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Spirit Week: 12-13

20 YEARS
DEL AWARE
Delaware Valley High School - Milford, Pa.

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FACS classes partner with Kids Feeding Kids to provide for community

By Keira LeMay
Managing Editor

Inspired by a growing necessity in their community, FACS and Intermediate Foods A and B classes will be preparing 150 protein-rich meals to be distributed to local families in need.

Family and Consumer Science teacher Mrs. Leslie Peters's middle and high school students will be partnering with Kids Feeding Kids, a nationwide organization, to teach students about food insecurity and provide meals to people in need.

"Throughout the year we see so many students in need," Mrs. Peters said. "And this is such a wonderful program where we get to help so many of our community members."

Mrs. Peters hopes the program will teach students that meals can bring people together, along with the importance of working as a group.

"We want people to come together," Mrs. Peters said. "What better way to do that than to work together and provide a meal."

Mrs. Peters's seventh grade, eighth grade and high school students will be preparing a protein-heavy homemade macaroni and cheese made with cannellini beans, in order to feed 75 families.

> *"We can show them [students] that there are other students sitting alongside you that don't have a hot meal at the end of the day."*
> **- Mrs. Leslie Peters**

The meals will be distributed on Oct. 23, and the students will prepare meals for their community again during the spring semester. The classes are partnering with Pre-K Counts, a program at DVES, DDPS and Center for Developmental Disabilities, in order to distribute the meals.

"Every family walks away with two full containers of food," Mrs. Peters said. "Everything is ready to be served."

The growing need for programs like this in local communities is incredibly obvious. In 2025, more than one in seven families faced food insecurity and over 14 million children lived in households facing food insecurity. Since 2021, Kids Feeding Kids has created over 35,000 meals for families in need.

In Pike County, over 10% of children face food insecurity, a statistic this program aims to lower.

"We can show them [students] that there are other students sitting alongside you that don't have a hot meal at the end of the day," Mrs. Peters said. "What can you do in the community to help them? How can you benefit our community?"

Day of Caring showcases students' dedication

By Veronika Martin
Entertainment Co-Editor

Students transformed the community through service during this year's Day of Caring hosted by the non-profit organization, United Way. The event was held on Sept. 12 and was an impactful experience that captured the spirit of giving back .

After the success of the event last year, some changes were made to account for the growth of this program. New host sites like YMCA Camp Linwood MacDonald and Delaware Township Park were added to accommodate larger groups of volunteers. The overall turnout also increased with over 100 students showing up to get involved.

"I think it was a great experience. Not only did we get help to raise money for a good cause, but I also had an awesome time getting my volunteer hours," junior Camryn Brohm said.

United Way CEO Angela Basani praised the district's leadership in coordinating the event and believes more schools should coordinate their own Day of Caring.

"Nonprofit organizations have to get by with very little, so volunteering and showing up for your community is so important," Basani said.

Beyond earning service hours, the event aims to foster a lasting commitment to community engagement. Dr. Jayson Pope, assistant to the superintendent for federal programs, hopes that this program shows students how service can become part of a lifetime of giving.

"Day of Caring is a way to jumpstart a life of giving and plants a seed for service to be part of their daily lives," Dr. Pope said.


Veronika Martin/Del.Aware
Junior Combo student Camryn Brohm helps at the car wash to raise money for GAIT.

School News

Warriormania aims to raise funds for peer inclusion

By Brendan Baird
Sports Co-Editor

Battlefield Pro Wrestling is coming to the high school gymnasium on Oct. 24 as they present Warriormania: Battle for Belonging. The promotion is based in Allentown and was founded by WWE Hall of Famer Afa Anoa'i and is run by his son, Afa Jr.

The line up of wrestlers include former WWE superstar Elijah and current TNA superstar KC Navarro.

One wrestler of note is Ricky Pryce, who was raised right across the river in Port Jervis, New York.

"I've never been this close to home before, bringing professional wrestling here," Pryce said. "We're gonna bring the action baby."

Even though he is from Port Jervis, he has experience at Delaware Valley where he used to broadcast football games on Friday nights.

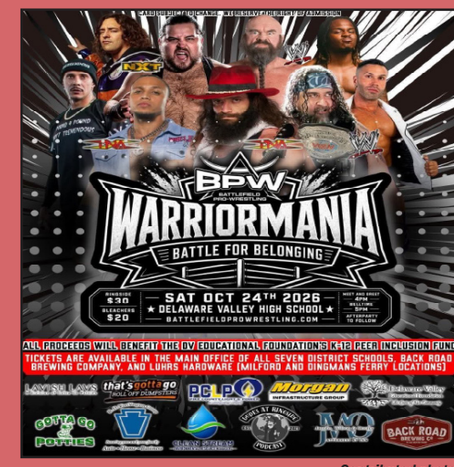
"It's pretty special to come back, being close to home is always special," Pryce said.

This event runs with the special purpose of raising money and awareness for the Delaware Valley Educational Foundation Fund and Peer Inclusion programs.

"They [students with special needs] are the backbone of professional wrestling". Ricky said, "The fact that we get to do professional wrestling here at DV for them, is super important."

Along with the show, there will be a meet and greet beforehand in the multi-purpose room where fans can meet the wrestlers and get autographs, as well as an after-party hosted at Back Road Brewery Co.

Tickets are 30 dollars for ringside and 20 dollars for general admission. They will be available in the main office of all seven schools, Back Road Brewery and Luhrs Hardware in their Milford and Dingmans Ferry locations.



Contributed photo

The official poster for the event showcases sponsors and the featured superstars who will appear on Oct. 24.

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DVHS Newspaper @del.aware_news	Student Council @dvstuco
DVHS Drama @dramadvhs	Senior Class @dv_class_of_2027
Junior Class @dvhs_2028	Sophomore Class @dvhs_2029

Compiled by Shahed Bankasli Attar



Compiled by Lily Red

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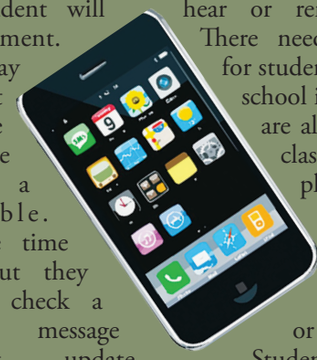
Opinion

OUR OPINION

A quiet classroom should not mean a quiet connection

The school-wide phone ban has one obvious benefit: students are going to be more focused in class. Without phones, students have fewer distractions, fewer opportunities to cheat and are more encouraged to actually pay attention. However, phones are not only used during class, and the new rules create questions about how students are supposed to keep up with everything happening at school.

Students use their phones to check schedules and Remind messages. If a practice time changes or an event is moved, students need a way to find out. Student Council also uses social media to post and advertise events. If students cannot check their phones during the school day, how are they supposed to know when these changes happen? Posting announcements on Chromebooks is one solution, but students are not constantly on them. Dr. DeLauro has also been making announcements over the intercom, which helps students stay informed. However, not every student will hear or remember an announcement. There needs to be a reliable way for students to receive important school information.



There are also situations outside the classroom where having a phone is reasonable. Students have free time during lunch, but they may still need to check a schedule, Remind message or another important update. Students cannot simply just check their phones at their lockers for messages, even something as menial as checking the time is frowned upon by staff.

More importantly, what happens during an emergency? If something dangerous happens at school, students may need to contact their parents or another trusted person. While office phones are available, a personal phone could provide another way to communicate quickly with parents. The purpose of the phone ban should be to reduce distractions during learning, not make communication harder. Students should put their phones away during class, but there should still be reasonable exceptions outside of instruction. A school-wide rule needs to consider what students actually use their phones for, not just what they might be doing on them.

Should APs be pushed?

By Shahed Bankasli Attar
Staff Writer

As students advance in grade level, the debate of whether schools should apply pressure to take AP courses continues.

The honors track discontinues after sophomore or junior year. This lack of options pushes students toward AP courses

Class offerings are based on resources and needs of students. Beyond that, for AP and honors classes the deciding factor is comparisons between curricula.

"Instead of having those two different pathways, we [academic department] thought it would be more beneficial for students to receive the AP credit," Ms. Jessica Hubal, assistant principal of academic affairs, said.

This is viewed as unfair by many because not everyone prefers to take an above-honors course, even if the AP technically has the same curriculum. It will be more difficult and taught differently because it is considered a college-level course.

Having the honors courses provides a middle ground between the regular and AP courses.

"I think what we have is good, but I think that there should be more honors classes," senior Inessa Martin said.

So, instead of trying to put most of the student body into a one-size-fits-all college track, schools should be protecting that middle ground so all students feel supported in their educational journey.

Pave the way to new traditions

By Lilian Seibert
Editor-in-Chief

As senior year approaches for students, there are plenty of opportunities that we can look forward to, except one.

With recent social media trends, there are many opportunities that other schools provide their seniors with. We get to have a senior sunrise, special class shirts and many more, but the biggest one is painting our own senior parking spots.

These aren't just basic parking spots; they are specifically reserved and designated for seniors. Everyday, we share our supposed senior lot with other student drivers, and it becomes frustrating when we can't depend on getting our same spot everyday.

Not only would we be guaranteed our own spots, we would also be able to express our creativity when designing it. The trend includes painting our parking spots with a design that showcases something we care about or something that represents us as individuals.

I think that having a day to paint our spots would bring the senior class together as well as allowing the students to try something out of their comfort zone.

Let's get this idea reconsidered while we still have the time.

Faith Bailey
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Community News Editor
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Letter Guidelines

The Del.Aware is an administrative reviewed publication of the journalism class of Delaware Valley High School. The Del.Aware will print acceptable letters written by current students which may be edited or condensed for reasons of libel, good taste, grammar and punctuation.
Mail: Letters to the Opinions Editor, Del. Aware, 252 Route 6 & 209, Milford, PA 18337
Email: del.awarenewspaper21@gmail.com

Opinion

Body paint ban causes students to lose school spirit

By Hailee Walzer
Opinion Co-Editor

High school administration has established a new rule in which paint during Spirit week and Spirit games is prohibited. This ban should not be enforced as it causes students to lose school spirit in an event where school spirit should be at its highest.

"The paint is all over the bleachers, all over the floor, all over the walls," high school principal Mr. Louis DeLauro said. "It is just very time consuming to clean up."

Even though this is causing a loss of school spirit, something students have to understand is how much this yearly event affects the janitors. The paint can prohibit the janitors from doing the work they are supposed to do throughout the day due to the excessive clean up from Spirit games.

This new rule was put into place to try and reduce the amount of work the janitors have to do after Spirit games. This however forces students to shy away from the paint, something that has been popular and has become a norm for Spirit games. As a result, some students have begun to lose school spirit. Not every student likes to participate in the games, but they may like to go all out supporting their team by covering their body in their grades corresponding color.

> *"I understand where they're [Administration] coming from with the body paint because that can make a huge mess and lots of extra work for the staff, but the face paint doesn't really make a mess."*
>
> **- Junior Regan Donnelly**

It is understandable however from the schools standpoint that they need to reduce the amount of work after the Spirit games. Paint being everywhere across the school adds unneeded work for the janitors and makes their life harder than it needs to be. On the other hand, all paint should not be banned. Body paint is mostly the reason for all the mess across school. Face paint on the other hand is a better alternative.

"I understand where they're [Administration] coming from with the body paint because that can make a huge mess and lots of extra work for the staff," Junior Regan Donnelly said. "But the face paint doesn't really make a mess."

If the administration wants to make the janitor's life easier after Spirit games they should just ban body paint but still allow for face paint. This would create a happy medium between the ban and students' loss of school spirit.

Not all stories are ours to tell

By Chloe Simonson
Entertainment Editor

We live in a time where information spreads faster than ever. A private disagreement becomes the new hot topic of conversation within a circle and is suddenly everyone else's business. Somewhere along the way, we have become too comfortable sharing stories that aren't ours.

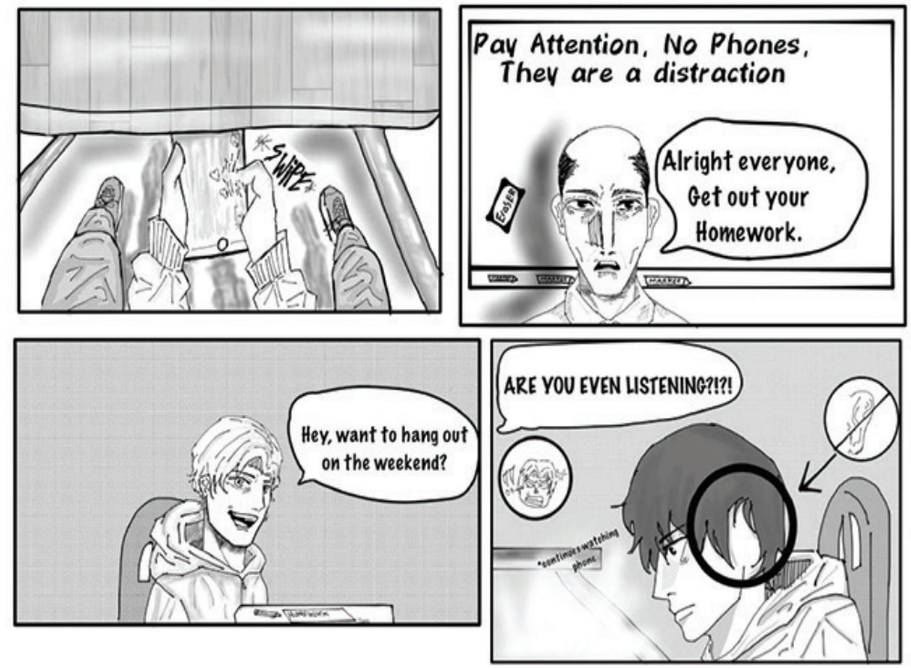
If I experience a conflict with someone, I have the right to explain how it affected me, but that does not mean I have the right to share how I now think of another person. On top of that, I may have witnessed drama or even played a role in it, but I only know the situation from my perspective, not the other person's. Just being a witness does not make the story mine.

The same principle applies to mutual friends. If I have a falling out with someone, knowing both of us does not automatically give you the right to know what happened. Being close to either person does not create an obligation for me to explain it. The other person can tell you their side if they chose to. Yes, I have told my close friends some things that I probably should have kept to myself, but I do uphold that I have not gone blabbering to everyone who has asked.

Obviously, there are exceptions. If someone is in danger, was harmed or needs help, telling the right person is necessary. Those situations are different because sharing the information serves a purpose beyond satisfying someone's curiosity.

We should learn to separate what we know from what we are entitled to share. Just because someone is curious does not mean they deserve an answer.

Even if you no longer like someone for what has happened, respect that you should not share a situation with other people who have no business being involved.



Illustrated By Tian Yu Zhang-Oliva

**Want to share your opinion?
Want to design a cartoon?
If so, scan the QR code and send it in to the Del.Aware's website!**

School News

Wellness 9 combines freshman requirements into one

New course covers fitness, health and high school resources while allowing teachers flexibility throughout the semester.

By JoeiMarie Cohen
Opinion Editor

Freshmen have a new class on their schedules this year as the school combined physical education, health and freshman seminar into one required course: Wellness 9.

Wellness 9 is a 90-day, half-year course that combines aspects of all three classes. While most of the course will take place in the gym, students will also spend time in the classroom.

"It kind of just takes all three of those classes and smooshes it into one semester," physical education teacher Mrs. Jen Marchetti said.

The physical education portion of the course includes fitness, team sports and individual sports. The freshman seminar section focuses on helping students adjust to high school through school resources, goal planning and presentations from staff and student groups.

Peer mediators and mentors are expected to speak with students, while guidance counselors will discuss topics such as AP classes and the different opportunities available at the school, for instance, learning more about the Career Technology Education programs.

The health portion will cover topics including nutrition, healthy relationships and drug prevention. The goal is to include important freshman health topics while changing some of the ways they are taught.

> *"It kind of just takes all three of those classes and smooshes it into one semester."*
>
> **- Mrs. Jen Marchetti**

The course also eliminates the freshman scavenger hunt that was previously part of Freshman Seminar. The scavenger hunt was most useful during the first week of school, but was less necessary later in the year when students were already familiar with the building.

Three teachers, Mrs. Marchetti, Ms. Mikaela Smith and Mrs. Heather Holdredge, are responsible for planning and teaching the new course. Mrs. Holdredge brings experience from previously teaching Freshman Seminar, while all three teachers have experience with the physical education and health portions.

Because Wellness 9 is new, the teachers are developing the curriculum as they go.

"It's a week-by-week process," Mrs. Marchetti said.

The schedule will also remain flexible. Rather than spending several consecutive days in the classroom, students may switch between gym and classroom activities depending on the lesson and circumstances. The variety is intended to keep students engaged while allowing teachers to adjust the course as they need to.

"It kind of changes it up a little bit," Mrs. Marchetti said.

PUZZLE FUN

Unscramble the fall-themed words below!

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

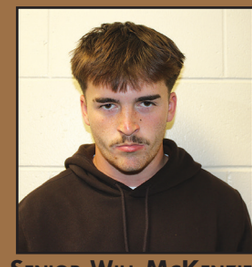
1. mipknup → _____
2. taumnu → _____
3. lotofalb → _____
4. rboeotc → _____
5. agifole → _____
6. yiherad → _____

Compiled by Bella Puiu

Inquiring Photographer

"If you were a fast food restaurant, what would you be?"

Compiled By Tessa Marotta



Senior Will McKenzie
"Roy Rogers"



Junior Colin O'Connor
"Taco Bell"



Sophomore Keira Snyder
"Chili's"



Freshman Kendall Eckert
"Taco Bell"



Freshman Lily Wells
"Chipotle"



Sophomore Colton Mullin
"Chick-fil-A"

School News

New Teachers

As the school year begins, there are many new faces walking the hallways. The seven new teachers were asked one question: "What are you most excited for this school year?"

Mr. Michael Iuzzolino
CTE Department
"I'm most excited to take my real-world experience in the electrical trade and bring it into the classroom."



Faith Bailey/Del.Aware

Mr. Declan Carroll
Math Department
(Long-term substitute)
"I am excited to be teaching some of the athletes I coach for football and track."



Faith Bailey/Del.Aware

Miss. Lillian Hall
English Department
"This year, I am looking forward to working with the other teachers in the English department again."



Faith Bailey/Del.Aware

Mr. Nicholas DeScipio
Technology Education Department
"I am so excited to be a part of a great group of teachers and to work in a great place with great students."



Faith Bailey/Del.Aware



Faith Bailey/Del.Aware

Mr. Richard Hudson
Special Education Department (Long-term substitute)
"I would say I'm most excited to be part of Delaware Valley School District itself because I've always admired the schools here [in America], the sense of belonging, being a Warrior, etc."



Faith Bailey/Del.Aware

Mr. Jason Metting
Science Department
"I have been the only teacher in my subject area for the past six years, so I am most excited to collaborate with a group of highly qualified and like-minded teachers."



Faith Bailey/Del.Aware

Miss Gabriella Colo
Special Education Department
"I am most excited to get to know my students, watch them grow and hopefully become one of the teachers they like seeing in the hallway."

Compiled by Faith Bailey

New digital hall of fame replaces plaques



Brooke Nielsen/Del.Aware



Brooke Nielsen/Del.Aware



Brooke Nielsen/Del.Aware

The digital hall of fame was unveiled on Sept. 19, outside of the high school gymnasium. Dr. Jayson Pope, Mrs. Krystine Thompson, Mr. Jeff Luhrs and the Business and Marketing CTE students began working on the project in March in hopes to complete it in time for Warrior Fest. To view the hall of fame, users can simply tap the screen and select the type of award, year and/or the specific person they want to learn about.

Compiled by Brooke Nielsen

New opportunity arises for seniors

By Atisha Joannou
Arts & Literature Editor

Seniors now have a new place to turn when needing help planning their future. The College and Career Lab provides students with guidance on college applications, financial aid and career research.

"I want kids to think, 'I know I can go to the College and Career Lab and get some guided advice,'" guidance counselor Mrs. Jessica Favorito said.

The lab was created to give students a place to receive guidance when they are unable to meet with their guidance counselor. The lab provides another consistent place for students to get assistance.

The lab is open Tuesdays and Thursdays during all lunches, allowing students to get help without missing class. Students can get assistance navigating the Common App and also accessing Naviance.

The lab also helps students explore options beyond a four-year college. Students can receive guidance on trade school, the military and entering the workforce.

"It's not always college focused,"guidance counselor Mrs. Samantha Navitsky said. "We know that that's not for everybody."

Although the lab currently consists of seniors, the goal is to eventually make it a resource for students throughout all grades. The counselors hope for younger students to come and begin exploring college and career options earlier rather than waiting until their senior year.

"The whole purpose is for all of our students to have a plan, whatever it is," Mrs. Navitsky said.

REMEMBERING THE MAN IN THE RED BANDANA

RED BANDANA RUN

On Sept. 11, SAAC hosted a Red Bandana Run, honoring the legacy of the "Man in the Red Bandana," Welles Crowther. The run included a lap around the cross country trail, and a set of bleachers. Nearly 170 people attended and over $1,500 was raised for the Welles Crowther Foundation, and the organization matched the donation.

"I thought it would have a lot of impact," SAAC adviser Mrs. Krystine Thompson said. "I wanted our students to come together with our staff and student athletes."



Hailee Walzer/Del.Aware

Over 150 people, including staff and students, participated in the first annual event.



Hailee Walzer/Del.Aware

Most teams participated together, including this group of field hockey players.



Hailee Walzer/Del.Aware

Students and staff congratulated each other after the event.



Senior Josie Lordi, Mrs. Thompson and Mr. Iuzzolino



HONORING WELLES CROWTHER

Known as the "Man in the Red Bandana," Welles Crowther was an equities trader and former volunteer firefighter who saved as many as 18 lives during the Sept. 11 terrorist attacks. Crowther died a hero in the collapse of the World Trade Center's South tower.

Q&A WITH MR. MICHEAL IUZZOLINO

Q: How did you know Welles Crowther?

A: "Welles and I grew up together. We played Little League baseball together and Pop Warner football."

Q: What was that like?

A: "He was always a year older than me. Whenever we were on the same team, he was always the role model we looked up to. He was always a team leader, that was his personality."

Q: How does it feel to know the school is honoring someone like Welles at our school?

A: "When I first heard they were doing this, I thought it was so special that a school he had no connection to was taking the time to honor his legacy. [It] really shows how his actions continue to do good for people."

Q: How would you describe his character?

A: "He was a tough kid for sure… you wouldn't want to go up against him on the field. He was a fierce competitor, a leader, just always doing the right thing. He was a great role model to look up to, to try to aspire to be like."

Compiled by Keira LeMay and Joni Prinzing

Community News

A taste of Italy brought to the heart of Milford

Boutique deli Locale Mercato offers gourmet Italian cuisine to the community.

By Lily Red
Community News Co-Editor

The welcoming aroma of delicious Italian food is easily identifiable when a customer steps into the charming new Locale Mercato deli.

Mercato is located on the beautiful Broad Street of Milford, catching people's eye with its quaint exterior and floor to ceiling windows. It is the perfect spot to grab a delicious snack after a stop at Milford Theater, a trip to Ann St. Park or a visit to a boutique store in town.

"It was something on my bucket list, I've always wanted to bring something new and creative into the town," owner Andrew Jorgenson said.

Jorgenson couldn't wait to bring this vision to life, where he claimed the design had changed over 10 times. Prior to the opening of Mercato, he had seen great success in his other business, the historic Dimmick Inn, located on the corner of Broad and Harford Street. His family had also previously owned Jorgenson's Deli, which is now the Naked Bagel.



Lily Red/Del.Aware

Locale Mercato is located at 223 Broad Street in Milford.

With Jorgenson's past experience in hospitality, Mercato had a guarantee to be created with careful consideration.

"I brought a lot [to the store] from the city, back in Brooklyn. I grew up in a richly Italian neighborhood, and there are some things you just don't change, your sauce, your sausage and just being kind in general," Jorgenson said.

The store offers authentic Italian products such as fresh Italian sausage, homemade rainbow cookies, fresh Tiramisu cake and, of course, delicious hoagies.

A menu favorite that Jorgenson recommends is the Steak Pizzaiola, which contains seasoned chuck steak, salt and pepper, mushrooms, traditional Italian red wine and marinara sauce. It simmers for about an hour and then can be served by itself or on a roll.

Jorgenson additionally aims to create a workplace of honesty, hard work, loyalty and inclusion at Mercato. This speaks volumes as some of his employees have worked for him for over 20 years, proving that his businesses are not only thoughtfully created, but thoughtfully run by people who care.

> *"There are some things you just don't change, your sauce, your sausage and just being kind in general."*
>
> **- Andrew Jorgenson**

Jorgenson hopes the store will continue to flourish in the coming years, growing even more popular among the community by connecting locals with the nostalgic comfort of Italian culture. When you enter Locale Mercato, you are not only greeted by welcoming staff and a cozy atmosphere, you are being served food that was made with love.

Back Road Brewing Co. hosts a warm, welcoming weekly tradition

By Tessa Marotta
Staff Writer

On Wednesday nights, Back Road fills with people of all ages coming for their standout sale on wings.

From 3 - 7 p.m., $0.50 wings are being pumped out of the kitchen, from flavors like their signature Back Road dry rub to garlic parmesan. After ordering from the counter and receiving a number, you can pick a place to eat in one of the many options for seating. The main dining hall, the Hayloft upstairs or the outdoor patio which offers lawn games, scenery and much more.

When first ordering, it seems like a long wait, due to the extensive line, but the cooks and workers in the kitchen are working hard for the food to be fast, hot and delicious.

After quickly receiving my eight count of garlic parmesan wings and a side of french fries, I was pleased with the kind service and attentiveness from my server, and all of the waiters and waitresses.



Anthony Lordi/Del.Aware

Back Road's 20-count Garlic Parmesan Wings are a staple on the menu.

I was pleasantly shocked with how delightful their food was from the meat, the sauce and the flavor overall. There was plenty of sauce, and their homemade buttermilk ranch highlighted the flavors nicely.

Altogether Back Road gave me a wonderful and enjoyable experience!

Walmart introduces tap-to-pay

By Leif-Erik Orby
Staff Writer

Walmart is preparing to introduce tap-to-pay into all stores, providing a long-awaited and convenient way to pay for customers.

Paying digitally via phones and watches has recently taken over and, not having that option at a major company like Walmart caused an uproar among consumers.

Originally, Walmart wanted people to use their mobile app to act as a substitute to tap-to-pay.



Leif-Erik Orby/Del.Aware

Walmart's tap-to-pay will make checking out much easier.

However, due to backlash from customers, Walmart is beginning to implement a new checkout system that will allow customers to use tap-to-pay.

Community News

Milford kicks off fall with annual September Fest

By Rhyanne Rettinger
Lifestyle Editor

The town of Milford always looks forward to their traditional festival, September Fest. It was held Sept. 12 and 13 on Broad Street.

The festival brought together the community through food, live music, art and vendors. Additionally, it promoted local businesses, such as The Dimmick Inn and the Jive Bar & Lounge, as residents and tourists alike explored the town.

The main events were held on Catherine Street. They consisted of the Fall Block Party, the Milford Car Show at Milford Music Fest, and pop–up markets such as face painting, gemstones, knitted stuffed animals and handmade jewelry.



Rhyanne Rettinger/Del.Aware

Customers of Jive Bar & Lounge were entertained by rock band, No Where Slow.



Rhyanne Rettinger/Del.Aware

Green Trees Early Learning Center provided kid-friendly play area at the Block Party.



Rhyanne Rettinger/Del.Aware

The Swing Shift, a 21-piece orchestra, performed at the Community House.



Rhyanne Rettinger/Del.Aware

A Firebird won first place at the Classic Car Show.



Contributed Photo

Pro tennis player interviewed at Readers and Writers Festival

Professional tennis player Michael Kosta, an Emmy-award winning co-host of "The Daily Show" found on The Comedy Channel, and nationally-known comedian was interviewed by Bob Eckstein, a nationally known cartoonist, illustrator and humorist. Kosta's memoir, "Lucky Loser: Adventures in Tennis and Comedy," discusses mainly the years he spent learning the sport and becoming a world-ranked professional tennis player, and how qualities he gained playing in the pro tennis circuit were helpful when starting comedy.

Compiled by Lexi Tsiattalos



Compiled by Faith Bailey

Lifestyle

Self-Care

10 Wellness Tips

- Eat healthy & drink water
- Watch your fav movie
- Take a break from social media
- Compliment a stranger
- Listen to music
- Do a hobby
- Exercise
- Take a nap
- Journal
- Call a friend

"Talk to yourself like someone you love."

– Brene Brown

Compiled by Rhyanne Rettinger

Dunkin' Fall Menu

Released September 30



Compiled by Sarah Decker

Wake up your routine with eye patches

By Sarah Decker
Arts & Literature Co-Editor

Whether you are staying up for a late night study session or doomscrolling until 3 a.m, eye patches may be the solution to those tired eyes in the morning.

Under-eye patches are the ultimate addition to your self-care routine that fix those dark circles when you wake up. Luckily, brands like Grace & Stella and Rhode can quickly fix this common issue in under 15 minutes.

These shimmering, gel-like patches are filled with hydrating ingredients – such as hyaluronic acid, caffeine for energy, peptides for firmness and soothing rose water – that instantly de-puff and energize your undereyes. These ingredients are especially great after a late night watch of your favorite show or a cram session for an exam.

Grace & Stella's most popular masks are their energizing, moisturizing and illuminating eye masks. Meanwhile, Rhode has their famous Peptide Eye Prep patches, which use a cooling feature and are an amazing pre-makeup accessory.

Additionally, unlike any other eye masks that typically fall off your face easily, many people say that these masks stay on without falling off. While waiting for your patches to work their magic, you don't have to worry about the constant re-touching of your patches when making your cup of coffee in the morning or getting some work done.



Unfortunately, while these patches offer a high quality experience, not everything can be free. Grace & Stella leans more on the budget friendly side, with six pairs of masks for around $8. Compared to Rhodes under-eye masks, they are significantly more expensive with a price of $25 for a box of six pairs.

Even so, these eye patches are still worth every penny when upgrading your skin-care routine. The next time you find yourself with those tired undereyes, grab a pair of these eye patches and fake the well-rested look, even if you definitely are not.

FIT CHECK

- Monday- Minions
- Tuesday- Monochrome
- Wednesday- White Lie
- Thursday- Greek Life vs Ancient Greece
- Friday- Class Colors



Bello!







omg!



SPIRIT

The E

By Faith Bailey
School News Editor

During a memorable Spirit Week lea
Sept. 19, students demonstrated their Wa
school activities.

The week started off with spirit
Monochrome Tuesday.

On Friday, Spirit Games took place w
and the sophomores prevailed with a sco

The powder puff game was held on Sa
destroying the juniors 62-6.

High School Game Day also took pl
Fame inductee Jesse Johnson and professi

During the football game, the Warri
Phillip "Bear" Leslie were crowned Home

The Homecoming dance took place l
had concessions, a photo booth and a DJ.

YOUR RO

POWDER PUFF





score!



Junior Kaelyn Redmond



OMG!!!



WEEK

Edit

ding up to the Homecoming dance on
rrior pride by participating in various

days such as Minion Monday and

when the seniors secured the win 10-7
re of 12-6.
turday at Warrior Fest with the seniors

lace, including guests such as Hall of
ional wrestler Ricky Price.
iors lost 14-7, and Savannah Liz and
ecoming king and queen.
ater that night from 7 to 10 p.m., and

THE CLASS CLASH



2030



2029

Vs



2028

Vs



2027

OYALTY



WHITE OUT





Senior Lucas Purdon



wow!

Compiled by Anthony Lordi, Rhyanne Rettinger, Sarah Decker, Mia Pauley, Chloe Simonson, Josie Lordi, Veronika Martin, Shahed Bankasli Attar, Tessa Marotta, Faith Bailey and Bella Faust

Lifestyle

Making a final year fashion statement

By Joni Prinzing
School News Co-Editor

You've probably seen girls walking around on the first day of school wearing a pair of jeans that are painted or embellished with fun and intricate designs. These are known as senior jeans, worn by 12th graders celebrating their final year of high school with creativity and style.



In recent years, the jeans have been seen on popular social media apps such as TikTok and Instagram. Students share photos and videos that may inspire others to create their own, ultimately bringing the trend to our own school.

Each pair of jeans is unique and gives students a chance to show off their personality and creativity. Some methods for designing may include painting, sewing and embroidering patches. One possibility is to display school spirit on them with your school name, colors, mascot and graduation year. However, the most popular personalization is with fun images or patterns, with just a few examples including sports, floral patterns, favorite hobbies or meaningful memories. Senior Makaylee Kalitsnik said that she included Tom and Jerry on hers, expressing that it was her favorite cartoon and a memorable part of her childhood.

As for the social aspect, customizing the jeans can be a fun DIY project to get together with friends to share ideas, coordinate designs and paint them together. Many find the fun of this tradition in planning and designing the jeans, while others enjoy actually wearing them and taking pictures with friends in them.

Whether they're covered in glitter, bright colors or inside jokes, no two pairs of jeans are exactly alike. This makes them special to every participating senior, creating a memorable tradition for the last year of high school.

They're an item to keep and look back on after graduation, serving as a time capsule and reminder of special memories, friendships, interests and accomplishments from throughout high school.



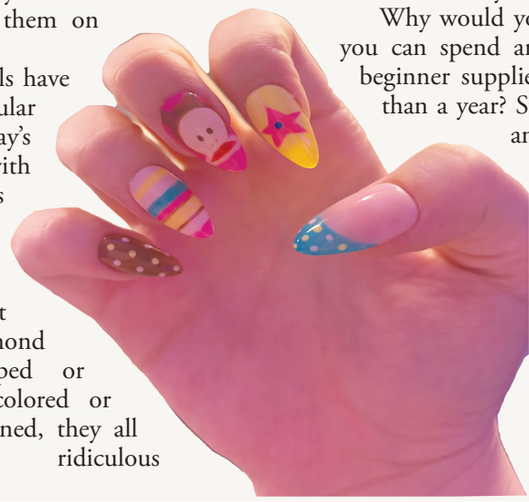
Contributed photo

This year's seniors gather together on the first day of school, capturing how they showed up with fun and personalized pairs of jeans.

Fashion Aware: DIY Nails

By Lilian Seibert
Editor-in-Chief

In an ever-changing economy, getting your nails done isn't the priority when it comes to spending money, although having your nails done is a nice treat. An inexpensive and creative way to overcome this issue is doing them on your own!



Painted nails have become a popular trend in today's generation with different designs for all types of people. Whether you like them short or long, almond or square-shaped or even plainly colored or colorfully designed, they all seem to have a ridiculous price attached to getting them done.

Being able to express yourself through something so simple like your nails should not be breaking your bank, just to have to get them redone three weeks later. The average person spends between $1,000 and $1,350 a year on regular nail appointments, averaging out to $60 every three weeks.

Why would you spend that much when you can spend around $100 one time on beginner supplies that will last you more than a year? Starting with basic nail tips and gel polish is the first step to becoming your own nail artist. Social media is flooded with tutorials and tips nowadays, so save some money and join the trend!

Birks or flip-flops?

By Lucas Petersheim
Community News Editor

With cold weather creeping around the corner, open-toe shoes get thrown into the closet, most specifically flip-flops and Birkenstocks, the two staples of summer footwear.

Flip-flops being the hardened veteran of the group, provides stability and comfort while also being an affordable option. Birkenstocks give a larger selection of styles like the Boston Clog or the open sandal but usually costs up to $120 or more.

At the end of the day, trends come and go almost monthly. Both options provide the signature laidback but fashionable style, but the classic look and the affordability of the flip-flop has made its mark in the shoe industry and is here to stay.



Arts & Literature

Benefit concert starts the year off on high note

By Lexi Tsiattalos
School News Co-Editor

The music department's annual benefit concert on Sept. 23 kicked off the school year for band, chorus and orchestra ensembles.

The concert is held about a month after school starts each year, and according to the ensemble directors, Mr. Richard Horst, Ms. Lauren Flack and Mr. Richard Bullock, preparing can be difficult due to the quick turnaround from when school starts to the concert.

> *"They really came together as a team and did a fantastic job."*
> **-Mr. Richard Bullock**

"You got a new team together," Mr Horst said. "You gotta get people working together, and then you have to get everybody on the same page as far as how fast or how hard we are going to be moving and working."

The orchestra opened the concert with "Orchid," composed by Yukiko Nishimura, followed by "Spanish Dance No. 5," and finished with "Colors of the Wind" written by Alan Menken, arranged by Calvin Custer, which featured a soloist senior Madison Curchoe.

When choosing music, all three directors described a similar process.

"I try to pick things that will be engaging and a variety, but also attainable for the short time we have to prepare, so students are excited without feeling discouraged, especially freshmen transitioning from middle school," Ms. Flack said.

The chorus followed the orchestra with "Sorida: A Zimbabwe Greeting," composed by Rosephanye Powell, leading into "Harvest Due," written by Bruce Trinkley and finished with "If Music be the Food of Love" by David Dickau.

The proceeds from the concert go to the music booster club. The funds are used for trips, providing items needed for events and even scholarships for students participating in the music program.



Lexi Tsiattalos/Del.Aware
Senior Madison Curchoe performs a solo in "Colors of the Wind" written by Alan Menken.

Lastly, the band played "Havana Nights: El Fuego de la Noche" by Randall Standridge, then "Wait for Me" from Hadestown, and finally another piece by Randall Standridge, "The Great Rubber Chicken Galop."

"They really did exceed my expectations," Mr Bullock said. "They really came together as a team and did a fantastic job."

Mr. Pol recommends 'The Odyssey'

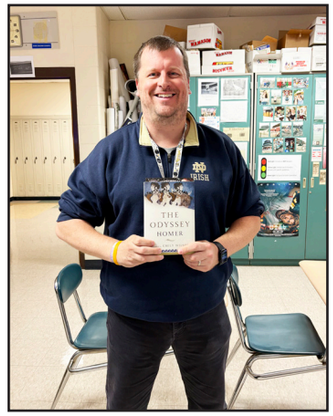
By Bella Puiu
Staff Writer

Most students are unenthusiastic about reading and think of it as a waste of their time. English teacher Mr. Bryan Pol found interest in a book that he feels shows great foundations of western literature.

Mr. Pol suggests "The Odyssey" by Emily Wilson which he believes is far from boring. The story shows the perspective of a mother and son longing for the father to come home while they are unaware if he's alive. The book shows variations of carrying family legacy while living through hardships.

Mr. Pol found it easiest to listen to the audiobook that is read by Claire Danes. He believes that listening while reading helps him see different perspectives. After getting through the story, Mr. Pol believes that the introduction was interesting.

"Most people struggle to get into books from the introduction," Mr. Pol said. "But after reading a little bit, you really see why the author chose the particular rhyme scheme and format throughout the book."



Bella Puiu/Del.Aware
One of Mr. Pol's favorite books is 'The Odyssey.'

Mr. Pol shared some interesting features about the book, such as how Emily Wilson was the first female to translate the poem into English. It's also the same version Christopher Nolan used to make the movie "The Odyssey."

Belong mural embraces individuality

By Joni Prinzing
School News Co-Editor

Everyone should feel like they fit in at school and be able to embrace individuality. This is the goal of the Belong Mural; composed of 963 individual squares that when put together, will spell out "be here, be you, belong."

The squares were designed by all students and staff. This gives everyone a chance to contribute to the mural, which is planned for the area in front of the pool doors entrance.

There will be two sizes of squares, with the three inch squares combining to spell out "be you," and the four inch squares spelling out "belong." Each square is supposed to represent what makes you, you. The squares consist of drawings or paintings based on things such as extracurriculars or people that make someone feel like they belong, ultimately giving each artist complete creative freedom.

"I want everyone to embrace their individuality," art teacher Mrs. Tricia Kaylor said.



Joni Prinzing/Del.Aware
The squares that students have designed depict what it means for them to be themselves.

The process of piecing together the mural will begin during the first week of October, with the goal of having it finished in time for Battlefield Pro Wrestling's Warriormania: Battle For Belonging event, which will take place on Saturday, Oct. 24.

Arts & Literature

Spotlight Artist: *Juliet Lee*

By Atisha Joannou
Arts & Literature Editor

Senior Juliet Lee began exploring art in kindergarten through finger painting and drawing, but it wasn't until sixth grade that she began taking it more seriously.

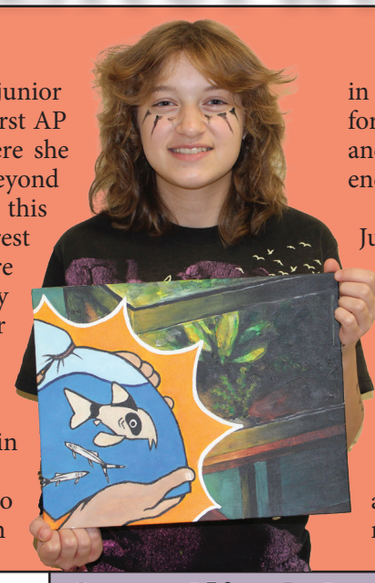
Since then, Juliet has developed a semi-realistic style that focuses on figures and people, often using watercolor and ink. She especially enjoys drawing poses and using body language to express emotions.

Juliet often finds inspiration from the people and interactions around her.

"I guess it's just human interaction," Juliet said.

"Like when I see something happen in public, I'm like I can apply that to my own drawings."

During her junior year, Juliet took her first AP Studio Art class, where she expanded her work beyond drawing. Throughout this time, she took an interest in ceramics, where she won a Silver Key award for one of her ceramics pieces. As a senior, she continued her studies by taking AP Studio Art again and Ceramic II.



Juliet looks up to and finds inspiration in artist Oliver Jin Wang, admiring how he uses forms, poses and messy lines to communicate shape and feelings. Through her own work, she hopes to encourage others to explore their own creativity.

"I really want people to feel motivated to create," Juliet said. "I want it to be the reason that they might think that they have a chance at art."

Juliet credits several people in her life for supporting her artistic growth, including her mother, science teacher Mrs. Rachel Lee, art teacher Mrs. Tricia Kaylor and Mrs. Maria Tusinean. She also credits her friend Savannah Murdock for helping her improve as an artist,

"She has helped me grow so much in my art that it's unbelievable how much progress I've made since I met her," Juliet said.

Spotlight Writer: *Shannon O'Leary*

By Bella Faust
Lifestyle Co-Editor

For senior Shannon O'Leary, writing isn't just an activity required in school. It is a form of expression.

O'Leary discovered her love for writing in seventh grade when she participated in the Creative Writing Club. Many of her works incorporate literary devices to develop character and bring her writing to life.

She draws inspiration from exterior media and personal experiences that resonate with her, with hopes of publishing her work someday.

"I hope to overcome my fear of judgement and share what I create with others more often, opening myself up to feedback," Shannon said.



Over the past few years, Shannon has been working on a collection of poetry that coincides with a novel. The project includes letters, prayers and manuscripts that express the viewpoints of fursan involved in battles between desert tribes.

"I am especially proud of these poems because within them I am able to express distinct emotions and conflicts in a scenario that is unfamiliar with me," Shannon said.

Shannon said she did not start out as a strong writer. Classes such as Honors English 10, AP Literature and AP Language Composition have helped her develop skills in commenting on literary works.

Shannon encourages aspiring writers, or students in general, to start writing even when they are nervous.

"You can always fix bad sentences later, but you cannot fix a blank page," Shannon said.

Spotlight Musician: *Logan Woodward*

By Deborah Kim
Science & Technology Co-Editor

What does it take to find a passion you can't live without? For senior Logan Woodward, it started with the curiosity of what orchestra may have in store.

Logan's musical career started when the school offered orchestra to the third graders.

"I just felt like trying it out," Logan said. "That's the age where you're just doing random stuff and seeing what sticks, and this just happened to stick."

He started band and chorus the year after he joined orchestra, and although he quit band in middle school, he continued to involve himself in orchestra and chorus.



Outside of music, you can find Logan in local drama productions. He has been in multiple school productions, local shows at the Milford Theater, Presby Players in Port Jervis and occasionally participates in the Tri-State Chorale for their winter shows.

Logan finds comfort in music, giving him a safe space to express himself.

"[Music has] given me a passion," Logan said. "I've made so many close friends because of it through drama, through chorus, and it's also just made me a better human being."

Some advice Logan would give to new musicians is to keep going even when it's hard,

"I know I've gotten very discouraged many times when trying new instruments, so you just have to stick with it," Logan said.

Entertainment

Newest Spider-Man movie leaves viewers stunned

By Anthony Lordi
Sports Co-Editor

After viewing the newest Spider-Man movie, I can safely say when the next Marvel film comes out, people will be lining up to see Peter Parker's next adventure.

Before you watch this movie, I recommend that you watch "Spider-Man: No Way Home" because the plot of "Brand New Day" revolves around the ending of "No Way Home." My favorite part of the movie is when Peter takes a lethal shot and wakes up in the hospital to a crowd of people outside supporting him. The whole community came to show him love and support after he put his life on the line to save someone else.



Movie cover for the newest Spiderman movie

"Brand New Day" picked up right where "No Way Home" left off, which created drama because Peter's previous friends lost all memories of him. This suspense left viewers wondering if anything could trigger their memory back.

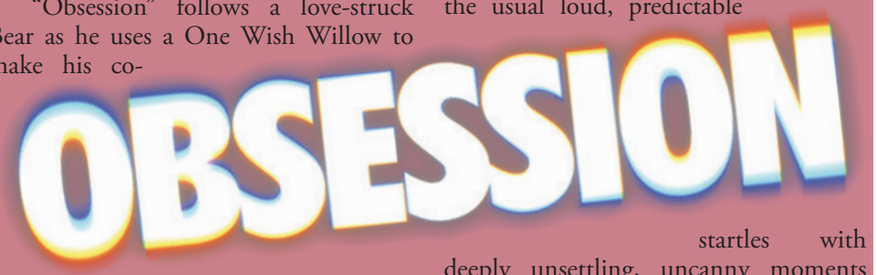
The cast consists of a couple well-known actors including Tom Holland, who plays Peter Parker; Zendaya who plays MJ and Jacob Batalon who plays Ned Leeds. Some other actors are Sadie Sink who plays Jean Gray, Jon Bernthal as The Punisher and Mark Ruffalo as Bruce

Obsessed with 'Obsession'

By Deborah Kim
Science and Technology Co-Editor

Curry Barker's new film "Obsession," had a budget of $750,000, grossed over $512.6 million worldwide, and was worth every penny.

"Obsession" follows a love-struck Bear as he uses a One Wish Willow to make his co-worker and friend, Nikki, fall madly in love with him. Not only is the movie soundtrack amazing, The acting of Michael Johnston and Inde Navarrette are phenomenal, going way beyond my expectations. The meaning of the horror film also goes much deeper than a wish-gone wrong, representing loss of one's bodily autonomy and control.



Throughout the film, Bear never really tries to reverse the wish for Nikki; instead he tries to alter it for himself. Clips from this movie have gone viral, with people expressing their love for this flick, praising its originality.

Barker also uses different techniques such as a modern jumpscare, replacing the usual loud, predictable startles with deeply unsettling, uncanny moments that make the viewers physically uncomfortable. There were so many different elements to this film that made it so disturbing and different from others.

"Obsession" has paved the way for a new era of horror movies, and shows people that not every successful cinema needs a huge budget and fancy props.

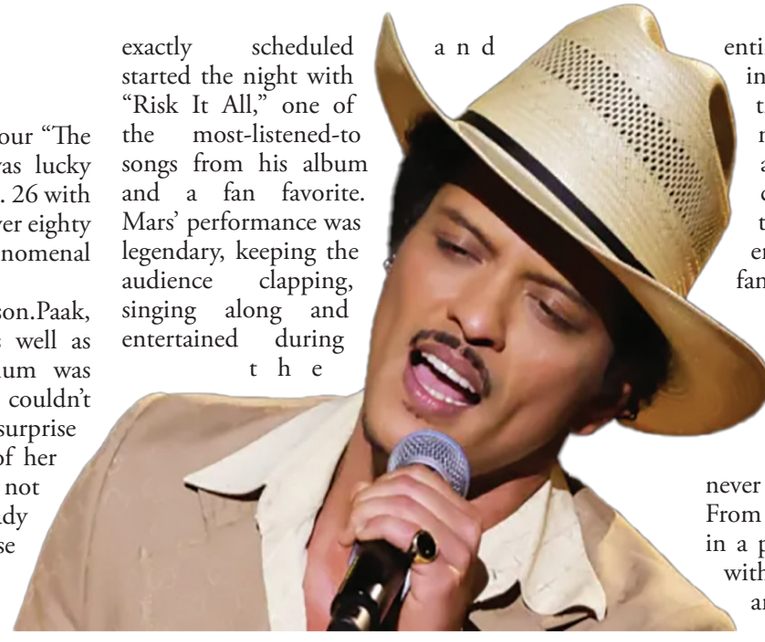
Bruno Mars leaves the door open for unforgettable tour

By Bella Faust
Lifestyle Co-Editor

Bruno Mars kicked off global stadium tour "The Romantic Tour" earlier this year and I was lucky enough to attend the tour's closing night Aug. 26 with my best friends at MetLife Stadium, where over eighty thousand fans gathered to watch his phenomenal performance.

To start the night, Mars had Anderson.Paak, known as DJ Pee.We, open the show, as well as Grammy-winning artist RAYE. The stadium was already filled with elevated energy, and I couldn't imagine fans getting any louder--until surprise guest Natasha Bedingfield performed one of her best-known songs, "Unwritten." Mars had not even come out yet, but the stadium was already filled with screams of excitement from these wonderful opening performances.

Following the openers, Mars came out exactly scheduled and started the night with "Risk It All," one of the most-listened-to songs from his album and a fan favorite. Mars' performance was legendary, keeping the audience clapping, singing along and entertained during the entire show. While onstage, Mars consistently interacted with the audience, even creating a trend with the song "God Was Showing Off" and never seemed to want to, or stop dancing, which added even more energy to his performance. The concert felt like a huge celebration, bringing thousands of strangers together to bond and enjoy this bright, exciting night with friends and family.



Since I was there closing night, the experience was even more memorable, especially because Mars performed songs that were not on the set list, such as a personal favorite, "Versace on the Floor." Fans who attended the concert are now able to cherish a moment they will never forget and look back on years down the road. From the opening acts to watching Mars perform live in a packed and lively stadium, the night was filled with love, happiness and appreciation for his music and supporters.

IN MEMORIAM



Compiled by Josie Lordi

Dolly Parton

1946-2026

Singer, songwriter, actress and businesswoman Dolly Parton, known as the 'Queen of Country,' was 80 years old when she passed away. Parton produced generational songs such as, "Jolene," "9 to 5" and "I Will Always Love You." However, Parton was more than just a musician. She was known around the world for the Dollywood Foundation, a non-profit organization established to fund educational programs, scholarships and charities.



Compiled by Faith Bailey

Peter Cullen

1941-2026

Peter Cullen, a successful voice actor, died on Aug. 26 at the age of 85. He was born in Quebec, Canada, and passed away in Los Angeles, California.
He was best known for his roles as Optimus Prime, Eeyore, Monterey Jack, KARR and Predator. His famous, calm voice for Optimus Prime was inspired by his older brother Larry, a decorated Marine veteran who told him to be "strong enough to be gentle."



Compiled by Veronika Martin

Hayden Panettiere

1989-2026

Hayden Panettiere, the beloved 2000s child actor who famously starred as Britney Allen in the movie "Bring it On: All or Nothing," has died at the age of 36.
Her successful career began at just 11 months old in a Playskool train commercial, eventually transitioning to bigger roles such as Claire Bennet in the movie "Heroes" and Kirby Reed in the "Scream" franchise. Panettiere will always be remembered for her talent and unforgettable contributions to the film industry.



Compiled by Mia Pauley

Tim Curry

1946-2026

You may not recognize his face, but you'll definitely recognize the name Tim Curry. Curry was famous for his unique role and recently passed away at the age of 80.
Curry started his acting career in 1968 where he starred as Woof in the musical "Hair." Then in 1975, he played his most memorable role in "The Rocky Horror Picture Show."
Curry's legacy will live on through his hundreds of iconic movies he starred in.

ALSO REMEMBERED

Reggie Bannister, Yayoi Kusama, Cassandra Wilson, James Lew, Jaye P. Morgan, Shelley Fabares, Michael Wright, Janie Bradford, Vincent Pastore, Samuel Monroe, Jon Cypher, Mike Marino, Niki Ross, Carla Jeffery, Ruby Andrews, Frank Beard, Bob Mackie, Peter Max, Mark Rydell, Cheetah Chrome, Tedde Moore, Peggy Webber, Victor Miller, Ben Jones, Jon Small, Tyler Duckworth, Flo Anthony, Christy Knowing, Brian "Nashville" Duckworth, Mike McFarland, Lucien Smith and Andy "The Butcher" Williams

Science & Technology

Meta settlement sets new standards for social media

By Beau Tannenbaum
Science & Technology Editor

After almost three years, the lawsuit surrounding Meta, the tech company in charge of both Facebook and Instagram, has come to a close. This case involved the alleged misrepresentation of the mental health issues caused by their products.

The case ended with Meta agreeing to a settlement in which 47 different states will be paid up to $17.1 billion, all of it coming from company funds. This money will go toward expanding teen-help projects such as the 988 Suicide and Crisis Hotline, as well as public education and other youth-centered programs. In addition, strict rules will be put in place regarding young consumers' usage of the applications.

These rules include a two hour time limit across all of Meta's apps, a usage lockdown between midnight and 6 a.m. and the banning of certain filters meant to alter one's appearance. Also, notifications will be muted during school hours and likes will no longer be visible for teen users.

The rise of social media in teenage lives makes problems like this inevitable. Approximately 95% of teens are involved in social media with 25% classified as "addicted."

The hope is that the limitations imposed by Meta will make their platforms safer and friendlier for teens, lowering addiction rates and improving mental health.

"Meta has agreed to make massive transformations that will reduce the risk of harm from its platforms — and will do it within months," California attorney general Rob Bonta said.

This was not the first time a tech company was sued for reasons involving teenage mental health, and there are more that have not been resolved, but it has brought about the most change and raised the most money so far. To put it to scale, experts are comparing it with the historic tobacco settlement of the 1990s.

Experts, however, worry that despite it being the largest settlement in social media history, it is not enough, for teens will just turn to other forms of social media instead.

To combat this, Meta urged other social media companies to enact similar policies, calling out TikTok and YouTube specifically. In fact, $5 billion of the settlement will be held out until the other companies follow suit.

What's in your food?: *Takis*

By Leif-Erik Orby
Staff Writer

Your mouth is burning, your eyes are watering and your fingers are covered in red dust, yet you still reach in the bag for more Takis. The mix of fat, salt and fiery spices can overstimulate your brain's reward system, creating a craving for more.



There are many flavors of Takis, such as Fuego, Blue Heat, Nitro and specialty flavors like Xtreme Lime and Crazy Buffalo. The main ingredients include vegetable oil, citric acid, salt, sugar, chili pepper and onion powder.

Other important ingredients include maltodextrin which helps provide flavor and texture and monosodium glutamate (MSG) which enhances savory flavor. Together, these ingredients contribute to the intense taste that makes Takis so recognizable.

Takis have also used artificial dyes such as Red 40, Yellow 5 and Blue 1. However, the company has announced changes to some of its products and is phasing out artificial colors from its Fuego and Blue Heat flavors. Many companies are following this similar trend due to a recent online surge about the possible negative effects such as behavioral changes, cancer risk and allergy concerns, though overall risk levels vary by the amount or specific compound.

Per serving size Takis generally contain 150 calories, 8g of total fat, 16g of carbs, 1g of fiber and 2g of protein.

Between the two main flavors, Blue Heat and Fuego, the nutritional facts are similar. However, their sodium levels differ. Fuego contains about 400 milligrams of sodium per serving, while Blue Heat contains about 180 milligrams.

Filling the occasional crave for Takis is generally different from eating them frequently. Understanding the ingredients, sodium content and intense flavors can help explain why it can be difficult to stop after just one.

SpaceX accomplishes rocket recovery

By Brooke Nielsen
School News Editor

Elon Musk's SpaceX company completed its biggest salvage operation ever. On July 24, the company launched the rocket Starship from Starbase, Texas, for a test flight. This launch was the thirteenth flight for Starship, and its purpose was to test new hardware and landing maneuvers. Specifically, SpaceX wanted to see how the Starship heat shield would survive a re-entry into Earth's atmosphere. After dropping the rocket's upper section into the Indian Ocean, SpaceX sent boats out for a retrieval mission.

However, on Aug. 7, Musk announced that the recovery team was struggling through harsh ocean conditions to save the rocket. After another 11 days of towing the ship through the challenging conditions, the recovery team was able to bring the rocket to Christmas Island, Australia. Following this 26-day ocean retrieval, SpaceX shipped the rocket back to Starbase aboard a heavy duty transport vessel known as the Forte.

So, why spend all this time and money on recovering a rocket part that will not be reusable? SpaceX scientists and engineers plan to use the real flight data from Starship to make improvements to future rockets. The company's hopes are to eventually use the Starship design to send people and resources to Mars.



SpaceX's Starship 13 was recovered in the Indian Ocean 24 days after its launch.

Science & Technology

NASA's newest space telescope begins its journey

By Chloe Simonson
Entertainment Editor

NASA's newest space telescope has begun its journey to study some of the universe's biggest mysteries.

The Nancy Grace Roman Space Telescope launched Aug. 30 aboard a SpaceX Falcon Heavy rocket from Launch Complex 39A at NASA's Kennedy Space Center in Florida. Liftoff occurred at 7:26 a.m. EDT, and the spacecraft separated from the rocket's second stage about 31 minutes later.

Roman is now traveling about 1 million miles from Earth to its final location near the second Sun-Earth Lagrange point, known as L2. The journey is expected to take about three months. From there, the telescope will conduct large surveys of the universe using infrared light.

One of Roman's main goals is to investigate dark energy and dark matter, two major components of the universe that scientists still do not fully understand. The telescope will also search for exoplanets, or planets outside our solar system, and study galaxies, black holes and the formation and evolution of the universe.

Roman was also designed to observe enormous areas of the sky. Its field of view is more than 100 times larger than Hubble's, a space observatory that orbits earth and captures exceptionally clear images of the universe, allowing it to survey billions of galaxies over the course of its mission. NASA expects the telescope to discover roughly 100,000 new exoplanets while producing large amounts of data for scientists around the world.

The telescope has already completed several important steps since its launch. Its antenna and visor-like sunshade successfully deployed Sept. 1. The antenna allows Roman to send large amounts of scientific data back to Earth.

Roman is expected to spend its five-year mission just surveying. Its observations could provide scientists with new information about our universe and answer even more questions about other planets, galaxies and the forces within space itself.

Water usage behind AI data centers

By Hailee Walzer
Opinion Co-Editor

As artificial intelligence continues to grow, the data centers powering it are using millions of gallons of water to cool their systems, raising concerns about the technology's environmental impact.

Most AI companies use large data centers that use water-based evaporative cooling in order to prevent their servers from overheating. These data centers use specialized chips that require more power than a normal computer processor. If these chips are not cooled, the equipment can fail and cause problems within their servers.

According to Ekopak, in 2025, artificial intelligence used around 765 billion Liters of water, and asking AI 10 to 50 questions uses about 500 mL of water. It further expressed that the use of this water is detrimental to the environment and humans in general.

"The water could be too warm to put back into the environment," AP Environmental Science teacher Ms. Bernadine Salak said. "and that can shock some things."

This can be described as thermal pollution. Data centers put back the water used in these systems, and can have significant effects on the ecosystem, such as oxygen depletion, disrupted lifecycles, loss of biodiversity and dead zones.

This causes animals within these waters to be negatively impacted, as it can change their environment, and their reproductive systems. According to Orhan Shafak, from the Department of Political Science and Public Administration at Selçuk University, thermal heat coming from these data centers affect fish by messing up their reproductive systems and putting them at risk. Not only that, but it also causes algae overgrowth within these water systems.

Parasites discovered in Taco Bell lettuce

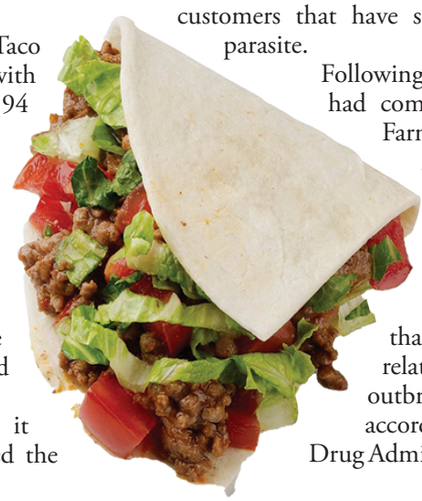
By Mia Pauley
Staff Writer

An infectious parasite took over Taco Bells all over the country this summer with over 1,000 reported cases and at least 94 people getting hospitalized.

In June, people were starting to get sick after being reported to have recently eaten Taco Bell products that contained lettuce.

Soon after, it was revealed that the farm that the chain gets their lettuce from, Taylor Farms, had the parasite Cyclosporiasis. An intestinal illness caused by the microscopic parasite.

Taco Bell's revenue declined after it was exposed that their lettuce contained the parasite. Potential customers were now avoiding the restaurant after hearing the horror stories from customers that have seen the side effects of the parasite.



Following this, on July 17, Taco Bell had completely removed the Taylor Farm iceberg lettuce from all restaurants where Taco Bell said that they are taking strong precautions to protect the health of their customers.

"We remain confident that all recalled iceberg lettuce related to this specific Cyclospora outbreak is off the market," according to the US Food and Drug Administration. "Product (lettuce) should no longer be available in stores or restaurants."

Just because Taco Bell is the only restaurant facing a tremendous amount of backlash from the parasite doesn't mean they were the only restaurant affected by this. Over 50 other fast food restaurants have seen the effects of the parasite, the most notable being Chipotle, McDonald's and Wendy's.

"Because the investigation remains ongoing, additional implicated brands, restaurants, retailers, or distribution channels may be identified as the investigation continues," the Centers for Disease Control and Prevention reported.

Now that the outbreak has been contained, the FDA and the CDS came out with a statement to continue their investigations and update the public when they find out how the lettuce got the parasite and who was affected by it.

Sports

MLB postseason begins under pressure

By Brendan Baird
Sports Co-Editor

October is one of the most exciting months of the year. One of the biggest events in October is the start of the MLB postseason. It's where the pageantry of America's pastime meets the intensity of the Super Bowl.

This year, many interlocking storylines are converging to make this one of the most interesting and important postseasons in recent memory. With the potential lockout between the players association and owners, these could be the last games of professional baseball for the foreseeable future.

Spearheading this lockout, the Los Angeles Dodgers and their billion dollars of combined contracts enter the postseason for the fourteenth consecutive season, looking to become the first team since the 1998-2000 New York Yankees to win three consecutive championships.



Brewers star pitcher Jacob Misiorowski gets ready for his postseason start.

Defying the idea that money wins championships, the Tampa Bay Rays and Milwaukee Brewers continue to defy the odds. Both teams have secured the one seed in their respective leagues while being in the lower half of payrolls in baseball.

The Chicago White Sox return to the playoffs after going through one of the roughest rebuilds in recent memory, gaining the unfortunate record of having the most losses in a 162 game season with 121 losses in the 2024 season.

The New York Yankees and Boston Red Sox faced off in the Wild Card Series once again, with the Yankees sweeping the Red Sox, setting up a matchup with another divisional rival in the Tampa Bay Rays.

The four division series start tomorrow, where the climb to the World Series reaches its ascension into the national spotlight.

Roll the tape

A look inside the trainers' room with Josh and Sharon

By Rhyanne Rettinger
Lifestyle Editor

Behind every win, every team, every athlete, is an athletic trainer. Their job is to aid injured athletes and guide them on a path of recovery. Without them, the sports industry would not run the same. Josh Navitsky and Sharon Doherty are the behind the scene workers of Delaware Valley athletics. From taping sprained ankles to sprinting onto the field when an injury occurs, they are always there to support athletes and nurture healthy bodies.

A typical day begins around 1 p.m. for Navitsky and Doherty. They start with paperwork until their day becomes lively at 2:45 p.m. when athletes arrive before their practice. They conduct assessments, taping and evaluations on papers, and then prepare for the home games. Navitsky and Doherty assist specific teams, but for fun they "rock, paper, scissors" to determine who attends to the field hockey and girls lacrosse teams.



Rhyanne Rettinger/Del.Aware

Trainer Josh Navitsky tapes Nico Sciascia after an injury.

The life of an athletic trainer isn't always easy. They are often seen as the bad guys who prevent athletes from playing. Navitsky finds that the hardest part of the job is having to explain to a player that their season is over. On the other hand, helping a player heal and knowing the aid they provided worked for their recovery is the most rewarding part, according to Doherty.

"Seeing athletes succeed again once you're on the field is, I think, the biggest thing for me," Navitsky said.

Not only is the rehabilitation fulfilling, the relationships that are built in the trainers room are just as valuable.

"We get to see these kids grow up and enjoy sports and go on to do bigger and better things," Doherty said.

Beyond the baseline, battling T1D

By Josie Lordi
Sports Editor



History was made on Sept. 16. Alexander Zverev was the first type 1 diabetic to win the U.S. Open defeating Ben Shelton.

He won 125 points, 24 games, nine aces and had 40 receiving points. Now I don't want to talk just about the match. It was an amazing match between two amazing players, but the even more amazing part was that he didn't give up. He didn't let people tell him he would never make it just because he had type 1 diabetes; he let those words motivate him.

Zverev was diagnosed with type 1 diabetes at a young age of four. Zverev states how Doctors warned his parents that his life and tennis would be very limited because of this life-long chronic disease. However, Zverev praised his mother for her belief that the condition would not define or limit him.

Zverev has had to play two different games his whole life: elite tennis and managing his health. He has to compete in an intense match against opponents, while also battling his blood sugar levels during changing sides of the courts and serving timers.

Having to monitor blood glucose and insulin management during a match is an additional challenge for athletes on top of already competing at a high level. Exercise causes blood sugar levels to rise and fall more frequently than normal. This causes additional planning that the athlete must make before and during competition.

This is something that I strongly admire about Zverev, as I am both a tennis player and a type 1 diabetic. Zverev is the type of player whom everyone should look up to. He has battled his whole life, climbing to the top of the tennis world, while also maintaining his health enough to competitively play an exhausting sport. He has shown excellence, resilience and that competitive fire that every athlete wants to have.

Zverev isn't only a professional athlete–he is an inspiration to those living with type 1 diabetes everywhere. He is an example of everything you would want to stand for. I know that he inspires me to be my best every day, and to remind myself: I am not limited.

Sports

Volleyball team shuts out Nanticoke

By Anthony Lordi
Sports Co-Editor

The volleyball teams swept the opposing Nanticoke Trojanettes in straight sets on Sept. 22 (25-23, 25-20, 25-21).

Key contributors were senior captain Cece Dickerson with 10 kills with only three errors, junior Makayley Hughes with 21 assists and three aces and junior Peyton Machado with seven kills and only one error. In addition, senior Paris Machado added four kills and junior Kayla Snyder with 30 digs, leading the team.

The Warriors kept the energy high the whole game, not allowing the Trojanettes to take a set. The Warriors prevented the Trojanettes from taking any of their well deserved energy. Every time the Trojanettes thought they had momentum, the Warriors quickly shut it down with accurate passes to the hitters who Nanticoke had no answer for.

"I felt like we were swinging really, really smartly," head coach Karley May said. "Trying to find their weak holes, Nanticoke has good defense so trying to work around that is huge."

Coach May said that Dickerson had a stellar game. She leads the team with her energy and leadership skills.

"From the beginning, we knew Nanticoke was a scrappy team," Dickerson said. "In preparation, we made sure to have smart ball placement instead of just hitting it as hard as possible."

The Warriors play home tonight against Berwick Area High School at 5 p.m.



Junior Peyton Machado

Warriors go head to head with Comets

By Lexi Tsiattalos
School News Co-Editor

The field hockey team tied 0-0 with Abington Heights on Sept. 24, making their record 4-3-1.

In the first half, head coach Marielle Cohen expressed how the defense struggled with marking but improved significantly during the second half and overtime.

Coach Cohen said that in the second half the team played on offense longer, and there was less need for the team to play defensively.

Throughout the game, the Comets had seven shots on goal, with the Warriors goalie, junior Caitlin Luciano, making timely, important saves. The Warriors topped the Comets with 12 shots on goal.

"We generated a lot of offense," coach Cohen said. "We just have to finish."

Despite the team not scoring, coach Cohen said that she was happy with how they performed in overtime. Last week, they had also gone into overtime but got scored on. They discussed many improvements they should make and she felt like they implemented the changes very well during this game.

"I thought everyone on our team pushed themselves and played amazing," sophomore left forward Cece Hazard said. "Everyone's energy was incredible, and we all had each other's back in this game."

The tie brings the Warriors overall record to 4-3-1. Coach Cohen said how she feels confident in the team as they progress into the season.

"We definitely have some tough games coming up, and some wins I think we should get," coach Cohen said. "So I'm excited about moving forward."



Senior Camila Moreira

Spotlight Athletes

Girls Volleyball



Cece Dickerson, SENIOR

"She's so smart, and she keeps us all in check through the whole game."
- Head coach Karley May

Field Hockey



Savannah Liz, SENIOR

"Savannah is the heart of our team. She is a phenomenal leader for our girls."
- Head coach Marielle Cohen

Collegiate Update: Mike and Justin

By Lucas Petersheim
Community News Editor

2026 graduates Mike Iuzzolino and Justin Estevez continued their football careers at Carnegie Mellon University and Springfield University this fall.

LP - What was the adjustment like going from high school to college football?

MI - The biggest adjustment was definitely the speed of everything. Practice is fast paced and just in general everyone just moves faster.

JE - The big adjustment for me was definitely understanding my role. Going from playing almost every snap to a lot less can be difficult.

LP - What's the culture like at your new school?

MI - Our biggest thing here is called C.O.D.E., which stands for commitment, ownership, discipline and effort. It's just something that we try to implement into everything we do by just applying those principles.

JE - Coaches are constantly preaching to "build the brotherhood." The meaning of it is to truly build a bond with teammates and coaches that is deeper than just football.



Contributed Photo

Alumni Iuzzolino (26) and Estevez (34) celebrate after a touchdown.

LP - How have you seen yourself change as a player this season?

JE - I'd say the biggest change is learning how to adapt to a collegiate-style defense. Lots of new schemes are run compared to a very basic high school defense.

LP - What's one thing you miss from high school football?

JE - Nothing compares to those FNL. I miss being able to play in front of an entire town filled with friends and family, while doing it with my brothers.

Sports

Warriors defeat Scranton, earned ticket to playoffs

By Beau Tannenbaum
Science & Technology Editor

The golf team capped its season with a win over Scranton on Sept. 22, solidifying third place in the district and improving their overall record to 9-7.

The final score of the match was 160 to 173.

Junior Hunter Stead led the Warriors as the match medalist. His birdies on hole 13 and 18 landed him a par of 35 for the day.



Contributed Photo

Junior Adam Myers lines up and sinks a putt.

"It wasn't about the golf that match," Stead said. "It was more about appreciating the time with friends and playing the sport we love," Hunter said.

Junior Adam Myers also contributed with birdies on holes 13 and 18, shooting a 39 overall.

Other notable scores include junior Derick McAuliffe's 42, sophomore Colton Mullin's 44 and senior Max Parker's 44.

For Scranton, Jack Kerrigan led the team, shooting a 41, and Jack Lapolla shot a 43 with a birdie on hole 11, but it was not enough to best the Warriors.

Head coach Jim Salus was very pleased with the individual, as well as team, improvement this season. His sights are now set on playoffs. He and the team are now working toward their next match in the playoffs.

The team travels to take on Honesdale, the No. 2-ranked team on Oct. 1. A win would send them into the finals.

Warriors lose to Trojans 3-2

By Lucas Petersheim
Community News Editor

The girls tennis team fell short (3-2) in their gritty match against the North Pocono Trojans on Sept. 22. Head coach Amy Strickler was disappointed with the outcome of the match but was very proud of her players for digging deep and battling to the end of their matches.

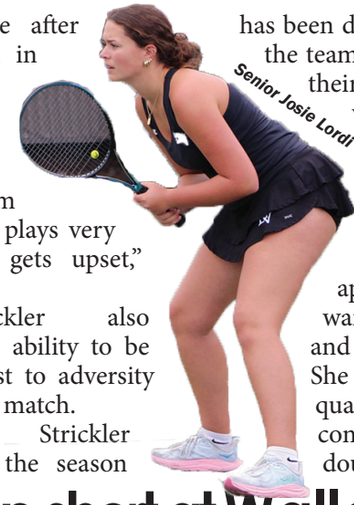
"Everyone fought extremely hard and no one gave up," coach Strickler said. "Each player got better the longer they played."

She specifically highlighted No. 3 singles player junior Avarie Balogh who showed great poise after winning her match in three sets.

"Sometimes if you lose the second set it's very hard to shift the momentum back your way. She plays very calmly and never gets upset," coach Strickler said.

Coach Strickler also highlighted Balogh's ability to be coachable and adjust to adversity midway through the match.

Coach Strickler acknowledges that the season has been difficult due to the strength of the team's schedule but is happy with their relentless effort week in and week out.



Senior Josie Lordi

"I am proud of this entire team for giving 110%," coach Strickler said.

As the postseason approaches, coach Strickler wants the girls to strategize and place their shots accurately. She hopes that her team will qualify for team Districts and be competitive in both singles and doubles Districts.

Cross country team comes up short at Wallenpaupack

By Brooke Nielsen
School News Editor

The cross country team raced a cluster meet against Honesdale, North Pocono, Valley View, Abington Heights and Wallenpaupack on Sept. 29. The girls team was led by junior Grace Holderith, who finished the race in 24:30 and placed first.

According to head coach Keith Fitzpatrick, Holderith is a standout runner in the league this year. This week, she also attended the two-day Paul Short Invitational that began on Thursday where she competed against runners from Pennsylvania, New York, New Jersey and Maryland.

For the boys team, freshman Ryan Haggerty placed 14th with a time of 19:03.

"Ryan is kind of our top kid right now for the boys. He's about a minute clear of everybody else in the 5K," coach Fitzpatrick said.

Both teams have a record of 4-10, however coach Fitzpatrick remarked that because the team has so many new runners, their priority is individual development.



Sophomore Lily Red

"We're not focused on the win-loss record this year," coach Fitzpatrick said.

With such a young team, the runners are emphasizing personal improvement this season. This goal was displayed at the meet when five runners, freshmen Michael Simmons and Bailey Kameen, sophomores Alexander Rebock and Skarlet Deputron and junior Mason Young, raced new personal bests.

Spotlight Athletes

Golf



Max Parker, SENIOR

"Max struggled in the beginning of the season, but he fought really hard and improved to qualify for pre-districts."
- Head coach Jim Salus

Tennis



Emma Strickler, SENIOR

"Emma has been playing very well. She has been placing the ball very strategically, and she's playing to win."
- Head coach Amy Strickler

Cross Country



Grace Holderith, JUNIOR

"She is training at a level that I've never seen a high school athlete train before."
- Head coach Keith Fitzpatrick

Sports

Buckhorns defeat Warriors for first time in 7 years

By Josie Lordi
Sports Editor

The football team lost on Sept. 25 to the Wallenpaupack Buckhorns with a final score of 31-8, which dropped their record to 1-4.

The Warriors' defense couldn't stop the Buckhorn's offense, and Wallenpaupack went into halftime leading with a score of 24-0.

"We played poorly on Friday night," head coach Keith Olsommer said. "Both as coaches and players. It was a poor effort all around."

The team's only points came from a touchdown pass thrown by sophomore quarterback Leif-Erik Orby to senior tight end Sam Wood, which put the Warriors on the scoreboard in the third quarter.


Senior Devin Estevez

"It was my first touchdown, and I was really excited to see my teammates so happy for me," Wood said.

Coach Olsommer explained that up until the Wallenpaupack game, DV's defense has played well and made crucial stops. He also said that the offense has struggled this season, with injuries affecting their lineup.

"The expectation is to step up when a player goes down," coach Olsommer said. "Be the next man up."

Coach Olsommer credits the younger players who have stepped up into the key roles. He explains that they are inexperienced, but they are doing a good job and need to keep working.

"This year is different because we have had many guys quit in the offseason," coach Olsommer said. "We don't have older guys as backups, so the young ones stepped up."

The Warriors are on the road tonight as they take on the Valley View Cougars (3-2).

Warriors stunned by Trojans 2-0

By Leif-Erik Orby
Staff Writer

The girls soccer team suffered a hard-fought loss against North Pocono 2-0 on Sept. 28.

The Trojans started the game moving the ball well, creating multiple scoring opportunities. However, the Warriors defense, led by sophomore Adele Kahmar and senior Rhyanne Rettinger helped hold North Pocono off the scoreboard early.

Until an aggressive play in the box with 13 minutes remaining in the half resulted in a penalty kick putting the Trojans on top 1-0.

The Warriors offense struggled to find a rhythm which resulted in several empty possessions. Junior Brooke Nielsen delivered a spark for the Warriors' offense with her five shots on goal and several strong corner kicks into the box.

"Our offense has been struggling to score a lot this year, so we are going to try to connect more passes, calm everything down and make smart decisions," Nielsen said.

In the second half, the Warriors continued to struggle offensively and mounted a possible comeback with great defense and good offensive looks until the Trojans killed any type of momentum or energy with another score.


Sophomore Eva DeLauro

"Every season has peaks and valleys," head coach Kevin Quinn said. "We are hoping this is our valley."

Coach Quinn and his team are optimistic about the rest of the season and hope to contend with the league's best on their road to the playoffs.

Warriors tie Scranton in defensive battle

By Brendan Baird
Sports Co-Editor

The boys varsity soccer team (2-6-3) tied the Scranton Cavaliers (1-4-2) 0-0 at home in a close game on Sept. 29. Both teams had opportunities to score, but strong defensive play kept the game tied.

Scranton kept on the attack for the majority of the game, putting pressure on the defense and forcing DV to make some plays. A late opportunity from Delaware Valley was squandered after a foul stopped a breakaway by sophomore striker Landon Decker before it could gain momentum.


Senior Eric Choi

"The effort was definitely there," head coach Aaron Stark said. "Defensively, I thought we did a great job."

Senior goalie Shane Kirk had an incredible game, coach Stark said. He saved 18 goals throughout the contest.

"They could've scored two pretty easy goals there at the end," coach Stark said. "But Shane just comes up big for us every game."

Senior wing Eric Choi and freshman striker Gavin McAteer tied for the team lead in shots on goal with two, with the team having eight total.

The Warriors came into this game missing three starters, giving way for new and younger players to get some valuable minutes.

"We also started a freshman in the back, Josh Betsch," coach Stark said. "It was his first start this year, and he played awesome."

The Warriors are back in action Oct. 8 at home against Valley View at 6 p.m.

Spotlight Athletes

Football


Leif-Erik Orby, SOPHOMORE

"Leif did a nice job in a very tough situation. [I am] excited to watch him grow the rest of the season."
- Head coach Keith Olsommer

Girls Soccer


Rhyanne Rettinger, SENIOR

"Rhy leads us on and off the field -- all with a positive attitude. She makes the correct defensive reads and plays a physical brand of soccer."
- Head coach Kevin Quinn

Boys Soccer


Jason Nagy, SENIOR

"He's just been scoring big goals and keeping our offensive unit together and giving us opportunities to score goals."
- Head coach Aaron Stark