



DELAWARE AWARE

Delaware Valley High School - Milford, Pa.

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Eunice Choi receives full scholarship to UPenn

BY MICHAEL HELT

Online Editor

Senior Eunice Choi was matched with a full ride four-year scholarship to the University of Pennsylvania (UPenn) through QuestBridge. She plans to major in design and minor in business.

“It was unbelievable,” Choi said. “I thought I was dreaming.”

UPenn, one of two schools Choi applied to via QuestBridge, is an Ivy League university located in Philadelphia. Choi visited the campus prior to receiving the scholarship.

“UPenn was the only campus that I visited, and it was the only school I had a shirt from,” she said. “I was relieved that I can still wear it.”

According to Choi, the QuestBridge application was “pretty long and tedious,” but the reward can guarantee zero parental contributions.

QuestBridge is a national nonprofit organization

that helps connect low-income, well-performing students with prestigious colleges and scholarship opportunities through their National College Match.

“It’s an amazing opportunity to get a full scholarship,” Choi said.

The deadline to apply to QuestBridge was Sept. 26. From over 20,800 applicants, QuestBridge selected 6,683 finalists to be considered for scholarship matches. 2,242 finalists, including Choi, were announced as the recipients of scholarships on Dec. 1.

When the announcements were made, Choi saw mixed reactions online regarding others’ results.

“[Seeing others’ results] got me really nervous. I waited until I was done with everything I had to do,” she said. “When I opened it, I saw ‘congratulations,’ and I cried.”

After getting through her initial shock, Choi first decided to tell her grandparents and parents.

“They saw how great I did [with the application], and they weren’t believing me,” she said. “It was kind of unreal.”

Despite receiving a full scholarship to an Ivy League school, Choi tried to remain humble around her friends.

“I didn’t really tell any of my friends because I didn’t want to brag about it,” she said.

She believes that more people should be made aware of QuestBridge and its potential benefits.

“I want everyone in the school to know more about it,” Choi said.



Empty Bowls rings in another successful year

BY HAZEL BURO

School News Editor

Last Friday, ceramics teacher Mrs. Mella Tusinean and art teacher Mrs. Tricia Kaylor organized and ran the annual Empty Bowls event. During all lunches, teachers and staff were able to purchase a student-made bowl and choose between a variety of different donated soups.

All students taking Ceramics 1 this semester were tasked to make two bowls, one for the Empty Bowls fundraiser and one for themselves to take home. In years past, students have also made mugs for the event, depending on the ceramics teachers’ preference that year.

After all the bowls were fired and glazed, ceramics



students were asked to donate soup that they made themselves or purchased, as well as other goods like paper napkins.

The bowls were sold for \$10-\$15 in the Warrior Cafe.

All of the profits from the event are donated to local food pantries. According to Mrs. Tusinean, the money they made last year enabled them to donate to three food pantries in Dingmans, Milford and Matamoras.

This year over \$600 was raised again with donations still coming in.

Empty Bowls does not only exist within Delaware Valley, in fact, it is a global movement by artists to feed and care for the hungry. It was started in 1990 by an art teacher in Michigan named John Hartom. Hartom wanted his art students to participate in the local food drive, and in order to ensure



Hazel Buro/Del.Aware

Mrs. Peters and Mrs. Pavinich enjoy soup in the Warrior Cafe.

participation, he had his students create ceramic bowls, invited faculty to lunch and requested donations for it.

At the lunch, Hartom spoke about hunger and said the room reacted with “a moment of stunned silence, and the whole environment

changed.” This inspired him to take his idea further.

Hartom and his wife invested their lives entirely to the cause to make it as widespread as it is today.

DV has participated in Empty Bowls for 13 years.

School News

Project Giving Warmth aims to help community

BY SHAYLA MACAULAY-DECH
Entertainment Co-Editor

Project Giving Warmth is exactly what it sounds like: a project set up to gather winter clothing and other necessities for families and people in need.

This program started over 10 years ago in a school in Kittatinny, New Jersey, originating as a coat drive for the homeless and less fortunate. DVMS and DDMS World Languages teacher Mrs. Elke Miller heard of this project and thought it sounded amazing. She brought this idea to DV, and it started here as a winter clothing drive.

"It kind of took on a life of its own," Mrs. Miller said.

She expanded the horizons of the project and started collaborating with the warming station in Port Jervis and the Milford Food Pantry to get an idea of what the two organizations needed. She also makes it a point to talk with the high school and middle school guidance counselors every year to find families within the school district who are in need.

The items that the project aims to collect are items like washcloths, clothes, coats, blankets, toiletries, scarves, hats and gloves.

Once Mrs. Miller has the information of what is



Emma Ciancio/Del.Aware

Students assist Mrs. Miller in packaging items to distribute into the community.

needed, she makes a detailed list that has everything for the various locations and people the project helps. Students and teachers then come together to purchase the items. This year's list was over 10 pages long and almost fully completed well before the deadline.

Anyone in the district can participate, and while most of the time people participate alone or in small groups, sometimes entire homerooms or classes come together to get every item needed.

This year, the students in the Combo program, along with Combo English teacher Ms. Sarah Fitzkee, organized a fundraiser to raise money for Project Giving warmth. They sold candy canes during lunches in order to buy the fuzzy blankets they signed up to donate.

All of the donations were turned in to Mrs. Miller by Dec. 5 and were packaged to go to their respective locations on Dec. 13.

She hopes to not only continue this project but to expand it more in the coming years in order to help more people within the community.

Healthcare CTE visits Belle Reve to assist staff

BY FRANCESCA ANTONECCHIA
Entertainment Editor

The healthcare CTE program began their visits to Belle Reve Senior Living on Dec. 5 for the first time since 2020.

First, they had an orientation that consisted of touring the facility where they were going to work and whom they were helping. The students then rotated shifts in assisting staff and residents in different aspects of care such as, activities, shadowing nurses' direct care and therapies.

Seniors Amber Weed, Audri Smith, Dylan Day, Natalie Bower, Kendra Curnkey, Natalie Tuow and German Dircio were the first group of students to participate out of 23.

Healthcare occupations adviser Mrs. Barbara Coyle said her favorite part is "when they come back energized from an experience, which is ridiculously gratifying."



Contributed photo

Seven seniors helped assist staff and residents with crafts, exercises, shadowing nursing staff and therapies.

Students take on MET

BY HAZEL BURO
School News Editor

Forty French and art students had the opportunity to visit the Metropolitan Museum of Art on Dec. 14.

The students left in the morning and spent the beginning half of the day with their teachers, viewing artwork that corresponded with their in-class lessons and recent studies. After 12:00 p.m., students independently discovered works that sparked their personal interests.

French teacher Mrs. Shannon Maino brought her AP French, French 4 and select French 3 students on the trip. Her AP students have art and beauty as a theme on the AP test in March.

"Going to the MET is good exposure for students to explore an area of interest that they haven't before," Mrs. Maino said, "students could discover different European artists, different eras of art and different artistic movements."

Art teachers Dr. Irene Lantz and Mrs. Tricia Kaylor brought their AP Art History and Painting students. Their Art History students were able to see pieces and many artistic movements they have studied through books in-person.

"The Italian Renaissance and Abstract Art exhibits were really cool. We saw how complementary colors make the art more dynamic," Painting student Christa Cirello said.



Contributed photo

Junior Owen Carso observes a suit of armour in the MET.

Holiday Concerts

Chorus, orchestra team up for winter concert

By **MICHAEL ELARO**
World News Co-Editor

The chorus and orchestra held their Winter Concert on Dec. 15 in the high school auditorium at 7:00 p.m. Orchestra director Ms. Lauren Flack and chorus director Mr. Richard Horst organized the concert. The concert choir and orchestra played "Sussex Carol" by Elaine Hagenberg. The string orchestra performed "Driften" by Shirl Jae Atwell, "Angels Greet Them With Anthems Sweet" by Chris Thomas and "Troika" by Sergei Prokofiev and Paul Lavender.

The chamber choir sang "Eatenmen Vuelie" by

Frode Fjellheim. The string quartet performed "Twas in the Moon of Wintertime" by Allan Bevan and "Snowberry" by Chris Thomas. The concert choir sang "Jabula Jesu" by Stephen Hartfield, "No Mirrors in my Nana's House" by Ysaye Barnwell, "Hanukkah Blessings" by Ron Jeffers, "Ave Maria" by Jacob

"I had only heard it with the upperclassman before the week of the concert. The underclassman really showed up."

- **Michael Donlon**

Handl and "I'll Be Home for Christmas" by Gannon and Kent and Steve Zegree.

The symphony orchestra performed "It's the Most Wonderful Time of the Year" by Pola and Wyle and Bob Cerulli and "Tintinabulations" by Peirpont and Katherine W. Punwar. Freshman Eric Choi on the violin was the soloist for the string orchestra in "Angels Greet Them with Anthems Sweet" and sophomore Dominick Agron performed a solo for "I'll be Home for Christmas" on the piano.

"It really came together with the full orchestra," said junioir bass player Michael Donlon said. "I had only heard it with the upperclassman before the week of the concert. The underclassman really showed up."

Congratulations to sophomore Ashantia Dicette for securing a spot in Pennsylvania's District Chorus.

Concert, Jazz Band hosts annual winter concert

By **SHANNON EBY**
School News Co-Editor

DVHS bands hosted their annual winter concert on Dec. 5 in the high school auditorium.

Jazz band kicked off, playing songs such as: "Mambo Swing," "Jeep's Blues," "Winter Wonderland," "Swing, Swing, Swing" and finally "Honk."

The soloists for this part of the concert were seniors Emma Dolcemascolo, Nick Colavito, Nev Rhein, Thomas Russo and Cassidy Baisley, juniors Matt Siciena and Caden McGoeys and sophomore Townes Markwalter.

The concert band performed next, playing songs that included: "Windsprints,"

"The Nightmare Before Christmas," "The Seal Lullaby," "Little Fugue in G minor," "Christmas Sing-A-Long" and finally "Danzon No. 2."

The soloists for this portion of the concert included; freshmen Emily Cook, Marilyn Marty and AJ Mosser, sophomores Emma Smith, Grace Stevens and Addison Yadanza, juniors Gianna Ataide, Matt Siciena, Owen Carso and Olivia Cruz and seniors Emma Dolcemascolo, Charlie McClain, Shaeleigh O'leary and Abby Zimmerman.

"Every student performing worked so hard and gave a fantastic team effort," said band director Richard Bullock.



Shannon Eby/
Jazz Band performs "Jeep's Blues" at their holiday concert.

Ensembles spread holiday spirit

On Dec. 20, four high school ensembles visited DVES, SES, DDES and DDPS to spread holiday cheer. The ensembles included the chamber choir, the low-winds from the concert band, an orchestral quartet and a trio of singers.

The chamber choir sang "I'll be Home for Christmas," "Carol of the Bells" and "Eatnemen Vuelie."

The low-winds played next, playing music such as "Jingle Bells," "Up on the Housetop" and "Deck the Halls."

The quartet consisting of freshmen Eric Choi, Claire Choi, David Agron and sophomore Dominic Agron, played songs like "Silent Night" and "Still, Still, Still."

The trio went last, consisting of juniors Abby Chudoba, Charleigh Cook and senior Roxann Cauchi and performed a medley consisting of "When Christmas Comes to Town," "Blue Christmas," "Let it Snow" and "Silver Bells."



Compiled by Roxy



Opinions

Is the NBA in-season tournament just too much?

By **BOBBY RUSSO**

Science & Technology Editor

This year, the NBA implemented a new in-season tournament. All 30 teams were randomly selected by their conference win-loss record from the 22-23 season, split into six groups of five teams and played four group stages throughout November. Once the teams finished the group play rounds, they advanced to the knockout rounds, which included single-elimination games in the quarterfinals, semifinals and the championship. Once a winner is declared, each player from the winning team will receive \$500,000 in prize money.

This tournament was created to bring excitement and attention to the NBA season during its cold months of viewership. As the tournament progresses, fans are increasingly invested due to the stakes being raised and the games feeling more and more like a playoff atmosphere. This is really exciting since it starts in November and ends in December, which aren't the months of the regular

playoffs.

At first glance, fans did not approve of the new uniforms and courts at first glance. Some of the courts seemed too colorful and bright, giving me a headache. Some of the uniforms looked bland, scraped together at the last minute and not much detail was attached to them.

The NBA must return to ordinary-colored wooden courts and normal-looking jerseys, as both give college and high school vibes. The courts and jerseys don't look professional and need a more original feel.

Once Nike took over the uniforms for the NBA, they started designing beautiful jerseys with the association, icon, statement, city and classic jerseys. Still, the jersey designs for the tournament are a total miss.

As for the players, some needed to learn how the tournament worked and wondered what they were

even playing for. As time passes, the NBA must reconsider how the jerseys and courts look and add more attention and noise to the tournament play to succeed.



Legalizing marijuana will do more good than harm

By **HAZEL BURO**

School News Editor

There are many common misconceptions about the effect of legalizing marijuana in the United States. As of now, 24 states have passed legislation making marijuana legal. The majority of the states passing this legislation are democratic states.

According to studies from Lincoln Memorial University, Republicans tend to oppose the legalization of medical marijuana, as there are already legal drugs that can be prescribed to reduce pain in patients. On the other hand, Democrats lean towards the support of legal recreational marijuana use due to how normalized it is.

Both sides have valid arguments. People who are anti-marijuana explain the health risks involved. Smoking harms lungs and can lead to cancer. While this is true, cigarettes and other smoking devices are easily available to anyone over 21 and are just as harmful to people's lungs.

From 1890 to 1927, 15 states in the United States banned the sale of tobacco.

These laws disappeared due to industry pressure and tax revenue. Additionally, from 1920 to 1933, alcohol was banned. The point of this is that despite these

bans, people still found ways to get their hands on the alcohol they wanted. This is parallel with the legalization of marijuana. Legal or not, people will use marijuana recreationally.

Allowing approved businesses to sell marijuana means that more people will be buying government-approved marijuana, rather than off the street. This would lead to a smaller chance of buyers getting laced products.

Further, about 2,200 people die a year from alcohol poisoning in the United States, and about 140,000 people die from alcohol-related deaths. Case reports suggest that there has been one accidental death due to cannabis intoxication.

According to the National Institutes of Health, these case reports cannot be used to link marijuana to overdose deaths. It doesn't make sense to have to have alcohol, a substance so dangerous legal, but to keep marijuana illegal when it has no record of being deadly.

With the legalization of recreational marijuana, new business opportunities are springing up. Many dispensaries are opening up around the United States, bringing about new entrepreneurs, more jobs and stimulating the economy.

The growing number of states legalizing marijuana seems right considering both the health and economic factors.



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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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Opinions



Santa deserves credit for Christmas joy

By KAT QUINN
Sports Editor

From the earliest of Christmas celebrations, Santa has been the holiday's face and most pronounced symbol. The idea of Santa Claus and his annual visits has brought so much joy and hope to families, especially children, worldwide. With all the happiness that he brings, how could anyone victimize him?

Santa is not a creep or a threat to children's privacy. He is there for kids to know that he is watching to make sure they behave. The songs that say he is watching kids when they are sleeping are just used as a figure of speech and are taken out of context.

As the holiday season rolls around, kids strive to be at their best behavior

just because of Santa and his upcoming trip. Children start to see how they are rewarded for good behavior and that good is returned with good. He brings children so much joy and hope and adds to their imagination. Adding this idea of Santa into children's minds gives them a sense of innocence about themselves and gives them something to look forward to at the end of each year.

Contrary to the accusations, Santa does not enslave elves. He gives them food, a happy home, a friendly environment and a job. The elves have a welcoming and inclusive environment up in the North Pole. Santa is a father to the elves and gives them a purpose.

Santa should be praised for the hard work he does and the charitable business he runs.

Are you aware of the evil side of Santa Claus?

By TOPHER DELLA BELLA
Sports Co-Editor

Santa Claus has always been regarded as being a key part of Christmas. We all see Santa as the holly jolly magical man who brings Christmas joy to children all over the world. However, I believe Santa has a dark side to him when you read between the lines.

In the classic Christmas song "Santa Claus is Comin' to Town" we are told that Santa "sees you when you're sleeping" and "knows when you're awake." This implies that Santa is watching children everyday even while they sleep. When you're an adult watching millions of children sleep, you are committing a crime. It is extremely creepy and an invasion of

the privacy of children.

To add to the crime that Santa commits, he has millions of elves who work for him all year to make toys with no pay. That is the definition of child labor. Also, we have no idea how the elves came about nor do we know how Santa treats them. He could have kidnapped them for all we know.

On Christmas Eve, Santa flies in his magical sleigh to deliver presents over a no-fly zone which is also punishable by a large amount of jail time. We aren't told to leave the door unlocked for Santa; instead, he gets into the house through the chimney. That is breaking and entering, which is a felony. Santa is an evil man and these are all important details that we are choosing to overlook.

OUR OPINION

Christmas spirit is not something to destroy

During the Christmas season, the festivities and traditions of the holidays make everyone so cheerful and friendly. What about the few with no Christmas spirit? Why do they think that they have the right to ruin it for others just because they aren't in the spirit?

The spirit of Christmas is a wonderful experience and to take it away from others would be cruel and heartless. Christmas is a time for people to come together and spend time with their loved ones. People enjoy the joy and merriment of the season because it only happens once a year, why spend it being a killjoy to yourself and others?

It is unfair to children who are excited about Santa, bringing them their presents to tell them that he is not real and ruining the magic. Even though there are people who do not believe that he is real, it is rude and unfair to crush a child's spirits and ruin the magic of Santa Claus. Santa is a part of the Christmas season that makes everyone so excited and jolly for the month.

Santa was my favorite part of Christmas growing up. I love doing all my Christmas Eve traditions: leaving out cookies, putting the angel on the tree, reading "Twas the Night Before Christmas" and leaving reindeer food out in the yard. It was exciting trying to fall asleep and wait for Santa to come.



Why people try to ruin that joy for others who believe I will never know. Santa gives a certain ray of hope to kids. Their belief in Jolly Old Saint Nick warms the hearts of the people around them, it is their sense of hope and wonderment that shows the innocence and carefree kindness in children and of the season.

When people get older, they get less excited for Christmas. The excitement disappears from their lives and they lose the merriment involved in the season. The older people get, the more they realize that Christmas is not about presents as much as it was when they were younger. They believe that Christmas is not worth celebrating without the excitement of gifts. When they do not have excitement anymore, they ruin it for others by being miserable and taking it out on other people trying to enjoy the festivities.

Christmas spirit is a thing to enjoy, it is to be shared with loved ones and be happy with yourself. Enjoy it while you have it because as much as it should stay no matter what age, it doesn't always last.



School News



LEO team demolishes students in Toys for Kids game

By CASSANDRA JOYCE
Editor in Chief

The law enforcement and staff (LEO) team defeated the students 66-46 in the Toys for Kids fundraiser game hosted by SAAC on Dec. 11.

From warmups on, it was clear the LEO team was ready to compete. Law enforcement officers were doing trick passes and getting rebound after rebound in the game, giving the students little chance to be competitive. However, the students had a bright spot in senior Chris U'Glay who led their scoring, dunking on the officers and hitting multiple shots from both the perimeter and inside the paint. Corporal Tyler Waters led scoring for the LEO team and was repeatedly brought up by those at the game for being an impressive player.

"I thought it was really great and a lot of fun," Corporal Waters said. "I love basketball, and sometimes it's good to come out here and show the young kids I've still got it."

For students and staff alike, playing against each other was one of the best parts of the game.

"I think [my favorite part was] the playful back and forth where there's streaks of competitiveness that come out, but you really felt that everyone here was just here for a great time," science teacher and former basketball coach Mrs. Lindsay Duffy said.

The game was held to fundraise for Toys for Kids, a toy collection drive for children in need within Pike County. SAAC raised \$175 and collected a number of toys for the drive.

Students who attended also received free tickets to the boys varsity basketball game

against Port Jervis.

SAAC adviser Mrs. Krystine Thompson collaborated with Officer Meghan Herman, athletic director Mr. Sean Giblin, high school principal Mr. Lou DeLauro and assistant superintendent Dr. Jayson Pope to organize the event after Dingman-Delaware Middle School hosted a similar game last year.

Mrs. Thompson would like to thank everyone who helped organize the game, as well as the players, those who promoted the event and the fans who showed up to support.

"I hope that we can continue to do it every year and keep running different sporting events with the law enforcement officers, bringing them into the community in a positive light and getting the teachers and the kids involved," Mrs. Thompson said.



Cassandra Joyce/Del.Aware

Corporal Waters drives to the hoop to add two more points for the LEO team in an impressive performance against the students, winning 66-46.

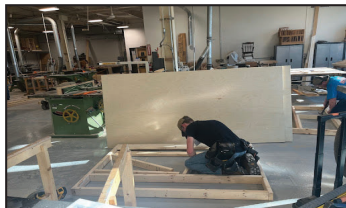
CTE students take on SkillsUSA competition

By KAYLA SYKES
Sports Co-Editor

Five building CTE students went to Johnson College to compete in SkillsUSA on Dec. 12. Two students placed. Juniors Olivia Montanino came in second place for Cabinet Making and Kaeliann Wieboldt came in third place for Masonry.

Seniors Brandon Kaufmann, Luke Hoffman and junior Lucas Schaffer competed as well. Their categories included Carpentry, Action Skills and Building Construction respectively.

Each student competed in their assigned categories against other career tech centers and were judged for neatness, industry



Contributed Photo

Senior Brandon Kaufmann frames a wall to stand up while competing in the Carpentry event.

standards, proper personal protective equipment and use of their tools. The competitions started around 9 a.m. and finished around noon.

Montanino felt confident after finishing her competition with little mistakes and before her competitors.

Building CTE teacher Mr. Keith Fitzpatrick believes SkillsUSA is beneficial for the students.

"Competition helps people push to the next level. So it gives them motivation to really practice things more," Mr. Fitzpatrick said.

The next session of the competition will take place on Jan. 4, where students from building, culinary, electrical and automotive CTEs will compete. This group includes seniors Liz Gruodis and Johnathan Rivera and juniors Tyler Matteson, JohnMichael Roberts, Jonathan Torres, Lydia Navarro and Peiper Sivo.

Students find meaning to being student athletes

By SHANNON EBY
School News Co-Editor

Nine student athletes took a trip on Dec. 13 to Souderton Area High School in Souderton, Pennsylvania, to participate in a student athlete convention.

The students took part in various activities. First, they listened to Keynote Speaker Matt Griffin, head men's basketball coach at Bucknell University.

The athletes participated in exercises called breakout sessions along with 300 other athletes from Pennsylvania.

Students were given self-reflective exercises on their behavior as athletes and students. Some of the self-reflective exercises include activities on their interactions with coaches, teammates,

teachers and parents.

The purpose of this convention is to try and get more kids to find their purpose of being a leader. They learned the importance of the behavior and demeanor of a leader, on and off the field.

"We have good kids," athletic director Sean Giblin said. "They will get to think about what they can bring to the school."

According to Mr. Giblin, the student athletes who attended this conference learned how to apply

their athletic leadership skills into the school environment.

These students got the necessary activities and exercises that will help them be the most successful leaders they can be.

"They will get to think about what they can bring to the school,"

- Sean Giblin

School News

DVHS Drama Club set to perform two one-act plays

By ROXY CAUCHI
School News Co-Editor

On Jan. 19 and 20, the Drama Club will perform two one-act productions. The plays that they will be showing are both play adaptations of books. One is entitled, "10 Ways to Survive the Zombie Apocalypse" written by Don Zolidis and the other is "A Deal With Death" written by Delaware Valley High School junior Owen Carso.

Tickets will be available at the front door, and the show starts promptly at 7 p.m. both days. Both plays will take place in one night, with intermission dividing the two shows.

In "10 Ways to Survive the Zombie Apocalypse," two "survival experts" attempt to explain to the audience the best way to survive the zombie apocalypse.

In "A Deal With Death," the protagonist pursues revenge and makes a pact with Death. When their pact has unintended consequences, Death wants out, but the protagonist won't let him. Hoping to persuade him to let him go, Death invites a host of unusual

guests who try to change his mind.

"I chose these plays because I wanted to support a student's aspirations, and I thought these shows would draw in a larger student audience," Drama Club advisor Ms. Sarah Fitzkee said.

Both Ms. Fitzkee and Carso decided to turn his



Roxy Cauchi/Del.Aware

The cast of "10 Ways to Survive the Zombie Apocalypse" rehearse the opening dance with Assistant Director David Torres.

book into a play after receiving great feedback from students about this book.

"I had read several sections of the book to her English class and the response had been very positive," Carso said.

Ms. Fitzkee is excited about these two plays and states that she enjoys seeing what directions the cast takes their characters in.

"Working under a time crunch is tough. In my play, almost every character is on stage at the same time, so just one actor's absence can be tricky," Carso said.

Both he and Ms. Fitzkee attested to the cast's dedication to rehearsals and to putting on the best performance they can.

"I think it is important to come out and support our students on stage who dedicate themselves to this art form," Ms. Fitzkee said.

Model UN participates in Constitutional Conference

By GIA SCIMECA
Arts & Lit Co-Editor

The Model United Nations club participated in the Model UN Constitutional Conference that occurred at the Pennsylvania College of Technology. They represented the states Alaska, Massachusetts and Kansas and debated their resolutions pertaining to particular articles of the Constitution.

This year would mark the first year of the club participating in the Conference.

"For our first time going to the Constitutional Conference, it was a learning experience and the students had a great time," Model UN adviser Mr. Scott Nielsen said.

Prior to the convention, students

from multiple different schools were expected to create additional amendments to the Constitution or make edits to current amendments. The resolutions would be debated at the convention, which committees then voted to pass amendments or fail them.

During the morning session, students were split into four different committees: Articles I, II and III of the Constitution and the Bill of Rights.

In the afternoon, all students reconvened to debrief about the morning session and debated the changes that were proposed.

Out of the eight students, juniors Bennett Nielsen, Emily Cronin and Queenie Yang and sophomores Dominick Agron and Jackson Hancock received the Outstanding Delegate Award.

"For our first time going to the Constitutional Conference, it was a learning experience and the students had a great time."

- Mr. Scott Nielsen

Combo classes competed in annual debates

By HAILEY KELLY
Arts & Lit Editor

The three levels of the Combo program, freshmen, sophomores and juniors, debated against each other during the annual Combo Debates on Dec. 5, 6 and 7. This year, students debated whether or not there should be restrictions on the Second Amendment, whether or not social media platforms should restrict hate speech and whether or not Pennsylvania should loosen its child labor laws.

The teams were assigned to either the pro or con side of the topic.

Students had a month to research and create their speeches and questions. The award ceremony was held on Dec. 8 as awards were given to the Best Questioner, Best Speech, Best Debater and the winning teams.



Hailey Kelly/Del.Aware

The junior pro team faced off against the freshman con team on the topic of child labor. The junior team won this debate.

definitely something I would like to do again."

"For being a new combo student, it was a very new experience for me," junior Jasmine Lucente said. "At first I was really nervous about them, but the process and debates were really fun to watch and debate it is



School News



Where are they now?: Garrett Hartmann

The 2016 graduate will compete in the Spartan Death Race this summer.

By CASSANDRA JOYCE
Editor In Chief

For some, running 50 miles in a day seems like torture. However, for 2016 DV graduate Garrett Hartmann, it was how he celebrated his birthday. Hartmann's desire to continually push himself to his physical and mental limits has led to him becoming a competitor in the upcoming 2024 Spartan Death Race in Pittsfield, Vermont.

The Death Race is considered the most challenging Spartan Race, consisting of 48-72+ hours



Contributed Photo

Hartmann competes in a rope pull through mud as one of the Spartan Race challenges.

of intense physical tasks, such as doing burpees throughout the night and crawling through barbed wire for 12 hours. One of the most challenging parts of these races is the competitors are given no information about what they are going to do or for how long, and the race officials do everything they can to get the contestants to give up.

"I'm eagerly anticipating the challenges that will be thrown our way," Hartmann said. "I like taking on challenges I don't know how I can complete. Races like the Spartan Death Race bring challenges to the table that demand tiptop levels of discipline and creativity."

Hartmann began training for marathons midway through college until suffering a serious concussion. After the concussion, he decided that if he could run again, he was going to push himself to the highest level.

Throughout his recovery, Hartmann began joining zoom calls hosted by former Death Race directors. These calls set a new goal in his mind and gave him a sense of community through one of the most difficult times in his life.

"I couldn't even recite the months of the year. Doctors were creating timelines, and I just wasn't hitting them, which was very depressing," Hartmann said. "I said if I can ever run again, I'm going to go all out."

Hartmann's two pieces of advice for high school students is to take advantage of office hours, counseling and therapy offered in school and the surrounding community, and "if you find you're not outputting on the level you wish you were, it can usually go back to how you got ready for it. If you follow [proper preparation], it's usually much easier to achieve success."

Grant from Pike County Library provides Del.Aware staff with new opportunities

By EMMA CIANCIO
Opinions Editor

In November, the Del. Aware staff was provided with \$4,000 granted by the Pike County library.

The executive director of the library, Miss Rose Chiocchi worked with Dr. Jayson Pope, assistant to the superintendent for federal programs and community engagement, to select what educational group would benefit most from the grant.

The EITC grant, obtained through the Pike County library, is only available for educational advancement. The library looks for programs that provide students with more advanced educational knowledge.

"The library is always happy to help our community, especially young people," Chiocchi said.



Contributed Photo

Once the Del.Aware staff received the grant, meetings after school and during lunch occurred to make selections on what new tools, programs and equipment would most benefit the staff's future plans.



Contributed Photo

Staff members utilized new equipment that was purchased with the grant money.

The Del. Aware purchased a sound board, a video camera, microphones, broadcasting headphones and a tripod from the company B & H Photo Video. This equipment will help the Del.Aware staff produce sports broadcasts, podcast episodes and much more.

Rho Kappa inducts 24 new members

The Rho Kappa National Social Studies Honor Society inducted 24 new members on Dec. 14. The night consisted of speeches presented by the society's adviser George Gelderman, honorary member Lt. Todd Schweyer and the society's senior officers: president Roxy Cauchi, vice president Erik Fass, treasurer Averi Dunn and secretary Christa Cirello. All members repeated the induction oath, while others handed out certificates and pin Assistant principal Mrs. Heather Santarelli made the closing remarks to the group. The officers each lit a candle signifying a different pillar of the society; white for truth, green for knowledge, gold for wisdom and blue for service.



Community News



Paradise Nutrition: A must-try weekend spot

Local drink bar provides healthy supplemental drinks and a friendly atmosphere.

By EMMA CIANCIO

Opinions Editor

This past spring on March 4, Paradise Nutrition opened its doors to the public. Located two doors down from the Waterwheel Cafe, Michelle and Joe Washington create different varieties of Herbalife drinks and an overall supportive, helpful environment.

After walking in, you are greeted with a smiling and supportive face that belongs to one of the owners, Michelle. She will later present you with a menu that has combinations of Herbalife teas, protein coffees, shakes and electrolyte drinks.

Paradise Nutrition puts a fresh spin on Herbalife's dietary supplement drinks by mixing flavors they know and love. Prior to opening their doors, the Washington's sold Herbalife drinks for five years which helped them lose 25 pounds each.

Unlike many other drink shops in the area, I feel that Paradise gives the customer a very comforting experience. While you pick your drink off the menu, Washington tells you the benefits, ingredients and supplements that go along with your drink of choice.

In the time Paradise Nutrition has had its doors open, I have had the chance to try a few Mega Tea drinks including



Contributed Photo

Paradise Nutrition's drinks, the hot aloe tea and the Dulce de leche, are meal replacement shakes for customers to enjoy.

Watermelon Sugar, Savage AF and Prickly Pear. None of these decisions have let me down. While I enjoy the sweetness of the Mega Teas, I love the aspect of the meal replacement shakes. I had the opportunity to try the Banana Nut shake, and it fulfilled its role perfectly. I have always been someone who would rather have a beverage than food, so I knew the meal replacement shakes would be a great fix for me. Additionally, they are delicious. These shakes do not have the standard protein shake taste.

Another notable perk of the drinks is the bang you get for your buck. While the drinks range in price from about \$8-\$16, you certainly are getting what you pay for. All of the drinks are huge and keep me full for the entire day.

The only downside I see in Paradise Nutrition is their hours of operation. Since they are typically only open from 9 a.m.- 3 p.m., there is no time for students to swing by before or after school. This being said, it is a must try weekend spot.

Erie Hotel & Restaurant: Place for food and stay

Port Jervis restaurant offers great variety of food for fair prices.

By MICHAEL ELARO

World News Co-Editor

Located on 9 Jersey Avenue in Port Jervis, NY, The Erie Hotel was originally built in 1890 to be a railroad hotel. Its purpose was to house travelers who came to visit Port Jervis via train. The hotel was then left to slight ruin until the Brink family purchased the building in 1986. By 1994, it was fully restored and has been open ever since. People can still book rooms or simply go in for a meal.

I went to the Erie Hotel accompanied by my friend. We went in around 1 p.m., and the restaurant was relatively empty. We were seated almost immediately at a comfortable bench table. There are several seating areas, which include the tiki bar, normal bar, normal table in the front, benches to the left of the bar and a second seating area to the right of the main entrance.

Our waitress came to our table in a timely manner to take our drink order and appetizer orders. We chose calamari for our appetizer and got raspberry iced teas to drink. The iced teas were good, but a little too sweet, and the calamari lacked flavor and was expensive for the small portion size.

I ordered the turkey, bacon, lettuce and tomato wrap as my meal, and my friend ordered a chicken caesar salad. We

got the food quickly and were pleasantly surprised by the size of our meals. The turkey BLT wrap had a nice blend of ingredients, and there wasn't an overwhelming amount of bread or lettuce. My wrap came with fries, which I was able to substitute for sweet potato fries that were incredible. Their homemade salad dressing was phenomenal, and the chicken was cooked and seasoned perfectly. The lettuce they used was fresh, and they used Parmigiano Reggiano.

It took over 20 minutes for our waitress to bring us the check. We ordered a chocolate lava cake to go for dessert and asked for our receipt after she arrived.

We microwaved the lava cake about an hour after we left the restaurant. We put it in for two minutes, and unfortunately blew up the chocolate sauce in the process. Even without the sauce, the cake was delightful and moist and would definitely have been better with sauce.

I highly recommend heading over to Port Jervis to try out the food at Erie Hotel for yourself.



Michael Elaro/Del.Aware

The reasonable prices make the Erie Hotel a great place for a family dinner.



Community News



Milford celebrates annual tree lighting

BY HAILEY KELLY
Arts & Lit Editor

On Dec. 2, the annual Milford Christmas tree lighting was hosted at the Community House in town. This event brings the community together and is made for giving back to others during the holiday season.

The events started at 10 a.m. with ornament decorating, a Smokey the Bear visit, pictures on Santa's sled and a model train display that children could interact with. These activities were entertainment for kids and allowed people to enjoy the town and festivities before the tree lighting. There were carolers around town and a live nativity scene once the

tree lighting ended.

Community House Outreach Coordinator Tammy Savarese said that they started to set up at 10 a.m. with the sled, the tents, the hot chocolate, cookies and the trains.

At 4:30 p.m., Dingman Delaware



Hailey Kelly/Del.Aware

Milford residents filled town to see the annual tree lighting and kick off the holiday season.

Elementary School music teacher Mr. Brian Krauss' Dingman Delaware Middle School and Dingman Delaware Elementary School Children's Choir performed traditional Christmas songs like "Frosty the Snowman," "Jingle Bells," "Believe" and many more. The tree was lit around 5 p.m., followed by the Grinch getting caught by the police and then Santa Claus arrived on a fire truck.

Grey Towers hosts 'A Christmas Carol'

BY ROXY CAUCHI
School News Co-Editor

Grey Towers hosted the 43rd dramatic reading of Charles Dickens' "A Christmas Carol" on Dec. 1, Dec. 2 and Dec. 3.

The tradition of telling this story has been in the Plummer family ever since Joe Plummer Sr. started it in 1975. Throughout the years, he was joined by his son, Joe Plummer Jr. and his daughter, Therese Plummer.

This year, Joe Plummer Jr. gave a solo performance of this story, but says that his sister hopes to perform with him next year. This was his 23rd year performing this story, as he began in 2000.

"My favorite part about performing this story is the depth that it has, which allows me to make different choices every time regarding the characters," Jr. said.

The theme of Charles Dickens' story is that everybody has the ability to change and it's never too late to begin a new life.

An interesting way that this specific performance differs from others is that the Plummers' use Dickens' original language.

"The story is profoundly simple. It is about the idea of not getting stuck in your life and knowing there is always time to change," Jr. said.



Roxy Cauchi/Del.Aware

Joe Plummer Jr. gives his 23rd performance of Charles Dickens' "A Christmas Carol" to a full audience at Grey Towers.

Pete Caldera makes third return to Milford Theater for Frank Sinatra holiday show

BY EMMA CIANCIO
Opinions Editor

Pete Caldera put on a Frank Sinatra inspired holiday show at the Milford Theatre on Dec. 2.

On top of being a performer, Caldera is a sports columnist at USA Today. He also writes for the Bergen Record.

The performance has become a tradition for Caldera and his band since it was his third time playing at the local theater. Caldera plans to continue this tradition.

"It feels right," Caldera said. "It feels like home."

Caldera performed from 8-10 p.m. On top of performing holiday hits, Caldera made a point to perform some of Sinatra's classic hits. Caldera played holiday songs such as "Let it Snow," "I'll Be Home for

Christmas" and "Jingle Bells" and classic hits such as "I've Got My Love To Keep Me Warm" and "Come Fly With Me."

Half way through the show, Caldera took a tea break, to pay tribute to Sinatra and passed the



Contributed Photo

Performer and journalist Pete Caldera performs his third show at Milford Theater to a full audience.

and referred to them all as family. Following each introduction, each band member proceeded to perform a solo to a few holiday songs. The theater was decorated with holiday lights and other decorations. Before the show, there were holiday tunes playing such as "Let it Snow," "Winter Wonderland" and "Rudolph the Red-nosed Reindeer."

Throughout the show, the audience showered Caldera with whistles, long applause and standing ovations after almost every song.

At the end of the show, Caldera shouted out Milford Theatre for all of its hospitality and help with the show.

"Pete and his band are all so talented and so kind. It's a joy to have them back every year," Chiara Marone, resident stage manager, said. We bring them back because they have such a wonderful draw from the town and beyond."

Del.Aware

Holiday Special

The Nice List

Compiled by Hazel Buro

Insert 1: Christmas Inquiring

Insert 2: Late Presents for
Loved Ones

Insert 3: Christmas Puzzle Fun

Insert 4: DV Gives Back



INQUIRING

Compiled by Shannon Eby

What is your favorite holiday tradition?



Mrs. Lindsay Duffey
Teacher

"Getting together with family and observing Christmas lights"



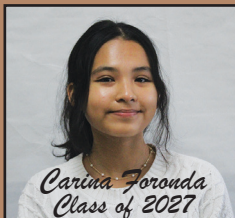
Ashlynn McCardle
Class of 2025

"Decorating for Christmas with my family"



Bryce Hopper
Class of 2026

Having family dinner



Carina Foronda
Class of 2027

"Spending time with family"



Hannah Lowe
Class of 2024

"Watching 'Home Alone' with my family"



Toni Ann Vilord
Class of 2026

"Picking out our Christmas tree"



Last minute present ideas



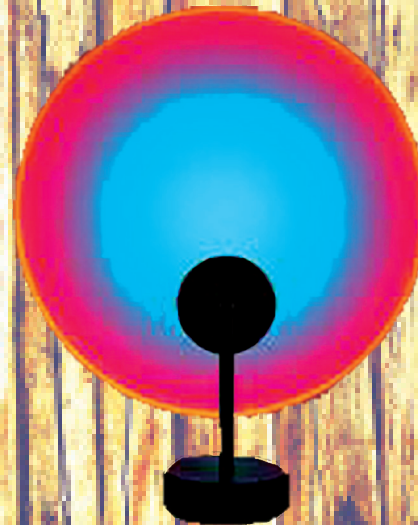
Skylight Frame
 Found on: Amazon
 Cost: \$160 (10-inch frame)
 This Wi-Fi enabled frame displays digital photos chosen by you, your family or friends.



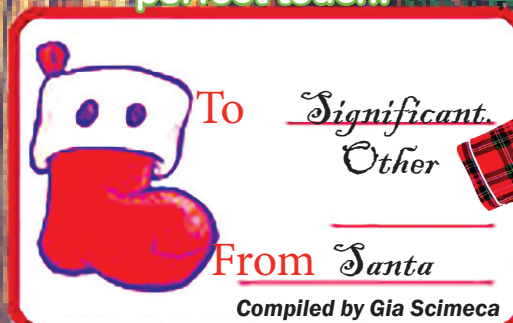
Amazon Echo Dot
 Found in: Amazon
 Cost: \$50+
 This device uses voice commands enabling you to access music, news, weather and more.



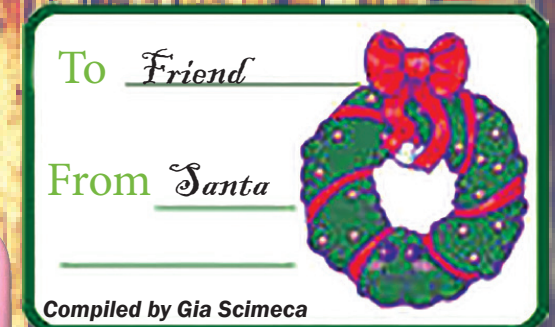
Monogram Water Bottle
 Found in: Etsy
 Under \$20
 A great gift for anyone to use all year round, and personalizing it gives the perfect touch.



Sunset Projection Lamp
 Found in: Amazon
 Cost: \$21.99
 This lamp can transform any dark room, mimicking a sunset with a wide range of color options.



Matching Pajama Set
 Found in: Old Navy, Target, Macy's, Amazon
 Cost: \$20 for set
 This gift is affordable and comfortable to spend the holidays with your friends.



Fujifilm Instax Camera
 Found on: Amazon
 Cost: \$79
 This gift is an instant camera that you can instantly take mini pictures with. It comes in many colors.

CHRISTMAS PUZZLE FUN



HOLIDAY RIDDLES

Read the following riddles to figure out the holiday-themed answers.



CHRISTMAS WORD SEARCH



Use the list of holiday-related words to find them within the word search.

Words:

- cookies
- gingerbread
- jolly
- reindeer
- snowman
- elves
- hanukkah
- kwanza
- wreath
- garland
- icicle
- mistletoe
- snowball

I	J	K	W	M	W	L	V	T	T	G	Y	L	L	O	J	S	B	U	B
D	W	I	K	Y	P	M	I	B	S	I	J	I	Y	Q	U	J	X	D	U
G	A	Z	P	X	C	M	Q	Z	E	N	W	K	C	X	T	F	Q	C	U
M	L	L	W	A	J	I	A	H	O	G	V	A	J	I	Y	E	L	T	S
W	R	E	A	T	H	H	A	F	T	E	S	Y	A	U	C	Z	M	E	E
S	O	Q	P	T	V	N	E	Y	E	R	N	J	Z	Z	W	L	V	N	I
C	M	G	U	P	U	Z	V	G	L	B	O	S	C	H	N	L	E	Z	K
U	H	Q	E	K	O	D	K	Y	T	R	W	C	J	R	E	A	O	S	O
Q	X	X	K	J	U	U	R	S	S	E	M	W	B	S	X	O	W	B	O
O	S	A	U	O	Q	F	K	U	I	A	A	Z	L	D	Z	T	Z	K	C
M	H	V	J	S	S	H	D	W	M	D	N	D	L	V	I	T	Q	Z	J
P	Q	Y	D	N	G	N	J	B	P	Y	F	U	H	H	G	G	P	S	F
T	O	R	C	Q	D	G	O	Y	C	E	X	C	O	P	Z	R	O	Q	V
P	S	J	W	N	A	W	M	W	S	P	G	V	L	M	E	G	I	S	G
Z	X	G	O	R	O	G	M	H	B	Q	W	W	L	E	M	U	E	F	O
W	S	Y	L	M	A	O	V	G	Q	A	B	I	D	N	B	U	Q	N	K
H	Z	A	W	R	S	A	N	T	A	I	L	N	E	I	D	O	Z	R	Z
X	N	H	T	H	G	G	N	J	B	K	I	L	L	Y	R	Y	E	A	K
D	R	E	X	N	C	X	M	J	V	E	S	A	L	M	L	D	W	J	P
M	F	Z	U	X	X	L	K	R	T	H	L	W	N	U	J	U	S	Q	

1. I hold lots of shiny and twinkling decorations, and I am usually dressed in a skirt. What am I?
2. Who comes around in the winter and has to leave quickly in the spring?
3. You can shake me, yet I am fragile and easy to break. What am I?
4. What do you call an old snowman?
5. What did the doctor give to Santa to help him walk?

Compiled by Kat Quinn

Compiled by Francesca Antonocchia



Guess Who

Use the clues provided to try and figure out who the famous holiday character is.

- Character #1: Who is the reindeer that only has one antler?
- Character #2: Who says, "This house is so full of people it makes me sick. When I grow up and get married, I'm living alone"?
- Character #3: Who is known as "Mr. Green Christmas"?
- Character #4: Who is famously known for decorating Gimbels in the middle of the night?
- Character #5: Who comes to life with an old silk hat?

Compiled by Elaine Starr



CHRISTMAS SONG EMOJIS

Guess the Christmas Song using the following emojis

Easy:

1. 🎵 🎄
2. 🧑‍🎄 🚗 🦌

Hard:

1. 🎄 🧑‍🎄 ⏳
2. 🧑‍🎄 👂 🔊

Medium:

1. 🧑‍🎄 🎄 🧑‍🎄
2. 🧑‍🎄 📄 🧑‍🎄 🎄

Compiled by Gia Scimeca



Be the first person to correctly complete all four puzzles and see Mrs. Lordi in C13 after morning announcements to receive a prize.

DV Gives Back

DVSD donates toys for kids



Olivia Van Tassell/Del.Aware

Toys for Kids Tri-State started 20 years ago to provide holiday gifts to the children of Pike County families and is the only toy drive in Pike County. They have over 350 registered children in Pike County and surrounding areas including Port Jervis School District and Montague Elementary School. Their motto is "Give Local, Help Local."

- Compiled by Olivia Van Tassell

Spirit Week Pics



Scan the QR code to check out the photos from the holiday-themed spirit week.

Del.Aware wraps gifts



Emma Ciancio/Del.Aware

Members of the Del.Aware newspaper staff buy presents for students in need by using the money they earned selling DV magnets at Warrior Fest. The journalism students get a wish list from guidance counselors in early December so that there is time to buy and wrap the gifts.

- Compiled by Hailey Kelly

Combo raises money through candy grams



Shannon Eby/Del.Aware

Students in the combo program raised money for Project Giving Warmth by selling candy grams at students' lunches on Dec. 4-6. The money raised is used to purchase blankets for families in need. Candy grams were \$1 and each came with a personalized special message that you can send to anyone in the school.

- Compiled by Shannon Eby

Combo students help prepare gifts



Emma Ciancio/Del.Aware

A group of 40 Combo students went to the University of Scranton's Byron Recreation Complex on Dec. 18 to help volunteer for the Gifts for Kids program. Students helped package gift donations for the over 1,500 families registered to get gifts from the program.

- Compiled by Shayla Macaulay-Dech

Christmas Around The World

Italy

By MICHAEL HELT
Online Editor

As with many parts of the globe, Italy has their own unique traditions around Christmas time. Their month-long festivities involving “La Befana” add a new gift-giver to the holiday season.

Festivities in Italy begin Dec. 8 with a celebration called the Immaculate Conception. On this day, many Italians hang their decorations and place their Christmas trees, and schools, banks and government offices close. This day also involves a feast in honor of the Virgin Mary.

A popular Italian tradition is to avoid adding meat to La Vigilia, the Christmas Eve meal. This follows the typical tradition where Italian meals prior to religious festivities are limited to only fish and vegetables.

Christmas day in Italy is equally unique, being one of two widely acknowledged days of traditional gift giving in the country. With Babbo Natale, the Italian representation of St. Nicholas, continually rising in popularity in the nation, more and more families are celebrating Christmas on Dec. 25 with gift giving.

While gift giving on Christmas day is rising in popularity, the traditional day of Jan. 6, called the Epiphany, is still much more commonly celebrated. These gifts are said to be delivered by “La Befana,” also called the “good witch of Christmas.” She is said to travel down the chimneys when delivering gifts, following the traditional style of Santa Claus.

The Epiphany signifies the end of the Christmas season festivities in Italy and celebrates the presentation of infant Jesus to the three wise Magi.



El Salvador

By BRIAN RODRIGUEZ-HERNANDEZ
World News Editor

El Salvador celebrates Christmas festivities throughout the month of December, with the main celebration of Christmas occurring on Dec. 24 at midnight.

Just like most countries' versions of Christmas, celebrating with food, drinks and a decorated tree are among the core parts of the celebration. El Salvador's celebration of Christmas sets itself apart with its greater emphasis on the cultural and community aspects of the celebration.

Family gatherings, cooking unique foods, setting off fireworks and creating nativity scenes, commonly referred to as “Los Nacimientos,” are a few of the other major parts of the celebrations. Another popular custom in the country for Christmas Eve is “El Estreno,” where people will wear something new, such as new shoes or a new dress.

Salvadorans regard Christmas as a time for gathering with family and close friends, as most other celebrations of the holiday, where they enjoy a traditional dinner followed by dancing and exchanging presents at midnight.

Salvadoran Catholics also celebrate all the aforementioned aspects of Christmas, though they also attend mass prior to midnight. Before opening presents, they hold an image of Jesus to give thanks for the year and pray for the new one.

Cooking typical foods and unique foods for the celebration of Christmas is just as important as every other aspect of the holiday. Tamales, pan con pollo and quesadillas are among the typical foods prepared for all to eat, while lomo relleno, roasted chicken and other foods are prepared specifically for immediate family and close friends.

Japan

By MICHAEL ELARO
World News Co-Editor

It has only been a few decades since Christmas became widely celebrated in Japan. Since there is a small demographic of Christians in the country, few see it as a religious holiday. Unlike in the U.S., Christmas Eve is more popularly celebrated than Christmas day in Japan with the night being seen as a romantic holiday for couples to exchange gifts and spend time together. In a way, it's similar to Valentine's Day celebrations in the U.S.

After a successful advertising campaign by KFC in 1974, fried chicken became a staple for the Christmas festivities, but a sponge cake covered in whipped cream and strawberries is a more traditional dish.

Even though Christmas isn't a national holiday in Japan, many schools still close due to it being near to New Year's break. One of the most popular Christmas songs that is played is “Beethoven's Ninth Symphony.” All across the country, people sing the song in German with one choir being compiled of 10,000 people called the “Number Nine Chorus.” This tradition is thought to have originated with German soldiers being held prisoners in Japan during WWI.

One similarity between a Japanese Christmas and one in the U.S. is the belief of Santa. He brings young children one gift each. It's not common for children to get Christmas presents from their parents or other relatives and few friends exchange gifts.



Canada

By MADDIE GIFFORD
Community News Editor

When it comes to Christmas, Canada partakes in many of the traditional celebrations, such as caroling and receiving presents from Santa. Canada also has unique traditions including opening their gifts on Christmas Eve rather than Christmas Day.

One of the most popular and oldest traditions in Canada is The Santa Clause Parade in Toronto. Santa Claus goes through the streets of Toronto along with 25 Christmas floats and over 2,000 people involved. This is a traditional holiday event in this country and most Canadians either watch from home or attend the parade in person.

One of the biggest differences in a Canadian Christmas is their dinner. An average Christmas meal in Canada has beef, goose, or turkey as a main dish as well as mashed potatoes and gravy, vegetables and stuffing on the side. Another common dish is Christmas tourtière which is a crust filled with beef stock, pork, onions, garlic, mushrooms and celery. For dessert most Canadians enjoy rice or plum pudding and cookies.

Cookies are such a big dessert that people celebrating have cookie-baking parties. People bring different cookie recipes to the party, bake them and then exchange the cookies with everyone there. Everyone would end up leaving with a variety of different cookies. Another classic Canadian Christmas dish is Bûche de Noël which is similar to what we know as a swiss roll. Bûche de Noël can be filled with many different fillings, like chestnut mousse, cream cheese frosting and cherry, raspberry or strawberry preserves.





World News



Denmark bans burning of Quran

By SIASIA BEAN

Science & Technology Co-Editor

Following protests which involved the burning of the Quran, the holy book associated with Islam, Denmark's parliament has chosen to ban the "innappropriate treatment" of texts with significant religious importance.

The law defines "inappropriate treatment" as the tearing or burning of a religious text, in addition to any other form of defilement done publicly or demonstrated in videos intended to be widely circulated. Religious texts are considered to be any scripture of significant importance to a religious group. Those who violate the law would be subject to punishment ranging from a fine to no more than two years in prison.

While some commend this decision for working to put down protests deemed offensive to those of the Islamic faith, others consider it an unacceptable attack on the right to freedom of expression. Seven Danish parties have come together in opposition to the law

and have released a joint statement.

"All undersigned parties uphold fundamental Danish civil liberties and are of the opinion that civil liberties must always take precedence over religious dogmas," the Danish groups said.

The move to illegalize the destruction of religious texts came after two men burned the Quran while in



Source: Reuters

Peter Hummelgaard, the Danish minister of justice, talks to the media after the controversial vote.

front of the Iraqi embassy, which is located inside the Danish capital at Copenhagen. A similar protest was also held by the same men, this time being live streamed on the social media platform Facebook. Over time, Denmark has been faced with a barrage of similar protests, quickly angering Muslims in neighboring regions. As a result, protests raged in Iran and Iraq, pressuring both the Swedish and Danish government to quickly act against the burning of the Quran.

Others raise the point that Danish officials succumbing to outside pressure is a dangerous thing, and that it is important to consider the potential future impact.

"History will judge us harshly for this, and with good reason. What it all comes down to is whether a restriction on freedom of speech is determined by us, or whether it is dictated from the outside," Inger Støjberg, leader of the anti-immigration Denmark Democrats party said.

Australia cracks down on migration crisis

By ROXY CAUCHI

School News Co-Editor

On Dec. 11, Australia's Prime Minister Anthony Albanese announced the country's new plan to limit migration in terms of student visas.

Following the COVID-19 pandemic, Australia saw a large influx in population, whether that was people returning to the country or first-time immigrants. This increase caused considerable strain on the economy and housing market, creating a higher rate of homelessness.

Because of this, the Parliament of Australia will tighten the restrictions to obtain a student visa, including needing a higher score on the tests and a longer application process.

The goal of these

restrictions is to cut the number of migrants in half over the next two years and specify what students and skilled workers are allowed into the country.

Prime Minister Albanese as well as the Minister of Home Affairs Clare O'Neil emphasized that the migration system was "broken," and they would limit visas to people seeking to better the state of the country.

"We aren't bringing in the talent we need, and we aren't making the most of the talent we've got," O'Neil said.

Not only are they limiting visas given to international students, but they have also introduced a new visa that will provide highly-skilled workers an easier path to permanent residency.



U.N. General Assembly calls for a ceasefire in Gaza

By KAYLEE KURCON

Managing Editor

On Dec. 12, the United Nations General Assembly met in an emergency session to discuss the ongoing fighting in Gaza.

"We have one singular priority - only one - to save lives," General Assembly President Dennis Francis said.

Preceding his statement, the U.N. voted to demand an immediate ceasefire in Gaza. More than half of the nations voted for the ceasefire resolution with 153 nations voting for it, 10 voting against it and 23 abstaining.

The 10 nations voting against the resolution include Israel, the U.S., Papua New Guinea, Paraguay, Austria, the Czech Republic, Guatemala, Liberia,

Micronesia and Nauru.

Although a General Assembly vote is politically significant, it is non-binding. Israel has stated it will not cease its military campaign until the Palestinian group, the Hamas, is eradicated.

Since its attack on Oct. 7, of the 240 who were kidnapped, 100 remain in captivity in Gaza.

Israel's U.N. Ambassador Gilad Erdan warned the group that "continuing Israel's operation in Gaza is the only way any hostages will be released."

Although Israel has rejected all previous calls for a ceasefire, it agreed to a seven-day truce for the release of Israeli hostages who are being held in Gaza.





Arts & Literature



Spotlight Artist: Marisol Mojica

By MADDIE GIFFORD
Community News Editor

Senior Marisol Mojica has been involved in art classes throughout her high school career, and her interest for art started when she was young. Marisol always looked up to her sister's art whether it was her drawing while at the kitchen table or painting in her bedroom.

"I would always watch and be excited thinking I am going to create art when I'm older," Marisol said.

Marisol's real interest in art began during the pandemic. While in quarantine, she would use art to pass the time. During this time, she rediscovered crocheting as well.

"When I first started to crochet, I made this small bunny and when I was making it, I thought it was the best thing ever. I was so proud of myself," Marisol said.

Between taking Jewelry design, Photography, Drawing and Ceramics, 3D Design was her favorite class.

"I found myself loving to create art with my hands,



and my favorite piece of art to make is crocheted items. It became comforting to me," Marisol said. "I think it's exciting to take something from my imagination and turn it into something real that people can touch and have a full 360 view of."

Another form of art that Marisol likes is being a part of the Yearbook Club because of the design element that goes into it.

"We get to create a book that represents and holds our best memories," Marisol said.



Maddie Gifford/Del.Aware

The transition that healthy coral goes through as it dies is her way of showing how people can really affect the living organisms that are in the ocean.

Spotlight Musician: Abby Zimmerman

By FRANCESCA ANTONECCHIA
Entertainment Editor

Senior Abby Zimmerman first got into music when her dad became involved in Milford's Music in the Parks and she was helping out from a young age. In fourth grade, she started playing flute in the band like her sister, and then in 5th grade she started playing piano.

Even though she has played both flute and piano for around the same amount of time, between concert band and marching band, she consistently plays flute more but prefers piano where she performs in the pit band for the school's play.

"I have a preference for piano because my wrist doesn't hurt from playing long term [like it does when I play the flute]," Abby said.

Abby also composes music and is most inspired by composers such



as Hans Zimmer, John Paul and John Williams, along with famous composers mostly involved with DreamWorks movies that she grew up watching.

"I take inspiration from how powerful and emotional the music they write is," she said.

Abby enjoys upbeat and energetic songs as one of her favorite songs she played in a concert band was called "Godzilla Eats Las Vegas!"

"It's such a bizarre piece because the instruments aren't making traditional sound effects, and we were jumping to different themes and styles which I thought was really fun," Abby said.

She not only learned to love the music aspect along the way, but she is also able to find this community within music where everyone comes together to listen.

"I've had competitive experiences, but in the end, it's everyone coming together to make music. There's no winners or losers," she said.

Spotlight Writer: Maxine McNamara

By KAYLA SYKES
Sports Co-Editor

For many students, using strong effective language may be challenging; for junior Maxine McNamara, however, this comes naturally.

Maxine's earliest memory of writing is a letter she wrote to her grandfather, her namesake. Her mother has always prompted her and her siblings to indulge themselves in reading and writing since she was younger. She has continued her passion for writing with the support from her mom who graduated high school early and with a big interest in literary arts and used to write frequently.

Maxine's favorite genre to write in is poetry.

"I don't really have the attention span to write full stories or even short stories, so it is something I can make a full story but in so few words," Maxine said.

She gains inspiration to write from random things.

"I mean last week I wrote a poem about something I saw in a window,"

Maxine said.

While she enjoys writing poetry. She is a current AP English Language and Composition student where she writes many essays and feels as if it has benefited her the most.

"It's more geared towards writing. English classes before were mixes of reading, writing, vocab, comprehension and things like that," Maxine said.

Ms. Sarah Fitzkee, her AP Composition teacher, has impacted her writing by making it easy for Maxine to listen and retain information from her.

"She's a lot more animated when she's talking about writing," Maxine said.

According to Ms. Fitzkee, Maxine's precise word choice makes her essays effective and this develops her ideas for the reader. She does so by starting with an idea, putting pen to paper and revising later. This is what she finds the most successful for her.

Maxine has also been writing essays for scholarships and spends much of her time reading and writing.

Entertainment

Rockstar Games releases Video game review:

GTA 6 trailer

By **BOBBY RUSSO**
Science & Technology Editor

The wait has ended as Rockstar Games finally released the first look of their brand new game GTA 6, which will be released in 2025. On its release of the first trailer on YouTube, it surpassed 32 million views within the first few hours of being shown to the public. It was initially supposed to be released on X, but the trailer was leaked and published on YouTube instead.

GTA 5 was released in 2013, marking over 10 years since the last game's release. The trailer features the game's first female protagonist, Lucia. It teases a Bonnie and Clyde-story style set in



Vice City, based on fictional Miami, Florida.

The trailer aims at viral social media posts, as it acknowledges how live-streaming has taken over on Instagram Live and TikTok, and the trailer also displays public freak out videos that flood the internet—almost recreating the same videos made in real life.

The trailer showcases Tom Petty's "Love is a Long Road" track. The rock star passed away in 2017, but with his feature in the trailer, his estate will be boosted due to the rewatching of the trailer.

Only time will tell if this game could break its record of a gross \$1 billion in 3 days that was set by GTA 5.

'Ark Survival Ascended'

By **BRIAN RODRIGUEZ-HERNANDEZ**
World News Editor

Following several delays, Studio Wildcard finally released "Ark Survival Ascended" for the PlayStation 5 on Nov. 30. The remaster of Wildcard's previous game, "Ark Survival Evolved," is not just a change in the title and a slight graphic and performance upgrade, but rather a complete overhaul of the original game.

I had very high expectations for this remaster especially considering how the original game performed, even on PlayStation 5.

I can say with

100 percent certainty that this game not only met my expectations but also exceeded them. After changing some settings, the game's graphics are some of the best out there, and I'd argue, at times, the game looks hyper-realistic.

The gameplay itself is revamped enough that it feels like an entirely new game with updates to building and quality of life being the most noticeable.

The game also added a long awaited cross-platform aspect that allows players from PlayStation, Xbox, PC and Nintendo Switch to all play together. The cross-platform addition to the game also includes a wide variety of mods that players can use.

Overall, I really enjoy this new release.



Source: Brian Rodriguez-Hernandez

Ark Survival Ascended has a photo mode in the game specifically for picture taking.

Conspiracy Theory: God's Ego Death

By **MICHAEL ELARO**
World News Co-Editor

God's Ego Death is one of many misinterpreted conspiracy theories that someone can find.

One of the two main conclusions based on this theory revolves around the teachings of Christianity. In the Old Testament, God was portrayed as an angry, bitter God. He was fueled on vengeance and pride, and required worship to him. But however, looking into the New Testament, he is seen as kind and preached love.

As some think this is due to the birth, death, resurrection and then again the death of Christ. Before Jesus died for the sins of humanity, according to Christian teachings, God was wrathful for the wrongs being committed by humans. After Christ was sacrificed, and God was "paid" for the sins, allowing humanity to see this "other side" of him, God no longer required constant worship and sacrifice, so our perspective changed.



Source: Pick Pik

Michelangelo's "The Creation of Adam" depicts the relationship between God and man.

In contrast to this idea, an opposing ideal of this theory is that Earth as we know is a part of God. Before the creation of Earth and humans, God was alone, a divine power of creation that never existed in another form. So God's Ego Death was the creation of lesser beings that are fragments of the original. In a sense, God destroyed himself to create everything as we know it for there to be a purpose.

This idea then rolls into the theory of God's Last Wish. This final wish is said to be God bestowing life outside of him for a greater purpose: freedom. He wanted more than companionship, he wanted to create life that had a reason to live. Every day when a human is born, dies or wakes up to have breakfast, they are experiencing more than a divine, "perfect being" could, and that is all God has wished for.

Both of these ideas can be linked to God's Ego Death, but since there are no confirmed truths, these are just conspiracy theories.

TWELVE DAYS OF MOVIES

"Dashing Through the Snow"

"Silent Night"

"Elf"

"Best Christmas Ever!"

"Scrooged"

"A Christmas Carol"

"The Nightmare Before Christmas"

"Bad Santa"

"It's A Wonderful Life"

"A Christmas Story"

"Home Alone"

"How the Grinch Stole Christmas"

Compiled by Hazel Buro

H o l i d a y F r e e - T i m e F i l l e r s

'A PHILLY SPECIAL CHRISTMAS SPECIAL'

This Christmas the Philadelphia Eagles' release a sequel album called "A Philly Special Christmas Special." This album will have 10 holiday classics, an original by Jason Kelce and a feature by Travis Kelce. All the money they gain from the album will be donated to local charities.



Compiled by Olivia Van Tassell



STAFF HOLIDAY PLAYLIST

Scan this Spotify code to listen to our staffs favorite holiday songs.

Santa Jellies

THE HOW YOU DOIN' BOYS

CHRISTMAS TREE & FARM

BING CROSBY

Compiled by Maddie Gifford



Science & Technology

What's in your food?: Fruitcake

By MICHAEL HELT
Online Editor

As Christmas swings around, many families are giving their efforts to try and capture the holiday spirit by planning traditional meals. As more and more fruitcakes, one of the most popular Christmas food choices, are baked and purchased, one question naturally arises: what's in it?

Well, as the name suggests, a fruitcake contains an assortment of dried or candied fruits. While dried fruits are a strong source of fiber and often contain more antioxidants than fresh fruits, they are relatively high in sugars and calories. A typical ounce of assorted dried fruits



contains about 16 grams of sugar and roughly 70 calories, though this can fluctuate depending on the fruit choices.

Regularly included in fruitcake batter is at least one stick of unsalted butter and four large eggs. According to the U.S. Department of Agriculture (USDA),

a typical unsalted butter stick contains roughly 717 calories, and a typical large egg contains approximately 70 calories. While the

majority of consumers aren't likely to consume the entire cake in one sitting, these components are still worth being

mindful of.

A fruitcake also usually includes some assortment of nuts. For those with any type of nut allergy, make sure to review the contents of a fruitcake before consuming. For those without related allergies, be mindful of the high fat content and calorie count.

Bakers usually include some sort of liquor to enhance the flavor of their fruitcakes, often including brandy, bourbon or rum. The alcohol evaporates while cooking, leading only to a flavor enhancement and possibly a few extra calories.

While a fruitcake is often included during Christmas festivities, make sure to be mindful of the high amount of calories and included ingredients. Though this cake is certainly not a good choice to consume year-round, reserving the desert for a holiday occasion won't cause any harm.

What's in your drink?: Gatorade Zero

By MICHAEL ELARO
World News Co-Editor

Gatorade Zero has been a popular choice for electrolyte replenishment since it came out in 2018, but is it as great as advertised? This zero sugar, low to no calorie drink might contain some unexpected ingredients that help make it taste like a real Gatorade. Are these alternatives any better for you than a full sugar drink?

As most sports drinks contain large amounts of sugar to help make hydration taste good, Gatorade Zero, no matter what flavor, contains the artificial sweeteners Sucralose and Acesulfame K. Although there are no definitive studies, there are some connections to Sucralose causing migraines and diabetes. While Acesulfame K may cause thyroid damage.

The nutrition list on the back



of a 28 oz. bottle of Gatorade Zero tells you 0 calories per serving, but then a look to the right says 10 calories per bottle. This is due to the minimal amount of carbs in the drink. There is less than one gram of carbs per serving but two and a half servings per container, causing the bottle to have some calories.

Gatorade Zero does not only contain potentially harmful ingredients, but it is also packed with some real health benefits. Gum arabic is a source for dietary fibers that is added to many sugary drinks. One benefit of consuming this ingredient is feeling more full,

which also helps people who are trying to lose weight. Since gum arabic is digested in the large intestine, instead of the stomach, it can also help prevent colon cancer while lessening symptoms of irritable bowels and improving the intestinal barrier function.

When it comes to choosing between a normal Gatorade and Gatorade Zero, the most important question is what are your priorities. A normal Gatorade contains a ton of sugar, making the drink less appealing for some, but a Gatorade Zero has many question marks regarding the effects of artificial sweeteners.

While both drinks help with replenishing electrolytes and keeping you hydrated, both come with their own risks. Another alternative, one which many people choose, is drinking proper amounts of water everyday.

Rimac Nevera reaches 171.34 mph in reverse

By BRIAN RODRIGUEZ-HERNANDEZ
World News Editor

On Nov. 7, RimacAutomobili, the official YouTube channel of Rimac, posted a video in which their latest vehicle, the Rimac Nevera, broke a unique record: the fastest speed achieved in reverse, being 171.34 mph.

Rimac took the Nevera to the Automotive Testing Papenburg facility in Germany on Oct. 7 where they had test driver Goran Drndak drive the record-setting vehicle.

"On the run itself, it definitely took some getting used to," Drndak said. "You're facing straight out backwards watching the scenery flash away from you faster and faster, feeling your neck pulled forwards in almost the same sensation you would normally get under heavy braking."

This isn't the only feat Rimac achieved this year. On May 17 at the same testing facility, the Nevera managed to hit 0-60 mph in only 1.74 seconds, beating its own official time of 1.85 quoted by Rimac themselves.

They also broke Koenigsegg's 0-249-0 mph record of 31.49 seconds with their own record of 29.94 seconds.

The Nevera's ability to achieve such records is attributed to its unique drivetrain. The drivetrain of a car is usually powered by a transmission, whereas the Nevera lacks a transmission and instead has four individual motors which propel the car backward or forward.

"It occurred to us during development that Nevera would probably be the world's fastest car in reverse, but we kind of laughed it off," Matija Renić, the Nevera's chief engineer, said.

SCIENCE & TECHNOLOGY

Amazon Echo Dot



Echo Dot lets you control your smart home when you're at home or away. Alexa can tell the weather, news and play music while enjoying a dynamic audio experience. It is simple to set up and easy to pair with another Echo, Fire TV and an Eero Wi-Fi router.

Where to buy: \$49.99 Amazon

Complied by Francesca Antonecchia

The Original Flying-Orb



Orb ball is lightweight and can be played anywhere. It has four different colors of lights. It is fully charged after 20 minutes. A single charge can fly for 8-10 minutes.

Where to buy: \$28.99 Amazon

Complied by Bobby Russo

Mini Pac-Man



Artwork and design is inspired by the original Pac-Man. It has a full color screen. Gift is ideal for any game room, office or display case. The device has volume control, and requires four AA batteries.

Where to buy: \$39.99 Amazon, Target, Walmart

Complied by Bobby Russo

Apple Air Tag



It connects to your phone via Bluetooth and allows you to track important items you use on a daily basis.

Where to buy: \$27 Amazon

Complied by Olivia Van Tassell

BONAOK Microphone



The karaoke microphone can be connected through either Bluetooth or cable connection. It can be used as a wireless speaker, mp3 player, recorder and is compatible with various singing applications. It can be enjoyed by both kids and adults with its easy-to-use multi-function buttons and suitable for all holidays or festivals.

Where to buy: \$49.99 Bonaok, Amazon, Walmart

Complied by Francesca Antonecchia

Anker 313 PowerBank



Complied by Olivia Van Tassell

The Anker 313 Power Bank (PowerCore 10K) is a fast charging power bank that can fully charge a phone three times with one charge.

Where to buy: \$21.99 Amazon

Ivy2 MiniPhoto Printer



The Ivy 2 Mini Photo Printer is a small portable printer that connects to your phone through an app. This device allows you to print photos directly from your phone. The printer uses technology that doesn't require ink. It is fully charged in 45 minutes.

Where to buy: \$69.99 Canon, Amazon, BestBuy

Complied by Etain Starr

TECH GADGET GIFTS



Sports



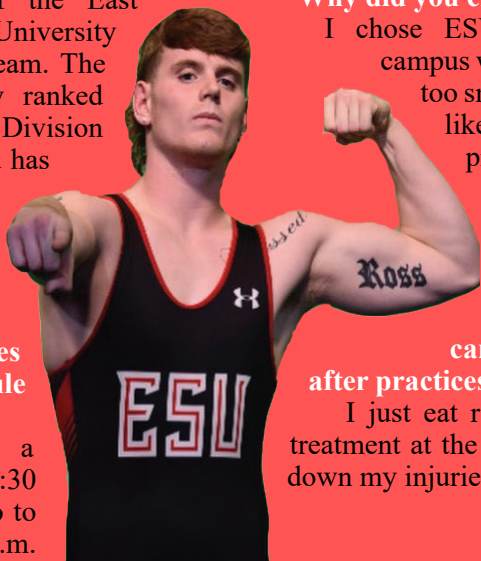
Collegiate Update: CJ Ross

BY TOPHER DELLABELLA
Sports Co-Editor

CJ Ross, a 2021 graduate, is a member of the East Stroudsburg University men's wrestling team. The team is currently ranked 19th in the NWCA Division II Top 25 poll and has a 3-2 record. CJ Ross is currently wrestling at the 174 lb weight class.

What does your daily schedule look like?

Two times a week I have a 6:30 a.m. lift, then I go to class from 9:30 a.m.



-2 p.m., get lunch in between, go to practice at 4 p.m., do some school work after practice, eat dinner and then go to sleep.

Why did you choose ESU?

I chose ESU because the campus wasn't too big or too small, and I really liked the wrestling program. The school was also great for my major.

What do you do to take care of your body after practices/matches?

I just eat right, get proper treatment at the trainers and ice down my injuries.

How do you like the bond that you've built with your teammates?

The bond is great with my teammates. Every night we get team dinners. It's like a family.

How different are athletics in college compared to athletics in highschool?

The biggest difference is the competition level and your commitment to the sport.

How do you balance wrestling with school and your social life?

I find it pretty easy. I just make sure throughout the day whenever I don't have class or a workout I try to get my schoolwork done. Whenever I have time where all my work is done, I'll have time to spend with friends and roommates.

Cheer excels at Regionals

BY EMMA CIANCO
Opinions Editor

Delaware Valley varsity cheerleaders earned a bid to Nationals on Dec. 10 at the regional competition at Mohegan Sun.

Head coach Jen Marchetti explains that in 23 years the team has only failed to get a bid twice. But, this year both varsity teams got a bid which include traditional varsity and game day varsity.

Due to some sicknesses and illnesses, the team has struggled maintaining a full team. Many of the girls have been practicing and performing in spots they have never been before.

Coach Marchetti said that this particular pyramid in the routine is the hardest part and for the first time this season, it hit.

"I think the season has been going great. We have some obstacles that we face along the way, but we overcome them with our work that we put in as a team," senior Amber Weed said.

Advancing through the season, the cheerleaders will continue to perfect their routines by working on little things.

This Sunday, the team will travel to Wilkes Barre to compete in the District 2 championship.

College football playoff rankings set, ready to go

BY SHANNON EBY
School News Co-Editor

The College Football Playoffs consist of the top four teams that compete to win the National Championship.

The playoffs will kick off on Jan. 1 of 2024. The College Football Playoff committee made its final team selections on Dec. 3. The end of the regular season came to a close and the final team rankings are out. The top four team rankings according to CBS News are; No. 1 Michigan Wolverines, No. 2 Washington Huskies, No. 3

Texas Longhorns, and No.4 Alabama Crimson Tide.

The top team gets an automatic first week bye and goes straight to the finals.

The playoff schedule starts with the Rose Bowl held in Pasadena, California, on Jan. 1, followed by the Sugar Bowl in New Orleans, Louisiana, also on Jan.1. The National Championship Game will be held in Houston, Texas, on Jan. 8.

The predictions for these semi-finals according to the 13 man committee are as follows: No.1 Michigan will play No. 4 Alabama in the Rose Bowl,

and No. 2 Washington will play No. 3 Texas in the Sugar Bowl. The winners of these games will face off in Texas for the National Championship.

These teams have fought for 14 weeks during the regular season to be the top team. As they move into the offseason, these four teams will compete for a chance to win it all.

The No. 6 ranked Georgia Bulldogs are the defending champions from last year when they beat TCU. The level of competition is at its highest level. Going into the playoffs, these teams' records don't matter anymore- it only matters who the best team is.

Correction

In last month's edition, senior Zoe LeMay was inadvertently left out of the soccer senior night portion of the paper.



Football

Scan the QR code to read the football wrap-up that includes coverage of the state quarterfinal game against Imhotep Institute Charter High School.



Spotlight Athlete



Natalee Johnson, SENIOR

"She had a sprained ankle and came right back into a really hard pyramid and rocked it."

- Head coach Jen Marchetti

Sports

Girls wrestling starts off strong

By KAT QUINN
Sports Editor

The girls wrestling team started off its season with a strong competition in the first home tournament on Dec 9. The girls dominated, having placed first overall with four first place, three second place and five third place finishers.

Head coach Evan Bates recognizes the team as a whole, but especially the captains, juniors Olivia Montanino, Tori Depew, Juliet Fitzpatrick and senior Sammy Monroe. According to coach Bates, they raise the competition and

create a friendly environment.

“They have the warrior mindset, and I

am able to depend on them,” coach Bates said.

The team is already experiencing several accomplishments in the early part of the season. First year wrestler sophomore Kate Prior has pinned all of her opponents so far and had the fastest pin of the tournament.

One of the goals for the rest of the season is to achieve top 10 in the state and to get approximately six girls to qualify for States. Coach Bates’ overall hope is to build a hardworking, dependable group of girls and to build the support and culture around wrestling.



Kat Quinn/Del.Aware

Sophomore Kate Prior pins her opponent during first home tournament.

Warriors suffer 50-43 loss to Cavaliers

By KAYLA SYKES
Sports Co-Editor

After a hard fought game, the Warriors fell short to the East Stroudsburg South Cavaliers 50-43 on Dec. 16.

Senior Tommy Parker led the team in scoring with 12 points, and sophomore Tyler Lombardo followed close behind with nine. Juniors Isaiah Berrios and Nicky Jorgenson also helped offensively, putting up seven points each.

Head coach Kris Holtzer also credits junior Logan Olsommer for his defensive play.

Coach Holtzer believes the team played well offensively in the beginning while adding new plays but struggled to execute those plays towards the end of the game.

He also acknowledges the Cavaliers as one of the most athletic teams they will face all season. The Warriors attempted to sag in on defense, however the Cavaliers were able to make a lot of their shots. He mentioned #5 on their team as a stand out player, and one of the best they will see all year.

In hopes of the game slowing down in the next stretch of their season, coach

Holtzer intends to keep building.

While the team anticipated a different outcome, coach Holtzer pointed out the team’s hard work.

“Our kids kept playing hard. They competed. We stuck with what we wanted to do. It just didn’t work,” coach Holtzer said.

The team will compete in their holiday tournament on Dec. 27 and 29.



Junior Nicky Jorgenson

Warriors pick up second win against Tigers

By CASSANDRA JOYCE
Editor in Chief

The girls basketball team defeated the Tunkhannock Tigers at home 45-32 on Dec. 15, improving their record to 2-3.

Sophomore Leah Bird led the Warrior’s scoring with nine points. Sophomore Jordan Dickerson added seven points. Juniors Rainna Carr and Ciara Newton and freshman Amanda Aragona each added six. Newton also led the team



Emma Ciancio/Del.Aware

Freshman Amanda Aragona shoots two foul shots from the line in the Warriors’ home opener against Forest City.

in rebounds.

According to head coach Mikaela Smith, Carr stood out on the defensive end for her efforts in the post.

“Rebounding and defensive-wise, she was a massive influence in that game,” coach Smith said. “She shut down [their leading scorer], and she barely had any shots or rebounds when [Rainna] was on her.”

On the offensive end, coach Smith felt that Aragona and junior Keira Lazzaro

had the biggest impact.

“When Amanda went in the game, she drove the energy up and moved the ball well. She made shots when it counted,” coach Smith said. “Keira was not afraid to handle and play both sides of the ball.”

The Warriors’ biggest struggle throughout the game was being unsettled, leading to turnovers and free points for Tunkhannock.

“We are happy that we got the outcome that we did, but we are never content and satisfied,” coach Smith said. “While we can enjoy the win, we have to always be hungry and want to get better each day to reach that goal of playing our best basketball in February.”

Spotlight Athletes Girls Wrestling



Sammy Monroe, SENIOR

“She has a warrior’s heart and makes our team better in every way.”

-Head coach Evan Bates

Boys Basketball



Tommy Parker, SENIOR

“He stepped up his scoring, his leadership’s been better and he’s done a good job defensively.”

-Head coach Kris Holtzer

Girls Basketball



Leah Bird, SOPHOMORE

“She’s had the responsibility of guarding some of the best opposing players and has embraced that challenge.”

-Head coach Mikaela Smith

Sports

Wrestlers take second in home tournament

BY CASSANDRA JOYCE
Editor in Chief

The boys wrestling team placed second in the Battle on the Delaware tournament on Dec. 9. In their home gym, nine wrestlers placed in the top three.

Seniors Dom Moyer and Noah Polhill, sophomore Dean Gouldthorpe and freshmen Zion Colon and Andrew Elliott placed first. Junior Travis Walton placed second, and juniors Brady Colville, Jason Mele and Ryan Balbirer placed third. Moyer was named outstanding wrestler of the tournament.

"We wrestled well. We still have areas we need to grow in," head coach Lou DeLauro said. "We're better now than we

were two weeks ago, and hopefully that's something I can say again in another two weeks."

According to coach DeLauro, the biggest area the team needs to improve is handling match situations and confidence in themselves and their abilities. He hopes the team "overachieves every day" to reach their goals.

"We have to take advantage of every opportunity," coach DeLauro said. "The main thing right now is wrestling hard and getting better. That is something that we are doing, so I'm very happy about that."

Students are encouraged to wear their ugliest sweaters tonight to support the Warriors at 7:00 at home as they take on

Pocono Mountain East in a Team Grinch vs. Team Santa match.



Francesca Antonecchia/Del.Aware

Senior Dom Moyer gets his opponent on the ground. Moyer took first and was named outstanding wrestler of the tournament.

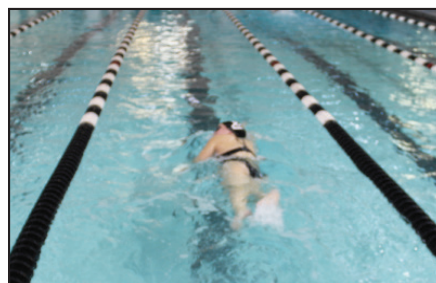
Girls swim defeats Stroudsburg to start season

BY TOPHER DELLA BELLA
Sports Co-Editor

On Dec. 8, the girls swim team defeated Stroudsburg 125-45 to start the season with a 2-0 record.

The team competed in 12 events starting off with the 200 yard medley relay. The team consisted of juniors Maya Sussman and Olivia Cruz and seniors Anaya Ruiz and JoAnn Jagger who took first place finishing with a time of 2:06.67.

In individual events, junior Eva Bogusta took first place in the 500 yard



Olivia Van Tassell/Del.Aware

The swimmers beat Stroudsburg 125-45. A relay team and two individuals placed first.

Boys swim crushes Stroudsburg at season opener

BY ETAIN STARR
Opinions Co-Editor

The Warriors beat Stroudsburg 125-45, starting their season with a 2-0 record on Dec. 8

The Warriors placed first in six events and top two in all 12 competitions. The first race the boys won was the 200 yard freestyle. Junior Tyler Ingraham finished first with a time of 2:00.75, and senior Alex Corcoran placed second at 2:06.47.

The Warriors took first and second place in the 100 yard butterfly. Junior Shane Naturale came first with a time of 1:01.48, and senior Matt O'Connell took

second with a time of 1:04.14.

The relay team consisting of freshman Ryan O'Connell, Corcoran, Ingraham and junior Dean Finelli got first place in the 200 freestyle relay with their time of 1:38.52. With a time of 1:44.53, the relay team with junior Joey Kessler and seniors Erik Fass, Doug Jacobs and Christian Perunsky took second.

Head coach Chelsea Shatt felt the meet was a great starting spot for the season.

"It went well, I'm happy to see the times I saw, and it was a good start," coach Shatt said.



Olivia Van Tassell/Del.Aware

Alex Corcoran in the starting position on the block, ready for his 400 yard freestyle relay.

Spotlight Athletes Boys Wrestling



Dean Gouldthorpe, SOPHOMORE

"He wound up taking first, and it was the first tournament he's won as a high school wrestler, so hopefully that will continue to build his confidence."

-Head coach Lou DeLauro

Girls Swim



Eva Bogusta, JUNIOR

"She has worked very hard in practice and has had some of our top times."

-Head coach Chelsea Shatt

Boys Swim



Dean Finelli, JUNIOR

"He has one of the fastest 50 free times right now, and he is one of the hardest workers at practice."

-Head coach Chelsea Shatt