finding a four leaf clover"
Caleb Hogan
Class of 2028



"Winning a trip to the PA Renaissance Faire"
Mrs. Sara Walsh
Math teacher



"Hitting my first home run"
Samantha Baumann
Class of 2027



"Being born in the United States of America"
Dom Agron
Class of 2026

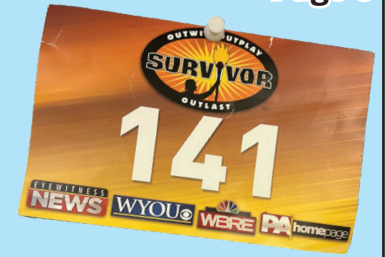


"Getting the job here"
Kevin Kearns
Custodian





A day in the life of... MR. SCOTT NIELSEN



To most students, teachers seem like nothing more than just that— there to educate. But outside the classroom, they have early mornings, favorite hobbies and responsibilities that go far beyond grading that test you just took. Here's a closer look into a day in the life of one of DV's teachers, revealing the parts students don't always get to see.

4:30 a.m. to 7:05 a.m.

"I wake up and take care of my three dogs: Maverick, Maggie and Macy. I usually make breakfast for myself, which is usually eggs or something like that, and put together some lunch things for my kids. Then I sit down for about a half-hour to drink coffee and get ready for my day. When it's warm out, I will go on a half-hour walk with my wife to decompress and talk. After all of that, I leave for work."

8 a.m. to 2:38 p.m.

"Throughout the school day is just teaching. This year, I have four sections to teach of AP Psychology and one section of AP Comparative Government. In past years, I've also taught American Government and AP U.S. Government. Occasionally, I will also go to meetings since I am a department chair. I really do love teaching, so seeing cool moments where light bulbs go off for kids is one of the best parts of my day."

2:38 p.m. to 6 p.m.

"Depending what season it is, I'm usually coaching after school. In the fall, I coach girls middle school soccer. In the winter, I coach boys basketball. In spring, I'm off, but I still like to volunteer at track meets, volleyball games and basketball workouts. When I'm not in season, I also try to work out every day."

6 p.m. to 10 p.m.

"Depending on whose night it is to make dinner, I'm either cooking or doing laundry, which I do a lot because I have five kids. In warmer weather, I would probably sit out on the porch in my rocking chair with my wife. I also like to watch sports with my wife in the evening before I get ready to go to sleep."



Favorite hobbies:

Skiing, tubing, hiking and "throwing kids off of boats"

Favorite sport: Basketball

Fun fact: He tried out for the show 'Survivor' twice!*

*Mr. Nielsen noted that if he does ever get on, he will most definitely win.



Advice for students:

"I want students to realize that all the anxiety and stress they're feeling, everyone else is feeling too. Even the most seemingly put-together people are feeling the same way. Don't feel bad about yourself because you're not alone."

Opinion

OUR OPINION Let's bring back empathy

Now more than ever, it seems that empathy is becoming a second thought rather than an ability that is hardwired into almost every human being.

Obviously it is easy to go with the crowd: it doesn't take any perspective or integrity to point the finger instead of taking a stand and realizing that it is possible, and okay, to be in the wrong. But when the question of someone's own dignity comes to mind, it's hard not to wonder how people could so easily compromise that, how people could so easily lose a backbone.

Hate has seriously become so normalized that it is at a point where we should be concerned.

We are in an era where it is okay to voice your own opinion and beliefs without creeping worry of your own safety, but to what extent? Is it too much of a stretch to say we are abusing this birthright?

When your words start to push the boundaries

of ethical principles, that is when it is necessary to reflect. Ironically, social media, a place where you are supposed to be encouraged to express yourself through whatever means necessary, has been the breeding ground for all types of hate speech.

Unfortunately, this is most likely a result of social awareness backfiring.

If you've spent time on social media, you probably encountered a post that tries to tell you not to do something, that tries to tell you what is not socially acceptable or that tries to force some kind of opinion onto you.

Every commentary based post that you have seen has likely had at least an ounce of opinion in it. We are expected to consume, digest and change our ways immediately, unless we want to be framed as outcasts.

Frankly, this is exhausting and also unrealistic. The cherry on top is how completely condescending

and, in some cases, offensive this can be. So what do people do? They come back twice as hard showcasing behaviors that were specifically pointed out to be frowned upon.

This form of retaliation is steadily growing more popular. Your favorite celebrity, Youtuber, streamer or podcaster has probably done this, no matter what opinions they uphold.

This ends up leaving our most vulnerable sections of the population at risk for the hateful speech that results from this never ending cycle.

In people's quest to retain their individuality, their own opinions and their roots, they reach extreme levels of hatefulness, the origins of which are deep-seeded and dreadful.

Ultimately, retrospection is better than berating someone else's beliefs. If you see something you take offense to, look inside and ask yourself why.

Superficial couples warp social perspectives

BY ELLA BECKER
Entertainment Editor

Oftentimes, you may find yourself looking at people with envy because they have something you want, but have you ever thought that maybe you're not getting the full picture?

A vast example of this is looking at couples. Being a high schooler and seeing all your friends in relationships, or seeing your favorite celebrities or influencers "happily ever after" can often downright hurt and make you feel left out.

However, not everything is as it seems. There have been so many influential couples or celebrity couples that just lack the spark. They seem happy on the outside, but what if you're envying something that isn't real?

Superficial couples lack deep emotional intimacy, and barely see eye to eye. Like the word superficial

suggests, these couples are mainly together for the physical appeal or as a publicity stunt in celebrity cases. Couples like this are often what pollutes your brain because it's almost as if they try to fill the gaps and make their relationship look as perfect as humanly possible. Oh wait—they are doing that.

Some people only date each other because it's what's easiest for them, but the second someone "better" comes along, the relationship is over. Being with someone who is only into you for your looks, or being with someone only for their looks, lacks emotional responsibility and maturity and creates strain rather than stability.

The idea of a relationship being convenience-based is beyond immature and revolting. My question is why would anyone waste their time, energy and emotions?

Think about it, whether both parties in the relationship aren't in it for the bigger picture or just

one party isn't, it has got to be exhausting. Many fail to understand that their time and company is worth more than just their appearance. Being in a relationship has turned into a hobby rather than a commitment, and there is a really simple answer to this issue— don't date if you can't be available for your partner on a deeper level.

Now, I am by no means saying that every high school couple is superficial. I truly do believe in high school sweethearts, however high school relationships can often take place before both parties have emotionally matured, which can leave a gap in understanding what committing to a person means.

After all being said and done, don't you feel a little bit better if you find yourself often wishing you were in a relationship as "perfect" as "So and So's"? If you want to spend forever with someone, make sure they have the same intentions as you. After all, you have a lifetime to find someone who truly loves you.

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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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Email: del.awarenewspaper21@gmail.com

Opinion

Advanced Placement culture, is it cultivating success or creating a crisis?

By AVA TROUP
Lifestyle Co-Editor

You've all heard about them before: Advanced Placement, or AP, classes. These classes are designed by the College Board with the intention of exposing high school students to college-level work and allowing for the students to potentially earn college credits.

Teachers and administrators both sing the praises of these courses, claiming that they prepare students for college, and they very well might, but it is essential to consider the toll that an excessive amount of AP courses could take on students' mental health.

While students are not directly pressured into taking an excessive amount of AP classes, there are many indirect factors that often influence students when picking classes. When teachers discuss their class recommendations with students, it often impacts their decision of whether they should take a more advanced class.

Sometimes, they might be pushed into taking

advanced classes that they are not prepared for, which could cause a student to lose confidence in themselves and their abilities. Peer pressure often influences these decisions, especially if students want to be in class with their friends.

From the start of an AP class, the idea that their score on the AP exam in the spring is essential to their future success is drilled into a student's mind. This can put extreme amounts of pressure on the students to perform well and cause them to tie their self worth onto their academic success.

Since AP classes are designed to push students, their grades, although weighted, will sometimes be lower which negatively impacts their mental health. The high amounts of pressure placed upon these students can lead to anxiety, depression and insomnia for students. AP courses often have heavy workloads, and if students take multiple AP classes, the amount of homework and studying will pile up, resulting in late nights and a lack of adequate sleep, which then negatively impacts their performance in classes.

As academics become more competitive, more and more students are pressured into taking more AP classes, whether it is to get more college credits or attempt to maintain a standing for the top 25 for their class. The combination of heavy workloads, academic pressure to succeed and competitive nature for a high class rank can result in mental health struggles and burnout for students.

By no means am I saying that other classes do not cause stress upon students, and I am not saying that taking AP classes is a bad decision, I personally think that if chosen carefully, AP classes can be extremely beneficial to students and can help them find their passions.

However it comes down to personal reflection on what you are able to manage as a student. Balance is key to approaching AP classes, and if approached correctly, can allow for you to push yourself without burning out.

It's not slop, it's good eats

By MIKE IUZZOLINO
Sports Editor

In recent years, it has become increasingly common for people to talk down on school lunch as disgusting sludge, but I think it's time we have a serious conversation.

Are some lunches better than others? Yes. Are there also certain lunches that are amazing? Absolutely. You can't honestly tell me that you don't get excited about walking tacos on a Tuesday or buffalo chicken flatbreads on a Friday.

Even the basics hold their own. On any given day, you are guaranteed to have pizza (which has drastically improved recently) or chicken patties as an option. If you aren't feeling either of those, there is a wrap and salad option that rotates daily. That's the best part; there is always something for everyone.

I'm not saying by any means that I enjoy every single lunch option that's available, but I know that if I don't want the main option available on any given day, I can rely on a slice

of pizza or a chicken patty to get me through the day.

Even the salads and wraps are slept-on options, especially the chicken Caesar salad because you really can't go wrong with a good salad.

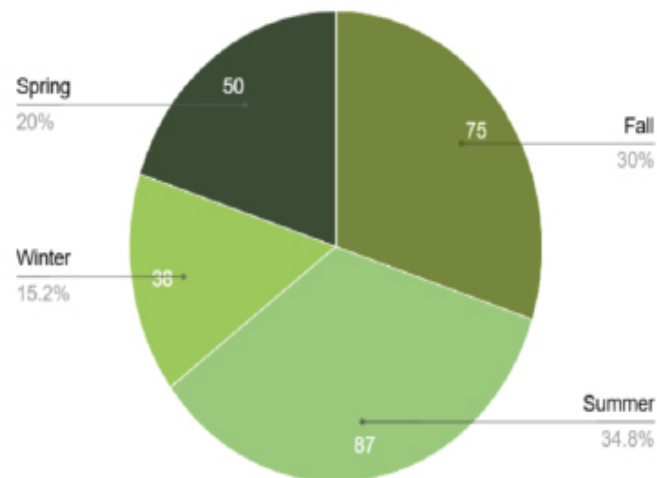
Another overlooked aspect of school lunch is its overall convenience. Many students don't have enough time to pack a lunch everyday, and school lunch provides a cheap, nutritional meal. For some families, school lunch plays a vital role in ensuring students have a substantial meal throughout the day.

A common complaint against school lunch is the lack of portions. While I do partially agree that at times the portions for the main meals are not satisfactory, every day there are numerous fruits and vegetables, specifically apples and bananas that can supplement the meal.

By no means is it Michelin-star quality, but it's a dependable midday meal that doesn't deserve nearly as much hate as it receives.

What is your favorite season?

The pie chart below shows the results of a survey conducted with students randomly selected during all lunches.



Compiled by Faith Bailey

School News

CTE Spotlight: Business and Marketing

BY ASHANTIA DICETTE
Opinion Co-Editor

From computers to real-world applications, the Business and Marketing Career and Technical Education program is designed to prepare students for careers in management, entrepreneurship, finance and marketing through hands-on experience. Students learn skills such as digital marketing, financial literacy and business planning.

Business teacher Mr. Jeff Luhrs said the Business CTE program is designed to give students a taste of what they may experience in the outside world. What makes the program special is its uniqueness and that it's more similar to a "workplace" than a classroom.

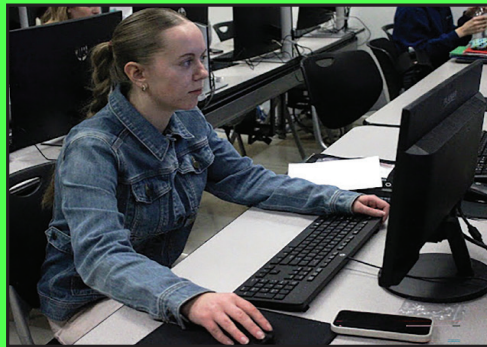
"The program is different from others because it's all about teaching students time management and discipline," Mr. Luhrs said. "Whether they'll go into business or not."

Senior Julia Boronow, who has completed multiple levels of the program, said the coursework builds each year and challenges students to grow

professionally. As students advance, expectations increase and projects become more independent.

"The only difference between the levels is your abilities and growth," Boronow said. "You're doing similar work, it's just at a different level each year."

One of the most valuable skills Boronow said she has gained is time management. She also emphasized the importance of professionalism, which she said is



Ashantia Dicitte/Del.Aware

Senior Julia Boronow works on a business project during class.

reinforced through class expectations and assignments.

"All of the online tools I've acquired—I feel like I've done so many skills like putting together a resume, putting together a professional email," she said.

Boronow said those lessons extend beyond the classroom and apply to nearly any field. When students walk into the classroom, they should be ready to participate and stay focused. And although she said there is no single "hardest" part of the program, she acknowledged that balancing projects and deadlines can be challenging at times. Still, she said the experience is worthwhile.

"They should expect to be put to work," Boronow said. "Do we have downtime? Yes, of course, I feel like every classroom does. But I think hard work really comes into play here."

Boronow said she recommends the program to other students, especially those interested in media, marketing and online content.

For Boronow and other students, the program provides more than classroom instruction. It's given them the chance to develop skills for their future.

All Odyssey of the Mind teams advance to States

BY EMMA SIMMONS
Editor-in-Chief

The four high school Odyssey of the Mind teams who traveled to Pocono Mountain West High School for the Northeast Regional tournament on Feb. 28. The Vehicle, Technical and Structure teams each came in first place and the Performance team came in second place, meaning all teams qualified to advance to States.



Emma Simmons/Del.Aware

The Vehicle team's problem required members to design, build and operate a functional train vehicle.

Additionally at the regional level, seniors Bailey Ryan and Angie Barcia received the Karl Schneck Memorial Scholarship, which is awarded to seniors who propose a creative solution to a problem. Sophomore Delanie Stumpf received an OMER's Award, which recognizes individuals or

teams who demonstrate exemplary talent or sportsmanship.

While preparing for States, the teams will assess their scores and adjust aspects of their solutions to their respective problems. Additionally, they will practice for the spontaneous portion of the competition, which requires team members to use creative thinking and teamwork in order to solve problems that are verbal, hands-on or a combination of the two.

The teams will travel to Pocono Mountain East High School on March 28 to compete at the state competition. Those who place first or second at States will advance to the World Finals at Iowa State University in May.

Compiled by Chloe Simonson

DELAWARE VALLEY TALENT SHOW

April 1,
2026

7
p.m.

DVHS
Auditorium

7
p.m.

SEND A CLIP OF YOUR ACT BY 3/22 TO
dvhstrim8090@gmail.com

Singing, Dancing, Art, Magic and more

Prom, Prom and Prom!



What song should be played at Prom?

Prom Checklist

- Wake up and get a coffee
- Go to school
- Leave school and get ready
- Take pictures
- Leave for the Prom
- Dance the night away



Justin Estevez
"Unforgettable"
by French Montana



Padraic Trainor
"Wipe Me Down"
by Boosie Badazz

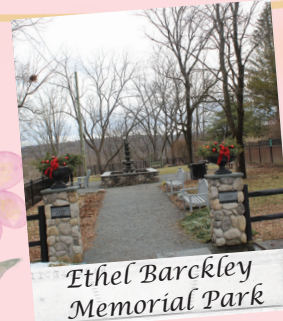
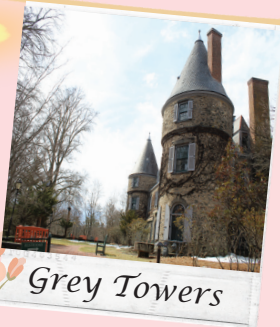


Grace Myers
"Party Rock Anthem"
by LMFAO



Addie Del Maruo and Ayden Conklin
"Shots" by Lil Jon

Compiled by: Josie Lordi, Keira LeMay, Jaida Palacios, Chloe Simonson and JoeMarie Cohen



Promposal

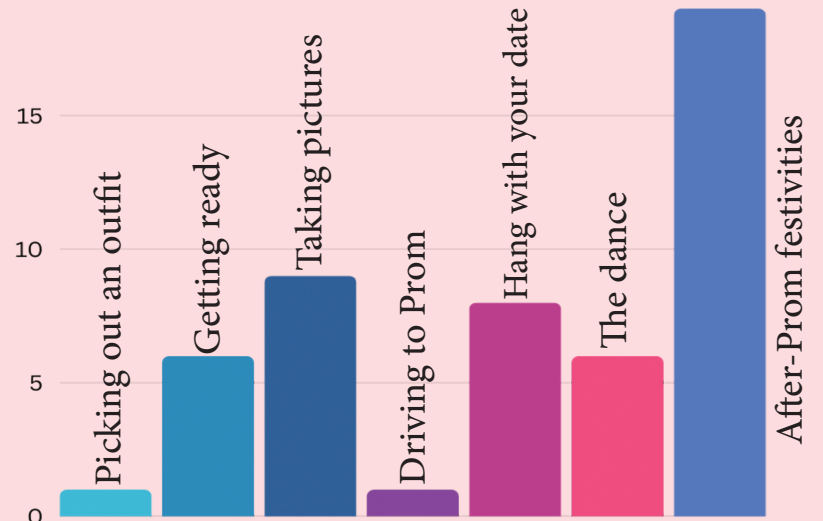
Do's

Don'ts

- ✿ Make it personal
- ✿ Don't pressure them
- ✿ Get friends involved
- ✿ Don't use offensive humor
- ✿ Make intentions clear
- ✿ Don't make it about you

Promposal Contest: Promposals should be submitted to the Del. Aware's Instagram @del.aware_news by April 13 to win two Prom tickets!

20 What are students' favorite parts of Prom?



This poll was randomly given to 50 students attending Prom.

Community News

Library of Things provides free tools

BY KEIRA LEMAY

Community News Co-Editor

Have you ever needed a tool or object but not wanted to purchase it? Why not take a trip to the Pike County Public Library's Milford branch to borrow it. From exercise equipment to power tools, the library has a multitude of items available to check out in their Library of Things.

The Library of Things is a collection of items that are available to patrons on loan. The collection includes items that people may not be able to afford or are hesitant to spend money on.

The Library of Things was launched in 2024 through funds that were donated to the library.

"Similar collections have been growing in popularity in libraries for some time," Nicole Heyer,

executive director of the Pike County Public Library said. "Offering this type of resource to our patrons has been a goal for many years."

Similar to checking out



Contributed photo

The Pike County Public Library is open every day except Sunday. Their hours are available online.

a book, you can only check out items with a library card. Library cards are free to Pike County residents. People can request a library card in person or start the process online.

A catalog of the Library of Things is available on their website, pikecountypubliclibrary.com. Patrons can search the catalog for an item and make a request for specific items to be added.

The Library of Things includes many items like a sewing machine, a check engine reader, a metal detector, a wood burning kit and others.

"The library is a place where people can access tools, learn new skills and explore a wide range of interests," Heyer said. "We have so much here within our walls and digitally too."

The library also provides many other resources and programs to the community. They have programs and clubs for children and adults to learn new skills or games and feel a sense of community.

"At the end of the day, the library is here to serve the community, and we're always looking for new ways to do that," Heyer said.



Keira LeMay/Del.Aware

The Library of Things has many tools, such as a snowshoe kit, available to borrow.

Milford food pantry serves families in need

BY JOSIE LORDI

Sports Co-Editor

The Milford Ecumenical Food Pantry opened its doors in 1991 with just a few women working to help members of their community. Since then, the pantry has grown into a major source of support for residents in need.

Nancy Potter, director of the food pantry, took over the program 12 years ago when it was still operating out of the building's basement. The pantry has expanded to use the main floor and the upstairs.

"We were still down in the basement at the time and it was kind of crowded, but you do with what space you have," Potter said.

Demand for the food pantry increased significantly during the pandemic. Volunteers often had to prepare and label food boxes outside for people to pick up.

"We had to shut down for a little while, but it doesn't seem to stop us," Potter said. "We always find a way to help people."

The food pantry serves residents throughout Pike County. The main items currently needed include spaghetti sauce, peanut butter, cereal and side dishes. Many of these items are donated weekly by Walmart and Price Chopper.

"People also drop off food for the pantry, and we started to weigh the food because the



Josie Lordi/Del.Aware

Families walk from food stations to choose their items for the week.

amount of food we receive is amazing," Potter said. "We want the people who donated it to know that even if it's 20 or 30 pounds of food, they're helping us provide for our community."

On a typical Friday, volunteers arrive to stock the shelves and sort donations. The pantry is open from noon to 1:30 p.m. and again from 6:30 to 7:30 p.m. The organization also hosts a monthly luncheon to bring the community together and encourage more people to volunteer.

According to Potter, they are in need of kids who can help carry the food out to people's cars and are able to lift and fill up the counters. The pantry is in need of older kids to come in on a Friday, even if it's not every Friday, just to help out for a couple hours. Students can volunteer on Fridays by going to the pantry, which is located near Ann Street Park.

MILFORD'S 3RD ANNUAL SAVING PATRICK'S DAY PARADE

MARCH 21, 2026 AT 3 P.M.

SCAN THE QR CODE BELOW TO
VIEW RULES AND HOW TO
REGISTER

Compiled by JoieMarie Cohen

Community News

Family-friendly restaurant offers a diverse menu for all ages

BY LILIAN SEIBERT

Lifestyle Editor

My recent dinner at the Historic Dimmick Inn was filled with a beautiful aroma, ambience and a great experience overall.

My friend and I walked into the restaurant and were immediately greeted with kindness and attentiveness. Once we were seated, we were quickly drawn to the atmosphere of the room. The lights were dim and candles lit the restaurant. The room smelled of delicious entrees of all different types.

Our waiter arrived swiftly to bring us water, but left us with time to look over the menu and decide what we were going to order.

We decided to get an appetizer to share. We ordered the Bavarian beer pretzel, a soft, salty

pretzel with beer cheese to dip on the side. It was served warm and the breading inside was noticeably fresh. It was a generous portion, so it was just a little too much for two people to share.



Lilian Seibert/Del.Aware

The fig & pig pizza served at the Historic Dimmick Inn was hot and crispy.

Even though the pretzel could easily be filling on its own, we ordered our entrees soon after. I went with the fig & pig wood-fired pizza which had fresh mozzarella, whipped ricotta, fig, pancetta, arugula and topped with a hot honey drizzle. The pizza was thin and crispy, and included the perfect blend of flavors.

My friend ordered the French onion soup, which was served in a traditional bowl with Swiss and provolone cheese and a large crouton in the middle.

Both of us were extremely satisfied with our entrees, which left both of us fulfilled and happy. Though dessert was offered promptly after our meals, both of us were too full to order one. Along with their lunch and dinner menu, the dessert menu had a variety of options with something for everyone.

The staff was extremely friendly during the ordering process, leaving us exceptionally comfortable while we waited for our food. The wait time was extremely reasonable considering it was a busy night.

For the size of the portions, their entrees are fair. Some appetizers may be overpriced in my opinion, but the quality of the food and service made up for it.

Not only is it a great place for a quick meal, but also it is family friendly as it offers a variety of options on the kids menu, making it easy for a family to dine out.

Whether you are going out on a date, a lunch with a friend or even a family dinner, the Historic Dimmick Inn is a noteworthy place to go.

Health spa combines holistic practice, technology

BY LILY STOVEKEN

Opinion Editor

Established in the heart of Milford, the Health House offers countless opportunities and services, both familiar and eclectic.

Dubbed a "health spa like no other," the Health House was officially opened in August of 2024. It was brought to Milford by Mr. Liam Hutchison, a local business owner who also runs the environmentally conscious coffee shop the Betterworld Store.

The Health House provides a variety of services that range from massages or facials to neuro-light experiences. Patrons can experience the union of traditional healing practices with new technological methods for both a personal and well-rounded experience.

Massages and facials range from therapeutic to cosmetic. Massage options include different styles such as medical, Swedish, lymphatic, therapeutic and more. Various types of facials and body wraps are also available for those desiring a natural aesthetic experience.

Fitness classes explore yoga, Pilates, senior fitness, breathwork, meditation and other options.

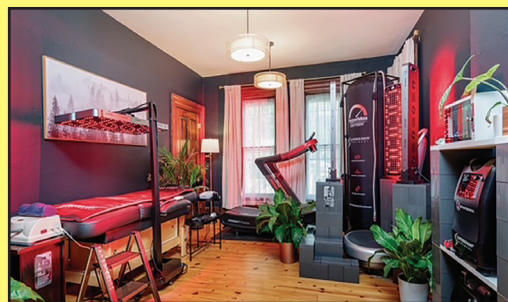
Wellness specialists provide services such as holistic nutritional counseling, reflexology, reiki, hypnosis and psychotherapy.

In addition to these services, the Health House showcases various forms of biotechnology. The Super Sauna combines the benefits of a sauna with therapeutic-grade red light, providing muscle recovery, pain relief, fat burning, skin health and more. The OxyGym provides intense oxygenation during exercise to improve cardiovascular health, increase energy and reduce inflammation, amongst other benefits. The Super Earthing experience implements Pulsed ElectroMagnetic Field Therapy (PEMF). Benefits include improved circulation, reduced inflammation and anxiety and improved sleep. The BioCharger

utilizes Rife frequencies, light, magnetism, and Tesla voltage to improve sleep, energy levels and mental efficiency. The Cold Plunge provides a refreshing experience to mitigate inflammation and soreness while aiding alertness and mood.

The latest addition to the array of biotechnology is the Dreamlight, a neuro-light experience in which "meditation meets visual art." The "dreamscape light" induces a calm, meditative state and deep conscious exploration. This is accomplished with fluctuating light patterns that target the neurotransmitters regulating the nervous system, leading to reduced anxious and depressive symptoms, as well as improved sleep, memory and mental cognition.

The Health House has something for everyone; whether you're searching for pain relief, nutritional guidance or simply improving your lifestyle in general, the wide array of biotechnology and available specialists is sure to have something to suit your needs.



Lily Stoveken/Del.Aware

The Health House showcases various forms of biotechnology, such as the OxyGym.

Compiled by Reilly Newton, Kaitlin Gelardi, Ava Troup and Alyssa Zimmer

Better World ~Local cafe Recommendations~



EXTRAS: GLUTEN FREE BAKED GOODS AND A SMALL BOOKSTORE INSIDE.

Quality: ★★★★★
Convenience: ★★★★★
Atmosphere: ★★★★★

Wake Cup



EXTRAS: A STUDY POD THAT YOU CAN RESERVE AHEAD OF TIME TO DO WORK UNDISTURBED.

Quality: ★★★
Convenience: ★★★★★
Atmosphere: ★★★



Foundry 42+



EXTRAS: A VARIETY OF GIFTS TO BUY FOR PEOPLE IN YOUR LIFE.

Quality: ★★★★★
Convenience: ★★★★★
Atmosphere: ★★★★★

Café Wren



EXTRAS: LOCAL ARTISTS PERFORM MUSIC AT OPEN MIC NIGHTS AND FREE WI-FI.

Quality: ★★★★★
Convenience: ★★★
Atmosphere: ★★★★★



Daily Grind



EXTRAS: PROMINENT FOR ITS DRIVE THROUGH SET-UP.

Quality: ★★★
Convenience: ★★★
Atmosphere: ★★★★★



Lifestyle

Is the clean girl stereotype cute or lacking creativity?

By ELLA BECKER
Entertainment Editor

One of the most recent trends on social media is the clean girl aesthetic. This aesthetic is inspired by Hailey Bieber's style, minimalistic clothing, styles and hair-dos.

A hairstyle that falls into the clean girl style are slick-backs. Slick-backs are easily achieved by brushing your hair back into a clean, smooth ponytail.

Clean girl makeup is minimalistic, featuring a little bronzer, blush and mascara. The premise around the clean girl



look is that “less is more.”

Outfits are also expected to be minimalistic. Some popular choices include matching sets, plain T-shirts, blue jeans and simple shoes.

Although the clean girl style has been widely adored by social media, there has been backlash as well. Many argue that the simple style is too simple, that it lacks originality and doesn't allow anyone to fully express themselves. Some believe that every clean girl is just a copy and paste of each other due to the minimal personalization of the popular style.

Style is always a personalized preference, so always wear what makes you confident. Whether you believe you fall into the clean girl stereotype or not, personal choices are for everyone.

Does kindness still matter?

By KAITLIN GELARDI
School News Editor

In high school, it's easy to feel the weight of expectations: grades, extracurriculars and balancing workloads— it's overwhelming. And sometimes, amidst this pressure, kindness gets lost. It's imperative that it is found.



Bullying, social isolation and mental health struggles are all issues that many students face themselves or witness.

Although it may not seem like it, even minuscule acts of kindness can go a long way to remedy some of these issues, or at least serve as a starting point to induce a more welcoming, empathetic high school.

Too often embarrassment inhibits students' ability to help others. Think back to a time when you saw a student needing help: such as a kid who dropped their books in a crowded hall.

Did you stop to help collect their things? Or did you keep walking, fearful that if you did stop to help, you would embarrass yourself?

Think back to another time when you saw a student eating lunch alone. Did you invite them to your table? Or were you afraid that if you were seen sitting with them, your “social status” would be wrecked?

Students tend to care too much about how they are perceived, which leads to the ignorance of others' feelings. And this declaration is not meant to invoke shame, but rather call attention to how one's image can overshadow pure intentions.

High school can be isolating and stressful, which is why it is crucial that kindness triumphs over these fears. Try to ignore how you are perceived, and instead focus on how rewarding it is to help other students in need.

Being kind is never “trying too hard.” Instead, it's a breath of fresh air— an act, even if it's a small one, that allows spirits to be lifted.

The unfortunate truth is that not all students who struggle seek help. So be that light for them and choose to be kind.

The next time you find yourself in a situation where you can lend a hand, do it. Give peers compliments. Sit with someone new at lunch. Cultivate a better school culture by starting with kindness.

Top 4 most popular NeedDoh styles

NeedDoh's are fidget toys designed for squishing and stretching, often used to relieve stress. The popularity for the product began on TikTok with many people becoming obsessed with the soft and squishy nature of the toys.

Dream Drop



- Raindrop-shaped, glitter-filled
- Price: \$6.

Fuzz Ball



- A soft, stress ball covered in fuzzy rubber.
- Cost: \$5

Gumdrop



- Textured gumdrop filled with gelatin-like filling.
- Cost: \$6

Nice Cube



- A firm-textured ice cube squishy.
- Price: \$6

Compiled by Jaida Palacios

INTRODUCTION

Students and community members receive a polished issue of the Del.Aware each month, but very few know the true efforts put into creating the newspaper. Behind every issue is a staff of dedicated journalists and adviser Mrs. Leslie Lordi, who work thoroughly to create the paper with the eight step-by-step process to turn ideas into print.

STEP 1: STAFF MEETING

The first step in producing the Del.Aware is our staff meeting. After a brainstorming session, editors select the articles they want included in their section. After that, writers select the articles they want to cover.

STEP 2: PAGE LAYOUT

After articles are chosen, editors begin designing their pages. Pages are often modeled after ones from previous years, while specialty pages require more creativity and are often created from scratch.

STEP 3: WORD COUNTS/DEADLINES

Once the pages are laid out, editors identify the word count for each article in order for it to fit on the page. After that, writers set their own deadlines for when they will submit their articles.

The Journal

STEP 5: COPY EDITING

Once an article is written, it is assigned to a staff member for a copy edit. It is the responsibility to check for correct grammar, style, spelling and any other potential errors. Mrs. Lordi approves the changes, and the copy editor perfects the article before the original is published.

STEP 4: ARTICLE CONSTRUCTION

After establishing word counts and deadlines, writers go about constructing our articles. This involves reaching out to sources, scheduling interviews, taking photos and gathering any other relevant information before writing the first draft of the article.

STEP 6: PLACING

The writer then alerts the page editor that the article is "RFL" or Ready for Layout. The page editor then takes the article from the document from the writer and pastes it onto the page. During this process, changes may be made to the page or article.

ism Journey

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page editor copies the
the shared Google Drive
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STEP #7: PAGE EDITS

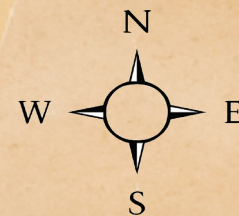
After articles are placed, editors meticulously review pages and look for any mistakes. During this time, layouts may be tweaked to ensure the page flows and everything fits. "Buddy pages" are then assigned, where members swap pages with a peer for another thorough review.

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STEP #8: SUBMISSION AND PRINTING

In this step, editors make final placements, changes and tweaks. Once finished, a final look-through of each individual page is performed. If we find mistakes, they are fixed during this time. After this, the PDF's of the pages deemed ready for print are dropped into an FTP site that links directly to the Times Tribune.



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STEP #9: DELIVERY AND DISTRIBUTION

On the morning of a new issue, a driver from the Times Tribune delivers the 1300 copies of the paper before 7 a.m. Staff members arrive at the school early to help distribute newspapers. We are each assigned a hallway and are responsible for counting the number of papers needed for each homeroom. Lastly, newspapers are distributed to different locations within the community and mailed to the other schools within the district.



Lifestyle

Fashion Aware: tote bags

BY CHLOE SIMONSON

Science & Technology Co-Editor

If you walk through any school hallway, you'll notice something. Due to the school's policy on bookbags, instead of carrying around binders, students are carrying around totes. Canvas tote bags hang from shoulders and are seen tucked under arms. What started as a simple reusable shopping bag has quietly become one of the most practical fashion statements in school.

But the tote bags aren't just practical; they're personal. From minimalist neutral canvas to bold graphic prints, the tote bag a student carries can say as much about them as the clothes they wear. A bookstore tote suggests a love for reading or at least an appreciation for the "academic aesthetic." A plain leather tote leans toward polished and put-together. A thrifted canvas bag with a quirky design gives off

creative energy. Outside school though, even grocery store totes have become ironic fashion staples.

Part of the appeal is their simplicity. Unlike structured backpacks with multiple zippers and compartments, totes are open and effortless. They match nearly any outfit and don't compete with oversized hoodies, wide-leg jeans or layered looks. In an era where "effortless" style dominates trends, the tote fits right in.

Popular brands students are getting their bags from include Marc Jacobs, Louis Vuitton, Chanel, Coach and Longchamp's Le Pliage.

There's also the sustainability factor. Many students prefer reusable bags seeing totes as the more eco-friendly option. Whether that reputation will always hold up is debatable, but the perception matters. Carrying a canvas tote feels intentional, responsible and easier.

However, the shift isn't without drawbacks. Totes

lack the support and organization that backpacks provide. While there can be tons of space within a tote, heavy textbooks, laptops and water bottles can cause strain on the shoulder. Practicality sometimes takes a back-seat to aesthetic appeal. Still, for many students, the look outweighs the inconvenience.

Social media has played a role in the tote takeover as well. Influencers and celebrities frequently style oversized totes as a part of everyday outfits, reinforcing the idea that the right bag completes a look. As trends cycle faster than ever, accessories often become the easiest way to stay fashionable without replacing an entire wardrobe.

Ultimately, tote bags represent more than convenience. They reflect a broader shift toward relaxed, curated style. In today's fashion, even something as simple as a bag can signal identity, values and taste. Backpacks may still be practical—but in school right now, the tote is what's in.

The ugly side of bed rotting

BY LILIAN SEIBERT

Lifestyle Editor

Picture this—you come home after a long day of school, you kick off your shoes and lie down in bed. You decide to take a "quick nap," which becomes a four-hour nap. When does this routine become unhealthy?

Bed rotting has become a commonly known term on social media in recent years, referring to the practice of spending many hours in bed during the day, often with snacks or an electronic device. This is usually an escape for teenagers due to burnout and stress, even though it's not the best option for these struggles.

A superior option is simply bed resting. This includes intentional sleep, reading and quiet time. It's important to recognize when your body needs downtime rather than trying to escape your feelings.

"Some people may see it as a form of self-care, but when a practice interferes with your daily life, it is a sign that there is a problem," social worker Ms. Amy Lewtinsky said.

Spending too much time in isolation

not only affects motivation but also your entire social life.

"Too much of something is not a good practice. Socializing is a necessary part of life," Ms. Letwinsky said. "Some people are introverts and struggle with socializing, but the fact is, we live in a society and one must interact with others."

If bedrotting becomes an issue, balance is the key to finding a solution. Starting with a planned schedule or keeping track of your sleep can lead to positive changes.

"Finding balance is difficult but can be done," Ms. Lewtinsky said.

A term like bed rotting has become romanticized, leading to more people becoming attached to it. This could further any struggle that was there to begin with. When you think it makes you feel better, it's only getting worse.

Therefore, finding a steadiness in your lifestyle is the key to creating a healthier relationship with yourself.

"If you get to the point where you are substituting a habit for facing your daily life, then it is time to seek out help and support," Ms. Letwinsky said.

Water bottles spike trends

BY ALYSSA ZIMMER

Community News Editor

Stainless steel water bottles have become a staple in people's everyday lives through hydration and fashion.

Even if you don't care about trends, you will still be influenced by other people's choices. Many people see water bottles as more than just a way to stay hydrated. People are attracted to the plethora of color choices for water bottles. It's a statement to have a different colored water bottle than your friend and fun to compare the different cute designs on them.

Whether you have a Stanley, Owala, Hydro Flask or another lesser known water bottle, it's seen as a fashion choice

instead of just a water bottle.

For instance, Owalas come in many fun colors and are great for when you're driving. They have a built-in straw that makes it super easy to sip water as you drive. A bonus is that they are also leakproof so you're less likely to spill water while driving.

On the other hand, most Owalas don't fit in car cup holders so you may have to hold it. That's where Stanley cups come in handy. They have a smaller waist that can fit car cup holders better. However, they will spill because they are not leakproof.

Whether you have a trendy Stanley cup or a well-loved water bottle you've used for years, it's part of your style and no one can change that.



Arts & Literature

Spotlight Artist: *Kat Poletayeva*

By LUCAS PETERSHEIM
Sports Co-Editor

Senior artist Kat Poletayeva in addition to being a member of the tennis team has been spending time developing her artwork and adopting new styles while continuing to grow with her first work coming six years ago with a landscape painting of her home.

Kat's favorite art to create is mixed media, which combines different styles of art to design layered and complex pieces that makes a style that is unique to the creator whether it is a collage, painting or a mixture of different digital creations.

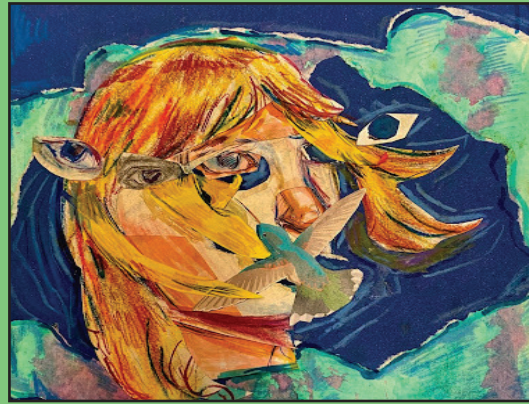
"I love mixed media. I just like to experiment first, and then put everything together then see ways in which I can change it," Kat said.

When it comes to starting one of these projects, she

begins with finding something to reference, whether it's something she sees within nature or a style of art she finds fascinating and inspiring until she gets a general idea of what she likes. Then she starts to practice and sketch out her thoughts and ideas until she finds out how she wants to express it in her own personalized way.

"I love nature and animals which was my first inspiration," Kat said. "I like to sketch

out different compositions and get the general idea of the piece down."



Lucas Petersheim/Del.Aware

A combination of four self portraits brought together into one layered piece.

She has taken eight art classes consisting of Ceramics 1-2, Computer art, AP Art History, AP Studio, 3-D Design, Painting and Drawing. She also began using her artistic prowess to sell her art through local commissions and events.

She plans to attend The School of Visual Arts in Manhattan where she will start her journey in becoming an illustrator for comics, books and video games in hopes of one day becoming an art director.

Spotlight Writer: *Nathaniel Carso*

By LILIAN SEIBERT
Lifestyle Editor

Writing is a generic practice used in everyday life. For junior Nathaniel Carso, it is something much deeper.

From a young age, Nat enjoyed reading books such as "The Hobbit" or "The Lord of the Rings." His love for reading has never gone dull.

"Reading all of these books has inspired me to write at my best level," Nat said.

Carso is currently taking AP English Language and Composition which he credits with helping

him form arguments in his writing. Though it may seem simple, it doesn't always come easily for Nat.

"There are lots of thoughts going around in our heads," Nat said. "Organizing them in a coherent way and getting across exactly what you're trying to say can be difficult."

AP English Language and

Composition teacher Ms. Sarah Fitzkee recognizes Nat's talent.

"He's an incredibly thoughtful and wise human being," Ms. Fitzkee said. "The quality of his ideas stand out to me."

Nat writes most of his work in his classes and extracurricular activities. His favorite subjects to write about include government and social issues, which showcases his talent the most.

Nat has participated in a few events to show his talent, including the Veterans of Foreign Wars essay contest where he moved on to

the state competition.

Writing is a beneficial practice for Carso, as it prepares him for his future career.

"I want to go into law," Carso said. "Writing is definitely a big part of that."

For Carso, writing isn't just a strength—it's a step towards the future he wants to build.

"He's an incredibly thoughtful and wise human being, and the quality of his ideas stand out to me."

- Ms. Sarah Fitzkee

Spotlight Musician: *Eric Choi*

By FAITH BAILEY
School News Co-Editor

After performing since fifth grade, junior Eric Choi continues to demonstrate his talent with the violin, clarinet and guitar. His talent is currently showcased through his involvement in concert band, jazz band and orchestra.

Eric has participated in district band, district orchestra and the SteelStacks Jazz Festival.

"This year I want to make it to the all-state orchestra festival and become a better musician," Eric said.

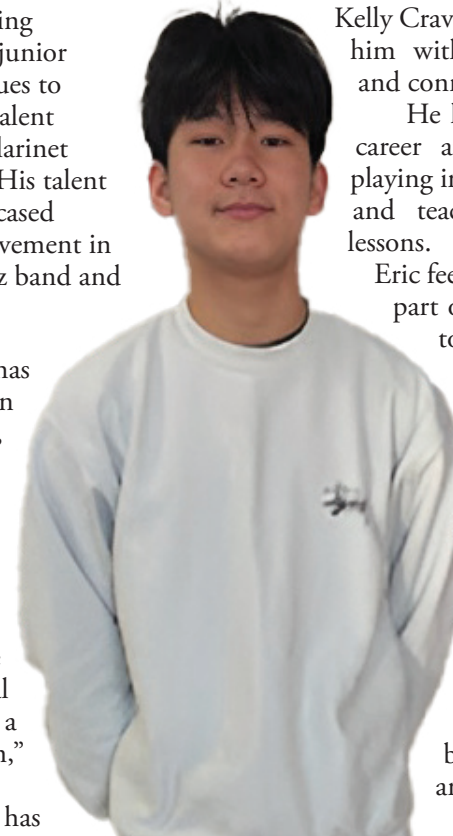
Eric has

strengthened as a musician through the help of his directors Ms. Lauren Flack, Mr. Richard Bullock and Mrs. Kelly Craver, who have provided him with new opportunities and connections.

He hopes to continue his career after high school by playing in his college's concerts and teaching private music lessons.

Eric feels the most rewarding part of music is being able to see the improvement at the end of each concert, after dedicating hours to rehearsing.

"When you hear all the cheer and people complimenting you it feels great," Eric said. "As you get better it becomes more fun and you begin to like it more and more."



Arts & Literature

Mr. Pol recommends 'Project Hail Mary'

By VANESSA DISPOTO
School News Co-Editor

Most teachers strive to put their students first. For English teacher Mr. Bryan Pol, that commitment begins not in a book of lesson plans, but within the pages of a novel.

Mr. Pol has been a teacher for the last 22 years. He first found his passion for reading and writing between seventh and eighth grade when his dad gave him a variety of books to read over the summer.

Mr. Pol enjoys immersing himself in the media at any chance he can get, no matter where he is.

"I typically listen to music, podcasts and sermons while I work out on the treadmill," Mr. Pol said. "For the first time yesterday, I read a book while listening to it on Audible, and the time flew by in ways it never had before during a workout."

At his wife's urging, Mr. Pol recently began

reading "Project Hail Mary" by Andy Weir. He has chosen this book as his favorite because of the way he relates his emotions and feelings to it on a personal level.

Mr. Pol believes that Weir's writing is intelligently complex and easy to get lost in.

"His books have so much heart and human interest, even though the pages are riddled with mathematics," Mr. Pol said.

"[This is] typically 'dry' content that Andy Weir makes so compelling and intriguing."

"Project Hail Mary" follows Ryland Grace, a middle school science teacher who wakes up alone on a spaceship with no memory of who he is or why

he's there. As his memories slowly return, he realizes he is humanity's last hope. The book also follows different themes such as sacrifice and moral responsibility.

Mr. Pol found a reminder in one of the more important scenes of the book when Ryland found out why exactly he was on the spaceship.

"It pleased me to know Ryland would be sacrificing everything for the benefit of his kids," Mr. Pol said. "I am in it for my students, their well-being and their welfare."



Student artwork featured at Waterwheel

By JOSIE LORDI
Sports Co-Editor

Artwork created by high school students is now being displayed at the Waterwheel Café, Bakery & Bar, giving the students a chance to showcase their talent for the community.

"It adds to that community feeling when you see the local students' artwork being displayed," new owners Charles and Morgan Presto said. "Watching some of the guests come in and just taking the time to go and look at the artwork has been pretty cool."

The Prestos bought the restaurant back in December and have been trying to bring in a variety of art.

"We both like the arts, not just painting and sculptures, but music as well," Charles said. "We've always had a passion for the arts and want to bring that here."

Students from Mrs. Tricia

Kaylor's Painting and Drawing One classes are the students whose artwork can be seen at the restaurant. The students were able to choose between displaying abstract paintings or still-life work.

"She [Mrs. Kaylor] said how excited they were to participate, that felt good to hear," Morgan said. "We want them to be seen and heard and we love watching some of the guests come in and look at their artwork."

The Prestos, with Mrs. Kaylor's help, plan on doing more art every year, maybe a few times a year. They would also like to change it up a little and also work with the music department.

"We'd like to see some kids come out and be able to perform at the Waterwheel," the owners said. "If there are any other kids that want to be involved, just reach out to their art teachers and we'll figure out how to get them going."

Drama rehearsals: A look behind the curtain

By KEIRA LEMAY
Community News Co-Editor

Do you ever wonder what goes into a drama production? How does the cast perfect every move and note for show day? Months of rehearsals are the answer.

After auditions when the cast list is announced, the cast of over 30 students meets multiple times a week in order to rehearse. Currently, the cast is rehearsing for a musical adaptation of "Twelfth Night."

During rehearsals, the cast starts by doing different warmups depending on their focus for the day. On dance-focused days, the cast reviews their dances, and the members of the large dance numbers work on learning the numbers together, while others work individually.

"Usually when other people are dancing in the big cast numbers, I'll be working on my song," senior Addison Del Mauro, playing the role of Viola, said.

On vocally-focused days, the cast works in groups to rehearse their songs. They also practice their choreographed movements and positioning or blocking.

"I love to see the show coming together, and I love to see the kids get more and more excited," Drama director Ms. Sarah Fitzkee said. "When they start seeing the final product, then they start understanding that all the hard work has paid off."

The club has many traditions during rehearsals, from unique warm-ups to an end-of-year cast party after their final show.

"All the seniors give a speech on stage for the rest of the club," junior Logan Woodward, playing the part of Orsino said. "It's always nice

hearing all the senior's experiences throughout drama and what they liked about it."

The drama department will perform their next production "Twelfth Night" on April 17, 18 and 19.



The cast rehearses its dances in preparation for opening night.

Keira LeMay/Del.Aware

Entertainment

Moroney soars high with 'Cloud 9'

BY JOSIE LORDI
Sports Co-Editor

"Cloud 9" was released on Feb. 20, which is the third album country artist Megan Moroney released. Moroney's album is her most confident and best work yet.

The album mixes pop and country, with a bit more of a pop culture take than some of her earlier albums but still keeps her country roots. The songs range from sad, reflective songs

to upbeat bangers, which makes it perfect for every teenage girl. The album portrays love, heartbreak, confidence and humor, showing the emotion Moroney pours into her music.

Critics praise Moroney for her strong songwriting and her ability to mix pop with country

and achieve the emotional depth everyone yearns for. It is the perfect album to sing along to with friends on a long car ride.

To celebrate "Cloud 9," Moroney launched a short "9 Cities. 9 Days" tour promoting her new album while also paying homage to her classics. She also has her headline set for her tour, hitting North America, Europe and the UK. Fans can expect the album's themes to be bright pink and aesthetically pleasing throughout her live performances.

"Cloud 9" is a major achievement in Moroney's career. It shows her maturity as an artist, while also achieving a wider platform. This album marks her transition to bigger stages, making her a more confident songwriter than ever before.



Source: Spotify

'Survivor 50' premiere delivers its best opening in 25 years

BY ASHANTIA DICETTE
Opinion Co-Editor

The premiere of "Survivor 50: In the Hands of the Fans" was more than just another episode; it was a celebration 25 years in the making—an epic party.

From the opening moments, host Jeff Probst framed the milestone season as a tribute to the past, present and the fans. In an interview with Entertainment Weekly, Probst called it "the most fun" he has ever had in making the show, and that energy translated directly onscreen. The three-hour premiere never dragged, balancing nostalgia with the unpredictably modern "Survivor" thrives on. According to USA Today, the episode successfully blended old-school relationship dynamics with fast-paced modern twists.

Strategically, the show wasted no time. Contestants Colby Donaldson and Quintavius "Q" Burdette lost their votes on a journey before their first Tribal Council, immediately complicating their alliance with Genevieve Mushaluk, Stephenie LaGrossa-Kendrick and Rizo "RizGod" Velovic.

The return of familiar faces from Season 1 through Season 49 added real emotional weight to the episode. Social media reaction, particularly on Reddit, a notoriously critical fanbase, reflected that sentiment and seemed highly impressed.

However, not every moment was celebratory. Kyle Fraser's medical evacuation was genuinely heartbreaking and shifted the tone of the episode—not a dry eye was in sight on and off the screen. Jenna Lewis-Dougherty's elimination as the first boot reinforced a central truth on returnee seasons: history doesn't equal safety.

As Entertainment Weekly noted in its recap of the premiere, the episode delivered both spectacle and emotional depth—reminding viewers why the series remains culturally relevant even after 25 years.

If this first episode is any indication, "Survivor" isn't just honoring its history—it's reminding fans why they fell in love with it in the first place. And for a show on its 50th season, that in itself is the greatest achievement of all.

Opinion: Bad Bunny receives unnecessary hate

BY ELLA BECKER
Entertainment Editor

Bad Bunny, one of the top musical artists in the world, made headlines as being Super Bowl LX's halftime show. Despite his engaging, powerful performance that moved some of the country, opinions stay divided because of Bad Bunny's ethnicity.

During the halftime show, Bad Bunny played some of his hit songs such as "Tití Me Preguntó," "EoO" and "DtFM." The scene was set in Puerto Rico, highlighting what life is like living there. There were some well-renowned celebrities who appeared on set such as Jessica Alba and Cardi B.

The halftime show was undoubtedly put together well and overall looked like a great time. It truly looked like everyone on set was enjoying one big party.

Many viewers seem to have issues with the fact

that Bad Bunny is not an English-speaking artist, some even saying that he is "not American enough." Bad Bunny is from Puerto Rico, so by citizenship he quite literally is a citizen of the United States.

Some even went as far as watching a whole different halftime show, all because Bad Bunny lacked "American-ness." Well, if we're going to talk about being American, many forget that America includes all countries in North and South America. Bad Bunny even made reference to every country in the Americas while holding a ball that said, "Together, we are America."

So why all the hate? English-speaking artists don't translate every lyric into the language of the country they're playing in, so the double standard just doesn't add up.

Many argued that they couldn't enjoy the halftime show because it was in a different language, however

music is a universal language. You don't always need to understand the lyrics to enjoy the music. There is also always the opportunity to learn some songs in other languages. There are infinite options to resort to before hate.

During the show, there was a sign above the stadium that read, "The only thing more powerful than hate is love."

Lady Gaga also made an appearance during the halftime show, performing a unique rendition of "Die with a Smile." Many listeners were hoping Daddy Yankee would be the guest performer, but I think Lady Gaga was an unexpected benefit.

Whether you enjoyed the halftime show or not, it's important to remember that the mix of cultures and diversity is what makes America great. After all, we are the melting pot of the world.

Entertainment

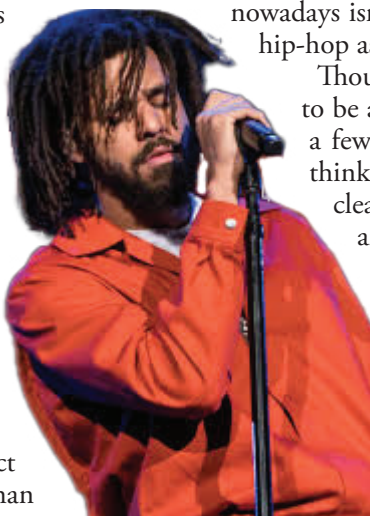
J. Cole's final album displays retained prowess

BY EMMA SIMMONS

Editor-in-Chief

Rapper J. Cole released his seventh and final studio album titled "The Fall-Off" on Feb. 6, a two-disc and extensive project that has been teased for several years. The album since release has gained general positive reviews from listeners, and I myself must concur.

Notably the songs "SAFETY," "The Villest" and "The Fall-Off is Inevitable" caught my attention as standouts on the record. I enjoyed the features, production and quality of the project as a whole more than



any of the others he has put out to date.

"The Fall-Off" specifically trends more towards the story-telling style of Kendrick Lamar, who Cole is often compared to, and it is admirable that on this record he seems to be genuinely attempting to be a better artist and learn from his art, which I feel nowadays isn't appreciated as much in hip-hop as a genre.

Though I admit, there does seem to be a sense of redundancy and a few underwhelming tracks, I think the album demonstrates a clear development of Cole as an artist.

Overall, I found "The Fall Off" to be very much worth a listen. It is clearly the most mature of his albums to date and a triumphant alleged end to his career.

Baby Keem's album disappoints fans

BY LUCAS PETERSHEIM

Sports Co-Editor

Baby Keem released his fourth studio album "Casino" on Feb. 20 after being dormant for five years. Baby Keem first appeared on the rap scene in 2019 with his quadruple platinum hit "Orange Soda" from his first mixtape.

From that point on, his career took off with eight platinum songs in his next album, which included features with Travis Scott and his own cousin Kendrick Lamar. In 2022, he was nominated for his first Grammy, winning the Best Rap Performance on his song "Family Ties."

His normal approach to his music is a melodic rap with a hip-hop or R&B feature. On "Casino," he took an

approach closer to soul with samples from rock and jazz instrumentals to describe his upbringing. The reviews on the albums are split with the critics saying that his new style was refreshing, but others wished he didn't change styles.

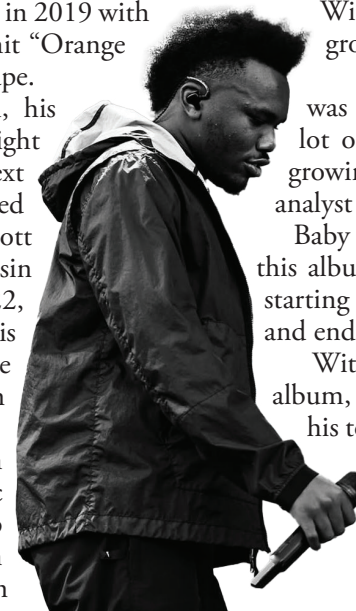
With both being true, it shows growth and development.

"While not a perfect record, was a project that showcased a lot of potential between Keem's growing production," music analyst Anthony Fantano said.

Baby Keem also plans on bringing this album on an international tour starting in Raleigh, North Carolina and ending in London.

With mixed reviews on his latest album, the attendance on some of his tour sites might be lackluster.

Despite the criticism, Baby Keem has shown great growth and will keep creating great music.



Winter Olympics showcases victories, disasters alike

BY REILLY NEWTON

Science & Technology Editor

The Milan-Cortina Winter Olympic Games cemented another thrilling, action-packed couple of weeks with an honorary closing ceremony at Verona Arena on Feb. 22.

The games began Feb. 6 and featured a mix of unique and popular winter sports such as skeleton, luge and mountaineering.

Team USA left Italy with 33 medals, 12 of which were gold. Although the U.S. featured many once-in-a-generation talents, the dramatic time difference made it difficult for an American audience to watch the wide array of sports. To follow is a brief recap of the main events at the 25th quadrennial Winter Olympic Games.

Team USA sported five highly favored skaters expected to contend for gold: Ilia Malinin in the men's singles, Alysia Liu and Amber Glenn in the women's singles and Madison Chock and Evan Bates in ice dance. The U.S. won gold in the team event thanks to

contributions from all of them. Individually, however, Liu won the only gold medal for Team USA in her event.

Another highly anticipated matchup was the women's and men's ice hockey finals, both of which resulted in an overtime

victories against Canada, one of the sport's most dominant nation and the narrow favorite.

Despite Team USA's hard-fought victories, several incidents shifted the media's attention.

Well known among them was the infamous

bobsleigh disaster. In a rare occurrence a failure to properly load the sled resulted in one athlete steering it alone at almost 80 mph. Luckily, no serious injuries were reported—aside from a few bruised egos.

What soon swept the tabloids away was the egregious "double-touch" scandal that soon followed.

In the Canada vs. Sweden round-robin match, Sweden accused Canada of touching the stone after it crossed the line, and took videos of the action occurring. Canadian players responded by arguing that filming from multiple angles violates competition rules, leading to finger-pointing from both sides. Ultimately, umpires monitored the match more closely and removed several stones from play.

Finally, one of the most decorated alpine skiers in history, Lindsey Vonn, had a severe crash in the women's downhill event. Her story made headlines, not only because of her decorated career, but because she was intent on competing while battling a previous injury, determined to end her career with one last Olympic Games.



Science & Technology

What's in your food?: Shamrock Shake

By JAIDA PALACIOS
Arts & Literature Editor

Every spring, the Shamrock Shake returns to menus across the country. The seasonal drink, sold by McDonald's, is available in the weeks leading up to St. Patrick's Day every year. Since its introduction in 1970, the drink has become popular for its bright green color and minty flavor that many customers recognize. But what exactly is in the popular shake?

The shake contains vanilla soft-serve ice cream blended with mint-flavored syrup and is topped with whipped cream for extra sweetness. The main ingredients include, milk, sugar, cream, corn syrup and natural flavor commonly use in desserts

The preservatives found in the shake include, sodium benzoate, which is used to inhibit the growth of microorganisms and extend shelf life in

processed beverages. Citric acid is used in the syrup to adjust acidity and help preserve the mixture over time. Potassium sorbate prevents mold and yeast from growing during storage and distribution. Additionally, the shake contains stabilizers and emulsifiers to maintain its texture, including xanthan gum, cellulose gum, guar gum and carrageenan which help keep ingredients evenly mixed. The iconic green color is achieved by adding Yellow 5 and Blue 1.

The shake is high in sugar. A small serving contains 63 grams of sugar and 500 calories. That is double the amount of sugar recommended for teenagers by the Center of Disease Control and Prevention. The CDC states that no more than 200 calories per day should come from added sugars in a sugary foods or drinks for balanced diets.

While the Shamrock Shake remains a

festive favorite, understanding its ingredients allows for consumers to make informed choices before purchasing it.



'One Sec' app slows down your scroll

By VANESSA DISPOTO
School News Co-Editor

In a world where notifications are never-ending and social media apps are one tap away, it can be easy to get lost in your devices. Whether you're relaxing after a long day of work, or binge-watching your new favorite series, you most likely always have some sort of device with you.

One Sec, an app that is scientifically proven to cut your screen time in half, is designed to interrupt mindless scrolling by forcing users to take a pause before opening distracting apps like TikTok or Instagram. Instead of instantly launching the app, One Sec makes you take a deep breath and wait a few seconds; that small delay can make a big difference.

The setup is straightforward, especially for iPhone users. Once connected to screen



time settings, One Sec activates every time you try to open a selected app. A short breathing animation appears, encouraging you to reconsider whether you actually want to open the app or not. Sometimes, that brief moment is enough to stop the scroll altogether.

What makes One Sec stand out is its simplicity. It promotes mindfulness, and over time, users may notice they open social media less frequently and with more intention.

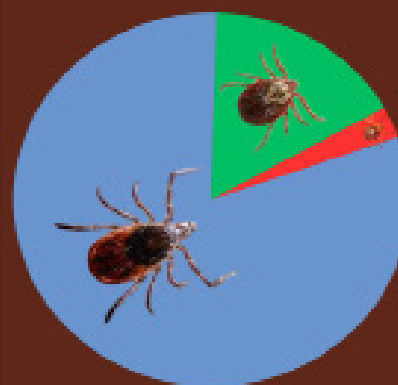
However, the app does have some flaws. The initial setup can be slightly confusing, and some features require a paid subscription. In addition, determined users can still bypass the

pause if they really want to.

Overall, One Sec succeeds at its goals: creating a moment of awareness. In a fast-paced digital world, one second might be exactly what we need.

Compiled by Lucas Petersheim

TICKS TO WATCH FOR THIS SEASON



Deer tick - 81%

A oval-shaped, brown tick that is notorious for carrying Lyme disease

American dog tick - 16%

The largest but least dangerous tick variety found on humans.

Lone star tick - 3%

An aggressive 8 legged tick that bites anything but is harmless.

Science & Technology

Brace for Ozempic epidemic

By REILLY NEWTON

Science & Technology Editor

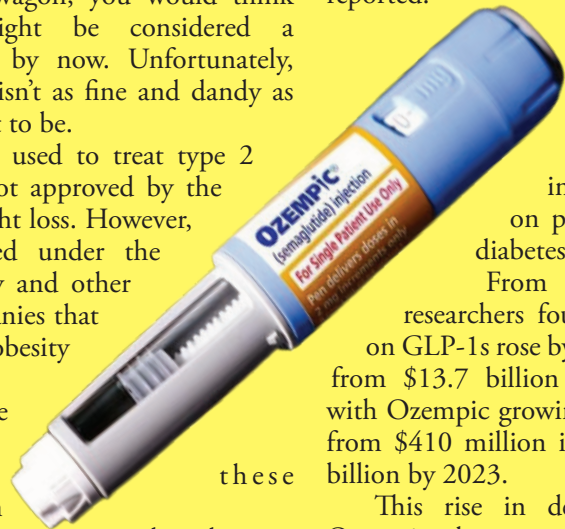
With the way people are jumping on the bandwagon, you would think Ozempic might be considered a miracle drug by now. Unfortunately, the situation isn't as fine and dandy as people want it to be.

Ozempic, used to treat type 2 diabetes, is not approved by the FDA for weight loss. However, it is approved under the name Wegovy and other similar companies that specialize in obesity treatments.

These prescription medications is that they are very expensive, which often results in the production and sale of counterfeit.

Ozempic is generally considered to be safe for weight loss when prescribed by a doctor, but it isn't intended to

be a fix-all solution. Upon stoppage, weight regain is possible and side effects including nausea, vomiting and abdominal pain are commonly reported.



Arguably the biggest downside to Ozempic is the impact the surge in demand has had on patients living with diabetes.

From 2018 to 2023, researchers found that spending on GLP-1s rose by more than 500%, from \$13.7 billion to \$71.7 billion, with Ozempic growing the most, rising from \$410 million in 2018 to \$26.42 billion by 2023.

This rise in demand has made Ozempic less accessible and more expensive for the average consumer.

As the trend grows, because it is by no means slowing down, it is important to keep in mind the long term effects, both financially and physically.

Research finds shared autism, ADHD biology

By JOEIMARIE COHEN

Arts & Literature Co-Editor

A study published in *Molecular Psychiatry* reports that the severity of autism related traits, rather than a diagnosis alone, is associated with certain brain connection patterns associated with genes linked to autism and ADHD.

Researchers from the Child Mind Institute and collaborating institutions analyzed resting state brain scans from 166 verbal children ages 6 to 12 who were diagnosed with autism or ADHD. Resting state imaging measures how brain regions communicate when a person is not performing a specific task, allowing scientists to observe how large-scale brain networks are organized. The results suggest that shared biological pathways may help explain why autism and ADHD frequently overlap.

The research team, led by Dr. Adriana Di Martino, found that children with more pronounced autism-related traits showed stronger communication between the brain's

frontoparietal and default mode networks. These networks support social and executive thinking.

During usual development, connectivity between these networks decreases over time as the brain systems become more specialized. Stronger connectivity may reflect differences in how these networks mature.

This pattern of stronger connectivity appeared across the full group of children regardless of diagnosis. Some children with ADHD showed similar connectivity when autism traits were more severe, even without an autism diagnosis.

Researchers also found that these connectivity differences corresponded with regions where genes involved in neural development were active. These findings support a shift in understanding neurodevelopmental conditions along classification of traits and biology rather than strict categories. Programs such as the Healthy Brain Network are collecting large scale brain and behavioral data collection to expand this approach.

The secret language of Bluetooth

By CHLOE SIMONSON

Science & Technology Co-Editor

Bluetooth is something most of us use every single day without thinking about it. Your wireless earbuds? Bluetooth. Your phone connecting to your car? Bluetooth. That little speaker at a backyard cookout? Also Bluetooth. But, what is it actually doing behind the scenes?

At its core, Bluetooth is just a way for devices to talk to each other without wires.

Instead of using a cable, Bluetooth uses radio waves which are very small, short-range radio signals. These signals operate on a specific frequency (2.4 gigahertz), which is the same general range used by Wi-Fi and even microwaves. But don't worry. It's all low power and safe for everyday use.

Here's the simple version of what happens: First, two devices need to "pair." Pairing is basically

an introduction. Your phone searches for nearby devices. When it finds your desired device, you tap the name and the two devices agree to connect. That step helps make sure you're to the right not your speaker. helps make connecting device and neighbor's paired, create a network the two a mini crowded room.

Once the devices tiny private conversation in a crowded room. Even though lots of other Bluetooth devices may be nearby, your phone and the device you chose to pair it to only focus on each other.



Bluetooth then sends the information in small packets of data or tiny bursts of digital information. For music, those packets contain pieces of the song. For a keyboard, they contain the letters you type. These packets travel back and forth extremely fast. So fast that it feels almost instant to us.

One of Bluetooth's strengths is low energy use. It was designed to use very little power, which is why your smartwatch or earbuds can stay connected for hours without draining their battery immediately.

The range of connectability is usually about 30 feet, though newer versions can go farther. However, walls and interference can shorten that distance.

In simpler terms, bluetooth is just a short-range radio conversation between devices. No wires and no complicated setup. Just small, fast signals quietly working in the background so your technology works seamlessly. In fact, it does its job so well that we forget that it's even there.



ATHLETES Sign OFF

Boys Basketball



Colin McGarvey Ben Ioffe Tyler Lombardo

As the winter sports season comes to an end, seniors were recognized for their hard work and dedication. These Senior Nights are organized by the booster clubs and coaches. Seniors' plans for after high school, their involvement and how long they have been playing were announced.

Compiled by Mike Iuzzolino

Girls Swim



Kayleigh Jagger Riley Hunt Emma O'Dea Irelyn Roberts Elizabeth Bailey Mariana Wyss Duarte Bethany Lee

Boys Swim



Adonis Jimenes Ventura Riley Smith John Calabria Anthony Samartina

Cheer



Vicely Cepeda Emma Ostensen Gianna Peralta Adeline Handy Julia Brzenia McKenzie Montgomery Mylie Kilheeny

Girls Wrestling



Kate Prior Riley McHenry

Girls Basketball



Jordan Dickerson Brianna Waldron Carmella Ford Krystina Orby Leah Bird

Boys Wrestling



Dean Gouldthorpe JJ Segal

Winter Wrap-ups

Girls Swim

By AVA TROUP
Lifestyle Co-Editor

Girls swim took fifth place overall at their district meet on Feb. 27 and 28. Junior Chloe Cruz was an important contribution to the team by placing fourth in the the 100-meter breaststroke.

"I think overall we worked to our maximum potential and were able to achieve fast times," head coach Chelsea Shatt said.

The girls had a small team this year but still held strong with a final record of 8-2. According to coach Shatt, the small size of the team provided an excellent opportunity to bond with each other.

"Team morale had its ups and

downs, but it ended on a positive note for the girls," coach Shatt said.

Throughout the season, the team had many triumphs, and one of the biggest successes was their meet against Elk Lake. After losing to them for two years, the Warriors had a strong win with a score of 93-83.

Coach Shatt is looking forward to next year to see everyone progress and reach their full potential. With strong goals of

beating Abington and having another strong performance at Districts, coach Shatt has high hopes for the future.

"I am proud of the girls for overcoming some tough spots and still ending the season with a good district meet," coach Shatt said.



Ava Troup/Del.Aware

Senior Kayleigh Jagger competes in the girls 200 yard freestyle relay on senior night.

Girls Wrestling

By KIMBERLY SMYSER
Managing Editor

The girls wrestling team finished its regular season at Districts on Feb. 23, finishing second in the district and 10th in the region with an overall record of 3-6.

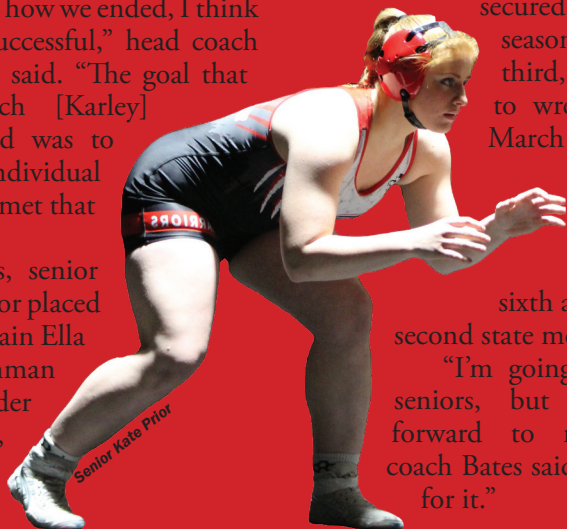
"Looking at how we ended, I think we were very successful," head coach Mr. Evan Bates said. "The goal that [assistant] coach [Karley] May and I had was to focus on individual success, and we met that goal."

At Districts, senior captain Kate Prior placed first, senior captain Ella Smith and freshman Keira Snyder placed second, sophomores Kylie Pearce

and Caitlin Luciano placed third, sophomore Mya Viera finished fourth and freshman Olivia Larsen and junior Taylor Yablonski placed fifth.

Viera, Pearce, Larsen, Snyder, Smith, Prior and Luciano all wrestled at Regionals on March 3; Luciano and Snyder placed sixth, and Snyder secured 25 wins this season. Prior placed third, allowing her to wrestle at States March 4-5. After making it to the semifinals, Prior placed sixth and earned her second state medal.

"I'm going to miss our seniors, but I'm looking forward to next season," coach Bates said. "I'm excited for it."



Senior Kate Prior

Boys Swim

By REILLY NEWTON
Science & Technology Editor

The boys swim team closed out its season placing fifth overall at Districts on Feb. 28, ending with a record of 8-2.

Medal winners included junior Ryan O'Connell who placed second in the 100 freestyle race and sophomore Thomas Zaucha, junior Samuel Fisher, freshman Isaiah Marzan and O'Connell who took home second place in the 200 freestyle relay.

Head coach Chelsea Shatt was happy with the team's overall performance. Despite the loss they ended the season with some really high notes.

"Unfortunately, I knew we weren't going to beat Abington, they were just too fast," coach Shatt said. "But we put up a good fight and did what we could. It was a good season."

With only three seniors, it was a group effort to establish team culture. Coach Shatt highlighted the sophomores for stepping up throughout the season and becoming a crucial part of the team.

"Watching the boys mature into good people and good teammates is more important to me than winning," coach Shatt said.

Ultimately, coach Shatt's top goals for next season is to place higher at Districts and beat Abington, a top competitor of theirs.



Ava Troup/Del.Aware

Senior captain John Calabria races against the clock on his senior night meet against the Scranton Prep Cavaliers.

Boys Wrestling

By EMMA SIMMONS
Editor-in-Chief

The boys wrestling team concluded its regular season at Districts on Feb. 20, where four wrestlers moved on to compete at Regionals.

Sophomores Jack Kahmar, Colton Eckert and Brennan Snyder, as well as juniors Andrew Elliott and Nick D'Ambola, all placed fifth. Freshman Angelo Cosentino placed fourth, and juniors Zion Colon and Mike Seltzer, as well as senior JJ Segal, placed third. Junior Drew Churchill placed second.

Colon, Churchill, Segal and Seltzer all moved on to the regional

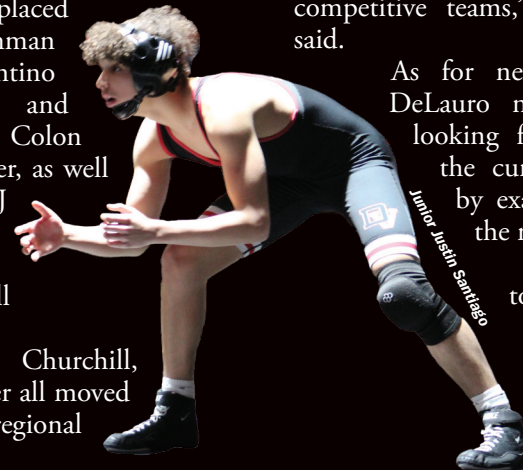
competition on Feb. 28, where Segal and Colon earned top eight and top 12 placements, respectively.

Looking back on the season, head coach Lou DeLauro relayed his pride in the boys' ability to adapt, regardless of inexperience.

"The team was committed and worked hard to improve every day and continued to be one of the more competitive teams," coach DeLauro said.

As for next season, coach DeLauro noted that he is looking forward to seeing the current juniors lead by example on and off the mat.

"We are excited to see them develop and look forward to their future success," coach DeLauro said.



Junior Justin Santiago

Winter Wrap-ups

Boys Basketball

By MIKE IUZZOLINO
Sports Editor

The boys basketball team ended its best season since 2012 with a 62-33 loss to Parkland High School in the Sweet 16 of the state playoffs.

The Warriors entered the game on an eight-game winning streak, capped by two consecutive overtime wins against Wilkes-Barre and Abington.

Against Parkland the team went into halftime down 17-14, but the Trojans caught fire from beyond the arc, draining four straight three-pointers.

They finished the season 18-9 and as District 2 6A champions.

Sophomore Trey Newton led the team with 466 points on the season. Seniors Tyler Lombardo and Colin McGarvey finished second and third with 301 and 223

points, respectively.

"I especially told our three seniors, they'll remember this for the rest of their lives," head coach Kris Holtzer said. "They're going to remember winning Districts in overtime. They're going to remember Sam [Wood] tipping [the winning basket] in, and the fans rushing the floor to celebrate with them."

Despite graduating two of their top three leading scorers, they will return three starters along with several underclassmen who saw significant playing time this season.

"The juniors and the sophomores have to realize how close they were, and now take some time off and work to get back to this point," coach Holtzer said.



Senior Ben Ioffe

Girls Basketball

By LUCAS PETERSHEIM
Sports Co-Editor

The girls ended their season with a loss to Scranton High School on Feb. 20 in the District 2 semi-final. Their 12-11 season record was the best season they've had since 2003, and they had their first playoff win in the past 12 years against West Scranton on Feb. 17.

"This team exceeded expectations," head coach Mikaela Smith said. "It was just fun to watch and made me proud to be their coach."

Coach Smith spoke on how well the team worked together on both sides of the ball executing plays, playing hard defense and taking good shots.

"We moved the ball

well, we pushed the ball well and then just being able to run different defenses in times of need," coach Smith said.

Individually, junior Amanda Aragona scored 320 points this season and senior captain Brianna Waldron exceeded 175 rebounds.

"I had a solid eight to nine players that I knew could go at any time and do their job," coach Smith said.

After such a successful season, the team looks to build upon their strengths and put together another winning season and hopes of a deeper run in the district playoffs. Coach Smith is relying on next year's senior group to continue the success from the previous season.



Senior Jordan Dickerson

Spring Previews

Boys Lacrosse

"The work our players have put in this offseason gives us confidence heading into a well-balanced schedule this spring."

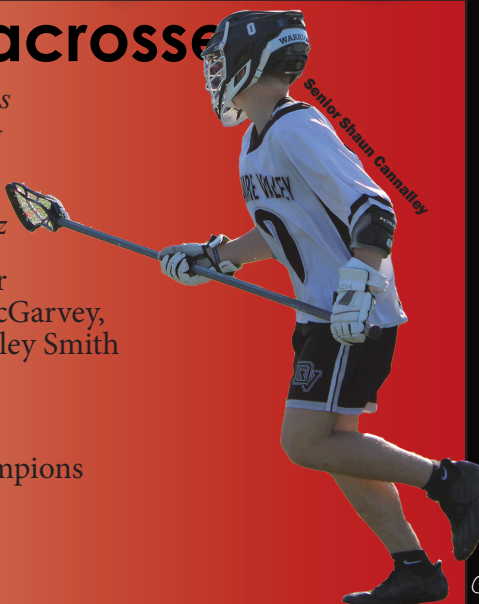
- Head coach Dan Gonzalez

Seniors: Shaun Cannalley, Tyler Husejnovic, Keith Doyle, Colin McGarvey, Chris Devaney, Mike Iuzzolino, Riley Smith and Justin Estevez

Last Season: 17-2

- Wyoming Valley Conference champions
- District 2 AAA champions
- Best record in program history

Compiled by Josie Lordi



Senior Shaun Cannalley

Girls Lacrosse

"We are still relatively young, but our senior and junior classes provide excellent leadership and love of the game."

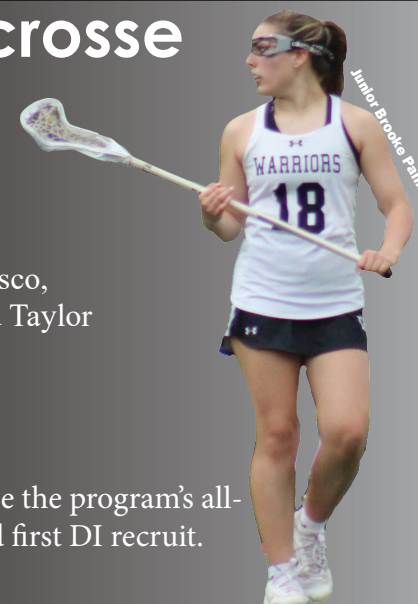
- Head coach Bernadine Salak

Seniors: Jaida Palacios, Sammy Prisco, Annabelle Kornmeyer, Ella Smith and Taylor Spears

Last Season: 7-12

- District 2 AAA champions
- Former player Ava Kraszewski became the program's all-time leading goal and point scorer and first DI recruit.

Compiled by Ava Troup



Junior Brooke Palmer

Spring Previews

Boys Track & Field

Girls Track & Field

"We graduated some talented groups the last few years, so we're excited to see what this group brings us."

- Head coach Nick Quaglia

Seniors: Connor Giblin, Philip Fitzpatrick, Johnny Llewellyn, Cameron Moses, Gideon Yost, Tyler Lombardo, Christopher Coolbaugh, Jackson Miller and Samuel Edsall

Seniors: Emma Simmons, Frannie Russo, Kimberly Smyser, Ava Troup, Lily Stoveken, Addison Yadanza, Emiley Hughes, Elizabeth Bailey, Carmella Ford, Jaionna Anthony, Payton Ackerley, Ariana Rodriguez, Angelica Barcia, Mariana Wyss Duarte, Emma O'Dea and Ashley Castillo Martinez

Last Season: 4-2

-Connor Giblin received a district medal in the 400-meter dash.

Last Season: 6-0

-Lackawanna League Division II champions
-Seniors Emma Simmons and Frannie Russo are returning medal winners.

Compiled by Kimberly Smyser and Keira LeMay



Baseball

"We want to play competitively and win games within our conference play."

- Head coach Mike Murray

Seniors: Liam Onofry, Tim Jason, Teegan Handy, Noah Berrios, Jesse Hawke and Drew Wallace

Last Season: 10-11

-Finished third in Lackawanna League Division I

Compiled by Mike Iuzzolino



Softball

"This year, I'm really excited to get started in my first season as head coach and to build off of another successful season."

- Head coach Ashton Clark

Senior: Emma Weimer

Last Season: 11-10

-Best record in the last five years

Compiled by Lucas Petersheim



Volleyball

"This year we will be rebuilding and counting on underclassmen to step up and fill some roles. Our goal is to be competitive in the league and make a run at a district championship."

- Head coach Adam Holdredge

Seniors: Grant Nielsen, Chase Peereboom and Sebastian Zakiewicz

Last Season: 10-4

-Finished second in PIAA District 2 Class AAA

Compiled by Emma Simmons



Tennis

"We are looking forward to a fresh start with new players and fresh perspectives eager to get better every day."

- Head coach Kevin Quinn

Senior: Jaxson Hazard

Last Season: 7-6

-Bronze medal in Doubles Districts

Compiled by Lily Stoveken

