



DEL AWARE

Delaware Valley High School - Milford, Pa.

Opinions 4

Community News 10

World News 14

Arts & Literature 16

Entertainment 18

Science & Technology 20

Sports 22

Special Olympics Skiing makes a come back

By OLIVIA VAN TASSELL

Community News Co-Editor

This winter members of the National Honors Society have partnered with students in Special Olympics to help them with their ski trips. Special Olympics is the world's largest sports organization for children and adults with intellectual disabilities.

Special Olympics participants and NHS volunteers traveled to Big Bear Mountain in Lackawaxen, Pennsylvania on Fridays this January and February.

Their first trip to Big Bear was Jan. 12. Students and volunteers left at the beginning of the school day and were at the mountain from 9 a.m.- 2 p.m.

Big Bear mountain offers a wide range of beginner terrain with 18 trails, seven lifts, including three Magic Carpet lifts.

Lift tickets and rental ski equipment were

provided for all volunteers, students and chaperones. After, the group arrived at the mountain and got their rentals and lift tickets. For students to receive individual help as needed, chaperones paired each participant with a volunteer.

The volunteers and chaperones first taught the students the basics of how to put on and take off their skis, and then they took to the slopes.

The volunteers helped the students by supporting them down a small hill. By about an hour through most students were cold and ready for lunch.

The NHS volunteers had the opportunity to practice some skiing of their own until they had to leave at 1 p.m. The volunteers were excited to spend their day helping out. Junior Ceanna Williams was one of the many

NHS volunteers helping out and really enjoyed her experience.



Contributed Photo

**Transitional student
Trinity Cook gets ready to
hit the slopes.**

"It was good for them to experience new things," Williams said.

She was thrilled to see kids improve throughout the morning and become more confident and independent.

"Most of them were on the magic carpet by themselves," Williams said.

A few students even got the opportunity to move to steeper terrain after they were approved by Special Educational Consultant Mrs. Linnette Saturno who organizes the trips.

*This issue is dedicated to Riley Krick.
"Those who touch our lives, stay in our hearts forever."*

AP Research students investigate distinct topics

By EMMA CIANCIO

Opinions Editor

Students taking AP Research develop hypotheses on topics that spark an interest and are relevant to them. Their end goal is to defend their topic and come up with beneficial solutions for their hypothesis. Each individual student conducts their own research project which entails a lengthy paper and an oral presentation. This provides the graders with insight and solutions about their topic.

Prior to taking AP Research, students must take the preceding class, AP Seminar. AP Seminar teaches students how to analyze work that has already been done in fields like humanities and STEM.

The student's research gets approved by the IRB in a rolling manner from late November to mid-February. The Institutional Review Board is a group of

five members who analyze students' research plans and determine if the projects are feasible.

Six AP Research students have had their topics approved by the IRB.

Senior Olivia Choi is researching the olfactory sensory system and how nostalgia affects one's heart rate. Choi is focusing on the heart rate variability of Delaware Valley students by exposing them to a scent that makes them experience emotional memories.

Senior Cassandra Joyce is researching the difference between in-season vs. offseason grade point averages for student-athletes. Joyce plans to analyze grade point averages of graduating seniors from the classes of 2022 and 2023, and will then look at if the difference between in-season and offseason GPA is statistically significant for these student-athletes.

Senior Mackenzie Donald will focus on the effect of psycho-sizing on customer satisfaction. Donald will

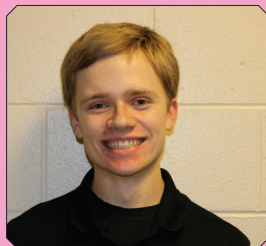
take a detailed look at the sizing on women's jeans, and how the difference in measurements between different stores for the same size. This sizing depicts an unhealthy and unobtainable look. This raises concern about how psycho-sizing potentially affects the customer satisfaction of a specific brand of women's jeans.

AP Research teacher Ms. Jessica Hubal explains that watching students develop on their research journey over the time of the course is the most rewarding part of teaching the class.

"The journey is rewarding, just to see them grow as students and individuals," Ms. Hubal said.

Once all projects have been approved during mid-February, the class celebrates with a party.

“A Deal with Death”



Michael Elaro/Del.Aware

Junior Owen Carso

As Jared

Q: What was the hardest thing to figure out when you converted your book into a play?

A: The hardest part was figuring out how to portray the apocalypse scenes in the play

By: Owen Carso

Directed by:

Ms. Sarah Fitzkee

Owen Carso converted his first published book, *A Deal With Death*, into a one act play the high school drama department performed on Jan. 20 and 21.

The play, which was directed by Ms. Sarah Fitzkee, takes place in a single scene, the main character Jared's apartment. The plot follows Jared, who made a deal with the Grim Reaper while on his deathbed, and now he has the ability to condemn people of his choosing to death. Death pleads with Jared to cut the deal and stop killing people. Jared's rampage of killings is destroying the fabric of the world, and Death doesn't have the power to break the deal. Over time it is revealed that Jared's fiancée was killed in a car crash and now he seeks to avenge her through the murder of others. Different supernatural beings, like Mother Nature and Father Time, come into Jared's apartment in an effort to convince him to cut the deal. Carso tells a sorrowful tale of heartbreak and disaster through the use of dark humor and sarcasm.

Compiled by Michael Elaro



Michael Elaro/Del.Aware

Junior Chris Fleming

As Death

Q: What helps you memorize so many lines for the play?

A: I run through the scenes a lot during rehearsal, and if I feel like it, I'll go over them during the weekend.



Michael Elaro/Del.Aware



Michael Elaro/Del.Aware



Michael Elaro/Del.Aware

“10 Ways To Survive a Zombie Apocalypse”

By: Don Zolidis

Directed by: Mr. David Torres



Cassandra Joyce/Del.Aware



Cassandra Joyce/Del.Aware

“10 Ways to Survive the Zombie Apocalypse,” written by Don Zolidis was held in the high school auditorium on Jan. 20 and 21.

This play, directed by David Torres, featured ten main methods, along with two bonus methods, on ways to survive a zombie apocalypse. The play follows the narrators analyzing the methods by showing different scenarios of defeating the zombies.

The methods ranged from rational ideas such as sacrificing the weak to ridiculous schemes like romancing the zombies or finding a secret NASA base to leave the planet.

There was a dance number during intermission that introduces the play by including the whole cast as zombies. The actors and actresses were well rehearsed, and their roles were well casted and written. There was also a Kung-Fu dance number that had the audience laughing. School plays are an experience students definitely don't want to miss.

Compiled by Shannon Eby

Senior Samantha Walzer

As Narrator 1

Q: “What was the best part of the play?”

A: “Interacting with all different types of people. It was also an amazing experience being part of a comedy as we have never done one at our school yet.”



Shannon Eby/Del.Aware

Senior Josephine Perez

As Narrator 2

Q: “What was the best part of the play?”

A: “I liked how I was able to explore my acting more. I was able to focus more on comedic timing making intentional movements than I ever have before.”



School News

SkillsUSA winner Lydia Navarro advances to States

By MADDIE GIFFORD

Community News Editor

On Jan. 4, junior automotive student Lydia Navarro competed at SkillsUSA in the customer service division and won first place. She will now be competing in the state competition happening from April 3-5.

"Lydia is pretty active in CTE. Mr. Ryan and I thought she would be a good fit for the customer service competition," SkillsUSA club adviser Mr. Keith Fitzpatrick said. "We were both pleased when she decided to compete and we knew she would do well."

SkillsUSA club, which consists of CTE students from electrical, building, automotive and culinary were given a chance to compete with fellow CTE students from other schools at their specific skill/trade

in the local SkillsUSA competition.

"I absolutely love talking to customers. In the automotive field it is very competitive especially for women," Navarro said. "I love making other females feel welcome into this field of work, along with making other customers feel welcome as well."

Navarro competed and was asked questions from customer service division advisers, along with taking a written exam. After completing her questions and her exam, Navarro and other advisers were interviewed by Channel 16.



Contributed Photo

Lydia Navarro discusses how she wants more women to be involved in the automotive field.

"One of the other advisers being interviewed with me said that a Skills competition is basically comparable to students playing sports like basketball, football etc. but for students in trades," Navarro said. "I love how he said this, and I think that it perfectly describes Skills."

Navarro is the only student who qualified for States, and on April 3-5, she will go to Hershey to compete for three days against students from all around Pennsylvania. If she advances, she will then qualify for the national championship in June.

"All the CTE teachers are proud of her and we are excited to see how she does in States," Mr. Fitzpatrick said.

Student Council members will be selling carnations on Feb. 12 and 13 during lunch for \$1 each.

Students have the option to take them and deliver the flowers themselves when they buy them,



or they may have them delivered to their homerooms on Feb. 14.



Cinderella's Closet offers affordable formal attire

By KAYLEE KURCON

Managing Editor

With semi-formal and prom just around the corner, many students are looking for formalwear. Prom dresses and suits can get expensive, but Cinderella's Closet provides attire at no cost.

Cinderella's Closet is a school-run

program that offers students the opportunity to borrow dresses, suits and shoes for a special night, without the burden of spending hundreds.

The program has a large variety of options in dresses, ranging from ball gowns to two pieces and mermaid style. Cinderella's Closet is not limited to only clothing and shoes but also provides ties,

purses and accessories.

"It is a great idea to take advantage of free and sustainable formal wear for any formal occasion," coordinator Mrs. Leslie Lordi said.

Cinderella's Closet has a record amount of supply this year with almost 60 short dresses, over 100 long dresses and over 60

options for menswear.

If interested in saving money during this semi-formal and prom season, see Mrs. Lordi in C13 to browse through options.

Students are welcome to make donations to Cinderella's Closet from now until prom.

All formal attire should be returned after events are over.

"It is a great idea to take advantage of free and sustainable formal wear for any formal occasion."

- Mrs. Leslie Lordi

Inquiring Photographer

"WHO IS YOUR CELEBRITY CRUSH?"

COMPILED BY HAZEL BURO



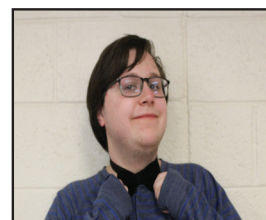
"Jeremy Allen White"
Adrianna Buchanan
Class of 2024



"Jacob Elordi"
Nina Como
Class of 2025



"Josh Allen"
Colston Prinzing
Class of 2027



"Peyton List"
Nikos Burks
Class of 2024



"Livvy Dunne"
Ian Fenstermacher
Class of 2027



"Justin Bieber"
Sophie Alario
Class of 2024

Opinions

Epstein list strikes controversy in eyes of misconstrued media

By ROXY CAUCHI
School News Co-Editor

The list of known associates and victims of Jeffrey Epstein, a deceased sex-offender, became public following a court ruling on Jan. 3 and 4. Epstein was a financier who was charged with one count of the sex trafficking of minors in July 2019, and then died just one month later in his jail cell. The term “The List” has been coined by many popular news sources, and when it was unsealed, caused quite a stir throughout the media and public due to the overdramatization and misconceptions surrounding it. Some of the names that were released were those of people in power and in pop culture, like former president Donald Trump and German model Heidi Klum.

People have different interpretations of what the Epstein list means. Common misconceptions were that the revealed names were those of “clients” or “co-conspirators” due to the list’s popularity on social media. The media can sometimes sensationalize or misinterpret information, so it’s crucial to verify facts and rely on credible sources.

Some also believe that everyone on the list is involved in illegal activities. However, it’s important to remember that the list itself is not definitive proof of guilt or innocence. It’s simply a record of connections. The actual meaning of the list can only be determined through thorough investigation and legal proceedings. It’s essential to separate speculation from facts when discussing the Epstein list or any other news.

Finding credible news sources is important because

it helps us obtain accurate and reliable information. In today’s digital age, there is a vast amount of information available, but not all of it is trustworthy. Credible news sources adhere to journalistic standards, fact-check their information and provide balanced perspectives. By relying on credible sources, we can make informed decisions, avoid misinformation and have a better understanding of the world around us. It’s like having a reliable compass to navigate through the sea of information.

It’s important to approach the information with skepticism and rely on verified facts. The media plays a significant role in shaping public opinion, but it’s always a good idea to do our own research and form our own informed perspectives.

The unfortunate demise of Sports Illustrated

With the recent news regarding Sports Illustrated, something is now lost in the world of sports journalism.

By BRYAN POL
Contributing Writer

As a teenager, every Thursday was like its own Christmas Day with the arrival of the latest edition of Sports Illustrated in my mailbox.

Even without premier journalism from the likes of Jack McCallum, Tom Verducci, Leigh Montville or Armen Keteyian, the pages told their own story, from the indelible front covers to the engaging photography within each issue. Such pictures adorned my walls throughout high school and into college. No perusal of an issue was complete without turning to the back page first to read Rick Reilly’s latest take on the world of sports at large. Season preview issues were the reason why you subscribed, establishing Sports Illustrated as the standard for sports journalism for

decades.

I credit the magazine for cultivating my love for sports. Through its pages, I witnessed Tiger Woods’s ascension, the Joe Torre era Yankee dynasty and O.J. Simpson’s fall from grace. Each story and photograph added a different thread to the tapestry that comprises my collective memory of sport, including Brandi Chastain’s goal celebration that heralded the USWNT’s place on the World Cup stage, the image forever preserved on one of the magazine’s iconic covers.

With the recent news of major layoffs at the magazine, we now witness another sign that print journalism is on its last breath. In an instant gratification, “need it now” society, digital news stories, though easily and readily accessible, are often mechanically awkward, often bereft of clever turns of

phrase, and often factually incorrect, simply because journalists care more about being first as opposed to being right.

To that end, I implore of our budding, future journalists: Maintain your integrity. Corroborate your sources. Build relationships with your fellow staff and your interviewees who are your most important clients.

Above all, consider author James McBride’s foremost tenet of journalism: “The details always tell the story.” The truth is out there—you simply need to tell it. And don’t let the demise of major publications deter you from partaking in one of the most important professions the world has to offer. Give that teenager a reason to run to their mailbox.

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Letter Guidelines

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

Mail: Letters to the Opinions Editor, Del. Aware, 252 Route 6 & 209, Milford, PA 18337

Email: del.awarenewspaper21@gmail.com

Opinions

Are high school relationships worth it?

By KAYLA SYKES

Sports Co-Editor

Some people might believe that high school relationships are a waste of time, and some people believe that they are going to marry their high school sweethearts. The answer is a personal belief, and in my opinion, they are worth the experience.

Nothing beats the first time getting to know someone and going on dates. It's both exciting and nerve racking.

But with high school relationships come normal teenage drama, immaturity, and for seniors, the end of their high school era. Before getting into a relationship in high school, you should be aware of these factors, and they are likely to play a role throughout the duration of the relationship.

For a relationship at any age, you

have to expect to put in work. You need to put in effort, be understanding and supportive, care about the needs of the person you're with and most importantly, stay true to yourself. If you think that these are things you're not willing to give, then I don't think high school relationships are worth it for you. There is no point in wasting your time or someone else's.

Now are they worth it in general? Yes. High school relationships are a good way to learn early on what you need and want from someone else, your own boundaries and especially traits you need to work on yourself. Not every high school relationship is going to last forever, so a break up in high school can be difficult, but it's worth the growth and the better person you can become from it.

DV students face avoidable WiFi challenges

By CLAIRE MAROTTA

Contributing Writer

DV's staff and students are tired and frustrated of having access to their cellphones but not having the WiFi to use them.

As the world continues to grow technologically, the concern of cellphones grows, particularly in schools. While some students are angry with the inconvenience, others are angry because they are scared.

Not being able to communicate outside of the classroom can be a major safety concern, especially with the concerning rise in school shootings. Students are uncomfortable with the fact that if they were in danger, they could not contact anyone outside the building.

"It does make me feel very nervous that if something ever happened, I

wouldn't have a way [to communicate]. It should make everyone that has a kid in school nervous because they can't communicate with their family," junior Emily Cronin said.

Not only are students scared of safety concerns regarding the lack of cell phone service, but they are also frustrated because it's the 21st century and we can't use our phones. Our district is almost completely online when it comes to learning so the fact that cell phones aren't available is senseless.

The school district needs to take action and lower the avoidable levels of fear and frustration by simply providing WiFi to the students and staff.

"It would make me feel more comfortable to have a way to contact the people I love in a worst case scenario," Cronin said.

OUR OPINION

Gypsy Rose's social media presence proves consumerism to be out of hand

In light of her release from prison, Gypsy Rose Blanchard has recently received the spotlight and overwhelming support across all social media platforms.

Gypsy was released from a Missouri prison on Dec. 28 after completing 85% of her 10-year sentence. She was arrested on June 15, 2015, after pleading guilty for her role in her mother's murder.

Gypsy's mother, Dee Dee Blanchard, had fabricated stories, making her daughter and those around them believe that Gypsy suffered from leukemia, muscular dystrophy and numerous other medical conditions. Dee Dee chronicled their lives on social media, gaining a large following.

When Gypsy began to realize she was not actually sick, she plotted her mother's murder with her boyfriend Nick Godejohn. Godejohn committed the murder, stabbing Dee Dee to death with the knife that Gypsy gave him.

While Gypsy only received a sentence of 10 years, Godejohn was sentenced to life in prison and an extra 25 years for armed criminal action.

As soon as Gypsy was released from prison, she began posting on TikTok and Instagram. Her posts started going viral and began to gain millions of followers. Many of her followers began making edits and hashtags for her to spread support.

When considering the facts and details of Gypsy's case, it is only reasonable to question why we as consumers are glorifying this situation. How are we idolizing someone who planned her own mother's murder?

Granted, her mother was not a

good person in the slightest, but it does not take away from the fact that this up and coming celebrity took place in a crime that leaves some people on death row.

Although these videos and edits may seem fun and lighthearted, supporters need to be reminded of what things are made out to be versus what they actually are.

Gypsy is a woman who has undoubtedly been through a lot. She has good intentions when it comes to social media, stating that she wants to create a platform to advocate for Munchausen Syndrome by Proxy, but being rapidly exposed to media culture is not what she needs.

Recently getting out of prison and starting her new life after being in prison for so long should be the only issues she is tackling right now. For someone who has gone through so much, social media is not going to help heal.

During this time, Gypsy should be spending time with her family, getting therapy to heal from the trauma she has been through and healing on her own. Jumping right into social media is just a mess waiting to happen. While social media is a great way to advocate and share her story, it is also a dangerous place, especially considering how quick the internet can turn on women.

Gypsy is not media trained and is new to the spotlight, so giving her all of this attention, she is bound to say or do something that people do not agree with, which will inflict unnecessary chaos into her currently hectic life.

We need to stop idolizing and start thinking about the situation as it really is.

School News

Culinary CTE hosts CLNA Dinner

By MICHAEL ELARO

World News Co-Editor

The culinary CTE program hosted a dinner for the Comprehensive Local Needs Assessment meeting on Jan. 25. This meeting is one of the most important for the CTE programs.

The CTE students prepared a three-course meal. The appetizer was homemade French onion soup with burgers for the entrée and finished with ice cream as dessert.



Michael Elaro/Del.Aware

Junior Peiper Sivo seasoned the French fries that were served with the entrée.



Michael Elaro/Del.Aware

Chef Niosi moves buns onto the stove to prepare them for toasting.



Michael Elaro/Del.Aware



Michael Elaro/Del.Aware

Junior John Gerke toasted the burger buns on the stove to achieve a golden brown color.



Michael Elaro/Del.Aware

Junior Sierra Gill prepared whipped cream which was served with the ice cream.

OFFBEAT NEWS

Chicken patties



New improvements have made their way to the school cafeteria regarding the chicken patties. After years of serving the perfectly round, overly-crustied patties, the staff made the switch to a more natural looking and tasting patty that tastes like a chicken sandwich. The head director of the schools' cafeterias, Mr. Roselli, revealed that the new chicken patty is actually the kind that the school used to serve years ago.

Compiled by Kat Quinn

Puzzle Fun

This puzzle fun involves decoding skills. Each number corresponds to a letter's position in the alphabet. (Ex. A = 1 and B = 2) Once you decode the message, report to Mrs. Lordi in C13 to receive a prize. The winner of last edition's puzzle was freshman Nadya Bermudez Viccica.

20♥15

20♥18♥25

9♥19

20♥15

23♥9♥14!

12♥15♥19♥9♥14♥7

13♥5♥1♥14♥19

12♥5♥1♥18♥14♥9♥14♥7.

Compiled by Siasia Bean

How to: Apply for scholarships

Scholarships can be a way for students that may be in financial need and who meet certain academic requirements to find easier ways to pay for college. Throughout high school, students can apply for scholarships for all majors at any point, but it's best to wait until your junior or senior year. While most scholarships may require an essay, there are still some that don't require applicants to write. Scholarship topics range from certain traits, educational or interests the applicant may have. The money received for scholarships will be sent directly to the colleges, but some may send the money to the receiver. For any further questions about scholarships, reach out to an 11/12 guidance counselor.

- Compiled by Gia Scimecca

Finding Scholarships

- Guidance counselors handed out a scholarship packet to seniors in English classes on Jan. 26
- Apply for FAFSA to receive federal aid and possibly qualify for both federal and state grants
- Look on websites like Niche, Scholarship Owl, Scholarship America and Cappex
- Look for scholarship opportunities in places in the local community, such as libraries, local businesses, or religious organizations

- Compiled by Hailey Kelly

Applying to Scholarships

- Most scholarships require essays written about yourself. Students should make sure to check the requirements for each scholarship
- Verification of college acceptance letter must be attached to your application.
- Ask for your most current transcript in the guidance office
- Follow deadlines on the "Scholarship Listings" in the public file- do not follow the deadline on the specific application
- Hard copies of the scholarship listings will be available in 11/12 guidance office
- It is important to not turn in any scholarships into the organization
- Guidance will forward applications for you
- Any questions should be directed to 11/12 guidance secretary Mrs. Leslie Thompson

- Compiled by Shannon Eby



School News

Band students attend PMEA District 10 band festival

By ROXY CAUCHI
School News Co-Editor

Five high school students qualified for the PMEA District 10 band and participated in the three-day festival from Jan. 11 - 13. The festival was hosted by Exeter Township Senior High School.

The participating students included seniors Nev Rhein, Charlie McClain and Abby Zimmerman, junior Owen Carso and sophomore Grace Stevens.

At the concert the band played "A Song for Tomorrow" by Kevin Day, "Apollo Unleashed" by Frank Ticheli, "The Last Hive Mind" by Shuying Li and "Folk Dances" by Dmitri Shostakovich. They were led by guest conductor Gled Adsit.

To prepare for their performance, the band followed a rigorous rehearsal schedule. On the first two days, the band practiced for 10 hours without breaks, then only three hours on the last day. They

started their days in sectionals, which allowed each individual section to clean parts of the music before coming together as a whole band.

"Nitpicking the tiny details took the performance from good to great," Zimmerman said. Zimmerman also attested to the positive environment that the conductor, and the band as a whole, was able to create.

"Nitpicking the tiny details took the performance from good to great."

- Senior Abby Zimmerman

"My favorite part was being able to experience an ensemble of more dedicated players," Rhein said, "Being able

to perform alongside musicians who are as serious about the future of their music as I am is always really enriching for me."

This festival also gives students the opportunity to study under different directors and techniques.

All five students qualified for the PMEA Region

V band which will take place on Feb. 24.



Contributed Photo

Five student musicians attended the PMEA District 10 Festival and qualified for the PMEA Region V band Festival set to perform in February.

Students, faculty donate 41 pints at blood drive

By ETAIN STARR
Opinions Co-Editor

Delaware Valley hosted a blood drive in the high school gym on Jan. 24. The drive was run by 11/12 nurse Mrs. Jodi Kresse, the American Red Cross and the healthcare CTE students.

As in previous years, the drive was a success. This year, there were 49 participants who donated 41 pints of blood. The goal set was 43 pints.

To bring awareness to the event, the healthcare CTE students created a group called the "Leadership Team", where they worked together to promote and stress the importance of the drive. The team consisted of seniors Anaya Ruiz and Amber Weed and juniors Jenna Zuelch and Vivi Sutton.

Donating blood is

something that is super important because it is something that can not be made in a lab. When you donate blood it usually stays local and helps people in your community.

"When you donate one pint of blood, it saves three lives," nurse Jodi Kresse said.



Etain Starr/Del.Aware

Senior health care students Natalie Bower and Audri Smith checked people into their appointments.

Dance the night away at semi-formal

By OLIVIA VAN TASSELL
Community News Co-Editor

The annual semi-formal dance for juniors and seniors will be held on Feb. 16. The dance will be in the middle school gym from 7 - 10 p.m.

Tickets can be purchased for \$7 at the door or pre-sale for \$5. A premium pass will also be available for \$10 during presale, which includes a food and drink voucher. Today, Feb. 9, will be the last day of pre-sale and will be sold during all lunches.

With the voucher, students can get a specialty drink and access to the nacho bar. Culinary students will cater food including chocolate croissants. The Student Council is providing specialty

drinks to match the red carpet theme. The two specialty drinks include the Barbie, a strawberry daiquiri, and the classic Shirley Temple.

Guest applications for underclassmen and students from other schools are due today, Feb. 9 and can be turned into the 9/10 or 11/12 office.

The head of the semi-formal committee for Student Council, junior Bennett Nielsen, is enthusiastic about the dance.

"I'm most excited for the theme this year because it will enhance the dance in a way that hasn't been done before,"

Nielsen said.

He hopes that the red carpet theme will set a precedent for future dances.

"We're encouraging people to dress as if they would walk down the red carpet," Nielsen said.



New Year, New Trends



Compiled by Kayla Sykes

As New Balances have been making a comeback through social media, this style of 550s can be purchased from New Balance and other popular shoe stores costing around \$110.



Compiled by Kayla Sykes

The Adidas Samba used to be a pop culture emblem in the 90s, and the trend appears to be back. You can find styles like this one on the Adidas website for \$100.



Sweatpants became increasingly popular during the fall and winter months of last year. They're available online with the price ranging anywhere between \$10 to \$60 depending on where you order them from.

Compiled by Brian Rodriguez-Hernandez



The Hatch Restore alarm clock provides an alternative way for people to wake up and go to sleep. The clock connects to your phone through an app that allows you to set all your preferences, like pink noise or light rain to help you tune out any distractions that might keep you awake. This alarm wakes you up gently with a gradual sunrise light and a selection of sounds like morning birds, meditative flute or relaxing chimes.

Compiled by Olivia Van Tassell



Lemon8

Lemon8 is gaining popularity among social media platforms. The app is designed to be a lifestyle platform for users to publish their takes on new recipes, trends, outfits, accessories and even must-reads. Lemon8 is great for users wanting to gain lifestyle inspiration for the new year.

Compiled by Emma Ciancio

What is your favorite New Years trend?

Compiled by Francesca Antonecchia



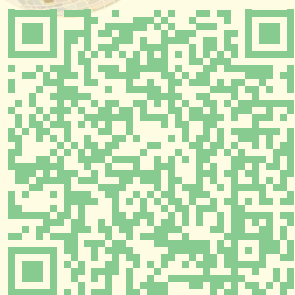
Carmella Ford
Class of 2026
"Shoes"



Mrs. Krystine Thompson
Faculty
"New workout plans"



Lilly Whitehead and
Keira LeMay
Class of 2027
"Gold jewelry"



If you want ideas of how to achieve your goals for 2024, listen to some podcasts for helpful inspiration. Scan the QR code to see some great ones to start the new year with!

Compiled by Roxy Cauchi

Community News

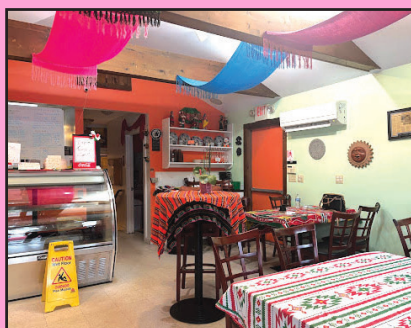
Tequila Sunrise offers authentic Mexican cuisine

By MICHAEL HELT
Online Editor

Located in Milford, Tequila Sunrise is a restaurant that specializes in Mexican cuisine. The restaurant offers both dine-in and takeout options and is open all days of the week except for Mondays.

The building is quite small, with only a few available tables to sit at. This doesn't pose a problem on most occasions, as the restaurant routinely has open seating options. Everything was very clean and welcoming, and ordering was a friendly experience.

The management and workers were kind and helpful, and the menu had a plethora of options to choose from, including specialty



Michael Helt/Del.Aware

Tequila Sunrise has a small but welcoming interior and is kept clean and professional for customers.

vegetarian options.

On my most recent visit, I ordered a California burrito with steak. The wait time was only about 10 minutes. Though the cost of \$13.95 may seem hefty at a glance, the large size and heartiness of the burrito certainly made the price more than reasonable.

The burrito itself was fantastic. The meal, while rich in content, was presented neatly and was easy to eat, which can often be an issue with relatively large meals.

I would highly recommend visiting Tequila Sunrise and seeing what they have to offer. The entire experience was pleasant and the food was more than worth its cost.

The Presby Players to put on Valentine's cabaret

By ROXY CAUCHI
School News Co-Editor

The local performance group The Presby Players will put on its annual Valentine's Day show on Feb. 16-17 at 7 p.m. and Feb. 18 at 2 p.m. This year, the show is titled "My Funny Valentine" and will feature a mix of comedic love songs.

The show will take place in Marsh Hall at 60 Sussex St., Port Jervis.

The cast is made up of community members of all ages, including Delaware Valley seniors Josephine Perez, Roxann Cauchi and Morgan Frey, junior Jasmine Lucente, sophomore Ashantia Dicette, freshmen Logan Woodward, Lillian Seibert and Alyssa Donatone and eighth grader Beau Tannenbaum.

The show is directed by Jeffery Stocker, musically directed by Sandy Stalter and choreographed by Melissa Thomas.

The group will be performing one full-cast number entitled "Comedy Tonight," one song

that features just the highschool girls entitled "Positive" and one song featuring only the adult cast members entitled "It's the Little Things."

"Even though we're still learning brand new choreography and music as the weather has prevented half of our rehearsals from happening, it is fun to see everyone perform," Perez said, "I'm really excited for people to see what we've put together."

The group rehearses every Sunday from 2 p.m. until 6 p.m. in order to make up for the time lost due to bad weather. Rehearsals start with learning the choreography and then continue with rehearsing the group songs. The solos are practiced individually outside of scheduled rehearsal time.

"Being a part of this show offers an amazing chance to not only showcase talent but it is also a fantastic opportunity to connect with people who have the same passions and interests," Lucente said.

Local ski resorts offer variety of winter activities

By MADDIE GIFFORD
Community News Editor

As it begins to get colder, interest in snow activities rises. Here are some recommended places for skiing, snowboarding and more.

Mountain Creek

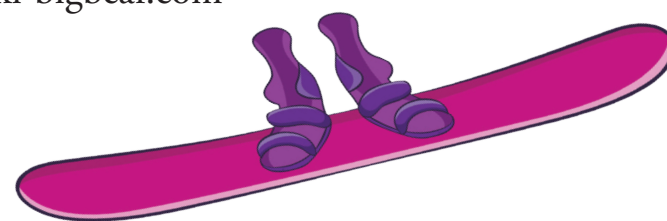
Mountain Creek, located in Vernon, New Jersey, is a highly recommended place for skiing, snowboarding, snow tubing, taking lessons and other planned events that can be found on their website. Mountain Creek also offers resort lodging and dining. All prices can be found at mountaincreek.com.

Shawnee Mountain Ski Resort

Located in East Stroudsburg, Shawnee offers trails for skiing, snowboarding, daily lessons and a mini-snowboard camp. On weekdays, adults ages 19-64 pay \$60, and youth up to age 18 pay \$47. All other prices can be found at shawneemt.com

Big Bear at Masthlope Mountain

Big Bear located in Lackawaxen, is a smaller resort with fewer trails than other resorts but still a good choice. Big Bear has trails for skiing, snowboarding, snow tubing and offers private or group lessons. All prices can be found at ski-bigbear.com



Community News

Local businesses put sweet spin on Valentine's Day

By EMMA CIANCIO
Opinions Editor

With Valentine's Day coming up, turn to your local businesses for gifts, treats and accessories.

Chokaylit Treats

Chokaylit Treats is a sweet treat business run by Kayla Antolino through her Instagram, @Chokaylit.Treats. Antolino sells customizable chocolate-covered treats like Oreos, Rice Krispie treats and pretzels and other treats like cocoa bombs, candy kabobs and breakable hearts filled with candy. Antolino's treats range from \$5-\$45 depending on factors such as the



Contributed Photo

wrapping around the treats and quantity. Antolino feels that the best Valentine's Day gift for families would be the breakable chocolate hearts because of their memorable nature. On top of having Valentine's items, Chokaylit Treats will have Super Bowl menu items for sale.

Kindness Creates Boutique

Kindness Creates Boutique is the perfect place to shop for a variety of gifts, whether it is for yourself or a friend. Kindness Creates Boutique is owned by Kimber Clegg who states that her mission is to make all customers feel confident and welcome. Kindness Creates offers a wide range of clothing items, car accessories



Contributed Photo

and decor for affordable prices. The business is located on 605 Pennsylvania Ave. in Matamoras and is online at KindnessCreates.com. Kindness Creates will be offering a 15% off discount from Feb. 9-March 1 when mentioning this article at checkout.

Paradise Nutrition

Paradise Nutrition is a local drink bar located at 150 Water St. in Milford. Paradise Nutrition is not running any Valentine's Day sales, but there will be a Valentine's-themed menu posted on @paradisennutrition.nepa. Owner, Michelle Washington recommends gift cards, tea kits and dates to Paradise Nutrition for Valentine's Day fun.



Contributed Photo

Young Life provides beneficial experiences to students

By BRIAN RODRIGUEZ-HERNANDEZ
World News Co-Editor

Young Life is a Christian youth group that focuses on reaching out to middle school, high school and college students all over the U.S. to teach them the Gospel of Jesus Christ. Moreover, they put a great emphasis on surrounding kids with leaders, events and experiences where they can feel safe and welcome, while also keeping them away from troublesome elements teenagers tend to experience.

Beginning in the early 1940s, Young Life began in response to an emerging adolescent subculture, which was centered around high school.

Young Life implements the idea of The Five Cs; contact work, club, campaigners, camp and committee.

These five Cs revolve around different aspects of kids' experiences at Young Life and ensures that they are getting the benefits of enjoying themselves as well as learning.

Two teams part of Young Life serve the Delaware Valley and Port Jervis school districts. Many teachers and staff members of both school districts are actively involved in the organization. One such member is English teacher Mr. Bryan Pol.

"Through my involvement with Young Life, I have met some of the most caring people you could possibly imagine," Mr. Pol said. "Such friends are genuinely invested in the welfare of teens, loving these kids in ways they truly deserve."



Contributed Photo

The Young Life staff from Lake Champion attended the 1YL conference in Anaheim, California from Jan. 6-10.

Back Road Brewery provides food, entertainment for teens

By HAILEY KELLY
Arts & Lit Editor

The Back Road Brewing Company is a local brewery that opened up over the summer. It is nestled just outside of Milford on Old Milford Road and is set on 13 acres of picturesque old farmland.

Back Road Brewing Company is a family and pet friendly establishment that not only serves all types of beverages but also a variety of food. The food menu includes a variety of pizzas, appetizers, wings and chicken sandwiches. There are also non-alcoholic drinks available for purchase.

Customers can order at the food counter or they can sit down and use the QR codes on the back of the table numbers. There is line dancing and a different band every

night that offers entertainment for all ages to enjoy. Games like Human Jenga, Cornhole and plastic ax throwing are also available for use.

The theme of the brewery is an old rustic look. The exterior resembles a barn and has a patio with plenty of seating, picnic tables and bonfire pits in the back. The interior is decorated with rustic decorations, a burned wood look on the tables and the counters as well as merchandise hanging on the wall.

They are open on Wednesday and Sunday from 12 p.m. to 8 p.m., Thursday from 12 p.m. to 9 p.m. and Friday and Saturday from 12 p.m. to 10 p.m.



SPORTS CONTROVERSY

Compiled by Cassandra Joyce

Trashers knock out competition

The mafia, brutal fights and a 17-year-old owner of a professional sports team. While this sounds like the beginning of a movie, it's what gave the Danbury Trashers a cult-like following.

In 2004, the Danbury Trashers were born: a United Hockey League team bought by Genovese crime family member and inspiration for Tony Soprano, Jimmy Galante, for his 17-year-old son A.J..

A.J. Galante found a love for hockey after watching "The Mighty Ducks" as a child. He played until suffering a career-ending injury to his leg in high school. In addition to hockey, he was a huge WWE fan. Naturally, when he was gifted a hockey team, he combined the two interests into one.

The first player signed by the Trashers was Brett Gretzky, the younger brother of NHL legend Wayne Gretzky. Former NHL players Rumun Ndur and Mike Rupp were early acquisitions, as well as ex-convict Brad Wingfield, David "One Eye Willy" Beauregard and rowdy brothers Mike and Drew Omicioli. They were tough and gritty guys who had one goal: beat up everyone they stepped on the ice with, giving A.J. Galante his WWE-hockey dreams.

Very quickly, the self-proclaimed "bad boys of hockey" kept gaining more and more attention. Fans filled the arena to watch the fights, antics and a skilled team. In their first season, the Trashers finished 44-29 and made it to the second round of playoffs. In their second season, they ended with a 48-17 record and lost in the championship game.

However, the downfall of the Trashers began just after the end of their second season. Jimmy Galante was indicted on 72 charges relating to his garbage disposal company and the Trashers, including racketeering, defrauding the UHL and wire fraud.

Although short lived, the Trashers left a lasting impact on Danbury and the hockey community as a whole. The bad boys were suddenly the heroes, and fans still can't get enough. Netflix released a documentary about the team in 2021, and Trashers' merchandise is still available to buy online.

Compiled by Shannon Eby

Houston Astros accused of cheating

The Houston Astros cheating scandal in the 2017-18 season was a major controversy in baseball. The controversy involved the Astros using technology to steal signs from their opposing teams during their 2017 World Series winning season. According to MLB investigators, the Astros used their replay review camera feed in centerfield to steal opponents' signs.

Also according to the investigation, one of the Astros players would act as a "runner" and would allegedly relay signs to teammates and eventually the batter on the next pitch the pitcher needed.

The scandal shook the baseball world and raised many questions about the integrity of the game, and many fans and players were disappointed and saw the Astros' actions as undermining the fairness of competition.

The Astros were also accused of cheating in the American League Championship in 2019 when Jose Altuve hit the game winning homerun against the New York Yankees to send the Astros to the World Series.

As his teammates were about to mob him at home plate, he allegedly asked them not to rip off his jersey because he was supposedly wearing a buzzer underneath, which indicated to him what pitch was coming next. Although no evidence was found, this rumor still angered many fans and teams.

After the conclusion of the MLB's investigation, many penalties were issued to both players and coaches. The Astros fired manager A.J. Hinch and general manager Jeff Luhnow in 2020, after Major League Baseball fined the club \$5 million and docked them several top draft picks.

After this controversy, the Astros' reputation may be tarnished some and will forever have a lasting impact on the baseball industry.



Olympics

This year, the Olympic Games were held in Tokyo, Japan. The city of Tokyo is home to a large number of people, and the Olympic Games were held in a large stadium.

The Olympic Games were held in a large stadium, and the city of Tokyo is home to a large number of people. The Olympic Games were held in a large stadium, and the city of Tokyo is home to a large number of people.

Once their plan was complete, the city of Tokyo was not limited to locals. The Olympic Games were held in a large stadium, and the city of Tokyo is home to a large number of people.

"My only goal was to win the Olympic Games," said the athlete. "I was determined to win the Olympic Games, and I was determined to win the Olympic Games."

He made another attempt to win the Olympic Games, and he was determined to win the Olympic Games. He made another attempt to win the Olympic Games, and he was determined to win the Olympic Games.

As of Jan. 23, the city of Tokyo is home to a large number of people. The Olympic Games were held in a large stadium, and the city of Tokyo is home to a large number of people.

Compiled by Shayla Macaulay-Dech

Reggie Bush

Reggie Bush left a lasting mark on the history of the University of Southern California (USC).

The controversy surrounding Reggie Bush's eligibility to play for USC, which included the university's decision to allow him to play for the team.

s surfing event set to destroy reef

Olympics are set to be held in Paris, France. The surfing event is to be set in a town called beautiful coral reef, but Olympic proceedings will damage it. Committee plans to build a new judging tower for the surfing competition, despite there being a tower that could be built upon. This construction will require a portion of the coral reef to be here to be enough room for the tower. Plans for this tower were released, the backlash was almost immediate, upsetting many, including but the word began to spread on social media, gaining the attention of hundreds of thousands of people. Drollet, a surfer living in Teahupo'o, has been one of the largest advocates on social media who is the tower. "I was to defend Teahupo'o and make sure that what our ancestors gave us, you know, give it how generation," Drollet said in a YouTube video. "The great point in the video, explaining that the competition is only two days long and isn't enough to justify this extent. This reef provides food for residents and helps to maintain a balance in the ecosystem. Destroying a part of it could alter those dynamics. The plans for construction are still in place, and the Olympic Committee will move forward with



Bush gives up Heisman Trophy

Bush rose to fame as a skilled running back at the University of Southern California. He was a star in college football; however, his achievements became spoiled with controversy. Surrounding allegations of receiving improper benefits arose following his 2005 Heisman Trophy win. Investigation revealed that Bush's family received substantial gifts from sports marketers during his time at USC, including housing, car, and financial assistance among other perks which violated NCAA's rules, leading to him distancing themselves away from Bush and his family.

After long, extended battles, Bush decided in 2010 to forfeit his Heisman Trophy voluntarily. No one else was named the winner in his absence, providing a unique moment in the history of the prestigious award.

The controversy had enduring consequences on Bush's career and legacy. It left a casting shadow over his collegiate accomplishments with his accusations that his achievements at USC were compromised.

Transitioning into the NFL, Bush faced challenges in meeting fan expectations, which led to speculation that the controversy had impacted his own outlook on his career. He did find success later in the league, but this lasting effect reminded him that his talent was and is overshadowed by controversy.

This controversy serves as a cautionary tale for future athletes. It emphasizes the importance of NCAA regulations and the impact that violations can have on a player's reputation and achievements.

Compiled by Bobby Russo



CONSPIRACIES

Curse of the Bambino

Between 1918 and 2004, the Boston Red Sox failed to win a single World Series- with the only reasonable explanation being an ill-fated curse. Before Babe Ruth gained most of his fame with the New York Yankees, he was winning the World Series with the Red Sox. During his six-year tenure with the team, he won it all three times. After the 1919 season, Red Sox owner Harry Frazee did the unimaginable, selling Ruth to the rival Yankees for \$120,000 and a \$300,000 loan. This led to the 86 years of misery for the Red Sox with them not winning a single World Series.

Curse of the Billy Goat

From their establishment in 1876 as the Chicago White Stockings until their final World Series appearance for 57 years in 1945 as the Cubs, Chicago housed one of the most prestigious baseball teams in the country. They had an overall .559 win rate to go along with 51 winning seasons, 16 first place finishes and 16 pennants with the same amount of World Series appearances. This all changed though in Game Four of their World Series matchup against the Detroit Tigers. With the Cubs up 2-1 in the series, local bar owner Willaim Sianis bought two tickets to the game, one for him and another for his goat Murphy. They were told that Sianis was allowed into the stadium, but his goat was banned. When Cubs owner P.K. Wrigley explained that the goat couldn't go inside because he "stinks," Sianis cursed them to never win another World Series.

Curse of the Terrible Towel

The Pittsburgh Steelers' Terrible Towel is one of the NFL's most recognizable symbols. While it's mostly used by fans to show their team spirit, the Terrible Towel has a history of ruining seasons of disrespectful opposition. The first instance of this curse was during the 1994-95 season when a player on the San Diego Chargers disrespected the Towel after beating the Steelers in the AFC Championship game. They went on to lose the Super Bowl and have not been back since. This isn't the only case of the Terrible Towel Curse. In this latest NFL season, during the week eight Steelers and Jaguars game, several players used the Towel to taunt after defeating the Steelers. The Jaguars proceeded to end their season with a 3-7 record, and lost out on a playoff spot to the Steelers.

Bobby Layne's Curse on the Lions

Before the Detroit Lions became the laughing stock of the NFL, they were a powerhouse team, specifically in the 1950s. Between 1950-58, with the help of star Bobby Layne, the Lions were able to win three NFL championships. After the 1957 season, the Lions chose to trade away Layne, which led to him cursing the team with bad luck for the next 50 years.

Compiled by Michael Elaro

World News

Groundwater levels depleting worldwide

By GIA SCIMECA
Arts & Lit Co-Editor

Around the world, aquifers, which hold groundwater, have had dramatically declining water levels. This could affect millions of people.

In parts of the world where water is scarce, people rely on these aquifers as their only access to fresh water or for irrigation. If these water sources deplete, it could potentially lead to land subsidence, which is a gradual setting of the Earth's surface.

Between 2000 to 2022, a study conducted showed that 71% of 1,693 aquifer systems have been declining and 36% have been declining over 0.1 meter a year.

"This study was driven by curiosity," assistant professor in University of California's Santa Barbara's Environmental Program Debra Perrone said. "We wanted to better understand the state of global groundwater by wrangling millions of groundwater level measurements."

Nearly 1,700 aquifers across more than 40

countries showed that groundwater levels have declined in almost half, and only 7% increased around the same time period.

In Spain, the Ascoy-Soplamio Aquifer has the



Source: Sreyasvalsan/Wikimedia Commons

The depletion of aquifers worldwide could have grave consequences such as rivers possibly drying up.

highest decline rate with a median decline of around 2.95 meters per year. Several aquifers in Iran have also shown rapid declines of groundwater reduction, but there hasn't been as much data from Africa, South America and Southeast Asia due to lack of monitoring.

Yet, there have been studies that show some examples of groundwater recovery after interventions.

Comparing data from groundwater levels from 1980 to 2000 in 542 aquifers showed that 30% of the groundwater levels have fallen faster since 2000 than they did prior. In 20% of aquifers, groundwater levels have declined at a much slower rate, with 16% reversing entirely and are now rising.

A correlation researchers have identified is it might involve the change in the amount of precipitation over a particular region with 80% of the aquifers with an accelerating decline also experiencing decreased precipitation.

Doomsday clock set at 90 seconds to midnight for second consecutive year

By SIASIA BEAN
Science & Technology Co-Editor

The Doomsday Clock, which represents humanity's closeness to global catastrophe, has remained at its latest ever time for the second year in a row.

The clock, founded by Albert Einstein in conjunction with the University of Chicago, is managed by the university's Bulletin of the Atomic Scientists and updated once each year. This is a carefully contemplated decision based upon global issues such as climate change. The Bulletin of the Atomic Scientists conveyed an arguably grim message regarding the state of global affairs in their statement released Jan. 24.

"There is no clear pathway for forging a just peace that discourages future aggression under the shadow of nuclear weapons," the 2024 statement

by the Bulletin of Atomic Scientists said.

Due to continued tensions, particularly the war between Russia and Ukraine, the scientists encourage taking measures to minimize the chance for escalation.

"In this time of unprecedented global danger, concerted action is required, and every second counts," the statement said.



Fatal earthquake rattles western China

By TOPHER DELLABELLA
Sports Co-Editor

At least three people were killed and five others were injured in a 7.1 magnitude earthquake that struck China right near the Kyrgyzstan-Xinjiang border region early in the morning on Jan. 23. Over 12,000 people who weren't injured or killed were sent to take shelter in freezing weather with only tents and bonfires to rely on.

The quake was felt as far away as Uzbekistan. The countries Kazakhstan and Tajikistan were also affected by this earthquake. Over 120 buildings were damaged, 47 homes had collapsed, and 78 more were damaged. Most rescue missions took place in Wushi county, which is also known as Uchturpan County, where temperatures are well below freezing. Wushi County had a population of over 233,000 in 2022.

The China Meteorological Administration forecast was reaching temperatures as low as -18 degrees

celsius that week. The quake caused the power lines to break but electricity was quickly restored. The area's largest earthquake in the past century was also a 7.1 magnitude earthquake that occurred in 1978. Multiple aftershocks were recorded on Jan. 23; the strongest measured was a 5.3 magnitude.

Videos found from Xinjiang residents can show chandeliers swinging and falling to the floor, crowds evacuating from apartments and crowds taking shelter outside in the streets as overnight temperatures were at -10 degrees celsius.

Near the country of Kazakhstan, at least 44 people were injured from the earthquake. Earthquakes are not uncommon in this part of China. A 6.2 magnitude earthquake struck the provinces of Gansu Qinghai in northwest China killing over 150 people. This earthquake that took place in December was China's most fatal earthquake in nine years.

World News

Epstein Island under critical firestorm

By KAYLEE KURCON
Managing Editor

On Dec. 18, court documents became unsealed, revealing dozens of people with a wide variety of connections to known sex offender Jeffrey Epstein.

Many of the names on the documents include his staff members and business associates, much of whom have given depositions about the offender who allegedly exploited underage girls for sex in his homes, but namely on his private island Little St. James.

Owned by Epstein, Little St. James is a 72-acre island including several villas, just about two miles off of the coast of St. Thomas, which is part of the U.S. Virgin Islands.

Epstein had stakes in businesses in the Virgin Islands, giving him the opportunity to use the benefits of Hyperion Air, like the helicopters he used to transport the girls from St. Thomas to Little St. James.

In 2019, Epstein was arrested on federal sex trafficking charges. He pleaded not guilty, but later

committed suicide in a New York prison before facing trial.

U.S. Virgin Islands Attorney General Denise George sued Epstein's estate and won a \$105 million settlement on behalf of the Virgin Islands.

"What I do know is that because of Epstein's wealth and power, he was able to conceal this," George said.

Many of Epstein's scandals remain unknown. It was also revealed that previous to being arrested in 2019, Epstein was also in legal trouble in 2008.

He pleaded guilty to two state charges of soliciting prostitution from a minor in Florida, but was cut a deal and only served 13 months in jail, spending most of that time on work release and paid settlements to the victims.

While the released

documents did not contain an actual list of Epstein's associates, it did contain names of people who have been associated in some ways. His flight logs have also been made public, showing the plane often being used to fly to the U.S. Virgin Islands.

Just being named in these documents proves no wrongdoing, but names associated with Epstein are under criticism to the public eye.

Prince Andrew appears prominently throughout the documents, along with former Presidents Bill Clinton and Donald Trump.

Michael Jackson, Stephen Hawking and Heidi Klum also appeared on the list, many of who were not accused of any wrongdoing.

Many of those named in the documents have denied any misconduct.



Source: CNN

Billionaire investor Stephen Deckoff bought Epstein's island, hoping to make it into a resort by 2025.

Mississippi woman hides son's body behind false wall

By HAZEL BURO
School News Editor

Mississippi woman Jerri Lynn Isreal, 66, was charged with first-degree murder on Jan. 20. After receiving phone calls about a missing person on Dec. 22, authorities began an investigation that lasted several weeks.

As the missing person reports came in, Isreal was brought in for questioning numerous times.

"Throughout the course of the investigation, Isreal became increasingly uncooperative and changed her statements multiple times," the police department said.

Thirty years ago, Isreal was charged with murder in Florida, where she attempted to dump the body in multiple locations throughout the state. This record allowed detectives

to obtain a warrant to search Israel's home.

Police and crime scene technicians searched the home on Jan. 18 where they found a wooden box in a fake wall. Inside was missing person John Allen Gaither's, 42, deceased body.

When authorities walked into her house for the search, Israel consumed a handful of pills. After, she was transported to a local hospital for treatment. Two days later, she was charged with murdering her son.

Additionally, police found notes to Isreal's family members posing as her son in an attempt to cover up the murder. Authorities also found more homemade wooden boxes in her home and garage.

She is now being held at the Harrison County Adult Detention Center in Mississippi.



U.S. inmate faces first nitrogen execution

By HAILEY KELLY
Arts & Lit Editor

U.S. inmate Kenneth Eugene Smith was the first person to be sentenced to death by nitrogen gas on Jan. 25. Smith, 58, was convicted in 1989 for killing Elizabeth Sennett, 45, and has been on death row since 1996.

The protocol in Alabama calls for the condemned inmate to be strapped to a gurney and fitted with a mask connected to a breathing tube that administers 100% pure nitrogen to the inmate until they die.

There were multiple worries that this method of death was "recently released and untested" and could not be trusted. Smith's spiritual adviser, Reverend Jeff Hood, was in the execution room and believed there would be danger if the

nitrogen leaked.

"Tonight Alabama causes humanity to take a step backwards," Smith said as his final statement.

Smith began to shake and writhe violently, in thrashing spasms and seizure-like movements, around 7:58 p.m. He took a series of deep gasping breaths, his chest rising noticeably. His breathing was no longer visible at about 8:08 p.m.

"Tonight Alabama causes humanity to take a step backwards."

- Kenneth Smith

"As of last night, nitrogen hypoxia as a means of execution is no

longer an untested method. It is a proven one. It's the method that Kenny Smith ultimately chose," Attorney General Steve Marshall said.

Arts & Literature

Spotlight Musician: Ashantia Dicette

BY HAILEY KELLY
Arts & Lit Editor

Sophomore Ashantia Dicette has been singing since she was little. Ashantia is a soprano 1 in chorus and has been involved in many music competitions and music programs. She started singing in elementary school with her chorus teacher Mrs. Stokes and ended up loving it.

"I have been performing since I was born," Ashantia said. "I count crying as a baby as singing."

Ashantia has been involved in the Apollo

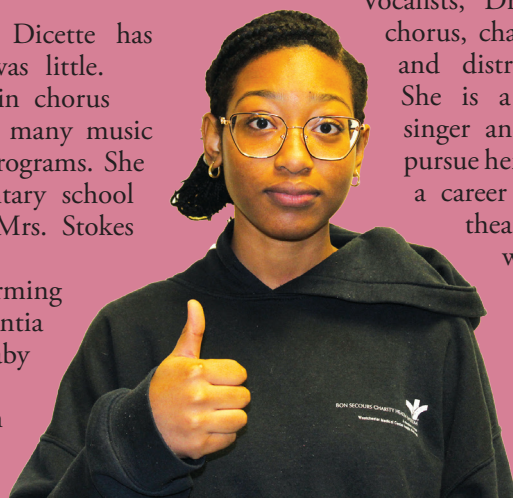
Theater Amateur Night, the Presbyterian Players, American Young Vocalists, Drama Club, chorus, chamber choir and district chorus. She is a passionate singer and hopes to pursue her talent with a career in musical theater. She was taught how to play guitar and piano when she visited the Milford

Music Center and was allowed to play any song that she was feeling and enjoyed it immensely.

"I got into music because my dad would blast all different kinds of music when I was younger," Ashantia said.

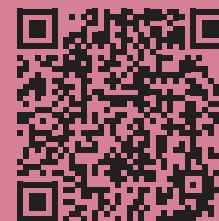
Ashantia's current chorus teacher, Mr. Richard Horst, has been her teacher for five years. He has been her teacher since middle school and pushes her to be the best she can be. He wants Ashantia and all of his students to be able to perform to the best of their abilities.

She is inspired to perform beautiful and unique music because these songs sound "cool," and she likes music that is unique in its own way.



Compiled by Michael Elaro

Scan the QR code to read about junior Bella Como's musical talent and ability to keep an audience encaptured.



Spotlight Artist: Ava Kraszewski

BY KAYLA SYKES
Sports Co-Editor

Many people only see artists as those who can paint or draw, but the field of art encompasses a much broader scope. Junior artist Ava Kraszewski has found great success in Computer Art.

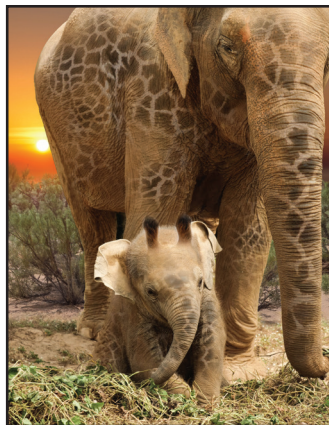
Computer Art, a popular class at the high school, teaches students how to use applications like Photoshop and Adobe Illustrator to make digital art. Mrs. Krystine Thompson, who teaches the class, has highlighted Ava's hard work and creativity.

"Every time she works on artwork she is really clean and her craftsmanship is nice," Mrs. Thompson said. "Her work is always superb."

While taking Computer Art was not Ava's first choice, she has grown to really like it. She believes it has helped

her indulge in other forms of art and see growth in her creative abilities.

Her favorite assignment was the hybrid animal project where she used Photoshop to merge an elephant and giraffe.



Contributed Photo

Ava used Photoshop to merge an elephant and a giraffe to create her favorite project.

Outside of digital art, Ava also enjoys practicing other artistic mediums such as drawing and painting. She enjoys drawing flowers and often uses a pen instead of pencil to get a clean look and a smooth feel.

"Art is a really good way to express myself, and it's relaxing," Ava said.

Her earliest memory of art was seeing her great aunt's paintings around her house.

Ava plans to grow her knowledge of art and skills with courses she is interested in taking like AP Studio Art.

Spotlight Writer: Abby Chudoba

BY SHAYLA MACAULAY-DECH
Entertainment Co-Editor

When people think of writing, they often think of academic writing—analytical, accurate, factual and to the point. But for junior Abby Chudoba, writing is a way to express her thoughts and emotions.

Her preferred format of writing isn't what one might expect. Instead of writing in a narrative style, Abby is a songwriter.

"Being actively involved in chorus and the drama program, my affinity for music and the arts plays a significant role in shaping my writing preferences," Abby said.

Along with enjoying writing, she finds joy in reading. As long as she picks up the right book, she finds she is able to read an entire novel in one

sitting. It not only serves as a source of happiness for her but also education, allowing her to learn new vocabulary that she may not have come across if she hadn't picked up the book.

Knowing all of this, it may be surprising to learn that Abby's favorite

school subject isn't actually English. She's more inclined towards science classes. This year, she admits that she's enjoying English much

"She is very thorough, conscious and she puts a lot of effort into her essays. I can always expect quality submissions from her."

- Mrs. Margaret Chromey

more than previous years.

"Surprisingly, this year has marked one of my most enjoyable experiences in English, all thanks to Mrs. Chromey," Abby said.

English teacher Mrs. Margaret Chromey thanked Abby, too.

"She is very thorough, conscious and she puts a lot of effort into her essays. I can always expect quality submissions from her," Mrs. Chromey said.

Arts & Literature

Fashion Aware: White Fox hoodies

By KAT QUINN
Sports Editor

Although they were founded around 2013, White Fox hoodies have recently become more popular. The company is known for its simple and minimalistic design for their loungewear, hoodies and matching sets. Hoodies and sweatpants come in simple and plain colors, but there is more this company has to offer.

All White Fox products are sold on its online boutique and on its app. Although the hoodies are the most popular product that they sell, White Fox has also released additional products and accessories such as tops, dresses, workout sets, swimwear and shoes. All of the clothing they sell is designed with simple, yet stylish, colors. On average, a pair of sweatpants costs \$50 and a sweatshirt is a little more expensive, each being about \$60. White Fox

promotes cozy and comfortable wear.

Recently, Darcy McQueeny, an influencer on Tiktok, and White Fox collabed and released multiple limited edition items. Including this example, the company used social media advertising to increase support and income for their business.



There are several brands in competition with White Fox, one being the upcoming brand Dandy Worldwide. Their hoodies are much more detailed than White Fox's, including a bigger variety of embroidered designs. Their prices

are significantly higher, as their hoodies can run up to \$90.

Besides the many happy and satisfied customers, some buyers have expressed their disappointment in this company. They have complained that their orders took months to be shipped and delivered. People have also been outspoken about the long delays with processing returns. Apart from the occasional lengthy delivery, the White Fox products alone still make for satisfied customers.

Overall, White Fox offers hoodies and loungewear that are high quality and trendy. Celebrities such as Dua Lipa and Gigi Hadid have purchased White Fox apparel because of the comfortable and casual style.

Buying these more expensive items from brands like White Fox are worth it when you take the quality into consideration.

Dunmore and Hanover win Paint the Plow contest

By HAZEL BURO
School News Editor

Paint the Plow is an annual contest in which schools around Pennsylvania paint snow plows with a safety message. This year, the theme was "seat belts are always in season" to promote wearing a seatbelt all year long.

"It's a great opportunity for them to showcase their artistic talents, while we also get to broadcast a safety message to everyone," PennDOT official Liz Fabri said.

Ceramics teacher Mrs. Maria Tusinean recruited seniors Trinity Phipps, Sadie Dearstyne and Emma Leigh Maurer to come

up with a creative design and paint the plow. The plow was space-themed with "#seatbeltssavelives" written across the bottom.

"The girls came up with the concept themselves. I just looked and gave my opinion, so it's all their project," Mrs. Tusinean said, "I wanted them to express their personalities and for it to be their work and ideas."

In the Lackawanna, Luzerne and Pike county area, Dunmore High School won "Fan Favorite" and Hanover Area won "Judge's Pick."

Dunmore's design was beach inspired as everyone hopes for warmer weather during the cold months.

The plows will be used to plow the roads this winter season.



Source: PennDOT

The completed space-themed plow is ready for the next snow day.

Peters Valley holds 14th annual art exhibition

By GIA SCIMECA
Arts & Lit Co-Editor

The Peters Valley School of Craft in Layton, New Jersey, is holding its 14th annual High School Student Exhibition. It was originally supposed to be held on Jan. 20, but due to inclement weather, the winner of the scholarship will be announced at the closing reception on Feb. 25.

The winner will receive a full-tuition Huber-Weyer scholarship to the "Best in Show" for a Peters Valley Workshop of their choice and certificates will be given for 2nd and 3rd place, which will be decided by SNAG, International Sculpture Center and Craft into Art.

Participating students are expected to submit 3D art pieces such as ceramics, textiles, jewelry and mixed media sculptures.

This year, senior Maddie Oyer won a one year membership to "SNAG Metalsmith" for her silver pendant with opal titled "Blue Spring." Junior Hailey Hemsworth won a scholarship from "Craft into Art" for her ceramic sculpture titled "Straws Berries."

"I'm extremely proud of all students who participated but I'm especially proud for Hailey and Maddie for their designs."

- Dr. Irene Lantz

I'm extremely proud of all students who participated but I'm especially proud for Hailey and Maddie for their designs," Dr. Irene Lantz said.

10 students from 10 schools are allowed to participate in the art exhibition. The students at DV that are participating are seniors Christa Cirello, Caroline Curtin, Elizabeth Gruodis, Samantha Huerta, Marisol Mojica, Oyer and Abigail Yates, Hemsworth and sophomore Angela Olsen.

‘Anyone but You’ marks the return of the rom-com genre

By KAYLEE KURCON
Managing Editor

The new romantic comedy “Anyone but You” has received much attention throughout the last few weeks. From the Australian backdrop to the choice of actors, director Will Gluck hit the nail on the head with this film.

The plot is a classic enemies to lovers trope. Bea, played by Sydney Sweeney, and Ben, played by Glen Powell, who are sworn enemies, pretend to fall in love at a destination wedding so that their friends and family stop trying to trick them into liking each other.

Bea and Ben previously met each other leaving off on a bad note, but somehow reconnected when Bea’s



Source: IMDb

sister, Halle, began a relationship with Ben’s best friend Claudia.

Halle and Claudia get engaged and their wedding takes place in Australia, forcing Bea and Ben to spend time together. The situation is messy, and the family gets involved to try to overthrow the two’s problems by trying to trick them into falling for each other.

Bea and Ben realize what their family is trying to do and go along with it to get them off their backs.

Despite their issues, they end up falling in love and putting the past behind them.

While the script may be considered lacking in development, the on-screen chemistry between Bea and Ben makes up for what some are calling cheesy lines.

‘Migration’ exceeds expectations

By MICHAEL ELARO
World News Co-Editor

Universal Pictures released its new movie “Migration” on Dec. 22. The movie is about a family of ducks who gets lost on its annual migration trip. The movie is geared towards a younger audience but is still a heartwarming movie to watch with friends and family.

Universal Pictures made an excellent effort to accurately portray real family dynamics, unlike what other recent kids’ movies have done. The different places around the world were portrayed in such a positive perspective that it makes you want to travel and visit new cities. The antagonist, a chef



Source: IMDb

who wants to cook the ducks, was a dynamic character who pushed the plot forward and added more depth to the story. Each family member of the ducks had a different personality that represents real people and their issues. This accurate depiction of how people view the world differently helps teach valuable lessons.

Although the movie was only about an hour and a half long, they were successful in effectively telling the story to its fullest. Viewers will get the full package of emotions ranging from sobbing mid scene to being upset on behalf of a character.

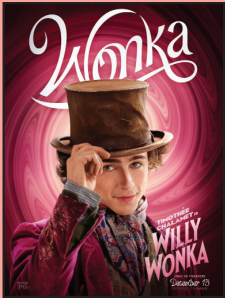
Overall, the movie was well produced and brought good vibes during the holiday season.

‘Wonka’ brings nostalgic feeling

By KAT QUINN
Sports Editor

The new movie “Wonka” has made its way to theaters as an amusing, upbeat, musical film.

Based on the events that occur in the previous movies, “Wonka” is a prequel to the 1971 and 2005 films. Starring Timothee Chalamet, “Wonka” is a dive into the background and beginnings of Willy Wonka. Wonka began his adventure to establish his own chocolate shop in Europe. Because he is illiterate, he misses the fine print while signing a contract and lands himself in a great deal of debt. The fees were not able to fully be paid off, so Wonka was



Source: IMDb

forced to work for Mrs. Scrubbitt in a laundromat. Wonka became friends with Noodle, an orphan, and they begin to work together.

Traveling together to find materials, Noodle and Wonka are able to sell enough chocolate for Wonka to open his own chocolate factory. Because of rival chocolatiers, the opening day is ruined and customers get angry.

The movie concludes with a resolution for Wonka’s business and brings a hopeful light to Wonka’s mother, his inspiration.

Overall, the movie was an interesting and well-made story to explain the origin of Wonka’s life story.



‘Trolls Band Together’: a movie for all ages

By FRANCESCA ANTONECCHIA
Entertainment Editor

“Trolls Band Together” was theatrically released



Source: ShowBiz Cinemas

on Nov. 17 and made a well-deserved gross of \$206 million worldwide.

This animated musical comedy film is 92 minutes of pure happiness, fun colors and features well-known people like Justin Timberland and Camila Cabello.

The plot is about Branch and his four older brothers John Dory, Spruce, Clay and Floyd who perform as a boy band called BroZone. When their egos clash, it prevents them from performing the

“Perfect Family Harmony,” a powerful ability that happens when Trolls are in complete sync, causing the brothers to argue and break up the band. The breaking up of the band was also a breaking of the brotherhood, so the official couple of Branch and Poppy attempt to rescue Floyd while reuniting Branch’s brothers.

My favorite character in this film is Mr. Dinkles, who is the pet worm of one of the friendliest trolls named Biggie. Mr. Dinkles makes his well known “mew” sound and speaks only a language Biggie understands.

Even though this rated PG movie is specifically aimed for the fascination of toddlers, its funny and cleverish plot may have older children and adults enjoy it just as much.

Entertainment

'Percy Jackson' series out does previous adaptations

BY SHAYLA MACAULAY-DECH
Entertainment Co-Editor

"Percy Jackson and the Olympians" has been a phenomenon for years. It first gained traction as a series of books by Rick Riordan and has since been adapted into two movies and even a musical. Now, Disney has taken the source material and turned it into a television series.

The show had a joint premiere between streaming services Disney+ and Hulu on Dec. 19, reaching a total of 13.3 million viewers within six days.

Starring Walker Scobell as Percy Jackson, Leah Sava Jeffries as Annabeth Chase and Aryan Simhadri as Grover Underwood, the show garnered a ton of excitement and



anticipation during its filming and production stages amongst not only long-time fans of the series but newcomers as well.

Those who have been fans since the books had high expectations for this new adaptation since the show seemed to be much more accurate to the source material than the two movies that came before it. Although there are changes in pacing and scenes have been taken out in order to make it more television-friendly, viewers generally agreed that the show is more reliable than the movies.

I agree with all of the positive feedback the show is getting. The episodes were a little shorter than I was hoping for and I was surprised by some of the changes made, but I still really enjoyed watching it. I am extremely excited for the second season to come out and I really look forward to hopefully seeing the entire storyline completed on screen.

'Law & Order' debuts an impressive season

BY SHANNON EBY
School News Co-Editor

"Law & Order" is a crime television series that debuted in 1990 and has had a long-running career on television. The show focuses on crimes committed in New York City.

Typically, the first half of the episode involves a criminal investigation and the second half with a district attorney in court. Most of the plots are often based on real-life cases.

After seasons 21 and 22 aired in 2022, fans have been eager to have more of their favorite show.

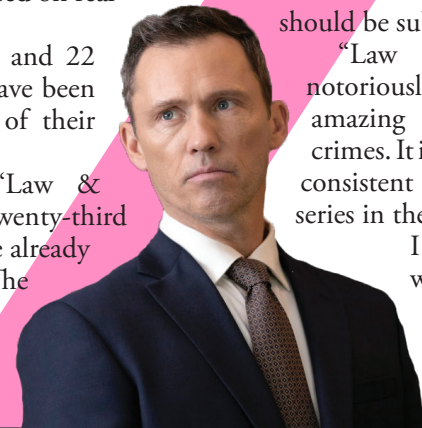
On Jan. 18, "Law & Order" aired its twenty-third season continuing the already historic series run. The first episode was intriguing, bringing true mystery to the crime.

The episode focuses on investigating the line between free speech and hate speech at Hudson University. It is severely tested when a powerful congressman is identified as a prime suspect in the murder on the college campus.

The second episode on Jan. 25, starts when a prominent tech CEO was killed, and investigators try to untangle multiple leads to reveal a plot of retribution. However, there will be a debate whether a piece of evidence should be submitted to the jury.

"Law & Order" is notoriously known for its amazing action and realistic crimes. It is also one of the most consistent police investigation series in the history of cinema.

I highly recommend watching this series if you are interested in action thrillers.



Theories say 'Matrix' may be reality

BY GIA SCIMECA
Arts & Lit Co-Editor

Ever since the release of the 1999 movie "The Matrix," many people were left questioning the possibility that the world we currently live in is some sort of computer simulation.

The movie's concept has been interpreted as a criticism of the consumerist society that the world has become, that it distracts us from the exploitations that are happening around us. The movie allows the audience to question the world around them and consider if that is the true reality.

Starring Keanu Reeves, the movie takes place in a dystopian future where humanity is trapped in a simulated reality created by AI. The world they believe to be real is referred to as the "matrix," the real world was overtaken by AI and remaining humans have to live underground due to how damaged Earth has become. Most other humans are used

as energy sources for the machines to keep themselves powered.

The main character Neo, during the beginning of the movie, is given a choice by Morpheus, played by Laurence Fishburne, on choosing between two pills. The blue pill would allow Neo to return to his life normally and not face the truth, and the red pill would allow him to see the reality of what happened to the world and understand through the illusions created by the AI.

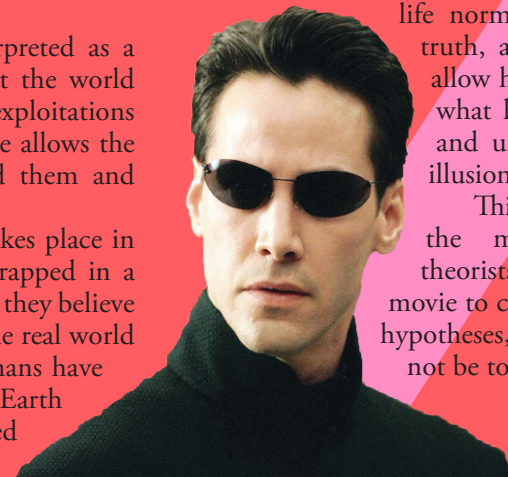
This iconic scene from the movie would inspire theorists who watched the movie to come up with their own hypotheses, that the movie might not be too far from reality.

The Matrix theory, unrelated to

mathematical theory, is based on the concept that the world is actually a computer program, with its own sets of rules and algorithms that determine how things work. To believers of the theory, in order to succeed in life, you can "hack" the matrix.

The theory yet again would emerge after former kickboxer and social media personality Andrew Tate, who claimed that by joining his courses, people could "hack" the matrix and people needed to "wake up." When Tate got arrested for human trafficking on Dec. 29, 2022, he would blame the Matrix, claiming on social media platform X, formerly known as Twitter, that, "The Matrix sent their agents."

Tate's ideas of the Matrix would resonate with the preexisting incel culture who actively supported Andrew Tate and bought into his courses, believing that they too could become like him. On a variety of social media platforms, many of his supporters posted videos of him discussing the Matrix and how to break out of it, along with his misogynistic ideals.



Science & Technology

What's in your food?: Welch's Fruit Snacks

By **BOBBY RUSSO**

Science & Technology Editor

Welch's Fruit Snacks have been a popular treat for many years. Founded in 1869, Welch's Fruit Company has a long history of producing fruit products.

Over time, they have developed a variety of fruit snacks made from natural fruit available in different flavors.

Welch's originated in Concord, Massachusetts and was founded by Thomas Bramwell Welch and his son Charels E. Welch, who served as members of the Seventh-Day Adventist church promoting a vegetarian life.

Customers should be made aware of the ingredients in Welch's fruit snacks. The fruit snacks are made with natural flavors and colors that contain vitamin C along with other nutrients. They are also

gluten free.

It's important for people with allergies to note that Welch's fruit snacks contain soy and may be produced in facilities that produce nuts.

The company introduced its first fruit juice in 1918, but the fruit snacks were not introduced until 1986.

Welch's has continued to innovate and refine recipes over the years to ensure the fruit snacks are both delicious and healthy. Today,



the snacks are known well worldwide and contribute to the company's success.

Welch's fruit snacks not only taste delicious, but they are nutritious and promote a healthy immune system. This can be attributed to the fact that they are made with natural fruit and contain no preservatives.

Welch's provides an opportunity for consumers to enjoy both their taste and natural ingredients. Children being the company's target audience contributes to their success as they allow parents to give their children the nutrients they need in a way that is still appealing. The continued success of their company emphasizes the quality of its products.

MIT researchers design breakthrough sensor

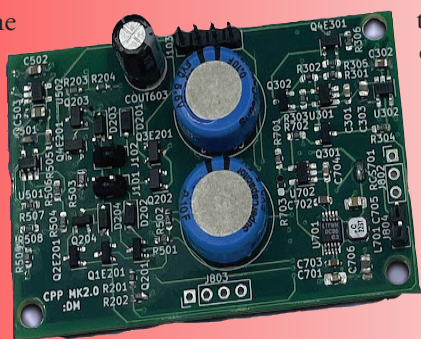
By **MICHAEL HELT**

Online Editor

Researchers at the Massachusetts Institute of Technology (MIT) have recently designed heat sensors that can operate without the need for batteries or recharging. The sensor can obtain its energy in open air from the magnetic field generated around a wire.

The absence of a battery, while minimizing complexity, also diminishes the risk of a fire. In the battery's place, the researchers used capacitors, which can be tuned to fit a required space, fulfill operating conditions and comply with safety requirements.

The device can be clipped onto a wire to receive power and to monitor a machine's temperature and power consumption. The sensor is also able to cold start, or turn its electronic components on without the need for an initial voltage via circuits.



The sensor can be efficiently installed to monitor various machines, including ship engines.

"This is ambient power - energy that I don't have to make a specific, soldered connection to get. And that makes this sensor very easy to install," Steve Leeb, the senior author of a paper about the sensor and professor of electrical engineering and computer science at MIT, said.

The researchers believe that the breakthrough can facilitate the development of sensors for various applications, like factories and warehouses.

"We have provided an example of a battery-less sensor that does something useful and shown that it is a practically realizable solution," Daniel Monagle, the paper's lead author and electrical engineering and computer science graduate student at MIT, said.

U.S. spacecraft fails moon landing mission

By **BRIAN RODRIGUEZ-HERNANDEZ**

World News Editor

Following decades since the last time the U.S. landed a spacecraft on the moon, Astrobotic and NASA's Peregrine lunar lander would have been the first U.S. mission to land on the moon since the Apollo 17 mission in 1972. Due to a fuel leak however, the mission ended up as a failure.

Astrobotic Technology, the Pittsburgh-based company which helped develop Peregrine under a contract with NASA, has the main goal of creating commercially developed and relatively cheap spacecraft that would be capable of carrying out robotic missions to the moon.

On Jan. 8, the Peregrine lander was launched successfully into orbit

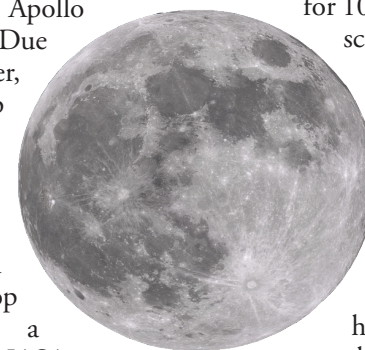
atop a Vulcan Centaur Rocket, developed by United Launch Alliance, a collaboration between Lockheed Martin and Boeing. However, the fuel leak subsequently left the lander short of enough gas to land onto the moon.

The lander then remained in orbit for 10 days, where its onboard scientific instruments were used and tested.

On Jan. 18 around 4 p.m. ET, the launcher re-entered Earth over the southern Pacific Ocean.

Astrobotic already has plans later this year to land a bigger spacecraft called Griffin near the south pole of the moon.

"We're in a high-risk space venture, and this is just the nature of space businesses," Astrobotic's Thornton said.



Science & Technology

Promising drug combats glioblastoma

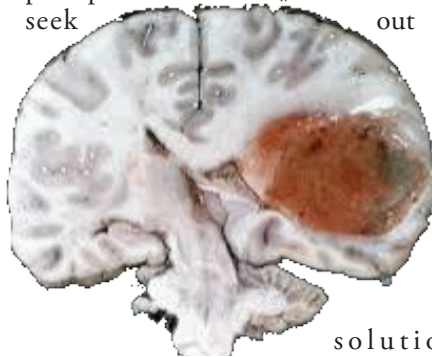
BY SIASIA BEAN

Science & Technology Co-Editor

Scientists have developed a customized drug that kills glioblastoma cells without damaging healthy cells. The drug, a modified version of temozolomide, also known as TMZ, is not able to actively distinguish between healthy and cancerous cells; rather, it attacks every cell, but only cancer cells die since only healthy cells possess the necessary protein that allows it to heal. This protein is called MGMT, and it often plays a vital role in the process of DNA repair. Glioblastoma, the most common type of brain cancer in adults, typically possesses low amounts of this protein. This makes these cells more susceptible to lethal damage.

To create this modified drug, scientists started by using a type of chemotherapy abbreviated as TMZ. TMZ is a drug that serves the same

function as its new modification. The issue with this original, however, was that tumors would quickly become resistant using a pathway called the mismatch repair pathway, which prompted scientists to seek out a



solution. After testing various compounds, scientists then determined the most potent of this group, which was then named KL-50. This compound not only killed the protein deficient cancerous cells but did so regardless of the functionality of the pathway as a

defense mechanism.

This prevents cancer cells from adapting and becoming resistant. Whereas unmodified TMZ loses its effectiveness due to this pathway healing the cell, this stronger compound is able to inflict lethal damage regardless.

Preliminary studies conducted on mice injected with human glioblastoma cells have shown that the KL-50 compound both suppressed tumor growth and, with the exception of the highest dose tested, produced no toxicity in healthy human cells.

While more tests need to be conducted on animals before the consideration of using the treatment in humans, so far KL-50 has delivered promising results. The researchers are confident in their studies, so much so that they have started a company surrounding the clinical testing of similar treatments for other forms of cancer.

LTK makes being trendy easy

BY ETAIN STARR

Opinions Co-Editor

LTK is a free app that makes shopping for clothes you actually like so much easier.

On the app, creators post pictures of themselves in outfits and link everything they are wearing. As you scroll through the discover page, you are able to see many different styles of clothing on people. Once you see something you like, you can click the picture, and it will show everything they are wearing in the picture. Then you click on the item you like, and the app will send you directly to the place where you can purchase it.

On creators profiles, there are tabs of their favorite things from Amazon, their favorite makeup products, accessories and skin care. When you click on the tab, a list of all the products under that category is presented with the links.

I feel like LTK is a helpful app because not only do you know where to buy the clothes from, you can also get ideas of how other people choose to style them.

The app has a 4.9 star rating in the app store. Many of the reviews address how much people love the app, and how it has made their life so much easier. They are able to purchase many stylish clothes from the comfort of their own home.



What's inside NFL equipment?

BY TOPHER DELLA BELLA

Sports Co-Editor

It is no secret that other professional sports leagues have better and more advanced technology than the National Football League. For example, in professional tennis, balls are immediately ruled in or out when it comes to a close call on the court. FIFA uses chargeable balls that connect to several cameras on the field that can make offside calls in seconds. However, the NFL isn't very far behind regarding technology.

The NFL has been putting Radio Frequency Identification (RFID) chips into each player's shoulder pads since 2015. The RFID chips weigh just 3.3 grams,



less than one percent of the weight of a football. They are also very small sized. These chips wirelessly turn on before a game and automatically shut off after the game ends. Each RFID chip is made to last an entire season. These chips give us statistics, including how fast a player ran for a touchdown. Also, when the offensive or defensive linemen take their position at the line of scrimmage, the RFID chip ensures that data transmission is possible in this position.

Shortly after placing these chips in the shoulder pads, the NFL put the same RFID chip in each football. It started with a test in the 2016 Pro Bowl, and from 2017

onward, every football has been planted with an RFID chip. The chips in the footballs help calculate a quarterback's throwing velocity, initial airspeed, average airspeed and spin rate. The RFID chip is mostly used for automatic timekeeping and for monitoring the exact position of a football player throughout the entire event.

However, the RFID chip is only accurate to six inches so ball measurement decisions are left up to the chain crew who manages signal poles on one of the sidelines.

These chips show how far the league has come regarding technology and equipment. With the NFL getting more advanced as the years go by, fans are left with more anticipation on what's next for the league.

Sports

Varsity cheerleaders perform in state competition at Hersheypark

By EMMA CIANCIO

Opinions Editor

The varsity competition cheerleading team competed at Hersheypark in the state competition on Jan. 26.

Among eight teams, the team did not place. While the team did not advance through the preliminary round, the team still has a bid to compete at nationals in Disney on Feb. 9.

In the beginning of the routine, the team struggled with small elements such as motion clearness; but at the end of the routine, the team hit their complicated pyramid.

"I was very proud of the team for letting go and finishing strong at the end of the routine," head coach Jen Marchetti said.

Going into the next few weeks, the team will be perfecting little parts of their routine to make sure it is advanced for Nationals.

"I think that sometimes our team gets very

timid when it comes to performing, so I feel we need to get better and improve upon the performing aspect before Nationals," senior Amber Weed said.

Coach Marchetti commends senior Alyssa Callanan for her determination on the mat and her ability to execute hard skills.



Emma Ciano/Del.Aware

Varsity cheerleaders hit their stunt at the State competition in Hersheypark.

Spotlight Athlete Comp Cheer



Alyssa Callanan, SENIOR

"She always does whatever is needed for the benefit of the whole squad."

- Head coach Jen Marchetti

49ers, Chiefs meet again in Super Bowl LVIII

By BOBBY RUSSO

Science & Technology Editor

On Jan. 28, the Chiefs defeated the Ravens, and the 49ers defeated the Lions to move on to the Super Bowl on Feb.11 in Las Vegas. Both teams met in 2020 at Super Bowl LIV as the Chiefs ended up victors in a 31-20 matchup.

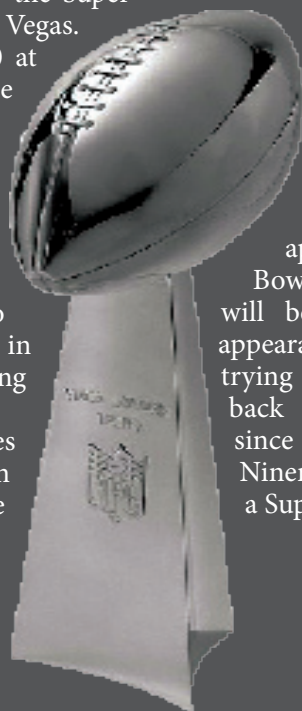
Quarterback Patrick Mahomes makes his fourth Super Bowl appearance in his seven-year career. He also won two Super Bowls in between those years earning two MVP trophies.

Travis Kelce also makes his fourth appearance in the Super Bowl. For the 49ers, quarterback Brock Purdy- Mr. Irrelevant makes his first Super Bowl appearance in just his second year in the

league. He came up short last year in the NFC championship game, losing to the Eagles. The Niners avoided their third straight NFC championship game loss.

In their game against the Lions, the 49ers tailed 24-7 at halftime. Then later went on to score 27 unanswered points.

The Chiefs are making their sixth appearance in the Super Bowl. Meanwhile, the 49ers will be making their eighth appearance. The Chiefs are trying to be the first back to back Super Bowl champions since the 03-04 Patriots. The Niners have been looking for a Super Bowl win since 1994.



Joshua Balcarcel awarded Eddie Coombs' 34 jersey

By BRIAN RODRIGUEZ-HERNANDEZ

World News Editor

Joshua Balcarcel, a 2020 DV graduate, was awarded the honor of wearing Eddie Coombs' no. 34 jersey for Marist College's Red Fox lacrosse team this season.

Coombs was a lacrosse player from Horsham, Pennsylvania. In 2010, he came to Marist and played defensive midfield as a freshman. Before the beginning of his sophomore year on Aug. 6, 2011, he and another passenger tragically lost their lives in a car accident.

While many traditions have followed since then to honor his name, the most honorable tradition is presenting Coombs' no. 34 jersey to the most deserving senior on the team. This tradition dates back to the 2015 season with Joshua being the eighth recipient.

Joshua began playing as a freshman in 2021. As a junior, he made appearances in all of Marist's 18 games of the season and ended with 21 goals scored and 12 assists. He also earned MAAC All-Championship honors and helped lead Marist to its fourth MAAC Tournament title.

Joshua also played for the Puerto Rican Lacrosse National Team, leading the team to Gold at the PALA Sixes Cup and appeared on ESPN's SportsCenter Top

10 Plays for a dive goal he made against Israel.

The decision to honor Joshua with the jersey was unanimous among all the past recipients and Coombs' family, deeming that all throughout his time in Marist, he has displayed the characteristics of Coombs: passion, determination, energy and being a great teammate and member of the community.



Contributed Photo

Sports

Wrestlers coast through competitive season

BY KAT QUINN
Sports Editor

The girls wrestling team, now well into the season, is achieving many of its goals and working hard as time progresses towards the district, regional and state competitions.



Junior Juliet Fitzpatrick takes down her opponent during the Holiday Tournament.

Cracker tournament on Jan. 20, junior Andy Boronow had a big win over a wrestler who is ranked fourth in the state.

The team placed 13th out of the 55 that were competing at the tournament.

In the most recent tournament on Jan. 28, there were several impressive performances by the team. Juniors Tori Depew and Juliet Fitzpatrick won their weight classes while both dealing with and

overcoming injuries. Depew climbed to the top by pinning all of her opponents. Junior Kristen Langelotti, sophomore Imani Polhill and freshman Sasha Jones all finished third while sophomore Kate Prior, Boronow and senior Sammy Monroe finished in the top six.

Four girls on the team are currently ranked in the top 15 in the state in their weight classes. They are junior Olivia Montanino, Fitzpatrick, Monroe and Prior. Head coach Evan Bates is proud of the accomplishments being made and the progress each girl is striving for.

Warriors lose fight to Valley View Cougars

BY KAYLA SYKES
Sports Co-Editor

In a tough matchup, the Warriors lost 59-51 to Valley View on Jan 29. After coming off a hot win against Scranton, the Cougars were able to capitalize on the Warriors' mistakes. Junior Isaiah Berrios led the team in scoring with 16 points while seniors Tommy Parker and Jackson Corrie trailed with 15 and nine points respectively.

Head coach Kris Holtzer believes the team executed offensively but struggled to put important points up in the second

half. While he doesn't believe the Warriors got stagnant on offense, he does believe the Cougars did a great job guarding them.

Coach Holtzer also states that their weakness was on defense.

"Sometimes we just lose our minds for a split second and a good team like that makes you pay," coach Holtzer said.

Although the team plans to become tougher on defense, coach Holtzer thinks the team shows strength while fighting for rebounds. He mentions Berrios for



rebounding well during their recent games.

Coach Holtzer wants the team to focus on how far they have come. While it's possible to just focus on victories, he urges them to strive towards getting better.

The Warriors lost to Wallenpaupack last Thursday on senior night. They added another win at Western Wayne and play at Scranton High School on Feb. 12.

Girls team defeats Honesdale in thriller

BY CASSANDRA JOYCE
Editor in Chief

The girls basketball team beat Honesdale 41-37 in a close game on Jan. 26.

The game was a back and forth battle between both sides, complete with huge defensive stops and great looks for open shots. Honesdale was up 33-30 at the end of the third quarter, but DV took charge in the fourth. As the fourth quarter started, the energy in the gym was unlike it had been all season.

"I finally saw a team that was hyped for each other and were up screaming," head coach Mikaela



Junior Rainna Carr

Smith said. "Our bench energy really influenced the five on the floor, whoever they were."

Junior Ciara Newton led scoring with 11 points. She also had five rebounds and two steals. Freshman Amanda Aragona added nine points and five rebounds, and sophomore Leah Bird had seven points and six rebounds.

According to coach Smith, the team's plan was to stop their leading scorers, get to the hoop, find openings and finish shots, which they were successful at.

"They battled and executed the plan perfectly on both sides of the

floor," coach Smith said.

According to coach Smith, Aragona and Newton stood out offensively, and sophomore Brianna Waldron and junior Rainna Carr stood out defensively. Newton and Aragona worked well to find smart shots and capitalized on opportunities they were given.

"Waldron embraced her role. She was fearless," coach Smith said. "Even though there were faster girls on the court than [Carr], she still locked down and played defense."

According to coach Smith, she is extremely proud of the team for their determination and hopes to have continued success.

Spotlight Athletes Girls Wrestling



Kate Prior, SOPHOMORE

"Kate is a standout first-year wrestler. She has become a vital part of the team."

-Head coach Evan Bates

Boys Basketball



Jackson Corrie, SENIOR

"He plays so hard on defense, and he's been working his tail off. I've been really happy with him."

-Head coach Kris Holtzer

Girls Basketball



Jordan Dickerson, SOPHOMORE

"Jordan has been very consistent for us. She has embraced the role of a point guard [which] is huge because it can only go up."

-Head coach Mikaela Smith

Sports

Wrestling loses tough meet against Abington

BY CASSANDRA JOYCE
Editor in Chief

The boys wrestling team lost a hardfought match against Abington Heights 37-30 on Jan. 24, making the team's record 6-5.

Freshman Andrew Elliott, junior Brady Colville and senior Dom Moyer all won their matches by pin. Senior Noah Polhill won his match 5-3, and junior Travis Walton won 8-6.

According to head coach Lou DeLauro, the team is improving, but there is still a long way to go.

"We wrestled well, but we need all our guys to do the job that is expected

of them," coach DeLauro said. "If their expectation is to win, everybody [has] to do their job. It's a process."



Cassandra Joyce/Del.Aware

Coast Guard commit Dom Moyer won his match against Abington Heights by pin.

The biggest challenge the team has faced is staying healthy between injuries and sickness. However, coach DeLauro is proud of the team for continuously working hard and getting better.

Coach DeLauro's hope for the rest of the season is to achieve success in the upcoming postseason for both individuals and the team as a whole.

"As a team, it is always our goal to be representing District 2 in the state tournament," coach DeLauro said. "From an individual standpoint, we want to advance as many wrestlers as possible from the district tournament to the regional tournament to the state tournament."

Girls swim dominates Wallenpaupack

BY TOPHER DELLA BELLA
Sports Co-Editor

The girls swim team beat Wallenpaupack 128-52 on Jan. 25. The team now has a 8-2 record. The girls competed in 12 events and placed first in all of them.

The meet started 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 2:07.02.

In the individual events, junior Michelle Zakharova took first place in the 200 yard freestyle with a time of 2:24.97, and in the 500 yard freestyle, Ruiz took first place with

a time of 6:03.34.

The meet ended with the 400 yard freestyle relay when juniors Payton Yakupcin, Eva Bogusta, Sussman and Zakharova took first place with a time of 4:29.79.

Head coach Chelsea Shatt is delighted with the outcome and feels that the girls' work at practice is translating to the meets.

"I've been super happy about how the girls have been doing recently," coach Shatt said, "Their work ethic has gotten better at practice, and it has produced some very fast times at meets."



Olivia Van Tassell/Del.Aware

Senior Anaya Ruiz swims breaststroke during the 200 yard IM.

Boys swim remains undefeated with 10-0 record

BY ETAIN STARR
Opinions Co-Editor

The Warriors defeated the Buckhorns 145-27 on Jan. 25. Their record now stands at 10-0.

The boys placed first and second in all 12 events. According to head coach Chelsea Shatt, the races that the Warriors stood out in were all of the relays.

The first race the boys competed in was the 200 yard medley relay. The team who took first place consisted of juniors Liam Fass and Shane Naturale and seniors Doug Jacobs and Alex Corcoran. They

finished with a time of 1:50.87.

The next relay the team participated



Olivia Van Tassell/Del.Aware

Junior Tyler Ingraham swims butterfly during the 200 yard IM.

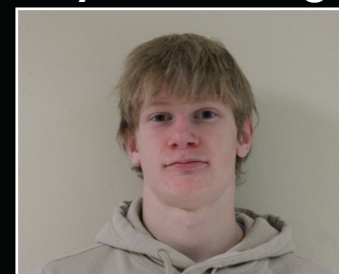
in was the 200 yard freestyle relay. The winning team was made up of freshman Ryan O'Connell, juniors Joey Kessler and Dean Finelli and Corcoran. Their time was 1:37.04.

The final relay the Warriors were in was the 400 yard freestyle relay. With a time of 3:40.35, O'Connell, Finelli, Fass and junior Tyler Ingraham placed first.

Coach Shatt believes the team is in a great position for this spot in the season.

"Everyone is at a place where they are going to enter the championship season with a good work ethic and attitude," coach Shatt said.

Spotlight Athletes Boys Wrestling



Brady Colville, JUNIOR

"Brady has been leading us on and off the mat. He's showing up every day and doing everything that's right."

-Head coach Lou DeLauro

Girls Swim



Olivia Cruz, JUNIOR

"She has been working hard to get her strokes faster and has been doing really well."

-Head coach Chelsea Shatt

Boys Swim



Christian Perunsky, SENIOR

"He has been working super hard at practice. He swam his best 200 free time since last year's Districts."

-Head coach Chelsea Shatt