Rape Culture Awareness: Pages 12 & 13

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DEL AWARE

Troiano appears on Forbes 30 under 30 list

By Olivia Tenney Arts & Literature Editor

DV graduate Nick Troiano was recently honored by being included on the Forbes 30 Under 30 list. This list includes different categories with 30 people under the age of 30 chosen for each. They are categorized into different professions such as law and policy, art and style and finance.

"It was exciting but deeply humbling because there are so many people who are just as important but not as public facing as I am. It was an honor to me because I was not expecting it," said Troiano.

Troiano was chosen as one of the 30 under the law and policy category for his involvement in Change.org and Run for America, among other things. As the politics manager at Change.org, the largest online petition platform with 30 million users in the U.S. and 130 million in the world, Troiano has a wealth of responsibilities

including helping people cast and form ballots. On Jan. 14, Change Politics was launched, which connects voters politicians. to It does this by letting voters ask questions online an d then th e

politicians will answer them.

"We are using technology to improve democracy to get more people involved in political progress...we are trying to make our government more representative," said Troiano.

He is hopeful that his recognition by Forbes will shed more light on the organizations which will help others get involved to reform the political system.

Run for America focuses on helping young leaders to get involved in politics. This cause is dear to Troiano because in 2014 he ran to be a representative of Pennsylvania at the age of 22.

"After running I know that the system is slanted to people who are loyal to their parties, not their own goals and ambitions. We are helping nominate leaders who are going to do what they believe in," said Troiano.

Troiano is keeping busy with all of these organizations, but he will not lose sight of why he got involved.

"My future political goals are to help level the playing field, to make the election process work better. We have an outdated form of democracy, and we need to upgrade it to work better for today," said Troiano.

Even after all of these achievements, he never forgot the opportunities that were given him at Delaware Valley.

"I am very grateful for the time I had at Delaware Valley. The opportunities I had to pursue my passions not only inside, but outside of the classroom helped make me the person I am today. Anyone who gets involved can do anything they want and become anything they want," said Troiano. Delaware Valley High School - Milford, Pa.

Spend the night in Sin City

Support the Forensics Club at the Murder Mystery Night.

Join the Forensics Science Club for a frightening good time on Friday Feb. 18 for the Night in Sin City Murder Mystery Dinner. The event will start immediately after school and last until 6:00 p.m. Students can take the 6:00 late bus home from the event.

Preregistration is required to attend. The event costs \$10 for students and \$12 for faculty. The price includes pizza and appetizers as well as participation in the murder mystery.

See Ms. Baker in room D6 for registration and details.

"I hope to provide a totally different type of event that individuals can enjoy. And depending how well it does, we hope to make this an annual event. If this one goes over well, we'll see about doing a similar event during the fall semester as well," said Forensics Science Club adviser Ms. Lindsay Baker. This is a fundraiser for the Forensic Science Club

and all money from the event will go towards club trips and events. In addition, proceeds will be used to bring in guest speakers to present.

NURDER Sin City Areana of screts, slauthing

Caption by Nate Hayes

FBLA members advance to States

The members of FBLA who are

moving on to the SLC.

Contributed Photo

By Meghan Kiederer *Circulation Co-Manager*

Delaware Valley FBLA members applauded loudly as they watched many of their fellow classmates accept awards on stage at the 2015-2016 Region 22 Leadership Conference.

Eighty three DV FBLA members were joined by 10 other schools at the regional conference at the University of Scranton on Jan. 5. The conference was held in order to elect new FBLA regional officers, judge presentation events and announce the members moving on t

members moving on to the State Leadership Conference (SLC).

The day was scheduled with different events but the highly anticipated event was the award ceremony. The top five finishers for each event were called on stage and then the order in which they placed was announced. DV members cheered loudly as 44 participants won a position at the SLC.

"I think it was the best we've done in 10 years," said Mrs. Maura Angle, Region 22 co-adviser.

Delaware Valley High School was awarded first place for outstanding chapter. The recipient of this award was determined by the events and activities the chapter members have completed throughout

the school year. DV will have 46 members represent the school at the SLC. Two students placed in the top 10 in state

only competitive events and will also be attending. On April 10, 11, 12 and 13, the members will compete in Hershey, Pa. at the SLC for a chance to move on to Nationals.

Recent Education Legislation: Page 8

? FEATURE NEWS ??



This year is Mrs. Ellen Orben's final year as the 11/12 high school nurse, concluding her 23-year career at DV. Mrs. Orben is the head of the nursing department and the adviser for TATU. She has two daughters and three grandchildren who keep her life fun and busy. -Lindsey Toomer

LT: Lindsey Toomer (Interviewer) EO: Mrs. Ellen Orben (Interviewee)

LT: How long have you worked as a nurse, and how long have you been at DV?

EO: I worked at Bon Secours for seven years and this is my 23rd year at DV.

LT: How did you decide to become a school nurse, and what were the requirements?

EO: I was working at the hospital and my old school nurse, Gloria Foss, who I had here at Delaware Valley, happened to come to the hospital to visit a patient and we started talking. She told me to go back to school to get my certification so I could take her job when she retired. I had a long ways to go because at that point I only had an associate's degree in nursing. I had to go from an associate's degree to a bachelor's degree in nursing, and then to a school nurse certification. So I started back at school while still working at the hospital with children at home. I was done with my certification by the time she retired and I interviewed for her job and I got it!

LT: What is your role in the blood drive?

EO: I coordinate it. The Red Cross are the ones who put it on but I do all of the background coordination of it. I also get a lot of help from the HOSA kids. On the day of the blood drive I am there to make sure everything runs smoothly.

LT: Describe your average day.

EO: I come in here in the morning and sometimes I have kids

waiting for me at the door. Then some of my students with diabetes start coming in to do their testing, and the phone starts ringing. I sit down to try to start working on paperwork; a big part of my job is paperwork. Everything that happens in this office goes into the computer; every child I see,

every medication I give, every student with diabetes I see and every physical. Then kids will start coming inthey don't feel good, they have a headache, they threw up- all those kinds of things. And the phone doesn't stop ringing! Some days I have to do screenings so I won't be in the office. Everybody in the high school has to have their vision tested and their height and weight [recorded].

LT: What is the craziest experience you've had as school nurse?

EO: This one time, it was really cool just because I like this stuff, but this kid came in and he said "I cut myself." He was in shop, which is what they called the building career tech class years ago, and he was cutting wood with a band saw. He was pushing the piece of wood through and his hand slipped, and the saw cut him right between his thumb and the index finger and it hit an artery so his hand was pulsating blood out.

LT: What would you say is the best part of your job?

EO: Just getting to know really nice students and the staff. I really do enjoy getting to know the kids.

LT: What are your major responsibilities?

EO: I'm the nursing department head; I'm like the problem solver for the district. I run staff wellness programs, such as getting the staff in the whole district their flu shots. I do the annual report for the state. The state needs to know certain numbers from the district, and I compile what all of the nurses send me.

LT: Tell me about your role as the



TATU adviser.

EO: I started TATU at DV about 20 years ago. I run the meetings and I talk to the administrators about going to the schools. I plan our events throughout the year.

LT: Tell me about your family.

EO: I have two daughters, Kimberlee who is a math teacher here at DV, and Jeanine who is also a teacher down in Maryland. Jeanine has two kids, Addison who is 9 and Braden is 6. Kimberlee has Liam who just turned 7.

LT: What are your plans after retirement?

EO: I'd like to take up golf and ride my bicycle more often. My boyfriend has a motorcycle so we'll have more time to go out. I want to be able to travel and spend more time with my grandchildren. I'm looking forward to having more time to enjoy life and to have a more relaxing lifestyle.

LT: What will you miss most about DV?

EO: I will miss just seeing everybody. I won't miss getting up early and the stress of the job, but I really will miss seeing the kids and the people I work with.





National Music Merchant's Association. Junior Gabriella

Cuevas, member of district chorus, said that to host

districts this year "motivates [them] even more" to work

practice on their own

outside of school.

The district chorus

accepts 25 people to

each section of the

choir, making the

past Oct. 19 district

hard and continue to be successful.

Ten students from Delaware Valley

were selected to be in the district chorus,

the most that were selected since 1993,

when 15 students advanced. These

students meet once a week to practice

their music together and are expected to

DV hosts PMEA District Chorus for first time in years

By Lexi Fean Arts & Literature Co-Editor

On Feb. 4, 5 and 6, the Delaware Valley High School will be hosting the PMEA District 10 Chorus festival. This festival brings together 210 students from 55 schools in the district to compete for a spot in the regional chorus. The students from different schools will meet for the first time on Thursday, Feb. 4, and will have two days to rehearse for a concert they will perform on Friday and Saturday.

This is Delaware Valley's first time hosting the event since 1989. DV is proud to be able to host the Pennsylvania Music Educator's Association (PMEA) event, especially considering it has been voted one of the best communities for music education according to

Disrict Chorus rehearses for upcoming concert with host director Mr. Richard Horst. Photo by Lexi Fean

auditions competitive.

"We're lucky to have 10 students selected to go, while are available to the community for \$5, and proceeds will other schools may only get one to advance," said senior go to PMEA. and chorus president Brianna Kislak.

"The auditions are incredibly competitive, so it really ensures that the group as a whole creates a phenomenal sound," she added.

Molly Scollo, a junior, advanced to Districts for the second time in her high school career.

"I've worked really hard to rank higher than I did my freshman year. It gives me a little confidence going into the regional audition," she said.

The district chorus has also been rehearsing for their concert on Friday and Saturday.

> "I think it's going be a great concert and I'm really excited for the community to see it," said senior Rafael Alexandre.

Page 3

The concerts will be taking place in the DVHS auditorium Friday, Feb. 5 at 7:00 p.m. and Saturday, Feb. 6 at 2:00 p.m. Tickets

– Senior Rafael Alexandre

'I think it's going to be a great

concert, and I'm really excited for

the community to see it."

"IF YOU COULD VOTE FOR ANY OF THE CANDIDATES RIGHT NOW FOR PRESIDENT WHO WOULD IT BE?" By SABRINA STEWART





'I don't like anybody who is running for president right now. I don't know who I would vote for."

Ms. Jess Robinson **Guidance Counselor**



'Definitely not Donald Trump, probably Hillary Clinton or Bernie Sanders." **Alexis Sickler** Class of 2019

"Donald Trump" Jaden Jorgenson **Class of 2018**

"Hillary because we've never

had a woman president before."

Orion Petrowski

Class of 2019



"I'm just going to go with Donald Trump." Gabby Taylor Class of 2016



"Kanye" **Brittany McIvor** Class of 2019

SAT Dates and Deadlines

Beginning this March, the SATs will be offered at DVHS. Now, there is no need to go to another school to take the SAT, but keep in mind that there is limited seating offered.

All dates are only offering the redesigned test, not the one that has been offered in the past.

**Reg. stands for "registration."

Compiled by Kirsten Peters

Dates:	March 5	May 7	June 4
Options:	SAT only	SAT & Subject Tests	SAT & Subject Tests
Regular Reg.:	Feb. 5	April 8	May 5
Late Reg. (By Mail):	Feb. 19	April 22	May 20
Late Reg. (Online):	Feb. 23	April 26	May 25



Café cancellations

Michelle Obama is desperately trying to reduce obesity in American but let's face it, these school lunch changes are not the answer. According to the U.S. Department of Agriculture, all schools and school food service programs must follow the Smart Snacks Nutrition Standards –also known as the "you have to buy prepackaged frozen food slop" standards.

Obviously schools can't force students to eat their new "healthy" options, but unfortunately just offering vegetables in cafeterias is not going to do anything. Especially when, in my opinion, the carrots are merely sliced up hot mush.

"Obesity starts in the home, not in schools," said Christine Protsko, DV Instructional Assistant. Parents are supposed to teach their kids what to eat and what not to eat. As high school students I think we're old enough to decide what we want to eat for lunch.

These new cafeteria standards are expected to cost 3.2 billion dollars nationwide. 3.2 billion dollars just to offer "healthy" foods. There isn't even a guarantee that students will take the cafeteria selections. We all can easily pack lunches with just Oreos and Twinkies and no one can say a thing.

On top of cafeteria changes, the Warrior Café is now only allowed to sell food to the staff, not the students (I guess Michelle Obama doesn't care about the faculty's health?). These wonderful food standards are nearly impossible for the students in food service to meet. Every student would need to be offered the same serving sizes and specific proportions of things like sodium, cholesterol, etc. It's just ridiculous.

I think that most students would prefer to have fresh cooked meals for lunch from the Warrior Café over frozen patties any day. But of course we can't have them now.

Thanks Michelle.

Ashley Vecchio Class of 2016

Team pride on and off the playing field

Varsity jackets are a major part of the high school phenomenon. Athletes run and play their hearts out in the hopes of getting that red, black and white jacket that showcases all of their hard work.

Why are varsity jackets only open to athletes? Why aren't they open to all members of clubs and activities? Why do athletes only get the opportunity to demonstrate all of their hard work and time put in? Why can't club members have that sort of recognition and pride?

I play sports and I am in after school clubs, and the clubs that I'm in take up more time in one week than sports do in two weeks, but after school clubs and activities don't have the chance to get a varsity jacket, or even something like one.

These clubs that I'm involved in take time and dedication to produce the results that we strive for. And I'm not the only student who would like some acknowledgement of the clubs that we love.

"I think it's a good idea," said Maddy Walter a participant in clubs and sports at DV. "They [members of clubs] should receive just as much recognition as any athlete does."

I want to be able to walk around in my varsity club jacket and know that all of my work in these clubs are just as important as the athletes work on the courts and fields.

BRYANNA ROSE Class of 2018

Dealing with wet hands

Whenever a student has to wash his or her hands in one of the Delaware Valley High School bathrooms, there are three main options that the student has to choose between in order to dry off his or her hands. Although washing your hands may seem like a simple task it actually requires a great deal of thought.

Option 1: There are a select few students who put much effort in and stand for a good five minutes or so with their hands under the powerless dryers and then eventually give up and end up wiping their hands off on their pants. These students can most commonly be referred to as the "Class Skippers," who are mainly just trying to kill time.

Option 2: Then there are the students who wipe their hands off on their pants right away, which, might I add, leaves obvious hand print marks on most light colored jeans. They resemble those who go allout on spirit day by covering themselves with red, white, and black handprints all over their body, but, in this case, with handprints of water.

Option 3: The third group of people are the few who know the secret hiding spot for the single roll of paper towels found in some of the wheelchair accessible stalls. I know personally that whenever I have the time and patience, I wait like a predator stalking its prey until the person in that stall leaves, so that I can quickly grab a paper towel to avoid placing handprints all down my leg. I often find myself carefully grabbing the paper towels as if to not let the word spread that there are actually paper towels in some stalls. So now that I have shared this very helpful secret, you better use the paper towels wisely so there are still some left by the time you need to dry your hands off.

So whenever you have to go to the bathroom, you now have to decide which of these options you would like to choose. Good luck with your hand drying techniques, and hopefully one day the paper towels will be places in every bathroom of the high school for our convenience.

> JULIANN WINKLER Class of 2018

"Everyone thinks of changing the world, but no one thinks of changing himself." -Leo Tolstoy





Where are they now? Dylan Brown "I'm looking forward to meeting new

Staff Writer

Dylan Brown, a 2013 graduate of Delaware Valley, is a proud student of the United States Air Force Academy.

During Brown's freshman year, he joined the rugby team. The competes team at the Division 1 level and travels all across the country. This spring, Brown and his team will be competing in Berkeley, Calif., Las Vegas, Nev. Charlotte, and N.C. They will also



Brown handling the ball.

traveling to be New Zealand for a 10-day long intensive in the New Zealand style of rugby. The team will be meeting and playing with people all over the world.

people, making lasting connections, seeing new places and things and beating the Kiwis at their own game," said Brown.

Like any collegiate level sport, athletes must put in extra work on their own, besides the standard team practices.

For Brown, practice is Monday through Friday for two hours, which is separate than lifting workouts which happen five to six days per week. On his own, Brown lifts for two hours a day and puts in an extra 30 minute workout before practice starts.

Being a student athlete, the most challenging task is managing school and rugby, according to Brown.

"The key is just to get the work done as it is assigned to you so that it does not build up to a level that is intolerable," said Brown.

Brown attributes his advantage over his peers to his growth and success at Delaware Valley.

"Nothing really can prepare you for the military aspect, but academically I am forever thankful for the teachers, coaches and administrators at DV because they



Brown and teammates fighting to win.

Contributed photos

prepared me far more than I ever could have asked," Brown said.

Based on his academic excellence at the Air Force Academy, Brown has been chosen to represent the department economics at an exclusive internship Economic with the Advisors to the President in Washington, D.C.

For prospective, graduating seniors, Brown offers a piece of advice, "Take full advantage of the opportunities at DV. They

are abundant and well worth it. Have school spirit. It made life so much better and we had fun things to do because of it. Show up for your friends and if you're not "friends" show up for your classmates. Be yourself and accept others for who they are. High school is such a low pressure and free environment, enjoy it."



Directions: Search through the articles in this issue of the newspaper and find the answers to the questions listed below. The first person to solve this edition's puzzle and email his or her answer to the.del.aware@gmail.com will receive a prize.

Cindy Li to attend district band

On Jan. 28, 29 and 30, sophomore clarinetist Cindy Li will be the only student representing DV at this year's District Band.

Held at North Schuylkill **Junior/Senior High School** in Ashland, Pa. Li will be traveling over two hours to participate. Once there, she will audition for a chair and, depending on her placement, could qualify to advance to **Regions Band.**

Li will partake in intense practice and preparation for the two days prior to the final performance on Jan. 30th. While doing so, she will get to meet and play alongside other talented musicians from her district.



"Last year I was too young, so this year I'm really excited to get the opportunity to go to Regions," said Li.

Caption and photo by Shaina Klein

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New classes are a success among students

How to drive safely in the winter

BY GWEN NATHAN Staff Writer

As temperatures drop faster than recent gas prices, the roads can be completely different territory for those who are new to winter driving.

Dealing with brakes

Ice, especially black ice, can be a dangerous problem that is sometimes hard to spot. If your car slips on ice, one of the worst things you can do is slam on your brakes. Instead, try letting off the gas and turning your wheel the way the back of your car is sliding. It is also helpful to stop sooner when pulling up to stop signs and traffic lights.

Driving in the cold

On days when the temperatures drop below freezing, it is recommended that you start your car a few minutes before you leave, to allow your car time to warm up. You should also maintain at least a fourth of a tank of gas and you may want to store blankets, food, water, and extra clothes in your car for emergencies.

Driving in the snow

Four wheel drive is the best for driving in snow. However, if you have a sedan, front wheel drive is preferable over rear wheel drive. If you drive a truck, senior Tyler Moraski recommends "adding weight to the back of the truck to make it evenly distributed."

Regardless of how many precautions you take, sometimes accidents are inevitable. If the roads are in rough shape or there is a winter storm warning, try to avoid driving. When all else fails, reflexes and quick thinking may help to prevent severe accidents.



By SABRINA SCHLENKER teaches how to create fitness goals and how to achieve them.

News Co-Editor

This year marked the beginning of a variety of new classes available to students. Leadership and Adventure Education,

Officiating Team and Individual Sports, Physical Fitness and Training and Video Game Design were added to the long list of classes DV has to offer.

Leadership and Adventure Education

Leadership and Adventure Education is a physical education class that outlines how to be an effective leader. The class focuses on problemsolving with a concentration of athletics.

Junior Rory Matz said the course calls for more critical thinking than a regular PE class.

According to junior Kyle Dillon, the course is a good addition because the students learn how to become a leader and encourage participation in sports.

Officiating Team and Individual Sports

Officiating Team Sports is a physical education class that covers the rules of being a referee. In addition, students learn about team-building, public speaking, the rules of different sports and leadership.

According to senior Zachary Cerberville, the class is hands-on and was put together well for a new class.

"It's better than I thought it would be," he said. **Physical Fitness and Training**

Physical Fitness and Training is a physical education class that

According to senior Abigail Reyes, the class is definitely worth taking because the students get to plan their own workouts, and

they can choose between the pool and the weight room. "[The class] is a stress reliever. You don't realize how much

stress you have until you work it off," said senior Elizabeth Heaney.

Heaney suggests the class could be improved if there was more classroom time, so the students could learn about the positive effects and changes of exercise has on the body.

Video Game Design

Video Game Design is a hands-on business class where students learn how to create and program video games. According to business teacher Miss Audrey Josephite, the class is highly recommended for people who enjoy playing video games or have an interest in pursuing a career in business or art.

"I like playing video games, so making them sounded fun," said senior Gina Dedes.

Miss Josephite said since students are so engrossed in technology, it is important to educate them about it.

"[The class] makes you realize how much work goes into making video games. It makes you appreciate every detail," said junior Mathew Feeney.

According to senior Elizabeth Pelesko, Video Game Design allows for people who share common interests to become friends. "It's different from any other class," she continued.

New street hockey league starts at DV

By MATT CAVALLARO

Staff Writer

There is no ice hockey anywhere near DV, but with tons of students and teachers being big fans of the sport, hockey has made its way to the court. An intramural street hockey league has arrived and it seems to be a huge hit.

Mr. Jim Donnelly, a gym teacher and coach, started up the club because he thought it would be a great idea to bring hockey at our school. He said, "I'm excited about how hockey has gone so far. I was surprised by the turnout. The games have been great and the guys have played with a lot of enthusiasm."

Over 45 kids participate and the players split themselves up into teams. Some of the teams are the Rangers, the Kings, the Delaware Daddies, and the Hanson Brothers.

Even though there is no school ice hockey team, many kids still play on the weekends. Sophomore Noah Susney said,

"The kids on my team play almost every Sunday down at Airport Park. We have a great time, and I think we have a lot of team chemistry from always playing together."

The league holds games every Wednesday and Friday on the tennis courts. The games include four players and a goalie on each team. Three periods are played and if there is a tie then overtime and a shootout will follow. Every player is given goggles, which he or she must wear for safety, and a stick. The goalies are given goalie pads for their legs, a chest protector, blocker, glove, helmet and goalie stick.

Senior Michael Bell, the goalie for his team, the Hanson Brothers, said, "I have never played hockey, but my friends and I decided to make a team and it has been awesome. When we first found out about the club we practiced every weekend for a month, and now we are winning most of our games."

The league started in December and will be having playoffs in February. During the cold days, players have to bundle up in warm clothes but continue to have fun.

The league is great opportunity for kids in our school that never had the chance to play hockey, because now they get to. Since this has sparked so much interest, there is now talk about more clubs and intramural sports to be added.



Junior Nick Haydu defends the goal. **Contributed photo**



Leadership students play **Reach for the Sky. Contributed photo**

School News

Scholastic Bowl rises in the ranks

'It's an amazing feeling. To have the

Opinions Editor

.Alex Miller

Megan Krause

team is currently ranked 56th nationally and third Pennsylvania in opportunity to be among such great minds is after sweeping the awesome, and we always have a great time." NEPA Academic Challenge at Mountain View High School for the

third consecutive year.

"It's an amazing feeling. To have the opportunity to be among such great minds is prepare for the upcoming tournament. They are

awesome, and we always have a great time," said "A" team member Jacob Ahlstrand.

"Obviously rankings the aren't the end-all-beall," explained senior Drake Eshleman, another member of the

team, "but we're very happy we're ranked so high, Eshleman. The team is hopeful this practice will considering we're a relatively new program to this pay off in Connecticut. format of quizbowl."

The "A" team will be attending a tournament on Jan. 30 in Darien, Conn. in which they will be competing in the nationals division. There, they expect to take on some impressive teams

including their biggest rival, Ithaca.

"We're expecting to take some big losses, we're playing but with national-caliber winning teams," said - Senior Jacob Ahlstrand Eshleman. "Imagine if

our football team were playing in the Rose Bowl. [It is] similar to that." The team is doing all that they can to

practicing college question sets, constantly increasing question difficulty to build their skills. They stay after to practice on days other than the typical two days they are able to stay after with Mr. Kevin DeVizia, scattering to find a teacher to oversee them. They even practice online with other players in the area.

"We're playing questions meant for GOOD college teams," emphasized

Students raise money for Safe Haven

Safe Haven

of Pike Countv

Source: constantcontact

By Adam Parent World News Co-Editor

From Jan. 12 to Jan. 21, the Student Council collected donations from students during their lunches in order to raise money for Safe Haven, a Milford-based organization that is dedicated to assisting families have that experienced domestic abuse by providing therapy, financial support and shelter to such families.

As an incentive to

convince students to donate to the fundraiser, assistant principal Mrs. Nicole Cosentino agreed to straighten her usually curly hair if students were able to raise \$300 or more. Despite the fact that students ultimately raised only \$100, most of those associated with the Student Council still

felt that the fundraiser was worthwhile.

"I feel that this fundraiser was important because it has helped bring awareness to an organization that helps so many desperate families in the community," says Student Council adviser Mrs. Crystal Wummer. "Safe Haven is a very important resource that can help people in the school and in the community."

TzeitelAspen Narvarte
HodelMolly Scollo
ChavaAlyssa Mancuso
ShprintzeSarah Hawthorne
BielkeJessica Bello
YenteMartha Morton
MotelDavid Torres
PerchikKris Tjornhom
FyedkaJustin Pranga
Lazar WolfJonathan Outwater
Grandma TzeitelLexi Fean
Fruma-SarahVictoria Fitzgerald
RabbiJohn Anthony Cirello
ShaindelSophie Cunningham
The FiddlerKarthik Ramaswamy

The production will run April 8, 9 and 10.

Fiddler on the Roof

levve.....

Golde



Introducing 2016's Cast List:

By LAUREN ZIOLKOWSKI

The Delaware Valley Scholastic Bowl "A"

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Del.Aware - January 29, 2016 Jews School **I Breakdown of SPP** School Performance Profile

BY LEXI FEAN

Arts & Literature Co-Editor

The Pennsylvania School Performance Profile is designed to evaluate a school's academic achievements. It also serves as a web-based resource for school districts to compare and communicate their results and their methods of improvement. Scores are compiled from indicators of academic achievement and academic growth, such as Keystone scores, academic progress from year to year and graduation rate. Academic performance measures each data element "as a designated factor value to determine the contribution of that data element's performance measure," according to the Pennsylvania SPP webpage. The points are calculated by multiplying the performance measure by the factor value. All earned points are then added to determine the total number of points earned. The total number of points earned is then divided by the total number of possible points for the school's calculated score. It is important for our school to perform well and receive a high SPP score as it reflects our dedication and hard work to the state.

High school principal Mr. Brian Blaum said he has "a really good feeling about our SPP," and wants to continue to spread the word about DV's success.

AREAS TO IMPROVE ON:

 PVAAS- GROWTH SCORES ARE LOW, PROJECTED SCORE VS. ACTUAL SCORE

 PSSA/Keystones- Math, ELA and Science GAP CLOSING NUMBERS

 PSSA/Keystones- Math and science need to MEET GROWTH EXPECTAIONS

CHANGES BEING MADE:

 PROVIDING MORE INFO TO TEACHERS, 1 ON 1 CONVERSATIONS WITH STUDENTS (INFORMING ON THEIR PROJECTED SCORE) 9TH GRADE ADDED ECOLOGY INTO CURRICULUM

DV compared SPP Scores

What goes into the SPP Score?



Do you have any advice for the staff and students following the implementation of SPP?



"Students and teachers should continue to use data from multiple sources - skills-based assessments, writing assignments, presentations, etc. - to differentiate instruction. If the focus is on students and their individual needs, they will be successful, which is what truly matters." - Mrs. Jackie Weston - English

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'It is something that needs to be taken seriously so we can continue to have the best results and maintain the high standards we have in the high school and the district as a whole." - Mr. Gary Cotroneo - Spanish



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"Students should always strive to excel in school, that's why they're here; but don't let a score on a standardízed test cause you too much concern, each individual has strengths and weaknesses. I was never nor will I be a math scholar."

- Mr. John Farrell - English

PRISMACOLOR PREMIER® Compiled by Kirsten Peters

No Child Left Behind Act altered

BY GWEN NATHAN Staff Writer

On Dec. 9, Congress passed a law altering the regulations of the No Child Left Behind Act (NCLB). In addition, the law shifted the jurisdiction of education from a national level to a state level.

The NCLB act was first enacted in 2001 under President George W. Bush. Its goal was to level the playing field for disadvantaged students in grades K-12, including minorities, those in poverty, those who speak little English and those who receive special education services.

However, since the act punished schools for not meeting goals rather schools than rewarding who them, it sparked controversy met American public. with the The new reform law, the Every

Student Succeeds Act, reduces the power

of the federal government, handing much of the education decision-making power to the states and school districts.

While the law was signed almost a month ago, schools aren't expected to see an immediate change in testing methods. However, the Keystone testing graduation requirement has been pushed to the class of 2019.

"Right now, it's up to the states to decide whether or not to change their testing methods," said DV principal Mr. Brian Blaum.

Many people feel this change is a good thing that will further promote school success, as well as allow states more freedom to personalize school policies to the needs of their inhabitants.

"It makes education policies much more accessible. If we have problems or questions we can take them to the state rather than the federal government," Mr. Blaum said.

School News

BRE

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The long and complex process of creating the school budget, beginning in October, starts with teachers and advisers and ends with the Business Administrator, Mr. Bill Hessling, the Superintendent, Dr. John Bell and the school board. Many factors influence the school budget including student enrollment, pending and/ or future legislation, retirements, tax collection and many others.

"It is not an exact science," Mr. Hessling said. "You can not just plug in the same numbers as last year and have a budget."

For the 2015-2016 school year, Delaware Valley School District has a \$75,478,252 budget. 4,659 students are enrolled districtwide.

-Aspen Navarte Entertainment Co-Editor



El Niño shakes up weather

By Amanda Brown Sports Editor

Normally in the Northeast, snow falls in late October or early November, to provide a beautiful white Christmas morning along with tons of shoveling. During this winter season, Northeast Pa. did not see legitimate snow fall until Jan. 23 and received approximately either to 10 inches.

Well, there are two types of winters: El Niño and La Niña. The difference is simple; El Niño results in a noticeably warmer winter while La Niña results in either a normal winter or an extreme winter.

This year, the U.S. is experiencing an El Niño, or, as scientists say, "El Niño-Southern Oscillation" (ENSO) winter, which is why there has been minimal snow and higher temperatures. El Niño winters will only occur every two to seven years.

In normal, La Niña conditions, trade winds blow in a western direction along the equator. These winds pile up warm surface water in the western Pacific, so the sea surface is as much as 18 inches higher in the western Pacific than in the eastern Pacific. The Humboldt Current is a cold ocean current which flows north along the coasts of Chile and Peru, then turns west and warms as it moves out into the Central Pacific. The normal condition is warmer water in the western Pacific and cooler in the eastern.

In an El Niño, the equatorial western winds diminish. As a result, the Humboldt Current weakens and allows the waters along the coast of Chile and Peru to warm and creates warmer than usual conditions along the coast of South America.

World News President Obama delivers final SOTU Address

By Alyssa Mancuso Entertainment Editor

On Jan. 12, President Barack Obama delivered his eighth and final State of the Union Address. Given to the 114th United States Congress, the address incorporated Obama's remarks on immigration, foreign affairs including ISIS, the state of the economy, the future of the nation and most significantly his accomplishments and regrets of his presidency.

by welcoming Vice President Joe Biden, Speaker of the House Paul Ryan, members of

Congress and his fellow American citizens. He then went on to list the proposals for the year ahead, including helping students learn to write computer code, personalizing medical treatments for patients, fixing the immigration system he called broken, protecting U.S. children from gun violence, achieving equal pay for equal work, as well as several more.



President Obama delivers his last State of the Obama opened the speech Union Address at the chamber of the United States House of Representatives.

answering four main questions: "First, how do we give everyone a fair shot at opportunity and security in this new economy? Second, how do we make technology work for us, and not against us-especially when it comes to solving urgent challenges like climate change? Third, how do we keep America safe and lead the world without becoming its policeman? And finally, how can we make His address was focused around our politics reflect what's best in us, and

not what's worst?"

Throughout his address, President Obama answered each question in an attempt to educate and inform the American people on the current state of the nation as well as its future.

One of the most significant parts of his address was Obama's final few statements. He stated how the voices of America today are seen in every aspect of life.

"I see it in the Dreamer who stays up late to finish her science project," he said.

"I see it in the soldier who gives almost everything to save his brothers... and in the son who finds the courage to come out as who he is."

The finale of the address resonated with many people, such as junior Molly Scollo.

"I think because [Obama] is leaving office, he wanted to leave an impression on the American people," she said. "The people of America are looking for someone to address the ever-changing society. We, as American citizens, need to hear our leaders' beliefs for the future. Obama did exactly that."

Iran, Saudi Arabia conflict creates tension

News Editor

On Jan. 3, Saudi Arabia cut diplomatic relations with Iran, giving Iranian diplomats 48 hours to leave the country. This drastic development left the world shocked, with many fearing the possibility of military conflict between the two Middle Eastern powers.

Historically, Iran and Saudi Arabia have always had a rough relationship; however, this latest crisis between the two regional rivals has led to growing hostility. The disintegration of diplomatic ties came in the wake of the execution of prominent Shitte cleric Nemer al-Nemer, who was put to death alongside 47 other state prisoners. Nemer had been dubbed a terrorist by the Saudi government, and in the past had voiced opposition toward Saudi Arabia's royal family. Across the country, demonstrators rallied to protest his death, and Iran issued an official statement stating that Saudi Arabia "would pay a high price" for this execution. Saudi Arabia, in reply, accused Iran of sponsoring terrorism.

On Jan. 2, hundreds of demonstrators set fire to a Saudi embassy in Tehran,



Iran's capital city. The following day, Iran's supreme leader Ayatollah Ali Khamenei stated that Saudi Arabia will face "divine revenge" for the execution. Saudi Arabia announced that it will cut diplomatic relations with Iran. The last time diplomatic ties were cut between the two nations was in 1988, following a protester-led attack on the Saudi embassy. Relations resumed in 1991.

Since Saudi Arabia cut ties, many of their allies have followed suit, either cutting ties completely or drastically reducing diplomatic contact with Iran. Bahrain announced that it was completely severing diplomatic ties with Iran, and the United Arab Emirates downgraded its diplomatic relations with Tehran. The conflict even

spread to Africa, where Sudan expelled the Iranian ambassador and recalled the Sudanese ambassador from Iran.

These swift developments left much of the world fearing escalation and increased violence in the already turbulent Middle East. Several European nations recalled ambassadors from both countries following Saudi Arabia's announcement, and both Russia and China released statements calling for stability and restraint.

"Moscow is concerned about the escalation of the situation in the Middle East with the participation of the key regional players," said the Russian foreign ministry.

The United States has also expressed great concern for the ongoing conflict, encouraging both nations to deescalate tensions. As Saudi Arabia was preparing for the state sponsored execution, U.S. officials urged restraint and caution and have continued to do so as tensions have grown.

"We have raised at every level of the State Department our concerns about judicial practices with Saudi officials, to include the [al-Nemer] case," said State Department spokesperson John Kirby.

World News

North Korea threatens world with H-bomb By SARAH McDougall

Science & Technology Co-Editor

North Korea has claimed to have reached a new level of weaponry with the construction and detonation of a hydrogen bomb.

This was announced on Jan. 5 after the U.S. Geological Service reported an earthquake with a magnitude of 5.1 near Kilju, North Korea, which coincidentally is the location of the country's nuclear test site.

Hydrogen bombs are more powerful and destructive than nuclear explosives, meaning that North Korea would have become one of the world's thermonuclear powers if the rumors are true. This was the country's fourth nuclear test since 2006, and is supposedly the first to involve a hydrogen weapon.

This announcement has resulted in skepticism from many different viewpoints. The Obama administration and nuclear experts have dismissed the claim, saying that this attempt is similar to the three previous tests and that the test yield was too low to be a successful hydrogen bomb.

Robert Kelly, associate professor at Pusan National University in South Korea,



said, "North Korea makes all sorts of claims and there is no reason, given their history of lying and dissembling, to take them at their word."

Supporting these accusations is the footage of the latest test by North Korea. South Korea's military claimed that the country had modified the video and edited it with Scud missile footage from 2014, making it seem as if the bomb was created.

Despite this, North Korea is still insisting that the hydrogen bomb was successfully created. The country's motives have been expressed, with threats being made to other nations.

The Korean Central News Agency (KCNA) stated, "The test was neither to 'threaten' anyone, nor to 'provoke' someone for a certain purpose," and that the main

purpose of the bomb was for defense. North Korea later contradicted itself,

stating that its bomb is "capable of wiping out the whole United States at once."

This threat has brought many concerns to the United States, and actions are currently being taken. North Korea has refused to enter negotiations with the Obama administration like Iran previously did, instead saying that the tests will continue.

The House of Representatives has approved legislation to enhance sanctions against North Korea. North Korea will not have access to hard currency. In addition, President Barack Obama will be able to prevent any sanctioned foreign person from entering the United States.

House Foreign Affairs Committee Chairman Ed Royce said, "Congress must send the message to the Kim regime that they can either reform and disarm of the system can implode. Without hard currency, without being able to pay the generals, that system would implode."

The stakes are high and the tension is rising for North Korea and its relation with the rest of the world powers.

"Making a Murderer" causes outrage

By Sera Shafer Staff Writer

The show "Making a Murderer" has been raising questions about the strength of the case brought against Steven Avery and Brendan Dassey for the murder of Teresa Halbach.

They are currently serving life sentences for the murder of the 25-year-old photographer back in 2005. Authorities of Manitowoc county, Wisconsin, where the two were charged, are being accused of mishandling the case.

Avery previously served 18 years in prison for a sexual assault that he did not commit. This sparked the creation of the Netflix original series, "Making a Murderer," which follows Avery through his first and second trial and his 18 years spent in prison.

Viewers everywhere are being pulled into the series depicting Avery's story.

'Once it gets going, it becomes an addicting story and it will always make you wonder if he actually committed the murder," said freshman Matt Chabak.

A petition started Dec. 20, 2015 on the White House's "We the People" website calls for Avery and Dassey to be pardoned. The petition acquired nearly 130,000 signatures, exceeding the 100,000 needed to trigger a response. The White House addressed the petition, but the President can only pardon federal offenses and Avery and Dassey are state prisoners.

Although the release of the show has watcher's up in arms, there are many claiming that the series has left out crucial details of both the trial and Avery's past. It may never be known if Avery is innocent or guilty, but as for now, he is spending life in prison with no chance of parole.

Cosby charged with aggravated assault

By COURTNEY KELLY Editor in Chief

Bill Cosby, the actor who portrayed loving father Heathcliff Huxtable on "The Cosby Show," and long-time comedian appeared in court on Dec. 30 in Elkins Park, Pa. where he was officially arraigned for one charge of aggravated indecent assault.

Because of his arraignment, Cosby's passport has been revoked and his bail was posted at \$1 million. He posted 10 percent of the money, as required, and was later released.

The beginning of 2004, various claims of Cosby's sexual assault and date rape case became publicly known. Since then more than 50 women have accused him of drugging and/or sexually assaulting them. The 78-year-old has maintained his innocence.

Despite these allegations becoming public in 2004, the victims trace all the way back to the late 1960's. Andrea Constand was the director of operations for Temple University's women's basketball team where Cosby was an alum, was the first victim of Cosby to report the attack. He, allegedly,

offered to be her mentor in order to gain her trust. One day when Constand met at Cosby's Pennsylvania house he drugged her over 20 and began to sexually assault her.

In March of 2005, Constand filed civil charges against Cosby. With this charge, 13 unidentified more women spoke out, and agreed to speak against Cosby as Jane Doe witnesses. However, despite their efforts the case was settled out of court for an unknown amount of money in November of 2006 a result the 13 witnesses

were not able to testify.

"I want to support the other women who have gone through this. Now with people coming out...it's being handled differently," said Joan Tarshis, an alleged victim.

Jan. 14, Judge Arthur J. Schwab discharged the three charges against Cosby, ruling the statements "do not support a claim for defamation as defined by Pennsylvania

law.'

Since the accusations became public, universities have rescinded Cosby's honorary degrees. However, not

all universities followed suit, including Yale University and the University of Pennsylvania.

"The allegations against Mr. Cosby are deeply troubling and we are closely monitoring developments," Vice President for University Communications Stephen J. MacCarthy said in an email. "However it is not our practice to rescind honorary degrees."

University of Pennsylvania's decision to not sever ties with Cosby is baffling to some because they have rescinded two honorary

degrees prior to this incident. Students from Yale University and University of Pennsylvania have created petitions, but the schools are not budging. Cosby still holds approximately 40 other honorary degrees.



Bill Cosby's mugshot was taken at the **Montogomery County Correctional Facility.**

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Del.Aware January 29, 2016

Rape Cult

What is it? And how does it affect you?

Victim shares inspiring story

By Lexi Fean Arts & Literature Co-Editor

At 18 years old, she was sexually assaulted by her cousin at a party. Now, just about 10 years later, she has been able to regain control of her life.

While on a family vacation to Missouri, a young woman went to a party with her cousins. A few hours into the party, her cousin drugged her drink and assaulted her. The next morning, she could not remember what exactly happened, but she recalled coming in and out of consciousness and knew something had occurred without her consent. She then filed a police report and had a sexual assault exam. A New Jersey native, she then had to spend the next several years of her life flying back and forth to Missouri for court dates. Her attacker was eventually charged with assault and sentenced to eight days in prison, which the court scheduled for the weekends only as to not inconvenience his work schedule.

"What took years of my life only took eight days from him," she said.

An experience like this dramatically changed her life; she spent her entire college career dealing with anxiety because she was scared that something would happen to her. She emphasized that in a situation like this, the victim stresses out and is constantly uneasy, while the attacker is out living his or her life.

"I let him have control over me for a really long time," she said. "But I deserve to be happy, and I am in charge of my life."

She spent a long time after the incident letting it define her and feeling guilty, like it was her own fault. "You can't be critical of yourself, even if you did something differently, it would still happen, just differently,"

she said, referring to her drinking at the party. She used to wake up and it would be the first thing she thought about, but now it hardly ever crosses her

mind. She trusts her gut more now, and is still the strong and independent woman she always was.

As for anyone who has ever been in the same situation, she encouraged them to get help. "You are not alone," she said. "Nobody has the right to touch someone without permission."

Reported Sexual Violence Other Than Rape



By Olivia Tenney Arts & Literature Editor

The definition of rape culture is "a setting in which rape is pervasive and normalized due to societal attitudes about gender and sexuality." Rape culture is blaming the victim instead of blaming the perpetrator. There are multiple myths about rape culture that many people do not know the truth about. Myth #1: Only women can be the victim of rape, so in effect only women can be the victim of rape

culture as well

Where to go for help **By Alyssa Mancuso** Entertainment Editor

Too often acts of sexual assault and rape go unreported. To give victims an opportunity to get help and tell their stories, there are several local and national organizations available.

Did you know?

Rape is the most

1 IN 5 1 IN 16

Women Men Are sexually assaulted while in college

One of the most prominent local organizations is Safe Haven. Available 24 hours seven days a week, Safe Listed under point 23 on page 14 of the student handbook is where the Delaware Valley High School policy Haven's mission is to eradicate domestic violence, sexual assault and other serious crimes through prevention, for sexual harassment is located. School administration and guidance have a way to handle it if a student is faced empowerment and the promotion of social justice. Safe Haven also deals with domestic violence, aiming to with an offensive environment. provide safety for all abuse victims. The organization's phone number is 570-296-HELP.

Sexual harassment, as defined in the handbook, "happens when someone uses words, gestures, or actions Also dedicated to the prevention of sexual assaults is the national organization Rape, Abuse, & Incest of an explicit or implied sexual nature and creates an environment, which is offensive, intimidating, or which National Network (RAINN) - National Resources for Sexual Assault Survivors and their Loved Ones. RAINN makes another member of the school community feel uncomfortable. not only has its own emergency hotline for sexual assaults victims (1-800-656-HOPE), but it also has several An individual can be guilty of sexual harassment even if he/she did not intend to create that environment. more hotlines and resource centers for domestic violence and child abuse. Not Alone's website offers a search The administration must review any case of sexual harassment and then determine if it is serious enough to bar in order for anyone to locate services and resources in his/her are to receive support if he/she is in a crisis bring in the police. situation or wants to speak with an advocate.

The school has a first offense, second offense and a third offense regarding sexual harassment at school. The In addition, Not Alone, who's statement is "Together against sexual assault," work year round to help first offense is three days out-of-school suspension, second offense is five days out-of-school suspension and the victims of sexual assault. This organization offers advice and assistance for not only students who have been third offense is 10 days out-of-school suspension. assaulted or harassed, but also for schools, providing information on how schools should handle students who Mrs. Vivian Bruno, Delaware Valley social worker, said if this situation were to occur, the individual should have been assaulted as well as preventative steps the schools can take.

go to guidance and the counselors will find out the details of the situation. Counselors would then get the school Unfortunately, rape culture has led to many people feeling unsafe just walking the street. A person can take nurse and school police involved. Mrs. Bruno assured that the student's situation would be kept confidential preventative steps to protect themselves in situations where sexual assault and rape are possible. Carrying mace, In addition, she recommends that if any other student was affected by the event, he/she is encouraged to speak a type of self-defense spray, or air horns when going out can help in scaring attackers away. Regardless, police to his/her guidance counselor. encourage anyone who has been assaulted or harassed to report it immediately. The sooner a person reports the "From the very beginning of your school career we ensure the idea of never crossing the line of touching incident, the better the chances are of finding the attacker. each other by the DV- Five, keep hands and feet to self," said Mrs. Bruno.

Del.Aware

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victim of rape culture when they are raped, because so many people believe that men cannot be raped. In order to exterminate rape culture, this myth has to be dispelled.

Myth #2: Only rape is part of rape culture.

Fact: This is another big myth, rape culture is not just about being raped. It is any form of sexual harassment or sexual assault. Being "cat-called" on the street promotes rape culture because it normalizes sexual harassment.

Myth #3: If I am not a victim of sexual harassment/assault/rape, rape culture does not affect me. Fact: Rape culture affects everyone, whether or not you have been a victim. One person being assaulted or harassed and then being blamed for it, keeps rape culture prevalent.

All of these myths and facts were found by the University of Minnesota Duluth.

Fact: This might be the biggest myth there is. Not only can men be raped, but they are almost always a

DV's policy on sexual assault **By Sabrina Stewart**

Staff Writer

According to Mrs. Bruno, when students sign the student handbook each school year, it is expected that they know what is expected of them.

63% of all sexual assaults are not reported to police

Only 20% of college sexual assualt victims go to the police

under-reported crime.

STATISTICS COMPILED BY VANESSA PAOLELLA

World News Silent protester evicted from Trump rally

Sapphires spike in popularity

By GWEN NATHAN Staff Writer

Diamonds may be forever, but sapphires may soon join their ranks as they rise to overtake diamonds as the most popular engagement ring stone.

This surge is great timing for the country of Sri Lanka who is profiting from the sale of their gems as well as the discovery of the world's largest-to-date Blue Star sapphire.

The Blue Star sapphire is named for the six-pointed star that appears on its surface when polished. It weighs in at 1401.49 karats and is estimated to be worth anywhere between 100-175 million.

The current owner of the gem, who prefers to remain anonymous, has named the stone "The Star of Adam."

The sapphire was unearthed last August in a mine in Ratnapura. The town is located in the southern part of Sri Lanka, which has recently been nicknamed "The City of Gems.'

The sapphire's surge in demand may be because of the interest in Kate Middleton's engagement ring, which originally belonged to Princess Diana.

While Kate's ring is crafted from a Ceylon Blue sapphire, Sri Lanka has experienced an increase in sales of all their sapphires, according to the National Gem and Jewelry Authority of Sri Lanka.

However, due to the sheer size of "The Star of Adam," the owner believes it will be used for other purposes.

"I would love to keep it and have it exhibited and share it with the public, but I have to balance it out with my security concerns," the owner said.

Regardless of the owner's decision, the gem is an exciting new addition to a world with a growing desire for sapphires.

By Allison Wulfhorst

Managing Editor

Donald Trump held a rally in Rock Hill, S.C. on Jan. 8 where an Islamic woman, Rose Hamid, was evicted because she stood up during Trump's speech as a form of silent protest against his statement that "Syrian refugees fleeing war in Syria were affiliating with ISIS."

She wore a hijab and a shirt with "SALAM, I COMÉ IN PEACE" written on it to make her point that Muslims are not to blame for issues related to ISIS. Hamid was accompanied by Jibril Hough and Marty Rosenbluth and others who were all wearing stars with "Muslim" written on them that represent the ones the Jews wore during the Holocaust.

She did not want to disrupt, simply make a statement to Trump supporters that the Muslims are not as intimidating as people make them out to be.

"I came with a sincere belief that if people can get to know someone different, create a one-on-one interaction, it might change their views," said Hamid.

scholar Although, propaganda



Islamic protesters stand silently at Trump rally in order to prove a point.

Nancy Snow said that Hamid's stunt was "orchestrated and designed to serve as counterpropaganda..."

Hamid's presence was the same as everyone else at the rally, her and the remainder of the audience sat and listened to Trump until he mentioned how Syrian refugees were secretly members of ISIS. This is when she began her silent protest. In response, Trump supporters chanted his name and a police officer escorted her out. During her escort, supporters jeered at her yelling things like "Do you have a bomb?" and "Get out of here!"

However, not all of Trump supporters were completely disrespectful towards Hamid. She had struck up a conversation with some of the people sitting in her vicinity who were supportive despite her early departure.

Hamid was accompanied by Jibril Hough, who unlike her, took a vocal approach in his protest rather than stay silent. As Trump began discussing Islamic extremism and how that was the problem related to terrorism, Hough shouted, "Islam isn't the problem!"

This movement occurred at the same time that Hamid demonstrated her silent protest, along with their other partner, Marty Rosenbluth. He also stood in silent protest and was evicted with Hamid and Hough.

Hamid and Hough both agreed they did not need an apology from Trump. Hamid's goal was to simply "reframe his thinking" and show him and his supporters that there are peaceful Muslims in the world and not all of them are radical. Hamid wanted security to have a more respectful strategy when dealing with protesters.

El Chapo captured once again

of

the

ventilation

By CAITLIN FLORIO World News Editor

On Jan. 8 notorious drug lord Joaquín "El Chapo" Guzmán Loera was finally captured after Mexican forces raided a house with unusual activity. Mexican marines had been tracking his trail for more than six months ever since he escaped Mexico's most secure prison through a tunnel that led into the shower floor of his cell.

After six months of hiding out, Guzmán finally led a trail to where he could be found. Officials say the final piece of evidence was a food order one of his associates made. During midnight on Jan. 8, a man driving a white van, one similar to what Guzmán's associates drive, was seen picking up a large order of food. Moments after, the marines stormed one of Guzmán's homes, meeting gunfire and resistance from the gunmen. Guzmán escaped in the midst of the gunfire through one of his elaborate trap doors and escape hatches. Hours later, Guzmán was captured on a highway heading out of the town.

Guzmán is considered one of the wellknown drug lords throughout Mexico and

the United States. Officials say it took State's border does not compare to how he about 2,500 people across Mexico to lead escaped the most guarded wing of the most to the capture,



the as El Chapo. border with

and lighting, many see him as very strong and unable to be stopped. Because of this, he brings a threat to the government officials of Mexico.

The tunnels dug to cross the United

secure prison he was placed in during 2015. During the 17 months Guzmán was in jail, he met with his associates to not only plan his legal defense but also his escape. Officials say his men purchased land within sight of the prison. From there, a mile away, the digging began. His associates eventually ended up right underneath Guzmán's cell shower. Since the cell shower has a waist high wall, security cameras were unable to see anything below that wall. On July 11, 2015 Guzmán walked into the shower to disappear for the second time, which led to his capture on Jan. 8.

After Guzmán's capture, he was returned to the same prison from which he escaped. He faces the probability of being extradited to United States to face drug trafficking charges.

JARTS AND LITERATURE 💐

SPOTLIGHT MUSICIAN Molly Scollo

BY ADAM PARENT World News Co-Editor

A seasoned singer and actress, junior Molly Scollo is a member of a multitude of musical groups and clubs, including chorus, chamber choir and district chorus; however, her favorite musicrelated activity is Drama Club, for her membership in the club allows her to participate in her preferred form of musical expression: musical theatre.

Molly has been performing musical in theatre productions since she was eight years old, when she performed with the Presby Players theatre troupe in a show entitled "Broadway Showstoppers." Since then, she has performed with various other theatre troupes, including DV Drama, City-Stage and the Forestburgh Playhouse, and has acted in musicals such as "The Music Man," "Pippin" and "Anything Goes."

"I like that I can be anyone that I want to be on stage," Molly says. "I've production of "Fiddler on the Roof" on always been a singer, so I love the musical aspect of theatre.'

She draws inspiration from her father, who performed both in high school and in professional theatre troupes on Long Island, and her sister, who ranked nationally in multiple singing competitions after high school.

'My family on my dad's side has always been very musical, so my biggest inspirations have always been my father and my sister," Molly says

Molly also cites her elementary school music teacher Mrs. Laura Curchoe as an inspiration because Curchoe convinced her to begin to participate in DV drama productions. She also draws inspiration from performers such as Barbara Streisand, Laura Osnes and Adele.

Molly plans to pursue musical theatre as a career and major in musical theatre. Molly will also be playing Hodel

in DV Drama's upcoming April 8, 9 and 10.

SPOTLIGHT ARTIST Paige Collins

An example of Paige's

photography, "Shifted

Shadows."

By NATE HAYES Science & Technology Editor

Soft-spoken talent Paige Collins stands out at DV with her excellent skills in photography and drawing.

Paige is a sophomore Delaware Valley at interested in photography and drawing. She has taken Drawing 1, Computer Art and Digital Photography and plans on taking Drawing 2 and Painting 1 and 2. Paige says that out of all the classes she has taken, she appreciates Drawing 1 the most because it helped her with photography but also showed her that she was better at drawing than she thought she was.

"I really took up photography in middle

school when I got my first camera and I liked it more because I wasn't that confident in in my drawing abilities, but taking Drawing 1 has really helped me improve and rediscover drawing," clarified Paige.

Paige is a talented photographer, recently winning Honorable Mention in the Scholastic Art Awards. She says the achievement she is most proud of is having one of her photos featured in an exhibit at the ARTery art gallery in

Milford.

Paige says that she is inspired by everyday life and turning every-day minute things you would not typically pick up into more abstract interesting objects to photograph.

"A lot of people think that photography is just landscapes, but it's so much more than that. I like to capture something you usually wouldn't notice, like small little oddities and turn it into an abstract piece," explained Paige.

Paige hopes to expand her horizons, hone her skills, learn new skills and

strive for the best in everything she does, hoping it includes art. "Paige's true photographic style

embraces the sense of timelessness," said art teacher Mrs. Tricia Kaylor.



By Shaina Klein News Co-Editor

Junior Bethany Martel is a talented writer who has found her niche in writing horror stories. A member of the Creative Writing Club with aspirations to major in English and eventually turn writing into a career, Bethany looks to continue cultivating her skills while writing about real, relatable characters.

Bethany first became interested in writing back in sixth grade, but did not truly become serious about it until eighth grade.

"Mrs. Kratz was the first teacher who really inspired me to write," she recalled. "She was so passionate about English, and that encouraged me to look deeper into it."

Since then, Bethany has written numerous short stories. She describes her style of writing as a dark, yet meaningful. Her first horror story was called "The Dead Girl's Sister." With an enthralling plot and an unexpected twist, Bethany still remembers her peers' reactions to it at Creative Writing Club.

'The response was great," she said. "Everyone in the room went silent, and afterward, they all told me that that was the type of story they had been waiting to hear all night."

The one thing Bethany wants to incorporate into her stories is lessons and morals.

"I want a person going through a rough time to connect to my characters and gain strength from them," she said.

This deep connection between writing and real life is what drives Bethany to continue writing. She confided that she actually gains most of the inspiration for her fictional Slowly a smile crept upon her face and soon, a stories through true events.

Bethany hopes to take full advantage of her time at DV and aspires to one day be able to publish her stories.

"When I write a character, it doesn't feel like just a character, but an extension of myself," said Bethany.

Writer's Sample

Holding on to the blade like she would a ledge when falling, Cynthia hovered above her scarred wrist with closed eyes. She took in a deep breath and released it with a sigh, dropping the knife without making a single cut. It clattered onto her oak floor with a telltale echo. Cynthia hung her head, becoming a faceless mask of dull blonde hair.

chuckle emerged. Her chuckle then turned to a full cackle, an evil sound, rigid and empty.

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Fashion Aware

By SABRINA STEWART Staff Writer

As the wind gets colder and the snow falls more frequently, fashion becomes a lot more interesting. Staying warm and fashionable does not have to be a chore; it should be tons of fun.

Layering shirts under your coat can make a very unique look that can only be accomplished in a colder climate. Pair that look with some jeans and boots and your look is complete.

Many girls are seen wearing thick long socks or leg warmers under their boots along the Delaware Valley High School runway, just as often as cute baggy sweaters and sweatshirts. Dark makeup is also a fun way to play up a look. Red and purple lipsticks are perfect for a snowy day and really make a statement.

Even though it is cold that does not mean you are unable to wear a dress or a skirt. Wearing tights really can make all the difference. A nice cardigan and scarf can add that classic winter look to a dress you wore once a week during the summer.

Hats, mittens, gloves and knit headbands add a cute touch to any ensemble. Men should also be encouraged to wear a scarf and a nice coat; it is a very sophisticated look.

Sometimes wearing what you want can be challenging, but this winter is the perfect time to start out with that new mindset. As long as you feel happy and comfortable with your outfit, no one's negative opinions will matter.

So go out, show off your clothes and embrace those cold, chic, winter days and nights. (Try not to forget your gloves!)

By MOLLY SCOLLO Staff Writer

> At age 4, Canadian-born Winnie Harlow was diagnosed with Vitiligo, an incurable disease that causes the loss of skin pigmentation in blotches.

Bullied at many times during her life for her looks, Harlow struggled maintaining her self- confidence and due to the severity of the bullying,

dropped she out of school. According Harlow, to dropping out of school was the best thing she could've done. It gave her the courage to do what she really loved: modeling. h S е eventually became а contestant on the 21st cycle of

Top Model. Now 21, Harlow is the face of Spanish fashion to the world that once upon a time I cried label Desingual.

Harlow said, "The most liberating thing is being able to just simply be myself and thing is to love yourself. I loved myself. show the fashion industry

that beauty can come in many forms." Harlow's influence in the

fashion industry is most notable on her Instagram. Attracting thousands of followers daily, Harlow has become a beauty

spokeswoman for girls everywhere struggle who with their appearance.

Instagram, "In a time when so much negativity is happening, please don't accuse those who are showing love and appreciation, of being hateful. It is very clear to me when someone is showing love and I appreciate these people recreating, loving and broadcasting something

myself to sleep over."

Wade

Source: the<u>sm</u>ileissu<mark>e</mark>

Opportunities then just fell in my lap."

Michael Jackson, like Winnie Harlow, dealt with vitiligo and is one of the most influential performers in history. Harlow wants to be remembered like him.

Harlow said, "The most important

With the help of her America's Next Top Model host and mentor, Tyra Banks, Harlow is likely to be the new poster girl for the label.

Becoming the new poster girl to Harlow means that she can appeal to most people. "Everyone can relate to being different," Harlow commented. "It's those quirks that make you gorgeous."

Book Review: Ready Player One' By SASHA HUPKA ever found it. In fact, nobody has even been

Source: amysmartgirls

News Editor

America's Next

The year is 2044, and the world is an unpleasant place. Ravaged by famine, war and poverty, life is miserable for most of Earth's inhabitants, and the only escape is the virtual reality program known as OASIS. For Wade Owen Watts, a teenage boy living in abject poverty on the outskirts of Oklahoma City, the outside world is bleak, but within the OASIS, anything is possible.

This is the world of "Ready Player One." The novel follows Wade on his epic search for a massive fortune, left behind by OASIS founder James Haliday in the form of an Easter egg hidden

somewhere within the program. As the novel opens, egg hunters, known as "gunters," have been searching for years for the egg and the three gates that lead to it, but no one has



able to bypass the first gate to get to the first set of clues that lead to the egg. Nevertheless,

> to give up, and, after accidently stumbling across the first gate, embarks on a quest to find the fortune and keep it from the evil OASIS Sixers, players working for a corporate group that wishes to privatize and commercialize the OASIS.

refuses

Along the Wade way,

changes identity, becomes famous, meets his online friends and finds love. Filled with action, humor, and throwback references to the 1980s, "Ready Player One" is a one of a

kind book.

Although the book was published in 2011, I first read "Ready Player One" in 2014. It immediately captured my attention, and I continued to read far past my normal bedtime. When I finally finished the book in the wee hours of the morning, I knew that I had found a new favorite.

"Ready Player One" is a page-turner that simultaneously acts as a flash to the past and a peek to the future. Wade, as well as the other characters in the book, captures the reader's heart, and their enthusiasm and spirit bring the tidings of a revolution. Fastpaced and funny, "Ready Player One" is both nostalgic and futuristic.

I thoroughly enjoyed this book, and would recommend it to anyone looking for a good read. It easily ranks among my favorite modern novels and deserves five out of five stars. Find some time on a snowy day to cuddle up next to the fire and read this amazing adventure.

In a post Harlow on commented on someone who was insulting her condition,



Art students flourish at competition

Feb. 17.

piece "Amplitude".

Students win Scholastic Awards for their outstanding artwork.

By MADELEINE YOST Sports Co-Editor

With the release of scholastics winners, the art department continues to make its mark on Delaware Valley history. With pieces ranging from computer art to jewelry

design, students are being recognized for the hard work they put into their art.

Scholastic The Art competition is held annually among 20 high schools throughout the Scranton area. Every year hundreds of works are submitted to be judged. Three different awards are distributed; the most their winning pieces. prestigious being the Contributed Photo Gold Key portfolio

award. Additional awards include the Gold Key, Silver Key, and Honorable Mention for individual pieces.

As a school Delaware Valley won a total of 39 awards, awards including one Gold Key portfolio winner, 13 Gold Keys, 10 Silver Keys and 16 Honorable Mentions. There will be a gallery showing of the Gold



Silver and Gold Key winners showcase

a piece she had worked on in her class AP Studio Art.

One of the most prestigious awards that an artist can win at the Scholastic competition is a Gold Key portfolio award. Senior Amanda Bogusta's photography portfolio was one of the few portfolios to receive this award.

University Mahady Gallery from Jan. 30-

for her mixed media, ink and watercolor

submissions were due. It is a contour line

Senior Lindsay Lowell won a Gold Key

"I did "Amplitude" the day before the

body shapes and

figure. My main

inspiration for this

piece is the lack of

curvier and more

represented in art

and the media; this

is the main focus for

most of my work,"

Silver

for her painting

"Manikinetic

Lowell said.

Also

figures

won

Key

natural

"The portfolio was a group of work that and Silver Key winners at the Marywood I had taken over three years that I pulled

together to make one portfolio. It included some portraits, landscape, as well as other things. Some of the photos were taken three years ago," Bogusta explained.

In addition to winning the Gold Key for her Portfolio, Bogusta- won several awards for her individual photos and jewelry designs.

Gold Keys:

Katie Mauro Leah Yost Shannon Downing Julia Thompson Maryanne Larrea

Silver Keys:

Aaron Torres John Fernandez Robert Freer Victoria Irwin

Honorable Mentions:

Ryan Fatula Anastasia Geros Paige Collins Kara Gearhart Mary Matthews Laura Reno

Amanda Bogusta Amber Doherty Lindsay Lowell Reiley Weems

Joshua Mohns

Rebecca Smith

Lindsay Lowell

Amanda Bogusta

Amanda Bogusta Yassen Zech Nicholas Catalano

programs,

Peters

exhibiting their work in the

Sally D. Francisco Gallery

will "provide students the

opportunity to display and sell

their work in a professional

gallery setting and encourage

and promote the practice and

and woodworking.

advertisement says

А

They also have eight

Photo exhibit opens in Milford

By CAITLIN FLORIO World News Editor

A photo exhibit will take place at Chant Realty where photography students will be able to sell and display their photography. The exhibit will be open for the month of February.

Photography teachers Mrs. Stephanie Cavallaro and Mrs. Tricia Kaylor made this photo exhibit possible by choosing students to have their work featured. Some of the students featured are senior Kevin Osczepinski, sophomores Paige Collins and Ryan Fatula and junior Cassandra Hoffman. The students who are featured in the photo exhibit have different styles of capturing and editing the images which will bring variety to the exhibit. About 30 students' artwork will be part of this exhibit.

"When I shoot and cannot find subject matter, I look to myself. I often take self-portraits as subject matter," said Fatula.

Whenever Collins take pictures she tries to take everyday objects and bring out their oddities that people usually would not notice.

"I feel that my photography is very well composed focused and has very interesting composition," said Osczepinski "The subject for my picture is an old lantern in Long Island, New York. The Lantern is rusted and broken and hooked on a tree. The background is blurred out with some color and some black and white."

What Hoffman enjoys capturing is the beauty of everything that most people ignore. Art is one thing that she enjoys most and photography has helped her understand it better.

Student artwork showcased at Peters Valley By LINDSEY TOOMER The exhibition will feature two- and adult summer workshops, youth programs,

Staff Writer

The Peters Valley School of Craft will be hosting its fifth annual High School Student Exhibition from Jan. 24 to Feb. 14.

DV is submitting artwork from 10 students. Olivia Wood's ceramic plate "Hawiian Drought," Kara Gearhart's ceramic plate "Tentacle Empire," Ethan Storms's untitled ceramic plate, Isabella Bucher's ceramic coin bank "Jimmy the Giraffe," Samantha Merrill's ceramic plate "Monarch," Amber Doherty's "Watchtower" made from bronze, brass, copper, nickel and glass stone, Yassen Zech's "Bliss" made of brass, copper, nickel and Tiger Eye stone, Rebecca Smith's "Elegance" made of sterling silver, Robert Freer's "Fairy on the Moon" made of sterling silver and Amanda Bogusta's "Angst Wood" made of ceramic tile, acrylic paint, and wax will all be featured.

three-dimensional artwork by students from local schools. Students from High Point Regional, Kittatinny Regional, Montville, Newton, Northern Highlands, Pope John XXII, Randolph, Sayreville War Memorial and Wallkill Valley Regional will have pieces in the show.

On Jan. 24, there will be an opening reception for the public held in the Sally D. Francisco Gallery from 3 to 5 p.m.

One full-tuition scholarship will be awarded to the "Best in Show."

Peters Valley is a non-profit

organization that hosts many programs at various times during the year, such as



Isabella Butcher and Kara Gearhart's pieces displayed in the Sally D. Francisco gallery. **Contributed Photo**

education of fine craft."

Samantha Ellis Frank Romano

public

Valley

that

demonstrations



ENTERTAINMENT

Awards show airs By CAITLIN FLORIO

Broadway Review

"Wicked"

By Sabrina Schlenker News Co-Editor

In 2003, Broadway was introduced to what would become one of the most popular musicals of all time: "Wicked." It has continued to "Defy Gravity" since its opening night 13 years ago.

'Wicked" is "the untold story of the witches of Oz," opening with the Ozians celebrating the demise of the Wicked Witch of the West. It then rewinds and narrates the unique friendship between two unlikely pals: the outcaste Elphaba and the over privileged Galinda. It details their journeys at Shiz and how Elphaba became wicked. It is true, so much happened before Dorothy showed up.

The music plays a big part in making the show incredible. The songs "Defying Gravity," "No Good Deed," "No One Mourns the Wicked," "For Good," "One Short Day," "Popular" and "Dancing Through Life" were standouts. The music gives Broadway a fresh and modern sound.

The showstopper "Defying completely Gravity" was breathtaking as Elphaba cast a spell levitating in to the air as she belted out the final notes of one of the most brilliant songs ever performed.

The cast was wickedly talented as well. Christine Dwyer as Elphaba, Kara Linsday as Glinda and Jonah Platt as Fiyero were well-suited for their roles, delivering humor, seriousness and an excellent musical performance. Anyone who is casted as Elphaba or Glinda has big shoes to fill, since the original cast, Idina Menzel and Kristin Chenoweth, left their marks on the show, but the current cast exceeds expectations.

"Wicked" is definitely one of the best musicals on Broadway. I give "Wicked" five out of five stars.

World News Editor

On Jan. 10, the annual 73rd Golden Globes aired with host Ricky Gervais. Gervais opened the show by telling lighthearted jokes about the celebrities attending and political events that have or have happened throughout this past year.

As the show started, the nominees settled into their seats to watch their colleagues receive one of the most prestigious acting awards from the Hollywood Foreign Press, is an organization of journalists and photographers that reports on the entertainment industry in the United States.

The winner of the Golden Globe for best motion picture in drama was the movie "The Revenant." The nominees alongside "The Revenant" were "Mad Max: Fury Road," "Room," Spotlight" and "Carol." The best motion picture in a musical or drama was "The Martian." The nominees alongside "The Martian" were "Joy," "Spy," "The Big Short" and "Trainwreck." The winner for the best motion picture animated was "Inside Out." The nominees alongside "Inside Out" were "Shaun the Sheep Movie," "The Good Dinosaur," "The Peanuts Movie," and "Anomalisa." The

winner for the best motion picture for foreign language was Hungary.

The winner for the Best Original Score for a motion picture was awarded to Ennio Morricone for the movie "The Hateful Eight." The winner for the best screenplay for a motion picture was awarded to Aaron Sorkin for the movie "Steve Jobs." The winner for best

original song was "Writings on the Wall" for the movie "Spectre." The winner for best television series for drama was "Mr. Robot." The winner for the best television for a musical or comedy was "Mozart in the Jungle." The winner for best television limited series or motion picture made for television was "Wolf Hall."

For best performance by an actress in a motion picture in drama the winner was Brie Larson for her role in the movie "Room." For best performance by an actor in a motion picture in drama was Leonardo DiCaprio for his role in the movie "The Revenant." The winner for best performance by an actress in a motion picture for a musical or comedy was Jennifer Lawrence for her role in the movie "Joy." The winner for the best performance by an actor in a motion picture for a musical or comedy was



Matt Damon for his role in the movie "The Martian."

The winner for best performance by an actress in a supporting role in any motion picture was Kate Winslet for her role in "Steve Jobs." The winner for best performance by an actor in a sup-porting role in any motion picture was Sylvester Stalone for his role in "Creed." Lady Gaga was awarded her first Golden Globe for her role in "American Horror Story: Hotel." She won best performance by an actress in a limited series or a motion picture made for television

During the show, actor Denzel Washington was honored with the Cecil B. Demille Award. Washington's achievements as a performer and filmmaker helped him achieve this highly prestigious award.

"Star Wars" snubs stir controversy

By Adam Parent World News Co-Editor

Since the film's release on Dec. 18, "Star Wars: The Force Awakens," the most recent installment in the "Star Wars" film series, has become the highest grossing movie in U.S. box office history, and has also mostly received substantial praise from both critics and fans: however, despite its financial and critical success, "The Force Awakens" has failed to garner a considerable amount of Oscar and BAFTA nominations,

and has also failed to garner any Golden Globe nominations. This has lead fans, critics and journalists to express their displeasure regarding the film's exclusion from most major award nominations.

The controversy began on Dec. 10, when the Hollywood Foreign Press Association announced the nominations for the 2016 Golden Globe Awards, noticeably excluding 'Star Wars: The Force Awakens" from the list of nominees. Despite the initial backlash that the HFPA received for not nominating the film for any category, some journalists have defended the Association by noting the fact that most members of the HFPA, an organization that is composed mostly of entertainment journalists, would have been unable to view the film before its initial release because Disney and LucasFilm did not organize any early press screenings of the film in order to prevent plot spoilers from being released to the public.

...not only are the members of the press denied seeing all the action first, but, therefore, they are also denied the right to consider it for a Golden Globe or two," said Michelle Lulic, a journalist for Bustle.

Critics have also expressed their disappointment regarding the fact that, while "The Force Awakens" was nominated for five Oscars, including Editing, Music, Sound Mixing, Sound Editing and Visual Effects, the movie was not nominated for awards that are usually considered by critics to be more prestigious, such as Best Director, Best Actress, Best Actor and Best Picture.

"Once again the Academy lost an opportunity," said Pete Hammond, Deadline.com awards columnist and critic. "When they went to 10 possible best film nominations [the idea was] getting these major movies in there. But it wasn't to be. It's a big disappointment."

ENTERTAINMENT

Legends honored at Kennedy Center

By Alyssa Mancuso Entertainment Editor

On Dec. 6 stars gathered at the Kennedy Center in Washington D.C. to pay tribute to this year's honorees of the 38th annual Kennedy Center Honors.

Rite Moreno, George Lucas, Seiji Ozawa, Carole King and Cicely Tyson, the five legends honored, all watched from the balcony as each of their lives was told by the performers of today. Actresses Moreno, Tyson and director Luscas were honored for their outstanding contributions to the film and stage industries, while Ozawa and King were honored for their legendary contributions to the music industry.

The ceremony began with first-time host Steven Colbert introducing the nominees who were sat next to the President and the First Lady. Then, each honoree's life was honored with performances surrounding their greatest accomplishments. Moreno was honored with a recreation of her

performance of "Fever" with Animal education for African American youth. on "The Muppet Show," as well as a

adaptation Broadway show, West Side Story. Then, Tyson was brought to tears after a

rce: cbsne performance This year's honorees gather in including Washington to be honored for their "outstanding contributions to American to her late husband, culture."

Miles

Davis, and the song "Blessed Assurance" performed by gospel great Winans and the Cicely Tyson Community School of Performing and Fine Arts, the institution Tyson created to encourage music Lucas was the honored for his work

well as themes from Lucas' other significant works. Yo-Yo Ma then honored conductor Seiji Ozawa with a captivating performance on the cello.

Finally, King was honored by the cast of *Beautiful: The Carole* King Musical and other artists who sang through her most notable works. King was also honored by the one and only Aretha Franklin. Franklin sang a soulful rendition of King's "Natural Women," even bring tears to President Barack Obama.

Overall, the ceremony was filled with passion, soul and pure admiration for the legends honored, leaving many people eager for next year's event.

TV Review "Arrow"

By Allison Wulfhorst Managing Editor

Fans of superhero shows and movies rejoice over the arrival of a TV show based on DC's own Green Arrow. "Arrow" follows the life of Oliver Queen, the son of a billionaire who gets lost out at sea and trapped on an island for five years, having to fend for himself to survive.

Watching as Oliver tries and discover himself and who he wants to be is satisfying because of the internal and external conflicts he struggles with. Because he lives a double life, Oliver by day and the Arrow by night, he has to face many of these conflicts alone.

However, it is frustrating to watch him create and deal with the relationships he forms, from love interests, to friends and family because of his attitude towards them. He does not show much attachment, even though these people are the most important ones in his life.

As the show progresses, Oliver grows as a character which is a huge relief. The audience follows his emotional journey from beginning as a spoiled, rich young adult to a mature man who deeply cares for his friends and family and would do anything to protect them.

The first season begins slowly and when I was about 10 episodes I was not sure if I was going to continue watching. But since I had heard raving reviews about it, I decided to continue and I am so pleased that I did.

As the first season comes to a close, the plot intensifies and when it leads into the second season, the show progresses in a positive way that I never saw coming.

I would definitely recommend "Arrow" to anyone who enjoys watching the backstories of superheroes or looking for something with a well-mix of action and drama.

Screen Actor's Guild- Jan. 30 Outstanding Outstanding Performance by an Performance by a Ensemble in a Comedy Female Actor in a

Series "The Big Bang Theory" "Modern Family "Key and Peele" "Orange is the New Black" "Transparent" "Veep"

Outstanding Performance by a Male Actor in a Leading Role

Eddie Redmavne-"The Danish Girl" Michael Fassbender-"Steve Jobs" Leonardo Dicaprio-"The Revenant" Johnny Depp- "Black Mass" Bryan Crantson- "Trumbo"

Be sure to catch the SAG Awards TOMORROW on TNT or TBS at 8 p.m.

Leading Role Sarah Silverman-"I Smile Back" Saoirse Ronan-

"Brooklyn" Helen Mirren-"Woman in Gold" Brie Larson- "Room" Cate Blanchett- "Carol"

Outstanding

Performance by an Ensemble in a Drama Series "Downton Abbey" "Game of Thrones" "Homeland" "House of Cards" "Mad Men"

Compiled by Sabrina Schlenker

Record of the Year "Really Love"-D'Angelo and the Vanguard "Uptown Funk"-Mark Ronson ft. Bruno Mars "Thinking Out Loud"-Ed Sheeran "Blank Space"-

The Weeknd

Album of the Year

Sound & Color-Alabama Shakes To Pimp A Butterfly-Kendrick Lamar *Traveller*- Chris Stapleton 1989- Taylor Swift Beauty Behind the Madness-The Weeknd

Best New Artist

Courtney Barnett James Bay Sam Hunt Tori Kelly Meghan Trainor

Best Music Video

"LSD"- ASAP Rocky "I Feel Love (Every Million Miles)"-The Dead Weather "Alright"- Kendrick Lamar "Bad Blood"-Taylor Swift ft. Kendrick Lamar "Freedom"-

Compiled by Meghan Kiederer









SCIENCE AND TECHNOLOGY.... Health Aware MRE nutrition to be tested, improved By LAUREN ZIOLKOWSKI

Keeping New Year's resolutions alive

By SARAH McDougall Science & Technology Co-Editor

Go to the gym. Eat healthier. Focus on work. Be smart about spending. The start of a new year is an opportunity to better oneself by creating resolutions.

Despite the initial energy and motivation, these resolutions usually fall flat. Surveys say that 63 percent of Americans create resolutions, yet 32 percent of that group breaks them by the end of January.

most common fault The with resolutions is that they are unrealistic. Worry and distraction will also lead to the resolutions not being followed.

The first step to success is setting clear, realistic, attainable goals with milestones to reach along the way.

"We think of our development as a set of chapters, where each chapter has a distinct narrative and a distinct feel," said Drew Carton, an assistant professor at Wharton who has done research on goalsetting.

Keeping an open mind is important in following through with a resolution. Negativity usually leads to giving up, but being too positive can also have negative effects.

Gabriele Oettingen, a professor at NYU, said, "What happens is that people feel accomplished. It's accompanied by a kind of relaxation. Blood pressure goes down, energy goes down and we do need the energy to accomplish these wishes."

There will be rough patches; it is important to look for other fresh starts. "We use these periods as opportunities to 'disassociate' from the 'old me,'" Carton said.

With that, if a resolution has faded, it is time to pick it back up and go through with it. Just because it is almost February does not mean that improvements cannot be made.

The U.S. Army Institute of Environmental Medicine is recruiting civilian volunteers to eat Meals Ready-To-Eat -often known as MREs -for 21 consecutive days in an attempt to study the impact of these meals on bacteria in the gut. While potential volunteers are intrigued, numerous questions are being asked.

Opinions Editor

"An MRE is a vacuum sealed condensed field ration that's used by the military personnel when in combat as well as any other circumstances where regular food facilities are unavailable," explains former Delaware Valley student and current soldier Andrew Grasman.

They are given out in plastic pouches and are designed to be heated and consumed anywhere, at any time -literally, Meals Ready-To-Eat. Typically, they contain an entrée, side dish, bread, some sort of spread, dessert, candy, beverage mix, seasoning, a spoon, and a flameless heater to warm the meal. After the meal is heated, it can be consumed directly out of its pouch.

Institute of Environmental Medicine's scientist Dr. J. Philip Karl, will provide information as to how MRE foods interact with the millions of bacteria living in the gastrointestinal tract. This data will allow dieticians to produce improved MREs, resulting in physically healthier soldiers.

Another important aspect of the experiment is to produce MREs that are



not only bearable, but tasty. More favorable food flavors encourage the soldiers to eat the entirety of their meals and acquire their necessary daily calorie intake. The recipes

The experiment, led by the U.S. Army out of the MRE cookbook "MRE Recipes: A collection of recipes bringing a creative twist to your MRE experience."

Some of the food offered includes cleverly named meals such as Parachute Pork, Battalion Brownie Pops and Ranger Red Hot Party Mix.

"If you get chicken fajita, brisket entrée or chili mac, you're lucky enough to not hate your life for the duration of the meal. But

God-forbid you get ratatouille or pork sausage and gravy," warned Grasman.

That being said, dieticians are continuously researching new, improved recipes and innovative twists to old recipes. This ensures quality taste while still obeying the strict list of nutritional requirements.

Aside from passing the nutritional and taste tests, MREs must be able to handle a number of physical circumstances. For

example, the meals must be capable of withstanding parachute drops from over 1,000 feet as well as maintain a shelf life of over 3 years at 80 degrees Fahrenheit or 9

Environmental technology advances

By VANESSA PAOLELLA Circulation Co-Manager

Tech product #1: iRock

The iRock is a rocking chair that reduces electricity usage, one iPhone at a time. This creative solution uses kinetic energy from the rocking motions of the chair to generate electricity. This power can be used to charge

various Apple products. The rocking chair provides a platform for the device to sit on as it charges and two small speakers at the top of the chair. An hour of rocking can charge a device up to 35 percent.

Tech product #2: Toilet to Tap

Water has become a major issue for many western states, especially California. In response to these droughts issues, Los Angeles has considered implementing a "toilet to tap" program for the city's water. It is exactly what it sounds like; this new plan would treat wastewater and distribute it throughout the city. While this method may seem repulsive to many, it would decrease the city's reliance on imported water and help in times of drought. Other cities in California and Texas have already created similar programs.



Source: inhabita

being used for the experiment come straight months at 100 degrees Fahrenheit.

Tech product #3: Green Roofs

Green roofs are an innovative idea that both looks great and helps the environment. According to the National Research Council of Canada, green roofs can reduce the energy required to air condition a building in the summer by over 75 percent. These roofs can also improve air quality, reduce the amount of runoff water and reduce waste by increasing the lifespan of waterproofing membranes. While this idea has been slow to take off in the United States, many European countries have already embraced this eco-friendly solution.

Tech product #4: Seabin

Oceans are some of the most polluted environments on Earth. To combat this, two Australian surfers created the simple, vet effective Seabin. The Seabin sucks water in and filters trash from the ocean through a removable mesh bag. Additionally, certain models may also have an oil filtration system. Afterward, the water is sent back into the ocean. According to the inventors, the Seabin has never caught a marine animal in the pump throughout their four years of testing.

Science and technology....

4 new elements added to the Periodic Table these elements due to their rapid decay.

"A particular difficulty in establishing these new elements is that they decay into hitherto unknown isotopes of slightly lighter elements that also need to be unequivocally identified," said Paul Karol, chair of the IUPAC's Joint Working Party.

Scientists keep pursuing new heavier elements in the hopes of finding an element that is stable and also useful in practical applications.

"There are a couple of laboratories that have already taken shots at making elements 119 and 120 but with no evidence yet of success," said Karol. "The eighth period should be very interesting because relativistic effects on electrons become significant and difficult to pinpoint."

The discovery of elements 113, 115, 117 and 118 brings researchers one step closer to this goal.



Page 21

By NATE HAYES Science and Technology Editor

Neko Atsume, translated from Japanese as "Kitty Collector," is a game originated in Japan that has traveled across the seas and captivated the hearts of all cat lovers across America; it includes all the perks of being a crazy cat lady/man, minus the burden of cleaning a litter box.

Neko Atsume is an easy game with only two parts. Step one: leave some goodies out for cats, step two: wait for cats. This is a great game for people on the go who and are not able to sit down and take time to play, just simply check it between classes or while waiting for a ride While it seems simple in theory, this game truly brings it to the next level.

As cats come to visit you they leave silver or gold fish (the currency of the game) as a thank you for opening up your yard to them. You then use these fish to buy different items and food help assist you in the kitchen for your cats to interact/play with; keeping that in mind, different food/ item combinations will attract new, rare cats to your yard.

> Probably the most attractive, borderline addictive, feature of this game is the Catbook. The Catbook is almost like your very own encyclopedia of every cat that visits your yard. It saves data like the cat's name, personality, color, top three items used, any mementos they have ever left behind for you and, most importantly, photos you've taken of them. With a great way to keep track of all your cats like this, it leaves you with no other choice but to collect them all and complete your Catbook.

Neko Atsume offers a peaceful, stress-free outlet to anyone wishing to sit back, relax and hang with some cute cats. Whether you're 9 or 94, this game will have you coming back to check your yard regularly. Good luck and happy collecting!

By Sera Shafer Staff Writer

That periodic table poster hanging on the wall of your chemistry classroom is now out of date thanks to the addition of elements 113, 115, 117 and 118. These elements, yet to be named, complete the seventh row of the periodic table.

They have been formally recognized by the International Union of Pure and Applied Chemistry (IUPAC), the world authority on chemistry.

"The chemistry community is eager to see its most cherished table finally being completed down to the seventh row," said Jan Reedijk, president of the Inorganic Chemistry Division of IUPAC.

A Russian-American team at the Joint Institute for Nuclear Research in Dubna, Oak Ridge National Laboratory in Tennessee and Lawrence Livermore National Laboratory in California discovered elements 115, 117 and 118.

VW investors fight back

Japanese researchers are credited with the discovery of element 113.

The announcement was made on Dec. 30, making the first addition to the periodic table since 2011, yet the elements still need permanent names

"The chemistry community is eager to see its most cherished table finally being completed down to the seventh row,"

- Jan Reedijk

and symbols. After names are submitted by the discoverers, they will be open for review by the public for five months before a final decision is made.

classified The elements, as "superheavy," were synthetically created using super particle accelerators to shoot beams of nuclei at other, heavier, target nuclei.

It has taken this long to discover

snazzy

displayed on the

screen as well

music from Pandora (that's

right, music from your fridge),

synching your schedule to a

family calendar that can be

displayed on the screen (no

more reminders taped to the fridge), as well as talking to Amazon's digital voice Alexa to (now you'll never forget to set a timer again).

But I bet you're still wondering how the fridge

could help you while you're at the store? Simple, there are three hidden cameras inside the fridge that can take pictures of all the food on the shelves; these pictures can then be accessed from an app on your phone. So, next time you think you're out of milk for your cereal, you'll easily be able

to check the pictures of your fridge while in the store.

this smart fridge, Samsung hopes all of its products will be this tech savvy and more by

thing of the past with Samsung's and videos to be

as access certain apps. For instance, imagine streaming

In addition to establishing 2020.





billion. will remain credible.

"The VW brand is behaving relatively well. If you take out some of the cars that they couldn't sell because of the CO2 cheat in Europe or the diesels in the U.S, it tells you that the brand still has very strong substance," he said.

Editor in Chief Volkswagen (VW) sales have

BY COURTNEY KELLY

plummeted because the company has purposefully cheated on their emissions standards in their diesel engines since September 2015. Global governments have started to take action and legal concerns are piling up.

VW has been using software that tricked emissions tests showing that their cars produced a lower amount of pollutants than what was actually being emitted. The company has been using this software since 2009 on millions of diesel cars.

coming Investors are together to bring a lawsuit with millions of dollars in recompense from the company. A German, law firm Nieding and Barth, and 66 United States and British investors are leading the case against Volkswagen.

"On top of that, we collected several thousands of private investors. Therefore we think we are the biggest platform for suits against Volkswagen in On top of the shareholders

lawsuit the U.S. is suing VW for violation of the Clean Air Act. This lawsuit can have legal ramifications towards the company's owners; the suit is being spearheaded by former \$5,000 Family senator John Edwards.

Germany," said Klaus Nieding of

Nieding + Barth.

It is assumed by Volkswagen that this scandal would cost them \$2.2 billion where in actuality it has cost their company \$24

Despite the company's indignity, the Head of Global Automotive Research at Evercore ISI Group Arndt Ellinghorst believes that VW's reputation

By KIRSTEN PETERS Sports Co-Editor

Have you ever gotten to the grocery store and realized you forgot your shopping list? Well, now this problem is a

Fridge reinvents kitchen





Manning accused of using **Human Growth Hormones** Manning is usually a calm guy, but By MATT CAVALLARO

Staff Writer

Peyton Manning is known as one of the hardest working players in the NFL. He is 39 years old, the oldest quarterback in the league and has overcome some serious injuries. In 2011 he had four neck surgeries that appeared to be career ending, but after a ton of hard work he

made it back and is still playing at an extremely high level. On December 26 of 2015, he was accused of using Human Growth Hormones, a type of steroid, in order to recover faster and stronger from his surgery in 2011.

The claim was made by Al Jazeera

who said that Manning had the drugs delivered through his wife's name, and that he would make visits to the clinic after hours for treatment.

Jazeera also made accusations against multiple other pro athletes including NFL player Clay Matthews, MLB players Ryan Howard and Ryan Zimmerman.

Most of these athletes have already made statements on how they plan to sue Al Jazeera for the false reports.



said.

to take this action to protect my name and

> the spreading of these lies. I will have no further comment, as the filing itself contains all I need to say.' A lot of questions followed

> when interviewed on the subject he got

something like that is complete garbage

and is totally made up. It never happened.

Never. I really can't believe somebody

would put something like this on the air.

Whoever said this is making stuff up," he

Ryan

Howard

authorized my

its reporters.

irresponsible

"The allegation that I would do

upset and angry about it.

immediately after the reports came out, but after the accusations were sternly shot down by the athletes, it became obvious that all of it was a hoax. A majority of the time, pro athletes do not continue to their law suits because then there is an actual investigation on them, which could lead to discoveries about their drug usage.

Players inducted into Hall of Fame **By Amanda Brown**

Sports Editor

The National Baseball League recently announced the 2016 Hall of Fame inductees, Ken Griffey, Jr. and Mike Piazza.

Ken Griffey, Jr.

BASEBALLHALL.ORG

ASEBALIHALL

Griffey, "The Kid," was the first pick in the first round of the 1987 draft for the Seattle Mariners as an outfielder. He spent most of his career with the Mariners, but also played for the Cincinnati Reds and Chicago White

Sox. A 13-time All-Star, Griffey was one of the most prolific home run hitters in baseball history; his 630 home runs within 22 games rank as the fifth-most in MLB history, 13 All-Star Game appearances, 10 Gold Gloves, one Most Valuable Player

Award and an average batting average of

.284, all landed him a top choice to be inducted into the Hall of Fame.

Mike Piazza

Piazza played mainly with the New York Mets and the Los Angeles Dodgers He was drafted by the Los Angeles Dodgers in the 62nd round of the 1988 amateur

> draft. He also had BASEBALLHALL.ORG short stints with the Florida Marlins, San Diego Padres and Oakland Athletics. Piazza won many awards including, 12time All-Star and 10time Silver Slugger

Award winner for

playing catcher. Piazza recorded a total of 427 homeruns and 1,335 RBIs, the highest career slugging percentage and OPS (onbase plus slugging) for a catcher, and a total batting average of .308.

Angradi reaches 1,000 point milestone

Delaware Valley boys' basketball alumnus Brandon Angradi scored his 1,000th point in high school and he just scored his 1,000th point at Dickinson College on Jan. 20.

"I am obviously really happy for him and his family. He was always great kid who works hard for what he wants," said head basketball coach Kris Holtzer. "I have always been close with him; he wins everything he works for and wants."

Caption by Amanda Brown

Collegiate Updates

Matt Wagner

By MATT CAVALLARO Staff Writer

Matt Wagner was an extremely talented wrestler to come out of Delaware Valley, where he was the leader of a successful wrestling program. Now he is attending Air Force Prep School, one step before the actual college where he will be at next year. Matt said, "One thing that has changed from high school to college is the speed and intensity of the matches. In high school there were some matches that seemed to be in slow motion and you knew



By KIRSTEN PETERS Sports Co-Editor

Janel Llewellyn was a key member of the DV girls' swimming team, holding records in the 100 breaststroke, 200 individual medley, 200 medley relay, and both the 200 and 400 free relays. Looking back on her time at DV, Llewellyn attributed her vast success to the "dedication and wicked motivational speeches" of coach Eric Hutzelmann, whom she said "definitely pushed me to become the swimmer I am today." Now she is furthering



her academic and athletic careers as a Division 2 swimmer for the Lock Haven University Bald Eagles. Llewellyn noted, "In high school you are just starting your journey as an athlete, whereas in college, you have earned your place on that team. High school is a preview to the bigger picture, and college is the big picture." Llewellyn wants athletes to know that giving up is not an option. Rather, she shared a word of encouragement, "If I've learned anything in my transition from high school to college, it's that hard work beats talent when talent fails to work hard."





Cheerleaders move to the top

been so high," said head coach

Home Competition

Competition. They competed

in exhibition which means

they performed but they do

for coming out and making

our 15th annual competition

"I want to thank everyone

hosted

Cheerleading

added 10 points and six rebounds. Senior

Nick

today,

Thomas Oakley also

added nine points

to the team's total

along with senior

really well on defense

in transition and

because of this were

able to get a lot of

transition buckets.

We hit a lot of open

shots and just shut

the other team down

to secure the win,"

said Cerberville.

who scored six.

"We

Pampalone

played

ball against Honesdale.

Photo by Sera Shafer

especially

The Delaware

Valley

the

Jen Simonsen.

Cheerleaders

not get judged.

Tri-State

BY AMANDA BROWN Sports Editor

Monticello Competition

On Jan. 16 the Delaware Valley cheerleaders traveled to Monticello, NY and took first place in the Monticello High School Cheer Competition. The girls did not compete against anyone because there were no other teams in their division. The Warriors pulled through and held their oneman stunts and threw all their tumbling passes.

"This was by far our best performance" to date and our confidence levels have never

Boys' basketball strives for success points and senior Zach Cerberville who

By MADELEINE YOST Sports Co-Editor

The boys' basketball team continues their successful season as they head into playoffs, improving their record to 7-9 overall and earning first place in the league.

DV – 63, Wallenpaupack – 21

The Warriors went hunting for some Bucks on Jan. 14. They started off strong and at halftime the score was 30 - 10. Their dominance continued through the second half. From the opening tip-off, Senior Zach the Warriors felt secure they would defeat Cerberville drives to their rival. The team was led by junior the basket against Shane Acoveno with 19 points and 14 Wallenpaupack. rebounds, senior Ryan Woolley with 12 Photo by Madeleine Yost





Cheer team performing at **Monticello High School.** Photo by Amanda Brown

year."

Senior Muren said, "I had fun on the mat with my team. I can see us getting better and better every time we step out onto the mat."

States at Hershey The cheerleaders are traveling to Hershey, Pa. to

a great one," coach Simonsen said. "I am compete at the State Competition on

ATHLETES Abbey

Cheerleading

SPOTLIGHT



Abbey Muren, SENIOR

"She is a senior leader, captain and team player. She is a great tumbler and started throwing her layouts which is our most difficult pass."

-Head coach Jen Simonsen

Boys' Basketball



Tyler Smith, JUNIOR

"One of our best defensive players, he's been working really hard and improving on offense, but he is pretty much asked to guard the other team's best player and has done a good job."

-Head coach Kris Holtzer

Girls' Basketball



Jenna Pacella, JUNIOR

Larson and freshmen "Despite her recent injury, she has been a good leader for us. She's really stepped up and she's gaining more confidence as the season progresses." -Head coach Lindsay Baker

Warriors work to stay competitive

Staff Writer

Continuing on their path to a fundamental and progressive season, the Warriors are focusing not on the score at the end of the game, but what they are learning individually and as a team.

DV – 22, Abington Heights – 53

On Jan. 21, the Warriors took Abington Heights. Suffering some foul trouble early into the game, DV searched for a way to get back on their feet.

"With the absence of Jenna Pacella getting into foul trouble, we were able to see who could handle the ball under pressure," said head coach Lindsay Baker. "A couple of freshmen stepped up, which surprised me."

points, followed by junior Jenna Pacella who added six points. In addition, freshmen Erin Woolley and Elizabeth Bobo combined for seven points.

"We're trying really hard to work on

our skills and build up the team so we can eventually win games. It's not going to come right away but it's hard to look at the scoreboard at the end of the game and still be positive. It's tough but our goal is to keep our heads up and work hard in practice," said Gallagher.

DV - 18, Honesdale - 39 Junior Stef O'Grady dives for the The Warriors faced the Honesdale Hornets on Jan. 25.

With point guard, Pacella being injured, the girls' worked harder to distribute the ball.

Junior Stefanie O'Grady played a great defensive game, while Gallagher led the offense with seven points.

"It was hard without Jenna, but I think we put a lot of effort

on the floor," said O'Grady.

Sophomore Faith Fucetola added four points, while sophomore Hannah Lyndsay Floystad and Woolley added three points each.

Page 23

looking forward to using the new gym next Friday, Jan. 29.

DV – 42, Honesdale – 38 The Warriors played against the Hornets

in the annual silent night game. The team had a slow start, scoring

only two points in the first quarter. During the second quarter, the team scored their seventh point and the stands erupted with cheers. Inspired by the loud cheers of the fans, the Warriors started to chip away at Honesdale's lead. The halftime score was 11-29 with the Warriors trailing. It wasn't until the fourth quarter that the team came back scoring a total of 19 points.

Acoveno lead the team with 19 points along with sophomore Dylan Kelly who added eight points. On defense junior Tyler Smith kept Honesdale's leading scorer, who was averaging 14 points a game, to zero points, which helped secure the team's win.

By MOLLY SCOLLO Junior Hannah Gallagher led with nine



Water Warriors remain undefeated

By SASHA HUPKA News Editor

With only two weeks until the end of the season, the boys' swim team remains undefeated, even in the face of fierce opponents. As districts approach and the season ends, the Water Warriors have proven themselves to be one of the best teams in the league.

DV – 103, Abington Heights – 83

The Water Warriors won the first meet of the month against Abington Heights, historically one of DV's biggest rivals. The 200 yard medley relay and 200 yard freestyle relay teams helped lead DV to victory. Additionally, junior Sean Deignan won the

200 yard freestyle and 100 yard butterfly, the 50 yard freestyle, Degman won the 100 senior Brian Vivada won the 100 yard yard butterfly, sophomore Marc Mireau breaststroke and junior Kyle Dillion came in first in the 50 yard freestyle.

"It was one of our closer meets," said Vivada. "We stuck together and worked as a team."

DV - 118, Scranton - 61

On Jan. 25, the team solidly beat Scranton in a home meet. The 200 yard medley relay team, the 200 yard freestyle relay team and the 400 yard freestyle relay team all had sound victories over swimming in the 100 yard Scranton. Individually, senior butterfly. Colin Naturale won the 200 yard Photo by Sasha Hupka individual medley, Dillion won



Junior Sean Deignan

Liam Naturale won the 100 yard breaststroke.

"We had some good swims in the meet," said head coach Joe Kusner. "Since it is getting late in the season, we will be looking

for improvements in times'

SPOTLIGHT ATHLETES

Boys' Swimming



Sean Deignan, JUNIOR

"Sean did well in multiple types of events. His hard work is paying off."

-Head coach Joe Kusner

Girls' Swimming



Krista Cabany, SENIOR "She is the quintessential captain. She will swim wherever I need her and is the best motivator on the team. -Head coach Chelsea Shatt

Wrestling



Tyler Moraski, SENIOR "He comes in everyday and puts his head down and works to get better. Everyday he does whatever we ask him to do." -Head coach Lou DeLauro

maintains perfect record **Girls sw** two individuals.

of 2:00.56.

By LINDSEY TOOMER Staff Writer

DV 108, <u> Abington Heights – 78</u> On Jan. 7, the Water Warriors faced Abington Heights in one of the most exciting and competitive meets of the season.

The girls won all but three events, with senior Aspen Narvarte, junior Denali Hutzelmann and sophomore Karolina Baranowski each winning



Senior Kirsten Leili starts the medley relay. Photo by Lindsey Toomer

Sodora,

girls' and boys' teams were able to

The team continued to live up dropped significant amounts of time." to their perfect record on Jan. 25

every race. "The team as a whole performed

some close races, but we continue to be the The 200 medley relay of junior Samantha only undefeated team in our league," said Baranowski, Hutzelmann and senior Rachel Phipps.

won the 500 yard freestyle and sophomore

Narvarte came in first with a time Sophomore diver Grace Reixinger achieved her personal best score of 171, Abington has always been a taking second in the diving portion of the tough competitor, but both our meet.

"Scranton put up a good fight, but we pull together to win," said Narvarte. pulled through in the end," said senior captain Krista Cabany. "We had some great DV-133, Scranton - 50 individual wins and a lot of swimmers

Head coach Chelsea Shatt said that she against Scranton, taking first in is proud because the girls are consistently swimming very well.

very well. It was an exciting meet with team fights hard to win

coach

DeLauro.

to start the meet off strong.

By VANESSA PAOLELLA Circulation Co-Manager

Wrestling

DV - 55, Honesdale - 15 your back fighting off a minute

On Jan. 13, the wrestling and a half and getting the win, team beat Honesdale with an that definitely set us off for the overwhelming score of 55 to 15. remainder of the meet," said head

All but two of the 14 matches were won by DV.

The meet began with one of the most exciting matches of the night. Senior A.J.

Montalvo was on his back for a John McCarthy and senior long time during the third period, Thomas Lamb's successive pins in yet he managed an escape, a under 50 seconds.



sophomore

<u>DV – 36, Wallenpaupack</u> "That started us off, to be on -33

On Jan. 20, the wrestling team won a close match against Wallenpaupack 36 to 33. At one point, DV was down 12 points in Lou a score of 30 to 18. Some of the wrestling team's key players were O t h e r out for this meet, making the

from the meet included senior Gabe Laucella's secured the win in the final technical win of 17-2, and match.

> Other major contributors of the match include pins by senior R.J. Korfmann and junior Troy Moore.

DeLauro pins 100th win

Head wrestling coach Lou DeLauro recently coached his 100th team win as head coach. He has been the head wrestling coach for eight years.

"It's a great accomplishment, but I'm just the coach behind the individuals who are getting the wins on the mat. It's a tribute to what the program has been doing," said coach DeLauro.

"He's a great coach overall. He pushes everybody, whether it's on the mat, or in practice, when he's trying to get us to do our homework. I think that's what makes him a great coach," said senior Shawn Jones.



h i g h l i g h t s match a challenge for the team. Despite this, the boys managed to overcome the point gap and senior Shawn Jones

takedown, and then finally a pin