



Warrior Week: Page 9

DELAWARE

Delaware Valley High School - Milford, Pa.

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Make-a-Wish Foundation provides Clinton Knapp with once in a lifetime opportunity

BY REILLY NEWTON

Sports Co-Editor

Sophomore Clinton Knapp was granted his wish of attending a Kansas City Chiefs game through the Make-a-Wish foundation after he received a heart transplant.

Knapp was diagnosed with dialectic cardiomyopathy in July of 2023. This uncommon condition caused his heart's main chamber to enlarge and fluids to build around it, along with external difficulties like shortness of breath and fatigue.

"It was to the point where I couldn't do many activities for longer than five minutes without feeling out of breath and tired," Knapp said.

The condition was taking over his body quickly. He was told that he had a higher chance of being struck by lightning than for it to not be a gene that

runs through his family.

Luckily, he was able to receive a heart in a few days.

"It was a very scary opportunity," Knapp said.

After the surgery, Knapp had to adjust to the healing process. Besides the frequent trips to New York City each week for check ups, he could do very little and was unable to lift over five pounds. "[It was] a very rough journey," Knapp said.

While still in the hospital recovering, Clinton's uncle entered him into the Make-a-Wish Foundation. Unaware, Clinton was surprised when he found out he was granted a wish.

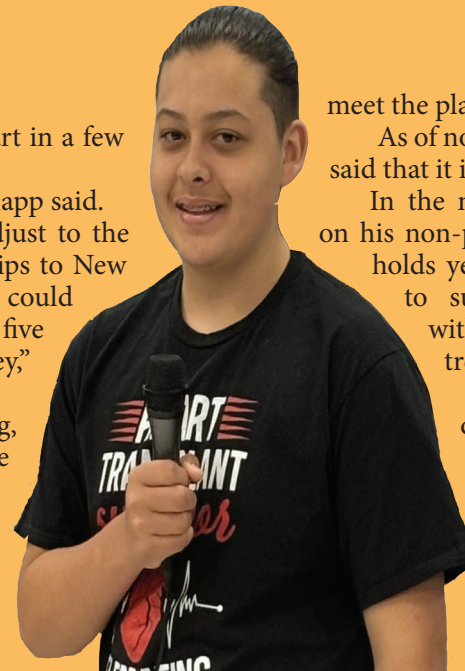
Clinton's wish was a trip to see the Kansas City Chiefs, with the opportunity to be on the field during pre-game and

meet the players.

As of now the date isn't set, but he said that it is coming soon.

In the meantime, he is focusing on his non-profit organization which holds yearly events with the aim to support those struggling with the costs of medical treatment.

All the profits are distributed among families that are in similar positions as Clinton was.



New security measures implemented to further enhance student safety

BY KIM SMYSER

Opinions Co-Editor

The latest safety protocols have been introduced to provide a safer and more secure environment for all students, staff and visitors at Delaware Valley High School. These measures are taken so that people within the school feel protected and confident in their daily activities.

Light speed alerts

As of last spring, light speed alerts for inappropriate content have been installed on school-issued chromebooks that are triggered by certain words. A screenshot is taken of the inappropriate conversations which then can be viewed by administration.

Some students find it to be an inconvenience because it blocks a variety of websites and images, while others don't seem to be affected by it.

"I don't care because I don't do inappropriate things on my chromebook," senior Juliet Fitzpatrick said.

Safety posters

Safety posters "In an Emergency - Take Action" have been put up in all hallways and classrooms. The posters state five main points: hold, secure, lockdown, evacuate and shelter.

The posters were issued to inform students what to do in case of an emergency.

Office scanners

With new security installments, staff members now have to scan their badge to get out of the 9/10 or 11/12 office, but anyone else has to get let out by the secretary.

"I think it [access with the cards] should go both ways [in and out of the office]," secretary Angela Clark said.

Visitor management system

When entering the school, the new visitor management system has visitors scan their driver's license to ensure proper identification. Then they receive a badge with their picture, name and destination.

Safety film

All windows, including ones inside of doors, are now shatterproof because they were lined with either chicken wire or safety film.

"Knowing that it's there makes me feel more secure since it's another safety measure in place," Spanish teacher Mr. Gary Cotroneo said.

New cameras

New cameras were also installed in the auditorium and in certain blind spots by the pool entrance.

School News

R-Pod classroom gets big changes over summer

BY ETAIN STARR

Community News Editor

Over the summer, maintenance staff built a new Family and Consumer Science (FACS) room in R8. The money was budgeted from the capital expenditure list, which is included in the district's general fund. Designer Don Flynn and the FACS department chairperson Mrs. Beth Pavinich were in charge of creating the design of the new room.



Etain Starr/Del.Aware

The kitchens were equipped with all new kitchen appliances for the students to use on a daily basis.



Etain Starr/Del.Aware

Brand new washer and dryer are stacked to utilize less space in the kitchens.



Etain Starr/Del.Aware

The finished layout in R8 includes four new kitchens.



Etain Starr/Del.Aware

The food groups are able to cook multiple dishes simultaneously because each kitchen is equipped with an oven.



Etain Starr/Del.Aware

The red and blue kitchens are side by side and share a common table area for students to use as well.

Athlete ambassadors create welcoming environment at athletic events

BY AVA KRASZEWSKI

Community News Co-Editor

Athletic director Mr. Sean Giblin implemented a new athlete ambassadors initiative where student athletes are directly involved in the organization of athletic events. The ambassadors' goals are to enhance the atmosphere by welcoming officials, opposing players and coaches, and in the future, fans and parents.

Another goal for the program is to unite athletes and the student body.

"[My goal is to be] welcoming and just creating a really good atmosphere, kind of like uniting the student body, and giving athletes some connection to the athletic department as a whole," Mr. Giblin said.

The athlete ambassadors are currently at home varsity football games because of its large roster, number of referees and fan base. However, Mr. Giblin hopes to have athlete ambassadors at all varsity events in the

future. He aims to have four or more athlete ambassadors at each varsity game.

"[I am] hoping to have every varsity contest across all the sports once it gets a little better, more organized," Mr. Giblin said.

Mr. Giblin also enjoys the student-led aspect of the new program. He believes that the student involvement will create a friendly environment and allow fans to become engaged, rather than if the ambassadors were faculty.

Inspiration for the athlete ambassadors program came from a student athlete leadership conference that Mr. Giblin and other students attended last year. He believes it was the student participation that made the experience at the conference so enjoyable.

"I just thought it was pretty cool how, you know, the students were the ones welcoming all the guests and visitors," Mr. Giblin said. "And I thought that would be a pretty cool thing to get our kids to be engaged in."



Kristen Langelotti/Del.Aware

High-tech scoreboards installed in gym

New scoreboards were installed in the high school gym on Sept. 20 by Watchfire and FastSigns of Easton. They have been in use since the girls volleyball match on Sept. 30. So far, the project has two sponsors who appear on both the gymnasium and stadium scoreboards: Ohliger-McIntyre Law Firm and Lehman Strickler Insurance. However, there are two brand new sponsors who are part of the gymnasium scoreboard: Iron Valley Real Estate Tri-State and Dumpster Kings.

Compiled by Kristen Langelotti

MEET THE DEL.AWARE STAFF



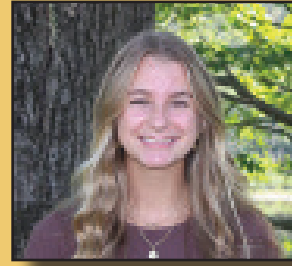
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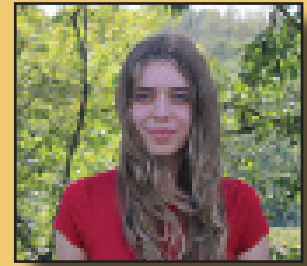
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MANAGING EDITOR



OLIVIA VAN TASSELL
SCHOOL NEWS EDITOR



ELLA BECKER
SCHOOL NEWS CO-EDITOR



KAITLIN GELARDI
SCHOOL NEWS CO-EDITOR



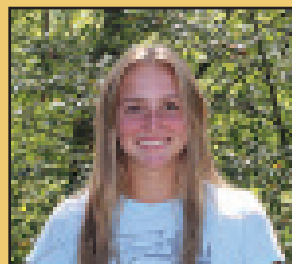
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OPINIONS EDITOR



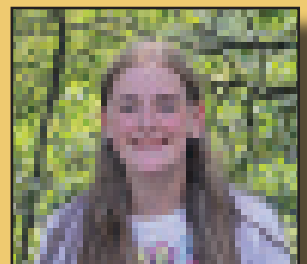
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OPINIONS CO-EDITOR



ETAIN STARR
COMMUNITY NEWS EDITOR



AVA KRASZEWSKI
COMMUNITY NEWS CO-EDITOR



SHANNON EBY
LIFESTYLE EDITOR



LAUREN DONNELLY
LIFESTYLE CO-EDITOR



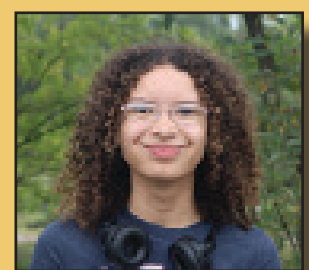
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ARTS & LIT EDITOR



TOPHER DELLABELLA
ENTERTAINMENT EDITOR



ANNABELLE DORO
ENTERTAINMENT CO-EDITOR



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SCIENCE & TECHNOLOGY EDITOR



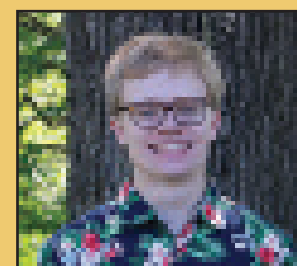
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SPORTS EDITOR



REILLY NEWTON
SPORTS CO-EDITOR



EMMA SIMMONS
SPORTS CO-EDITOR



OWEN CARSO
ONLINE EDITOR

“Although we only have 19 people on staff, I feel that they are ready to tackle the challenges that will be thrown at them.”

- Adviser Mrs. Lordi

Opinions

New year, new Del.Aware

By EMMA CIANCIO
Editor-in-Chief

As this year's Editor-in-Chief, I am proud to say welcome to the award-winning Del.Aware. We as a staff are so excited to present you with the first issue of the year.

For the past 17 years, the Del.Aware staff has been working hard to keep the student body and surrounding community informed about all topics ranging from student achievements to new fashion trends.

As a staff, we are proud to hold true to these standards for yet another year. This year, we will be introducing a lifestyle section that covers selfcare, mental health and internet trends.

However, our paper is so much more than just print. Our website dvhsnews.org will continue to provide quality stories, polls

and photo galleries for the enjoyment of our readers.

Additionally, members of the Del.Aware staff will be producing a new podcast, "Closet Chit-Chats" and will be continuing to air sports broadcasts on our YouTube channel Del.Aware News.

Whether you are picking your copy of the Del.Aware to look at pictures of yourself, read a story that interests you or just because you are bored in homeroom, the other 18 staff members and I are glad you did.

Don't be afraid to let us know if you have a story or opinion you feel is worth covering. We want to tell a variety of stories, and we can't do it by ourselves. I hope you enjoy reading the Del.Aware just as much as we enjoy producing it.

Express your views here

By KRISTEN LANGELOTTI
Opinions Editor

To the students and staff of DVHS and its surrounding community, welcome to the Del.Aware's opinions page. I am Kristen Langelotti, the 2024-2025 opinions editor. I am beyond grateful for this amazing opportunity to produce and publish content this school year.

Kim Smyser, my opinions co-editor, and I are more than excited to have the opportunity to work together and create relevant and debatable opinions to share on our pages.

Just like the years before, the opinions section has more than enough room for your voice. Opinions can range from you

expressing admiration for something to being critical, informative or even designing a cartoon. The opinions section will be a safe place for the entire student body to open up and voice their opinion on a variety of topics. No matter what you have to say, we will work with you to get your opinion out there, whether that be in print or in our online newspaper.

If you ever need help coming up with an idea or discussion, I strongly encourage you to stop by C13 to see Mrs. Lordi, Kim or me here for guidance during all lunches. We are thrilled to be a part of hearing and sharing your valuable opinions this school year.

OUR OPINION

Mukbangs defy healthy eating habits

What once was a rarely watched YouTube trend, has taken over the internet. Since 2010, mukbangs have become more and more popular. In the past, it could be common to come across YouTubers posting long videos of them eating and talking. Now, it is almost impossible to scroll through TikTok and not stumble upon a video of someone eating. Whether it is for ASMR purposes or to gain fame, the trend can be way more harmful than good.

Mukbangs highlight an intake of unhealthy amounts of food. It is common to see these mukbangers ordering and eating food to feed more than two people. This is extremely unhealthy, especially when the food they eat most often is fast food.

Whether or not their intent is to get others to try or buy these foods, by posting they promote an unsettling amount of unhealthy, greasy food. With mukbangs, viewers have seen a rise in Taco Bell, Raising Cane's, Crumbl Cookie, Chipotle, Wingstop and more. Not only are these foods considered unhealthy, but also the intake of such high amounts are more harmful than good.

In one Crumbl Cookie, there are about 720 calories and

roughly 76 grams of added sugar. While each cookie is different, if you multiplied those numbers by six, you would instantly surpass a healthy average intake. This is what is shown through the videos, however. That it is enticing and normal to consume all six cookies.

Nicholas Perry, known as internet sensation Nikocado Avocado, is known for his mukbangs both on YouTube and TikTok. Starting in 2016, he began releasing mukbangs. These mukbangs increased in amount of food and his weight gain increased and was visible as years went on. Perry may be one of the most well-known for his extreme and quick weight gain, but there are many others on the internet that are facing these same challenges.

This trend however is supported by views. Viewers can find these videos gross or disturbing, but for other audiences, they may feel as if they live vicariously through these mukbangers and are almost enjoying their meals alongside them. Whether you enjoy them or not, watching, liking and sharing these videos only allow for this trend to continue. A harmful trend that is, and one that showcases extremely unhealthy eating habits.

OLIVIA VAN TASSELL
School News Editor

KRISTEN LANGELOTTI
Opinions Editor

ETAINE STARR
Community News Editor

SHANNON EBY
Lifestyle Editor

DEL.AWARE

EMMA CIANCIO
Editor-in-Chief

MICHAEL ELARO
Managing Editor

MRS. LESLIE LORDI
Adviser

GIAVANNA SCIMECA
Arts & Lit Editor

TOPHER DELLABELLA
Entertainment Editor

SIASIA BEAN
Science & Technology Editor

KAYLA SYKES
Sports Editor

Letter Guidelines

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

Opinions

It's okay to be selfish

BY GIA SCIMECA
Arts & Lit Editor

It's one thing to take care of other people, but constantly doing so is draining mentally.

Some people associate selfishness with not caring about other people, but what we don't realize is how important it is to focus on ourselves more.

Helping people out can be a good way to feel better about yourself while being of service to someone who needs it, but by putting yourself last, it's like making yourself a background character of your life.

With the recent mental health crisis, people should focus on working on bettering themselves, rather than overlooking their needs and opting to help people.

Mental health has become a global concern since the shutdowns due to the COVID-19 pandemic. According to the World Health Organization

(WHO), the global prevalence of anxiety and depression has increased by 25% at the end of 2021.

Constantly worrying about how others perceive you fuels feelings of anxiety and helping others diminishes those feelings. Having to not worry about the opinions of other people allows for self-focus and self-improvement without the burdens of others' judgmental beliefs.

You don't need to feel guilty for not opening the door for someone. You don't need to feel guilty for taking the last slice of pizza, when you know that the person next to you didn't grab a slice.

There are more things to worry about than if people perceive you to be rude or egotistical. If something is affecting you in your own life, work on fixing that first before moving on to assist someone else with their issues.

You matter most in your own life.

Should breakups affect you long term?

BY ANNABELLE DORO
Entertainment Co-Editor

Relationships are a common part of high school, whether it's with friends or partners. Maintaining relationships is a part of the learning experience. When things don't work out the way you planned, is it the end of the world?

Fallouts between friends and significant others happen with change. People change for both the better and the worse. Change is a way to learn more about yourself and who you associate yourself with.

Sometimes leaving a relationship is the only way to help you grow from someone holding you back.

The thought of leaving someone you thought would be in your life forever is scary, but it really is not the end of the world. Sometimes all you can do is tell your friends or family and let them help you.

A breakup can affect you depending on how long someone was in your life. If they were in your life for three years, you might notice a change in yourself, whether it's confidence or a lower self image. All feelings are valid, but they shouldn't last forever, especially if the person has been absent for well over a year.

Relationships are supposed to be two ways. If you are giving it your all and do not feel like the efforts are being reciprocated, communication is key. If it gets to be too much, maybe it's best to leave.

Getting out of a relationship that wasn't healthy for me was the best decision I made. It helped me connect with my friends more and broke me out of my shell. I struggled expressing myself during the relationship in fear of hurting their feelings, but sometimes it is better to speak up rather than suffering through something you're not comfortable in.

Spending more time with my friends this past summer helped me realize that at the end of the day, they are all that I need.

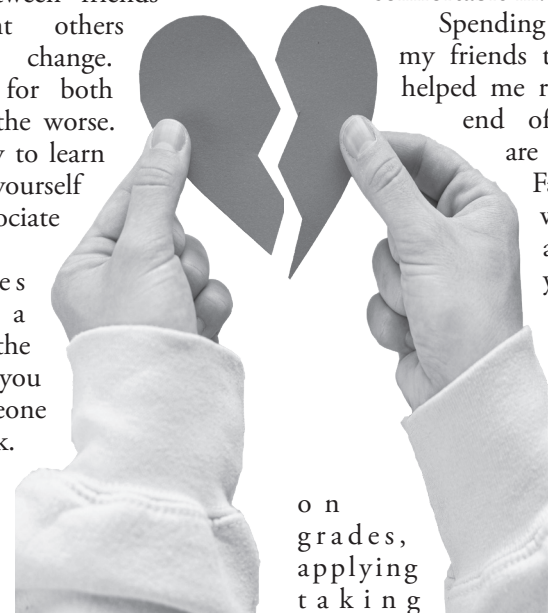
Falling in love is a wonderful thing, and it is okay if your feelings are temporary. The only thing that matters is if you are happy with your choices.

Focusing on my job, my grades, my friends, applying to college and taking personal time helped me realize what I wanted in life and a relationship was not suitable for my needs. Rushing myself into a relationship made me realize how much I didn't want one.

Getting over someone is never fun. It can take weeks, months or years to process your emotions. Acceptance is key and moving on is even more important for your mental and physical health.

Self love must come before loving others. Trying to love someone when you can not love yourself is draining to the other person. Focus on bettering your image before entering someone else's picture.

Enjoy life how it is and let love find you. Don't go searching for love because it will never work out how you think it will.



ILLUSTRATED BY
BRANDON MORAS-MORAN

School News

New Faces In the School

Miss Emily Dowler



C16 Science



Miss Alex Letki



R20 English

Mr. Freddy Moran



R14 Social Studies



Ms. Vicki West



R5 Special Education

Mrs. Rene Greening
Hall Monitor
(Camera shy)

Mr. Adam Manzoni



B2 Social Studies

Mrs. Lori Schlenker



Media Center

Advice To New Staff

"Just hang in there. It may seem overwhelming at first, but you'll get through it and [you] will enjoy your time and career at DV." - Señor Gary Cotroneo

"Treat the experience as a collaborative time to grow and learn from each other as a family. It's all for one and one for all." - Mr. Bryan Pol

Compiled by Etain Starr and Kristen Langelotti

Guidance revamps its system

By MICHAEL ELARO
Managing Editor

Heading into the new school year, the school administration, along with the guidance department, decided to make changes for the betterment of student-counselor relations, according to high school principal Mr. Lou DeLauro.

From now on, students will have the same guidance counselor throughout their entire high school career, rather than changing counselors between 10th and 11th grade.

Mr. Matthew Adelfio moved from DVES to the high school guidance department to one of the new positions. He requested the move because it was easier for his coaching schedule, and he believes it is a great opportunity to further his career while helping the community.

Mr. Adelfio will be in charge of students with the last names between Me-R, Mrs. Crystal Ross will work with last names A-C, Mrs. Jessica Favorito has D-G, Ms.

Molly Blaut was given H-Mc, Mrs. Danielle Moran, who is filling in for Mrs. Samantha Navitsky during the '24-'25 school year, will work with students with last names S-Z and Ms. Jennifer Cosentino still works with the Career and Technical Education students.

With the change, comes some adjustments for the guidance counselors. With the extra workload of having more students than previous years comes a learning curve for many of the counselors. Before this year, they would typically work with either upperclassmen or underclassmen but not both. Adjusting to the different needs of students depending on their grade will take practice but could result in a better relationship between the students and their counselors.

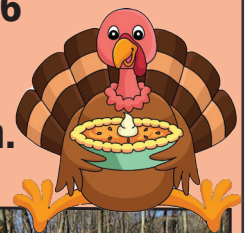
"It's hard to tell yet because we're still early in the process of all of these changes," Mrs. Ross said. "But hopefully it will be a good thing to get to know the students for a longer period of time."

12th Annual DV Turkey Trot 5K

When: Sat., Nov. 16

Where: DVHS

Start Time: 10 a.m.



Scan QR code to register!



Contributed Photo

Class Presidents

Luke Peereboom
Senior



"The more you put in, the more you get out. Stop making excuses, and do what it takes to reach your goals."

Adeline Handy
Junior



"I think everyone needs to get more involved and make the best of school."

Nathaniel Carso
Sophomore



"Class of 2027 you are the best class in the school right now and its time we prove that to everyone."

FACES OF THE FUTURE

Club Leaders

Ava Kraszewski



SAAC

"I think we just have to focus on spreading the word and telling people that it's not just athletes who can participate in our events."

Anna Vogel



FBLA

"My plan for the school year is to help lead our chapter into a successful year and make it an even more competitive chapter."

Kayla Sykes



SC

"Get involved and join Student Council because we could always use volunteers."

Owen Carso



NHS

"This year Dr. Pope and I are both hoping for more accountability and communication between NHS leaders."

"What do you plan/advise for the upcoming school year?"

Community News

The River's Edge offers something for everyone

BY ELLA BECKER

School News Co-Editor

I recently visited River's Edge located in Barryville, New York, and had a positive experience. The restaurant is about 30 minutes away from the school and is located on the Delaware River.

Upon walking in the restaurant, the first thing I noticed were the stylish decorations. There were many plants and warm lighting, along with table and booth options.

Soon after I walked in with my parents, a waitress came up to us and sat us quickly, and it appeared she was the only person working. She managed to quickly take our orders, other customers' orders and took care of people seated at the bar in a timely manner.

Since I have a gluten sensitivity, I ordered a chicken Caesar salad without croutons. The price of the salad without any meat was \$14,

and the chicken cost an additional \$10.

My mom ordered a shrimp Caesar salad, and my dad ordered a burger. They were both satisfied with their meals. My mom liked the flavor of her salad, and my dad liked the rarity of his burger and his side of fries.

The presentation of the salad was appealing. It was topped with parmesan cheese, grilled chicken and some radish slices and thankfully, they remembered to keep the croutons off my salad.

The taste of the salad was like every other salad, but the only complaint I have was that it could have had more dressing because it lacked flavor. The lettuce was crunchy and topped with freshly grilled chicken.

The food and bill both came out in a timely fashion, and we were there for an hour.

I had a positive experience at the River's Edge and the price for our food was \$65. I would definitely recommend it, and I would go back.



Ella Becker/Del.Aware

Chicken Caesar salad topped with raddishes, cheese and chicken.

Apple Valley Creamery and Mini Golf provides entertainment to community

BY ETAIN STARR

Community News Editor

Apple Valley Creamery made big changes to its business this summer and added an addition of a mini golf course. Apple Valley Creamery and Mini Golf is a part of the Apple Valley Village Shops in Milford.

The mini golf course is laid out with nine holes that each have their own different challenges. To play one round of golf, it is priced at \$8 for people 12 and up and \$6 for those under the age of 12. To play two rounds of golf, which would be 18 holes, it would cost \$14 for people 12 and older and only \$10 for kids younger than 12.

The Apple Valley Creamery first opened in June of last year. It is a 50s inspired creamery. The ice cream shop serves a variety of treats such as soft-serve and hard ice cream, milkshakes and other desserts.

The creamery and mini golf course is open seven days a week from 12 p.m. - 8 p.m., during the summer

season, which is May through Labor Day. They plan to reopen for the fall with an upgraded mini golf course, a hay maze and specialty fall flavors at the creamery.

Apple Valley Creamery and Mini Golf provide an environment for families and friends to hangout. The mini golf course is a unique attraction that Milford has never had and is a source of entertainment for the community.



Etain Starr/Del.Aware

The mini golf course is the center of attraction at the Apple Valley Village Shops.

Milford celebrates 9th annual Readers and Writers Festival

BY OWEN CARSO

Online Editor

On Sept. 13-15, the ninth annual Readers and Writers Festival took place across a variety of venues in Milford.

Saturday's main stage events all took place in the Milford Theater. Discussion topics included the future of artificial intelligence, the battlefield heroism of general Benedict Arnold, the life of New York graffiti/pop artist Keith Haring and the adventures of former Explorers Club president Richard Wiese, host of the Emmy-winning TV program "Born to Explore."

Outside the mainstage events, a variety of talented authors hosted free events around Milford throughout the weekend.

Bob Eckstein, a humorist, New Yorker cartoonist and New York Times best-selling author, hosted a panel on how to market one's books. In his talk, he discussed how writers should strengthen their community connections in order to build their audiences.

In an interview after the panel, Eckstein discussed the importance of reading and writing for young people.

"It's through reading that you can learn more about yourself," Eckstein said. "The value of books can't be measured. Every bookstore is just shelves and shelves of people's dreams and aspirations."

Eckstein is proud to say that he is the world's leading snowman expert. His book, the "Illustrated History of the Snowman," covers—you guessed it—the history of the snowman, from its little-known origins in the Dark Ages to the present day.

Chuck Wendig, another New York Times bestselling author, participated in the panel Sci-Fi Savvy: Teen Voices in the Future of Fiction. In an interview after the panel, Wendig had this advice for aspiring writers: "Finish things. Finishing things is one of the harder things that anybody is going to do as a writer. Most 'novelists' finish one novel every never. So learn the ability to just do that and learn how to conclude a story."

Wendig's most recent books include "Black River Orchard," which is an adult horror novel, and "Monster Movie," a middle-grade horror-comedy novel. He is best known for writing the "Star Wars: Aftermath" trilogy.



Emma Ciancio, Siasia Bean, Kayla Sykes, Emma Simmons/Del.Aware

Warrior Week

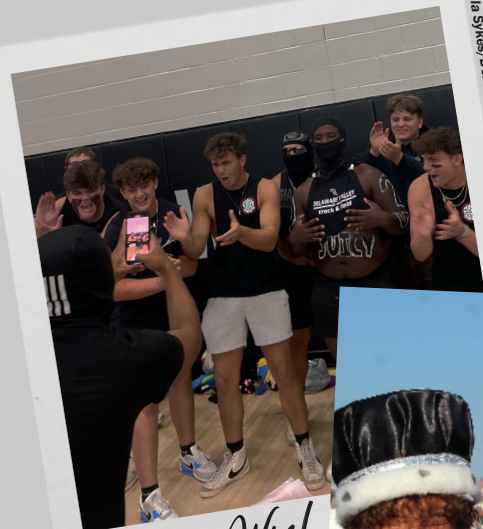
BY EMMA CIANCIO
Editor-in-Chief

In the lead-up to Homecoming on Sept. 14, Spirit Week was filled with many exciting and entertaining activities for students.

Throughout the week, students dressed up for theme days, which ranged from western attire to Adam Sandler attire. The eighth annual Spirit games were held for students on Friday. The seniors beat the juniors 11-7 and the sophomores beat the freshmen 10-5.

During halftime of the football game, seniors Gabe Peruso and Lauren Donnelly were crowned Homecoming king and queen.

The Homecoming dance, which took place from 7-10 p.m. in the high school's new gym, gave students the opportunity to dress up and have fun. The dance had live music, a prop-filled photo booth, snacks and drinks.



Kayla Sykes/Del.Aware

*Seniors Win!
 11-7*



Ava Kraszewski/Del.Aware

*Homecoming King and Queen
 Gabe Peruso and Lauren Donnelly*

Ava Kraszewski, Kayla Sykes, Gia Scimecca, Olivia Van Tassel/Del.Aware



2024-20

Who to vote: Democratic

By OLIVIA VAN TASSELL
School News Editor

Today, Americans face many polarizing issues including, the cost of living, gun violence and women's reproductive rights. Democratic candidate Kamala Harris has the moral integrity to face these issues head on, and that is why it is important to vote for her this Nov. 5.

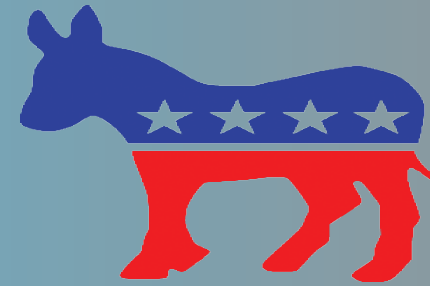
During her political career, Harris has been elected as attorney general of California, senator and now vice president. Her life of public service has made her fit to take on the role as the next president.

One of Harris' main focuses of her presidential platform is to lower the cost of living for middle class families. In her first 100 days in office, she plans to help Congress pass a national ban on "price gouging" on food according to Forbes. She will give the Federal Trade Commission and prosecutors authority to go after companies they determine to have price gouged.

As vice president, Harris has made gun safety a priority and oversees The Office of Gun Violence Prevention. The White House (.gov) has labeled this the most impactful gun violence prevention measure in almost three decades. This office grants the Justice Department the power to prosecute gun traffickers and assist youth affected by gun violence by providing mental health services in schools. She plans to continue to be active in the fight against gun violence as president.

Since the overturning of Roe v Wade in 2022, a woman's right to make medical decisions about her own body have been decreasing nationwide. According to NPR, Harris intends to bring this constitutionally protected right back and restore Roe.

With the election of Kamala Harris as president, her objectives ensure our democracy will be protected and with that the cost of living, protection against gun violence and women's bodily autonomy.



Both candidates have the

By GIA SCIMECA
Arts & Lit Editor

With the upcoming election, it may appear the more complicated than meets the eye.

The media tends to portray the election as Democrats in the system that people can vote for. The Democratic, Republican, Green and Libertarian Parties.

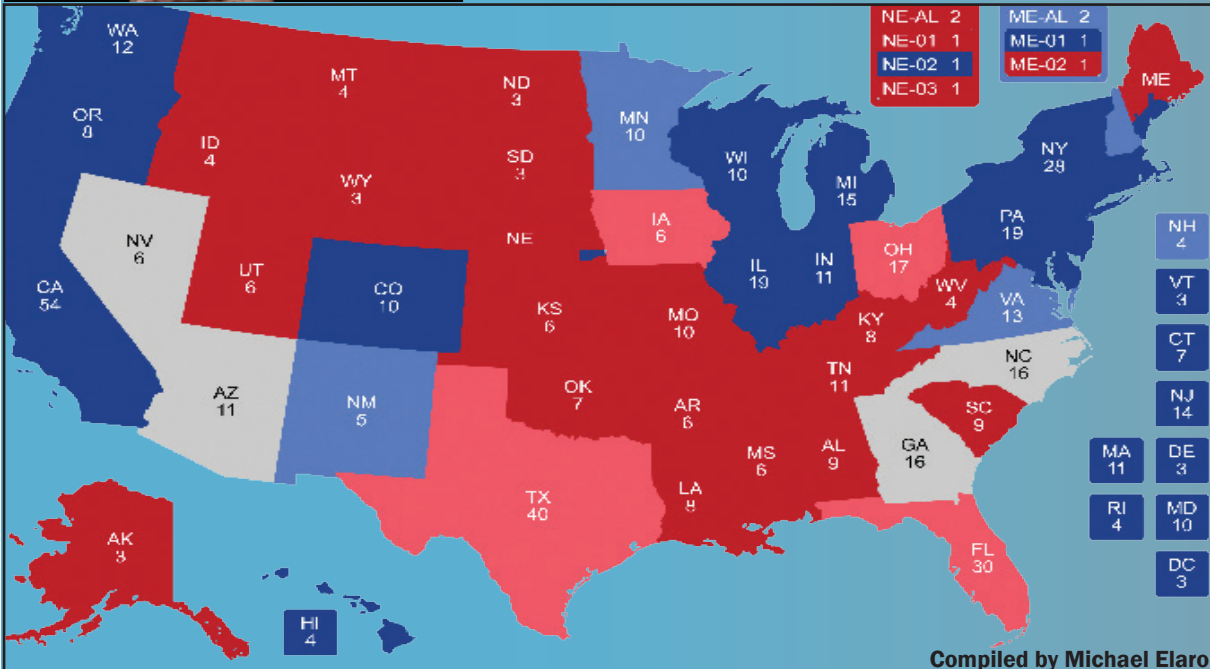
Some of vice president Kamala Harris' policies making home ownership more attainable and tackling drug cartels.

Some of former president Donald Trump's policies down drug cartels" and restoring law and order and Trump is facing public scrutiny because of the people becoming concerned that he should not be in the White House.

While Harris hasn't been criminally charged to the and abilities and also question if in addition would cause the election to be more complicated than meets the eye.

Elections have become so commercialized and elections as if there is one side to choose from and the election thus far has turned into candidates talking about how the other candidate is worse for the country on issues that the citizens care about the most.

This year's election should be focused on voters, not just on who the candidate is.



Compiled by Michael Elaro

DV students reg



The Pike co drive on Sept. 1 by the time of t Voters had the o or a third party o Voting is a w citizens register the outcome of v state of Pennsyl before the upcom

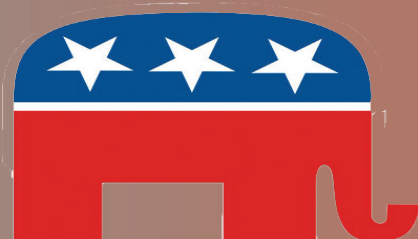
Shannon Eby/Del.Aware

2025 Election

Who to vote: Republican

By LAUREN DONNELLY
Lifestyle Co-Editor

ay Nov. 5
nd vote!



their own flaws, viewpoints

that one side is easily winning, but it is much

Democrat vs. Republican, but there are more than four parties running for president are the parties.

is include cutting taxes for the middle class, tackling the climate crisis.

olicies include securing the border crisis, "taking and public safety.

amount of criminal cases against him, with a candidate because of his record.

his day, people have questioned her seriousness continue under her presidency.

id idol worshiping. People have started to treat everyone else is wrong.

es pointing fingers at one another and talking country, but both candidates neglect to touch

ng candidates whose policies align with the

register to vote

ounty elections of ce hosted a voter registration 5 during all lunches, for students who will be 18 the upcoming presidential election in November. opportunity to register as a Democrat, Republican of their choosing.

way of participating in change in a country. When to vote they get a vote that can significantly sway votes in that state. In order to be able to vote in the vania citizens must be registered to vote 15 days ing presidential election.

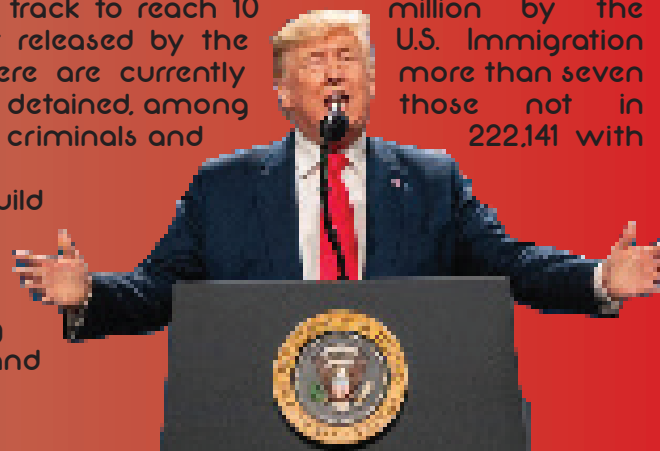
Compiled by Shannon Eby

With election season rolling in, registered voters can make their voices heard. Before you vote, it's important to understand each candidate in depth. With that being said, here is why you should vote for republican candidate Donald Trump.

Before the COVID-19 pandemic, Trump's presidency had America's economy at an all time high. According to the Trump White House Archives, the poverty rate was at an all time low and employment rates were at their peak, with the median household income also hitting new heights. According to the Tax Foundation, he plans to focus on extending the 2017 Tax Cuts and Job Act, reducing the corporate income tax rate, and eliminating tax on tips and social security benefits.

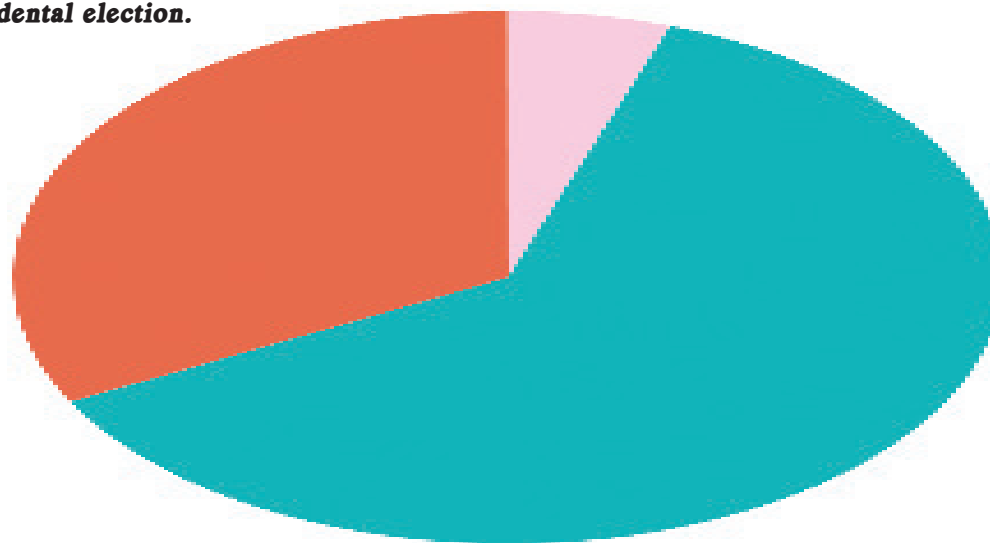
One of the focal points for the Trump administration is to stop the crisis at America's southern border by reinstating his previous policy. According to the Congressional Committee on Homeland Security, there have been more than 9.5 million illegal aliens that have entered the United States since the Biden administration took office and is on track to reach 10 million by the end of the fiscal year. A document released by the and Customs Enforcement says there are currently more than seven million illegal immigrants that are not detained, among those not in detention, there are 425,431 convicted criminals and 222,141 with pending criminal charges.

If elected Donald Trump will rebuild the economy, reinstate the border policy and cut taxes. Vote for Trump to bring back strong economic growth and national security, keeping the United States prosperous and protected.



The Del.Aware Newspaper site held a poll for patrons to vote for who they support in the upcoming presidential election.

Who Do You Support?



Other (15.81%) Kamala Harris (51.95%) Donald Trump (32.24%)

Compiled by Michael Elaro

Lifestyle

Welcome to the Del.Aware's new Lifestyle section. We, as a staff, are looking forward to providing the student body and community with this brand new section! The Lifestyle section will include topics such as health, fashion, trends and so much more! Like always, please feel free to reach out with any ideas on our Instagram, @Del.aware_news, or our email Del.Awarenewspaper21@gmail.com.

College Tips & Tricks: Seniors

By OLIVIA VAN TASSELL
School News Editor

The college application season is fast approaching. Whether you're applying to three or 15 schools, these are the top five best tips to help you be prepared.

1. Be productive. You should begin working on your Common Application as soon as possible. The Common Application makes it simple to apply to numerous colleges and universities. The sooner this is complete the less stressful your senior year will be.

2. Get your Naviance login from your guidance counselor. Naviance is how you request letters of recommendation and send your transcripts to schools.

3. Have a trusted adviser, adult or teacher proofread your essay and application. It is helpful to get a fresh pair of eyes on your essay before you submit it.

4. Before you submit your application, preview the pdf version of your application. This is how your colleges see your application, and it's different from the student's perspective. This is also your last chance to catch any mistakes you may have made along the way.

5. Finally, it is important to remember that once you turn in your application, you are unable to make any changes. You are able to add or change your common application, but the new version will only be submitted to new colleges.



Source: Pexels

College Tips & Tricks: Juniors

By KAITLIN GELARDI
School News Co-Editor

As senior year approaches, students typically scramble to prepare for college application season. In order to prevent this stress, juniors can start preparing early. These tips can help juniors create an organized plan for their futures and manage time efficiently.

1. Start researching. Consider what suits your interests and base your research to accommodate them. This may include location, affordability and academic programs.

2. Tour college campuses. The school district offers five excused days for students to visit colleges. Campus tours can be scheduled through a college's website, typically under an Admissions tab.

3. Sign up for SATs. Students can register for SATs through College Board. If you don't have an existing

account, simply create one through using your personal email address. The school offers an SAT Prep class to help students enhance scores.

4. Maintain good grades. Junior year is crucial, so study and put in your best effort. Along with academics, involve yourself in extracurricular activities to show that you are a well-rounded student.

5. Apply for scholarships. It's never too early to prepare; apply for any scholarship that comes up, especially if you plan on going to an expensive college.



Source: Pexels

It's the mindset, not the miles

By KAYLA SYKES
Sports Editor

Long distance sucks. It's the truth. However, distance is not a reason for separation if you truly want to be with someone.

I understand first hand how difficult it is. It can be challenging to find time to talk and go through experiences you want to go through together. You will be living separate lives and growing on your own.

It also takes a lot of effort to improve and increase your communication when communication is all you really have. In my opinion, working at it is worth it.

As many couples have been separated because of college or for other reasons, it disheartens me the amount of times I hear, "We broke up because of the distance."

I understand that it is possible to fall out of love or want to live a different lifestyle, but claiming the distance is the reason for the break up is not a reason in itself. Distance doesn't change how you feel about your significant other.

Your decisions are what determine a relationship, not distance. Being with someone is a choice and putting the effort in to do extra while you are apart is a choice. Either you make that choice or you don't. It is not only false to say we couldn't handle the distance, but it is also simply a lack of effort.

If you see someone in your future and you are in love with someone, distance won't change that. If you have other intentions, then a long distance relationship isn't for you.



Lifestyle

Fashion Aware: Jewelry Trends

By ELLA BECKER

School News Co-Editor

Jewelry is a timeless fashion trend that has elevated looks for decades. From dazzling diamond pieces in the roaring '20s to more minimalistic gold hoops in today's age, it is certain jewelry will never go out of style.

Although earrings have been around for decades, styles continue to change with the times. Chunky jewelry, dangly pieces, bows, pearls and the emergence of wearing gold, silver or both, have surfaced creating a new generation of glimmer.

Chunky hoops made a huge wave across social media, especially on Pinterest. The "clean girl" aesthetic strongly encouraged its growth.

Dangling earrings have been around for quite some time, but they are taking on a new style. Dangling earrings with colored jewels or cute charms are stylish and fun to accessorize with outfits. Such earrings can be found at Kendra Scott stores, but more affordable options are Evry Jewels and En Route Jewelry.

Another cute trend is the bow trend, which has

taken social media over with earrings, necklaces, rings and bracelets, all showing off a simple yet elevating bow that gives an outfit a cute finish. This trend took place with the resurfacing of the coquette style. Bow jewelry can be found in the online stores previously mentioned.

Pearls are also a timeless fashion, but they have adapted a new style. More recently, pearls have been worn to make an outfit achieve a coastal look. The brand Pura Vida sells stylish, beachy jewelry for affordable prices.

The idea of wearing a certain color of jewelry that suits an individual has also become increasingly popular. People with colder features are said to look better in silver jewelry, and similarly people with warmer features are more flattered by gold jewelry.

Although some people like to wear either one color or the other, the mixing of both silver and gold

has surfaced. It gives a modern yet simple and sophisticated look. To achieve this look, it is just a simple mix of any jewelry.

Funky-chunky jewelry, whether earrings, necklaces or rings, has made a rise in appearance.

It has become popular to wear multiple large rings on most fingers. Layering fun and chunky necklaces has also become popular. Such items can be bought in local thrift stores.

No matter what style it is, it is always important to wear what makes you feel confident and comfortable, whether it is gold, silver, bows or pearls.



Source: Pexels

The latest, greatest to fulfill all of your fall fun needs

By EMMA SIMMONS

Sports Co-Editor

Feeling the back-to-school dread? Time to schedule some exciting plans with your family and friends. The Del.Aware has all of the essentials to have a cozy, spooky and fabulous fall!

Apple Picking

- **Beemerville Orchard (Sussex, New Jersey)**
- **24 min. (14.4 miles) from Matamoras**
- **U-Pick apples open Monday-Saturday during the fall**
- **(973) 875-1029**



Source: PIXNIO

Pumpkin Picking

- **Soons Orchards**
- **(New Hampton, New York)**
- **27 min. (20.8 miles) from Matamoras**
- **U-Pick pumpkins on weekends through Oct. 27**
- **(845) 374-5471**



Source: Wikimedia

Movie

"Little Women" (2019)
Dir. by Greta Gerwig
Romance/Drama,
Rated PG

Fall Drink

Homemade Apple Cider

1. **Chop up five apples into cubes (you don't have to peel them)**
2. **Blend in food processor**
3. **Squeeze apple pulp through a cheesecloth or a mesh bag**
4. **Collect your fresh apple cider and enjoy!**



Source: PxHere

Fall Recipe

Check out the apple pie recipe online by scanning the QR code!



Arts & Literature

Spotlight Artist: Jacob Malave

BY KAYLA SYKES
Sports Editor

Senior Jacob Malave has been creating art ever since he could remember. As a kid given a pencil, he turned to drawing and felt like it came naturally.

Jacob enjoys creating art with pen and ink but doesn't have an exclusive medium he uses.

"I am a fan of all arts," Jacob said.

While creating art, Jacob falls into flow states that build a connection between his ideas and how to portray them in his physical works.

"When I have enough of what's on my mind actually physically made, I start to connect the dots," Jacob said. "It's almost like another way of communication for myself."

This past summer, he was granted the opportunity to go to Savannah College of Art and Design Atlanta for a week-long program. Jacob earned a scholarship from his artwork submitted to the Wallkill Convention. This scholarship was then used for the program at SCAD. Over the course of the week, he took classes on sneaker design and 2-D comics.

Along with that opportunity, over the past four years, Jacob has taken Introduction to Drawing 1 and 2, Digital Photography, Computer Art 1 and AP Studio Art 2-D Design Portfolio. He is currently taking AP Studio Art Mark Making Portfolio.

Jacob's current art teacher Mrs. Tricia



Contributed Photo

Jacob's "Silent Loss" for his AP studio portfolio represents drug addiction and its effect on families.

Kaylor has always been impressed with his ability to create at a snap of a finger.

"Art is his response to what he's feeling," Mrs. Kaylor said. "He can get it from his head to the canvas very quickly."

With Jacob's broad scope of the arts, he believes that it is important to dissociate from a certain artist label.

"I feel like everything I do in my life and the way I express myself is a form of art. Art doesn't really define me or what I do in three letters," Jacob said.

Spotlight Writer: Isabella Hemler

BY SIASIA BEAN
Science & Technology Co-Editor

Senior Isabella Hemler is always looking for ways to challenge herself through writing. A self-proclaimed "deliberate writer," Hemler describes her style of writing as "strong" and "straightforward."

She commonly writes argumentative essays about subjects she is passionate about. When writing, she draws

inspiration from content included in local newspaper publications such as the Pike County

Dispatch. She especially gravitates towards editorial and opinion based pieces because they demonstrate how a thorough argument can be effectively presented.

"I like reading the opinion pieces the most...that's where I see how others construct arguments and how they go about writing," Isabella said.

Some writers need to begin writing

before an idea of structure comes to mind. For Isabella, however, her deliberation in writing begins even before the pencil hits the paper.

"I think about what I write a lot before I even put it down," Isabella said.

Though the majority of her writing has been done throughout her four years in high school during classes such as AP Composition, she puts effort into her works and finds a form of self-expression and joy in writing.

"I think it [writing] will always be a very important part of my life, even in college."

- Isabella Hemler

"I love writing essays, I get so much joy out of it," Isabella said. "Anything really that's given to me, I

like writing about it."

She plans to incorporate writing into her career someday as well, intending to pursue research, though she has not yet chosen a specific field.

"I think it [writing] will always be a very important part of my life, even in college," Isabella said.

Spotlight Musician: Sophie Allen

BY ELLA BECKER
School News Co-Editor

Starting at the age of five, senior Sophie Allen developed a love for music.

In school, she participates in band, chorus, orchestra and marching band. Her active participation doesn't just end in school, as she is also part of the Marywood String Ensemble, Pocono Youth Orchestra and she's joining another program this year.

She doesn't just play the violin-- she also plays the French horn, which she started in fourth grade. Despite playing both, she believes she's more disciplined in violin but has an equal appreciation for both.

Because of all she is involved in through school and outside of school, she

practices for anywhere from one to two hours a day.

She also plans to pursue a career in music education.

"It showed me that work needs to be done if you want favorable results, more time management and discipline," Sophie said.

Her favorite pieces to play are more classical pieces. For auditions, she likes to play Mozart and Bach.

She would tell those who are debating joining musical groups or quitting musical

groups, she believes even if you do not immediately see results that good things come with practice.

"Find what you like. Hard work pays off, even if nothing is happening right now, things will work out," Sophie said.

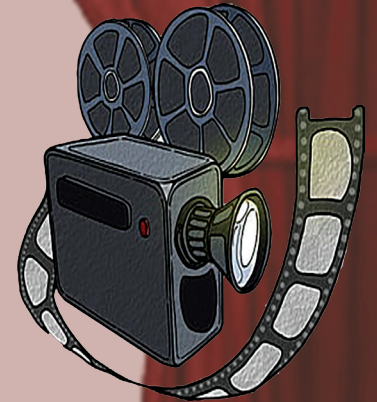




MOVIE OF THE SUMMER

By KAITLIN GELARDI
School News Co-Editor

As a result of ownership complications between Disney and Fox, fans waited six years for the release of the third Deadpool movie. "Deadpool & Wolverine" compensates for this wait; from the shocking cameos, unique soundtrack and adored actors, the action-packed, yet comedic, movie has easily become a fan-favorite. After manipulating his timeline to be with loved ones, Deadpool, played by Ryan Reynolds, catches the attention of the Time Variance Authority. As a result of this conflict, Deadpool convinces Wolverine, played by Hugh Jackman, to help save his timeline. Wolverine's cold, guilt-ridden demeanor and Deadpool's care-free attitude resulted in the formation of an iconic duo. Compared to recent productions by Marvel, this movie stands out through refreshing comedy and thrilling scenes.

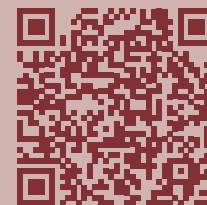


SUMMER '24 IN REVIEW



SONG OF THE SUMMER
"ESPRESSO" BY SABRINA CARPENTER

TO SEE OUR STAFF'S
SUMMER TIME ANTHEMS
PLAYLIST, SCAN THE QR
CODE!



Entertainment

'It Ends With Us' sparks controversy

By EMMA CIANCIO
Editor-in-Chief

The movie adaptation of Colleen Hoover's best-selling novel "It Ends With Us" sparked much controversy surrounding cast members' actions, promotions for the movie and much more.

The movie follows the adult life of main character Lily Bloom (Blake Lively). Lily grew up with an abusive father and later finds herself in a toxic relationship with neurosurgeon Ryle Kincaid (Justin Baldoni). The story follows their relationship and the bumps in the road along the way.

The 2016 novel is a New York Times bestseller and has sold nearly 11 million copies. "It Ends With Us" is credited by Forbes to be Hoover's best novel yet. So one may think, "what could be so bad about the movie adaptation?"

For starters, the casting of this movie was not in favor of many viewers. TikTokers posted their dream cast, which was very different from the comparison. Many fans of the novel simply stated that the casted actors were not who came to mind when picturing

the characters in the novel.

Without reading the book, many viewers were under the impression that "It Ends With Us" was a traditional love story due to the way the movie was promoted and marketed.

It was an absolute blindside for many viewers after they watched the movie. The fact that in all promotional videos, advertisements and social media posts, domestic violence was not once brought up by the main character, Lively.

Many feel as if the marketing techniques for "It Ends With Us" downplay the importance and sensitivity of domestic violence. Lively's overall promotion for the movie included a push for her new haircare line and discussion of the outfits she wore in the film. Because of this, viewers felt that Lively was tone deaf and

selfish.

Hoover is not shy when it comes to weaving heavy topics into her work. She has worked with topics such as rape, abuse, domestic violence and self-harm. Now, from the surface, this does not seem like an issue. However in 2022, Hoover's fans began to do some digging into her family background. Her son was accused of sexually harassing and assaulting a 16-year-old girl when he was 22. Fans may disassociate Hoover from her son because she is not directly in this situation, yet in many interviews and social media posts following the harassment, Hoover made comments defending her son and his actions.

Baldoni, by contrast, has emphasized the importance of raising awareness of domestic violence and providing resources for those in similar situations.

"It does not seem appropriate to promote your own hair care line when the focus of this movie is domestic abuse," senior Josalyn Legato said.



EA creates new college football game after a lawsuit

11 years prior

By SHANNON EBY
Lifestyle Editor

On July 19, EA Sports released its brand new video game, College Football 25, the first college football game since NCAA Football 14. The game is only available on new generation consoles including the PlayStation 5 and the Xbox series X/S.

"The realism of the game is great compared to other games like it," senior Danielle Eisloeffel said.

The gameplay feature set introduces an all-new system, player wear and tear, screen shaking homefield advantages and dozens of diverse playstyles across all 134 college football teams featured in the game. For the first time ever, athletes will be featured and paid due to the NIL policy in the NCAA.

The gameplay modes include Dynasty, Road to Glory, College Football Ultimate Team and Road to

the College Football Playoffs. There is also a team builder option, which is where players can create their own college program to download into the game to play on Dynasty and Play Now options.

"The graphics are super clean and realistic," sophomore Taylor Yablonski said.

EA also released a MVP bundle with Madden 25 and College Football 25 that had bonus pre-order content.

In addition, they have iconic atmospheres like the commentary and broadcast features and pageantry and tradition.

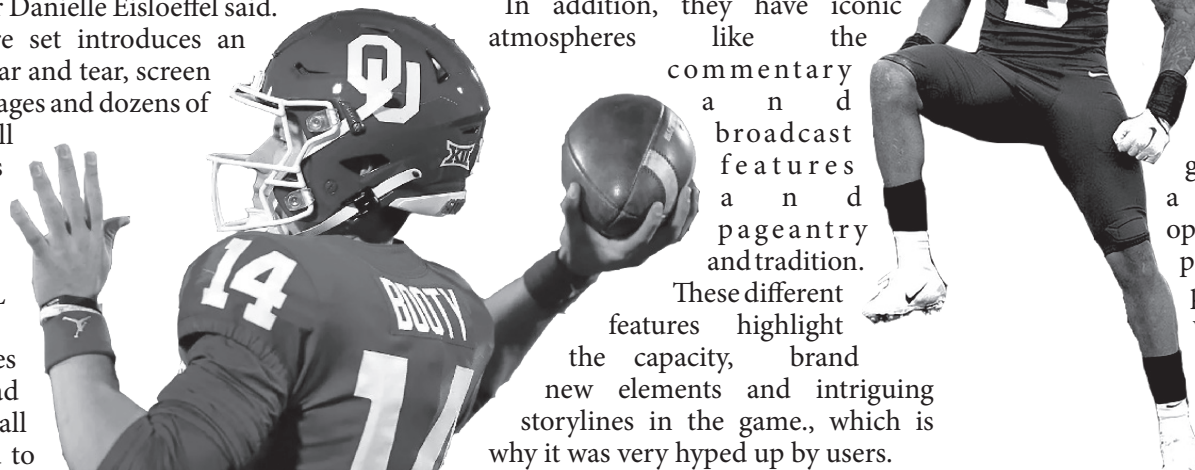
These different features highlight the capacity, brand new elements and intriguing storylines in the game., which is why it was very hyped up by users.

This is the first college football game in 11 years. The last game being NCAA Football 14.

The series disappeared after UCLA basketball player Ed O'Bannon sued the NCAA for compensation for the use of his name, image and likeness.

After this incident, the video game's operator opened its opt-in program for players to have the opportunity to get compensated.

Anyone featured in the game will receive \$600 and a copy of the game, with the opportunity to earn additional promotions. This news was pivotal in the college sports world because now players are being compensated properly for the use of their name, image and likeness.



Science & Technology

Apple integrates artificial intelligence with iPhone 16

By KAITLIN GELARDI
School News Co-Editor

On Sept. 20, Apple released the iPhone 16, introducing the first iPhone to be tailored specifically for use with artificial intelligence (AI).

Apple coined its use of AI as Apple Intelligence, which includes advanced tools that offer different purposes.

For example, in the Notes and Phone apps, AI can be utilized to transcribe and summarize audio clips.

In the Photos app, the new Clean Up tool allows users to adjust photos by removing unwanted or distracting objects in the background. In Memories, users can type a description and in return receive an AI-generated video.

The Mail app has a Priority Messages feature, which uses AI to recognize time-sensitive messages

and send them to the top of the user's inbox.

In addition to these features, Apple made adjustments to Siri, the voice-activated assistant incorporated into Apple devices.

When activated, Siri casts a glowing light which wraps around the edges of the screen. Siri has improved understanding abilities, allowing users to stumble over their words yet receive clear answers.

Along with these capabilities, Siri also possesses extensive product knowledge and can answer questions regarding Apple devices.

Additionally, users can alternate between typing or

speaking when utilizing Siri.

Located above the volume buttons, a new Action button replaced the Ring/Silent switch.

The button allows for selection of several purposes such as toggling the flashlight, opening the Camera app and activating Voice Memo.

As a part of Apple Intelligence, Apple produced Image Playground, which allows users to express their creativity by designing original images. These images are synthesized through typing a description, and can be used throughout apps such as Messages and Notes.

"The iPhone 16 and iPhone 16 Plus come with several key upgrades that make them the best iPhones released to date as entry-level options," senior tech reporter Antonio Villas-Boas said in Business Insider.



Fungus changes food waste into great tastes

By SIASIA BEAN
Science & Technology Editor

The fungus, "Neurospora intermedia" has recently been analyzed by scientists for its potential to reduce food waste and even transform it into something delicious.

When grown on waste products that are normally thrown out, such as soybean pulp and coffee grounds, a fermentation process occurs, which creates a more appetizing and more nutritious result. Its flavor has been described by taste testers previously unfamiliar with the flavor as "mushroom" and "nutty."

The fungus naturally occurs most commonly on the remains of burned vegetation. Its potential for food was revealed, however, through its growth on an Indonesian food known as Oncom. Oncom is a Javanese meat substitute made by fermenting pulp leftover from



soy production. Upon noticing this, researchers examined the fungus and discovered that it has the ability to break down both cellulose and pectin, sugars which are beneficial to humans but are difficult to digest on their own. The breakdown of these sugars caused

by the fungus allows for a more digestible and nutritious meal adapted from what otherwise would be discarded.

In addition to use for growth on food waste, Michelin star chefs, such as Rasmus Munk, have been experimenting with other uses for the unique fungus. In one such experiment, n. intermedia was grown on an otherwise bland rice custard, which reportedly created a pineapple flavor.

Riddell Axiom 3D helmet makes football debut

By TOPHER DELLABELLA
Entertainment Editor

The NFL season officially started on Sept. 5. With the new season starting, the newest helmet from Riddell made to reduce concussions made its regular season debut.

The Riddell Axiom 3D is a new premium Axiom helmet line with position-specific models. This includes quarterbacks and offensive and defensive linemen. Available to all NFL players this season, the Axiom 3D is the highest ranked helmet according to the NFL and NFLPA 2024 Helmet Laboratory Testing Performance Results.

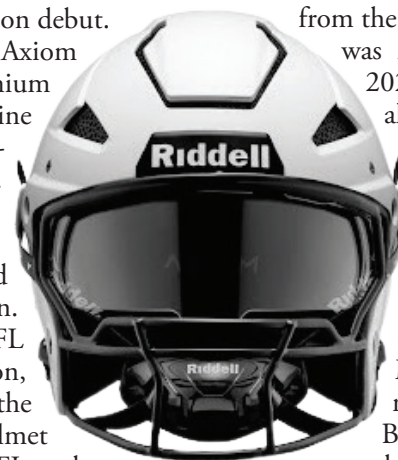
The Axiom 3D has its own "Tru-Fit" system that includes using Riddell's scanning app to capture a

3D image of an athlete's head. The inside of the helmet has advanced protective features of the Riddell Axiom with 3D-printed lattice liner technology. Outside the helmet, the newest full face mask is available for all Axiom helmets. This feature differs

from the Riddell Axiom which was introduced in fall of 2022. The Axiom 3D also includes a built in visor which was also found in the Axiom.

Notable NFL players who wear the Axiom 3D include Cardinals quarterback Kyler Murray, Eagles running back Saquon Barkely and 49ers tight end George Kittle. While

the Axiom 3D is only available to NFL players at this point in time, Riddell expects to offer the helmet to the collegiate and the high school levels following the 2024 season.



Sports

Golf defeats Valley View

BY KIM SMYSER
Opinions Co-Editor

On Sept. 17, the golf team beat Valley View with a 172-187 win. This game had the lowest total score of the year.

Head coach Jim Salus was pleased with the team's win since they had lost against Valley View earlier in the season.

"We knew we were better," coach Salus said.

In spite of their record, 4-8, they have shown immense improvement throughout the season.

When they previously played

Abington, they shot 198. Then when they went against them later in the season, they shot 178 at their home course.

Medalist junior CJ Koger will be attending Districts for the third time.

"He will have some tough competitors and will



Contributed Photo

Senior Trevor Phillips second shot was on a 190 yard par 3. He was an approach shot from approximately 70 yards.

have to have a really good round," coach Salus said.

Coach Salus said they did well at home matches, but they could improve at away matches.

"My hope this next year is to win the matches that we lost this year," coach Salus said.

Warriors beat Crusaders for third consecutive win

BY EMMA CIANCIO
Editor-in-Chief

The Warriors defeated Long Island Luthern 40-32, on Oct. 5 to improve their record to 3-4. This was the third consecutive win for the team.

DV seized first place in the District 2 Class 5A power rating standings due to the result of this game.

Senior quarterback Logan Olsommer completed seven out of 12 passes for 134 yards. Additionally, he added 26 rushing

yards and a touchdown.

Juniors Justin Estevez and Mike Iuzzolino put up the majority of rushing yards for DV, Estevez with 74 yards and Iuzzolino with 68 yards. Estevez also had a 31-yard reception for the team.

Head coach Keith Olsommer credits Iuzzolino's kickoff return as the turning point of the game.

"Our guys kept playing strong throughout the course of the 48 minutes," coach Olsommer said. "I felt



Junior Chris Desaney

as if every time LuHi got a little bit of momentum, our guys answered right back."

According to coach Olsommer, Estevez stood out during the game.

The Warriors will take on Valley View for their week eight game tonight at the John Henzes/Veterans Memorial Stadium.

PIAA approves girls flag football

New sport offers possible opportunity for female athletes at DV.

BY LAUREN DONNELLY
Lifestyle Co-Editor

With an increasing popularity in recent years, girls flag football was approved on Sept. 18th by the PIAA as a state-sanctioned sport. The sport will kick off in the spring of the 2025-26 school year, making Pennsylvania the 13th state to sanction the sport.

"We're thrilled that we can offer another opportunity for girls to participate in interscholastic athletics," president of the PIAA Frank Majikes said.

The PIAA plans to begin the process of creating rules and regulations in January 2025.

As for Delaware Valley, the future of a team is

undecided. Many factors will play a role in whether or not the district decides to start a team, according to athletic director Sean Giblin.

He said that before the decision is made, they have to take into consideration the future of other girls' sports teams, availability of practice facilities and the participation of other schools.

Not only does the athletic department have to take these factors into consideration, but they also have to budget for the addition of this program.

"We will have a plan in place before the start of next year, whether we're going to go forward or not," Mr. Giblin said.

If the district decides to add a team, Mr. Giblin

believes the word will get out quickly.

"It'll be promoted through social media. Our school does a good job of getting the word out there, when and if we do decide to move forward with it," Mr. Giblin said.

Spotlight Athletes Golf



CJ Koger, JUNIOR

"CJ had a great season. He has a good work ethic and plays a lot of golf on his own."
-Head coach Jim Salus

Football



Justin Estevez, JUNIOR

"He made a huge impact on our offense and continued to make large defensive plays."
-Head coach Keith Olsommer

Check out the Collegiate Update!



Scan the QR code to learn more about Division 2 soccer player Regan Curabba at Kutztown University!

Sports

Cross country defeats North Pocono on senior night

BY REILLY NEWTON
Sports Co-Editor

The girls and boys cross country team faced off against Valley View, Abington Heights and North Pocono on Oct. 8.

The Warriors went 3-1, defeating North Pocono, making the boys record 10-10 and



Michael Elaro/Del.Aware

Senior Aidan Leighty sets his personal record to 19:20.

the girls 17-3. Individually, more than half the team set personal records, with freshman Grace Holderith finishing the race with a sub 20 time of 19:59.

"I think [the season] is

going really well. Everybody's exceeded my expectations in how they're doing," head coach Keith Fitzpatrick said.

The team has one final meet against Honesdale to end their regular season. Then, the top seven boys and girls will go to Districts for a chance to race at States.

"We're competing against some really tough teams, but I'm hoping that two to three of our top runners will qualify for States," coach Fitzpatrick said.

Boys soccer beats Honesdale 5-3

BY AVA KRASZEWSKI
Community News Co-Editor

The boys soccer team improved their record to 7-4 with a 5-3 win over Honesdale on Sept. 30. Five different players scored for the Warriors, consisting of senior David Choi, senior Gavin O'Grady, junior Reagan Decker, sophomore Jason Nagy and senior Gino Gualandi. Choi also contributed two assists while senior Bryson Mackey, senior Declan Mead and Nagy each added an assist.

Head coach Aaron Stark highlighted the team's offensive pressure as a key to the Warriors' success.

"I just liked our attack. We really put

a lot of pressure on their defense," coach Stark said.

The team's ability to create attacking opportunities was also emphasized as a vital component of the victory.

"We got decent shots put on goal, [and] any offensive moments that we had were pretty high quality," coach Stark said.

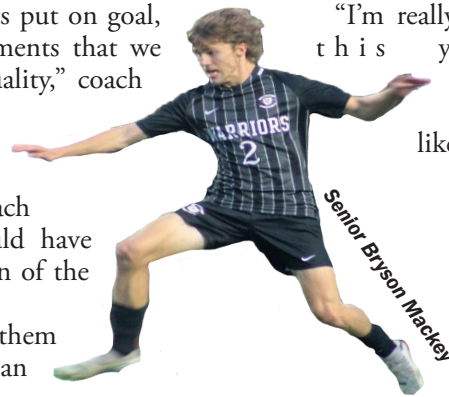
Although the team ended the game with overall success, coach Stark believed they could have improved their possession of the ball.

"[Us] just giving them more opportunities than

they deserved," coach Stark said.

Coach Stark has high confidence that his team can stay organized defensively and play aggressively during the rest of the season.

"I'm really proud of the team this year. I can't say enough about them," coach Stark said. "I really like these guys."



Senior Bryson Mackey

Girls soccer team loses to Abington 5-0

BY EMMA SIMMONS
Sports Co-Editor

On Sept. 23, the girls soccer team lost to Abington Heights 5-0.

According to head coach Kevin Quinn, Abington Heights is one of the most skilled teams that DV will face this season.

"They were in the state championships last year," coach Quinn said, "and a junior on their team broke the school's [Abington Heights'] scoring record last season."

Despite facing a tough team, the Warriors battled their way through with



Senior Dakota Jordan

full effort the whole game.

Key players during the game were senior Cara Churchill and senior goalie Dakota Jordan: two of the four captains of the 2024 season, along with seniors Juliet Fitzpatrick and Arianna Healy. "Dakota made a lot of good saves," coach Quinn said.

Coach Quinn believes both players were integral to the team's

development at this point in the season.

"Cara has really stepped it up, a lot of the games she's been great. Especially against Scranton Prep," he said.

Coach Quinn stated that the Warriors have a lot to improve on for the rest of their season.

"We need to limit penetration, block shots and look to attack in transition," coach Quinn said.

The team is ranked 4th in PIAA District II power rankings with a record of 2-4-2.

The Warriors take on Holy Redeemer on Oct. 15 for Senior Night.

Spotlight Athletes Cross Country



Grace Holderith, FRESHMAN

"She came into the season with a really big goal, and she's worked really hard to achieve it."

-Head coach Keith Fitzpatrick

Boys Soccer



Declan Mead, SENIOR

"[He is] just unbelievable in the center mid position. [He] distributes the ball very, very well, [and] gives us great opportunities."

- Head coach Aaron Stark

Girls Soccer



Krystina Orby, JUNIOR

"She always gives max effort, and she puts her body on the line for the team every single game"

- Head coach Kevin Quinn

Sports

Volleyball sweeps Pittston Area

By **TOPHER DELLABELLA**
Entertainment Editor

The girls volleyball team shut out Pittston Area on Oct. 4 by winning all three sets. The scores of each individual set were 25-14 in the first set, 25-16 in the second set and 25-8 in the third set. The team's record is now 8-4.

Senior Lauren Donnelly led the team with eight kills. Donnelly also added seven digs and three aces. Sophomore Cece Dickerson led the team in digs with 14 and also added six kills and two service points. Donnelly and junior Kate

Prior both led the team in service points with each adding 14.

Head coach Karley May is pleased with the team and how hard they have been working all season.

"I feel really good about the team," coach May said. "They work so hard every single practice and every single game."

Coach May also credits the team for pushing each other to

be the best they can be and for holding each other accountable when necessary without being too hard on each other. Her goals for the rest of the season include winning their 15th straight district championship and getting past the first round of state playoffs.

"It has been a really great season so far," coach May said. "I am so proud of this team, and I am very excited to see how far they will go this season."

The team's next game will be at home against Greater Nanticoke Area on Oct. 15.



Junior Brianna Waldron

Tennis team beats Western Wayne 5-0

By **OWEN CARSO**
Online Editor

"Our season has been going fantastic," head coach Amy Strickler said. "We have 10 seniors on the team, so they have been amazing. They've been on the team for the last three years, and every year, we just see a lot of improvement, and their hard work is



Owen Carso/Del.Aware

Senior Michelle Zakharova warms up her serve for the match against Western Wayne.

paying off this year for sure."

The varsity lineup this season is senior Noelle Holderith at No. 1 singles, senior Jessica Willson at No. 2 singles, senior Ceanna Williams at No. 3 singles, senior Kate Tamplin and sophomore Emma Strickler at No. 1 doubles and seniors Michelle Zakharova

and Ava Capeci at No. 2 doubles.

The team ended their regular season with a 12-2 record. The team beat North Pocono in Quarterfinals on Oct. 4. They advanced to Semi-Finals and lost to Abington on Oct. 8.

Holderith and Willson will compete at individual Districts on Oct. 11 and 14. Holderith, Willson, Tamplin and Strickler will compete at doubles Districts on Oct. 17 and 21.

"All my girls have worked really hard this season," coach Strickler said. "They each give it 110 percent."

Field hockey shuts out Honesdale 2-0

By **LAUREN DONNELLY**
Lifestyle Co-Editor

The field hockey team beat Honesdale 2-0 on Oct. 8, which improved their record to 6-6 for the season.

According to head coach Marielle Cohen, the team's momentum from their first goal led them to their success.

"We kind of went back and forth the first half. Then in the third quarter, we scored a goal,

and I could just see our whole energy shift," coach Cohen said. "I knew that we were going to be able to get the win after that."

Coach Cohen recognized seniors Ava Kraszewski and Jenna Zuelch for their performance during the game. Kraszewski scored a goal and overall had a "fantastic" game. Zuelch also played "outstanding" in the net, contributing 16 saves to the team's



Contributed Photo

Junior Ella Smith prepares to receive a pass at the 40-yard-line.

Spotlight Athletes Volleyball



Lauren Donnelly, SENIOR
"Lauren has been great for our team this whole season with her attitude and her athletic ability."
-Head coach Karley May

Tennis



Noelle Holderith, SENIOR
"Noelle just lives and breathes tennis. She wakes up to play, and it shows in every match."
- Head coach Amy Strickler

Field Hockey



Mackenzie Koger, SENIOR
"She anchors our whole field and commands the entire team from the defense."
- Head coach Marielle Cohen