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Delaware Valley High School - Milford, Pa.

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Junior Mutsuka

Sumitomo helps

repaint fences

surrounding a

playground at

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Volunteers help commu at Day of Caring

By Meaghan Hunt

Community News Editor

After not having Day of Caring since 2019, assistant principal of special education Mrs. Ashley Turs was ecstatic to be able to help organize it this year. The event was held on April 30 with only 70 student volunteers. In 2019, there were about 220 volunteers.

The day was still a success with kids raking leaves for churches, collecting garbage at PEEC, cutting wood for children's camps and painting fences.

"Living in Milford my whole life, it is nice to finally be able to give back to the community," volunteer Julia Robinson said.

Gelardi and Miles Nienstadt raked leaves at Milford United Methodist Church.

Juniors Nick





Volunteers from various grade levels help at PEEC to prepare for their Earth Day event that was planned for later in the day.

Photos by Meaghan Hunt

Students pumped for upcoming Spirit Games

By Mackenzie Olsommer Sports Editor

The last Spirit Games were held in the fall of 2019. The current seniors were sophomores and the juniors were freshmen. The current sophomores and freshman have never participated in the event because they were cancelled due to COVID-19. The competitions will be held for the first time in two years on Thursday, May 26.

"I don't know what to expect because I have never participated in them before," freshman Chris Freeman said.

During the Spirit Games, grades compete against each other in a different variety of games. The winners of each game will receive points for their grade and after all the games are played, the grade with the most points wins.

Some of the games that have been played in the past are "Dizzy Bat," "Human Hungry Hippos" and "Tug-of-

Sign ups for each game will be held next week before first period in the freshman gym for sophomores and freshmen and at the 11/12 entrance for juniors and seniors.

The freshmen and sophomores will compete against each other during third and fourth periods, and the juniors and seniors will compete during sixth and seventh periods, both in the new gym.

Each grade is asked to wear their class colors: freshmen - gray, sophomores - red, juniors - white and seniors - black.

'We [the juniors] are excited to pummel the seniors," junior Celi Denhalter said.

Ziolkowski, McElhaney win promposal contest

Prom is back and so are promposals! Over the past few weeks, the Del. Aware received six entries for the promposal contest. Select administrators and teachers came together and voted on the 25 and 26. Thank you to the students who submitted their pictures and videos.

The first place winners were senior Reilly Ziolkowski who promposed to unior Brandon McElhaney at their place of employment, Apple Valley. Second place winners were seniors Liz Kameen and Gavin Buckley. Gavin promposed in Mrs. Lordi's room in front of the journalism staff. Third place winners were seniors Katelyn Barcelowsky and Joseph McAuliffe. loseph promposed at Katelyn's house

in front of her family.

Contributed Photo / Caption by Nicole Steinberg





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School News

Warrior Games celebrates Students invited to AP students with special needs breakfast

By Alex Krakowski

Managing Editor

On May 16, DV will be hosting their second annual Warrior Games to celebrate students who have physical disabilities, intellectual disabilities or learning differences.

Any students who are enrolled in DV with an IEP will be able to sign up and participate in these events.

Some of the events include track & field, weightlifting and swimming.

"We are very excited to have Warrior Games again this year," Mrs. Ashley Turs, the Assistant Principal of Special Education, said.

Spectators will be able to watch the games; however, it will be teachers' decision as to whether or not they can go.

Besides students, any parents of students participating in the events are allowed to at 9/10 watch the events.

"It is a very special day and a positive cafeteria opportunity for our students and staff," Mrs. Turs said.

Along with the events, a resource fair will also be held so representatives from a variety of different agencies can talk with parents.

This event was put together by DV following their DV Health and Wellness Policy and is a much smaller event compared to Special Olympics however, many more students will be able to get involved and participate.

"All of the students should try their best and work hard, but most importantly, we want them to have fun!" Mrs. Turs said.



Before their AP exams, AP students enjoy breakfast made by culinary CTE students.

Foods included bacon, cheese, and an egg bun with yogurt, milk and other foods.

Photos and captions by Jeongho Koh

Students attend Women's **Empowerment Round Table**

Students listened to the guest

and struggles as women.

speakers share their experiences

By Jeongho Koh

Science & Technology Co-Editor

Mr. Tyler Barnett's Peace Studies classes were invited to the Women's second **Empowerment Round** Table that took place in the Learning Commons on April 22. Returning Dr. speakers were Nicole Cosentino and honorable Kelly Gaughan. New

speakers

business owners Penny Luhrs and Louann Scardino and former student Kyla Dewey who zoomed in from California for the event.

included

In the assembly, Peace Studies students performed a series of activities including examination of the culture surrounding women's empowerment as well as a discussion of important women

in the students' lives and questions for the speakers.

"We try to research women who are more marginalized, women whose contribution to society we take granted,' for Mr. Barnett said.

After

assembly, the students were asked to write a report on a woman in history of their choice.

Contributed Photo

Mr. Barnett intends to hold a meeting each semester in addition to developing similar events for other Peace Studies units.

Inquiring Photographer

IF YOU WERE A SUPERHERO, WHAT WOULD YOUR POWERS BE? COMPILED BY JEONGHO KOH



"Shrinking" **Erik Mauro** Class of 2023



"Shapeshifting" **Hailey Alexandre Class of 2022**



"Flying" Sean Lefberg Class of 2023



"Time Control" Mrs. Amanda Pope **Staff**



"Super Strength" Johnathan Rivera, Aidan Minogue, **Anthony Herman-Mann, Carter Faubel** Class of 2024 & 2025

School News

Where are they now?: Mada Yost

By Kyla Stead
World News Editor

Mada Yost graduated from Delaware Valley High School in 2016 and is now a registered nurse working at Bon Secours Community Hospital.

After graduating high school, Mada attended the Indiana University of Pennsylvania. The shift from high school to college was definitely an adjustment. Having to learn how to study in college was different than what she was used to, especially in nursing school. Although there were challenges, she made great memories and met many new people, including her best friend.

"You have a lot more independence, and learning how to manage your time well is so important," Mada said.

She enjoyed her clinical rotations in college, and learning more about what her job may entail was

exciting. Attending sporting events such as football games and being a member of the ultimate frisbee team was also a fun experience for her.

Mada knew she wanted to become a nurse since middle school. Her cousin was born with Trisomy 18 and had multiple medical issues. After this event in her life, she knew she wanted to pursue nursing.

"Learning what was wrong and helping take care of her made me realize how much I enjoyed caring for others," she said.

DV taught her valuable lessons that she takes with her today, such as the importance of hard work and earning respect. She will always be grateful to the people who helped her get to where

she is now.

"The teachers and coaches I had encouraged me to work hard, even when I felt I had nothing else to give," Mada said.

She currently has a

unique schedule working night shifts. Getting to the hospital at 7 p.m., she does her assessments and whatever the patients need through the night. She arrives back home the next morning and gets as much sleep as possible that day.

Moving forward, Mada may want to become a flight trauma nurse or a labor and delivery nurse.

Students create new vinyl stickers for T-Wing

Johnson created the new vinvl

sticker seen on Mr. Curtis'

door in the T-Wing.

By Kyla Stead World News Editor

Technology Education teacher Mr. Thomas Moran's Solid Modeling students have completed a project that can be seen in the T-Wing. On each door is a sticker consisting of the teacher's

name and the classes they teach.

If there is time, Mr. Moran hopes to add them to the CTE labs. If not, that may be a project for students next year.

To complete this project, students first asked the specific teacher they were assigned

the correct spelling of everything. After trying different fonts for the stickers, a poll was taken to see which would be most wanted. They then finished designing the stickers on computers and printed each using the vinyl cutter. After some pilot runs on Mr. Moran's door, the students applied each teacher's class list on their appropriate doors.

"My favorite part of the project was probably weaving out the excess vinyl in the letters so that you could read the words through the door," sophomore

Trista Kuddar said.

For junior Trevor Johnson, this project was unique, as it was not something like a worksheet that was completed and thrown away.

" T h i s assignment was practical and will be there for years to come," he said.

Although there were some challenges, students were able to complete this and add character to the hall. There may be more creative projects similar in the upcoming years.

Puzzle Fun

This issue's Del.Aware's puzzle fun is guess the location. Photos of six different locations around the school have been taken and zoomed in on. The pictures below as well as three more photos on our website, dvhsnews.org, are included in the puzzle. Be the first person to guess where ALL six pictures were taken to win a prize.

Come to Mrs. Lordi in D4 to submit your guesses. Freshmen
James MacIntosh and Destiny MacIntosh and sophomore Michael
Heilgendorff were last issue's winners.



ARRIOR School



Compiled by Alex Krakowski

Opinions

Drama Club presents outstanding performance of 'The Addams Family"

MEAGHAN HUNT

Class of 2023

The high school production of "The Addams Family" was a speculator show. From the dialogue, commentary, the cast and much more, it was worth seeing. The production had three showings: April 22, April 23 and April 24.

My favorite part of the show was the connection between the actors and actresses. My seat was in the back of the auditorium, but I could see their enthusiasm for each other as if I was sitting in the first row. Seniors Jade Cook and Micheal Vigilante fulfilled their roles immaculately as husband and wife.

Between the main leads and the background characters, anyone could tell that they put their entire heart and soul into this play. Their body language on the stage when acting worked so well and did not look forced.

The leads' vocals were amazing. In the first act I was shocked by how skillfully and clear the songs were. The vocal range was beautiful, and they had a very strong and passionate effect.

One thing that had its setbacks was the set design. While watching the play

it was hard to keep along with the story line. The set design pieces were dropped in for a new scene, and that backdrop would be the only design in that. I think they could have added more set design than just a backdrop.

The costumes and makeup were executed fairly well. In characters like the ancestors, whose faces had to be painted white from my seat, it looked like they did well in covering the whole face.

Overall, going into the play I had high hopes and expectations. Seeing who was in the play and the advisers helping put out the play, my expectations were met.



Milk with cereal: Soggy, overated mess?

CHRISTOPHER ZUNIGA-SCHMUCK

Class of 2023

Cereal, one of everyone's favorite breakfast meals. It's iconic. When people think of breakfast it its put in the upper echelon of morning foods along with bacon, eggs, bagels, hash browns, waffles, and pancakes. Everyone has a favorite cereal, whether it be the people's choice and all star player, Cinnamon Toast Crunch, the great Frosted Flakes, Lucky Charms or even Special K. There's a cereal for everyone of all pallets and tastes.

Many people enjoy cereal, and many enjoy it with milk. Many good foods are enjoyed paired with something equally as good. Peanut butter and jelly, milk and cookies, mashed potatoes and gravy, all arguably better when together.

Thomas Jefferson once said, "All men are created equal." I, as an equal man with equal opinions, truly believe cereal is by far more enjoyable without milk.

I truly believe cereal is by far more enjoyable without milk. It's far more convenient to eat, nobody wants soggy cereal, and milk does not add enough to justify the hassle.

With dry cereal you're able to do and go where you please. You can go to your room to eat, watch a movie or show or just spend the morning however

you wish all while enjoying some cereal.

Furthermore, nobody wants soggy cereal! It's honestly a detriment to one's own well being. Without milk you can enjoy and eat your cereal at your own leisure and pace, there's no problem with having to down it before the food ends up soggy and gross.

You would think that if you're forced to pace your eating in order to not get soggy cereal the milk would make it worth it. Unfortunately, it really does not. Instead of it being milk and cereal it feels more like milk plus cereal not doing anything to improve the other's flavor.

When foods are combined they often combine to form something better and worth eating. Milk does not provide that for your taste buds. Milk truly does not add enough to cereal to justify this long overrated combination that only hinders the breakfast experience.

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Letter Guidelines

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

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Community News

& Walk to be held in June

By James Zayatz World News Co-Editor

On June 11, the Milford Matamoras Rotary Organization will be holding its annual Memorial Ridley Rotary Run at the high school.

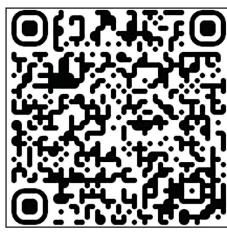
The event's registration can be done online at https://raceroster.com/59918 or in person at the high school. Online sign-up is only available until June 10. In-person registration is open from 8:00 a.m. to 8:45 a.m. on the day of the event, with the race beginning at 9:00

Online early bird registration is available up to June 1, at \$25 for adults and \$15 for those 19 years old and younger. If done after the early bird date or in-person, registration is \$30 and \$20 respectively.

There will be medals given to the 1st, 2nd and 3rd place finishers in each of the seven age brackets.

The funds raised by the event

will help Pike County's children By Sophia Perrin with disabilities through The Biondo Foundation, which is a non-profit summer camp for children with special needs.



Those looking to participate in the race can scan this QR code in order to register.

Art Ridley Memorial 5K Run NYC Street Grill showcases platters, falafels

Science & Technology Editor

Main St, Located at 534 Stroudsburg is a hidden

gem in the heart of the town, NYC Street Grill. With a kind and attentive staff, this restaurant is the perfect go-to place for food packed with flavor.

The menu consists of a variety of rice platters, pita sandwiches, falafels, tikka kabab, hero sandwiches, wraps, burgers and more. The restaurant also includes a display case filled with delicious desserts such

The grill offers delicious dishes

that are bursting with flavor that will satisfy any savory craving.

In my experience at NYC Street Grill with my friends, I called in an order of falafel and three beef, lamb and chicken combo platters, two without

hot sauce. This dish is a delicious combination of lamb, beef and chicken on a bed of rice and covered with a savory white sauce. The side dishes include a cucumber salad, hummus pita, however I always order extra pita.

NYC Street Grill offers options for everyone at very

baklava, made of pastries, honey and reasonable prices with discounts for East Stroudsburg University students.



Milford theatre hosts 'Death of a Salesman

By Lucas Pauley Opinions Editor

On the weekend of April 29 to May 1 the renovated Milford Theatre hosted Arthur Miller's "Death of a Salesman."

The cast had two months of preparation for the show which mostly consisted of learning the show's blocking and crafting their performance. A week and a half before the opening night, the crew began tech week which worked on the technical aspects of the show such as lighting.

The show was directed by Beth Kelley and starred Darren Fouse as the main character Willy Loman.

The show's cast had various levels of experience. Fouse had previous acting experience in France while Roy Wilbur, who played Charley, had experience in opera.

DV alum Taylor James, who played Biff Loman, commented on working with a cast with various levels of experience.

"It was genuinely incredible and terrifying. I'm one of the least experienced people on the cast, and some of them have unbelievable professional resumes," James said.

DV's Combo 11 and Wallenpaupack Area High School students were invited to attend an early showing on April 28.

The cast consisted of two fromer Combo 11 students, James and Kris Tjornhom who played Happy Loman.

"It was absolutely amazing to see Dr. Cosentino, Mrs. Lordi and the Combo kids when the lights came up," James said. "Combo was my safe space in high school. It was one of the few places I felt like I was welcome and encouraged to be myself and pursue my passions in a rewarding way."

Tjornhom shared a similar sentiment about his experience with the Combo.

"As a Combo alumni, it warms my heart to see that the Combo class is still active and the teachers are still looking for new experiences for the student,"



The cast answered questions during a Q and A with students following the show.

Tjornhom said.

Although Miller's work emphasizes depressing aspects of the human experience, many believe the reliability of his characters is important for kids to experience.

World News

Former US Marine released from Russia in prisoner swap

By Marisa Dambach

News Editor

On April 28, former U.S. Marine Trevor Reed was released in a prison swap from Russia after being detained since 2019.

Reed traveled to Moscow in 2019 to learn Russian and visit his Russian girlfriend. According to a CNN Politics article, he was detained by two police officers

after a drunken night out at a party. While driving to the police station, he grabbed the police officer who was driving, causing him to swerve, and

"The case of Paul Whelan is one we continue to work day in, day out."

- Ned Price

then elbowed the other officer who tried to intervene.

Reed said he did not remember the incident at all and pleaded not guilty to the charges. He then was sentenced to nine years in prison on assault charges. The U.S. government has raised concerns whether or not the trial was fair. U.S. officials said that Reed's careful work" and there had been "growing concern"

over his health while in detention.

Reed's health seemed to have declined during time in Russian detainment. His family worried that he might have

> been exposed to tuberculosis well as suffering from lingering from effects COVID-19. He

that was not treated in the to the U.S. prison hospital.

"This is a tough call for a President. President [Joe] Biden made it to bring are working very closely with her team. Her case is a home an American whose health was a source of an intense concern and to deliver on his commitment to

release was "the result of months and months of hard, resolve these hard cases and reunite Americans with their loved ones," a U.S. official said.

> Two Americans, Paul Whelan and Brittney Griner, are still in Russian detainment. Whelan is sentenced to 16 years in prison, and Griner has been in detainment since February on drug smuggling charges. Whelan spoke about the grim conditions of the labor camp where he worked in a sweatshop and the poor access to healthcare.

> "The case of Paul Whelan is one we continue to work day in, day out," State spokesperson Department Ned Price said. "When it comes to Brittney Griner, we

top priority for us."



suffered from a Trevor Reed was led by two broken rib as well Russian police officers to return

Roe v. Wade draft opinion leaked to public

By Shaun Ryan

Entertainment Editor

Roe v. Wade is a case that was originally decided by the Supreme Court in 1973. It was decided that women have the constitutional right to choose to have an abortion without government intervention. Recently, it is revealed from a leak that a draft opinion was formed last week among the justices to overturn the landmark decision.

While the source of the leak is still unknown, many question why this case is potentially being reopened in the first place. The original argument presented in Roe v. Wade 40 years ago was regarding individual states' abortion laws and regulations.

If the Supreme Court changes its original decision, abortion restrictions are expected to be reimposed in many states. Over 20 states have "trigger laws," meaning laws that will be set into motion if the case is decided in their favor.

A Marquette University poll earlier this year found that 72% of Americans are against overturning Roe v. Wade. U.S. public opinion, in general, has been in favor of abortion since the 1970s, according to Gallup data.

Women around the country have been protesting the overturning of Roe v. Wade, including many protests on Mother's Day. The Supreme Court confirmed the legitimacy of the leak but also stated that no final decisions have been made.



Protests have been occuring across the U.S., both in support of overturning Roe V. Wade and against. With protests happening at the Supreme Court and more recently at individual justice's houses, security has been tightened. People continue to voice their opinons as time continues.

Arts & Literature

Spotlight Artist: Kenny Lee

By Aidan McBride

Sports Co-Editor

Senior Kenny Lee enrolled in art classes throughout high school while looking for classes to fill his schedule. Over time, he came to enjoy classes, such as Ceramics and Jewelry Design, and grew a legitimate interest in them.

Kenny said he started out by taking basic art classes and Computer Art. He does not see them as filler classes anymore but rather enjoyable and something he likes to spend time doing.

"I just picked classes that

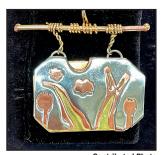
seemed easy to fill my schedule," Kenny said. "Over time, I started to really enjoy them."

This year, Kenny is currently enrolled in Ceramics II and Jewelry Design. He has no preference between the two, as he said they are both unique and fun in their own

> In Ceramics, Kenny has made mugs, juxtapositions and is currently in the process of making a vase.

Not only is Kenny known for his artwork in his classes, but he is also

willingness to assist other students.



Kenny created this piece for the metaphor layer project in Jewelry and Design.

"He's very helpful around the classroom," art teacher Mrs. Tricia Kaylor said. "He's great with helping out other students, whether it is on the wheel or with anything else."

Although he has a large interest in Ceramics and Jewelry Design, he plans on attending a program for welding after high school. He said art classes have helped him with planning ahead, and have taught him that everything takes time in order for it to be successful.

In Jewelry Design, he recently made a necklace, and soon he will be making a necklace with a gemstone inside of it.

"More people should take Jewelry known for his vibrant personality and his Design. It's a great class for everybody, and it doesn't matter if you're a boy or girl," Kenny said.

Spotlight Writer: Jenna Tecchio

By Reilly Ziolkowski

Arts & Literature Editor

As an outlet for her boredom, junior Jenna Tecchio first began writing in elementary school.

"I used to write elaborate screenplays centered around the games my friends and I played at recess, and it turned into what is now one of my favorite pastimes," Jenna said.

Writing went from a way to relieve her boredom to a way of expressing herself in times of anxiety. She

began to write as a way to express herself after the passing of her uncle when it was hard to verbally express how she was feeling.

"Quiet and reserved as she can be, her writing is expressive and telling of a young woman who is now confident in herself," English teacher Mr. Bryan Pol said.

poetry. This style of writing allows her to freely write how she sees certain situations and convey them in a deeper meaning through symbolism and word play.

Her inspiration does not come from a person; it comes from the world around her and the interactions and reading she does in a day.

Her first memory of literature is a project she did in fifth grade on the book "RT Margaret and the rats of NIMH"

"Ouiet and reserved as she can be, her

writing is expressive and telling of a young

woman who is now confident in herself."

by Jane Lesile Conly. For the project, made a T-shirt based on her favorite scene of the book.

"This

project was significant to me as it allowed me to really understand the entirely new world that literature creates," Jenna said.

- Mr. Bryan Pol

Jenna has taken two writing classes in high school, Effective Writing and AP English Language Composition, and was involved with the Creative Writing Club in middle school. She believes that everyone should take up writing, as she Jenna prefers creative writing and feels it can lift stress off one's shoulders.

Spotlight Musician: Leah Phillips

By James Zayatz World News Co-Editor

Senior Leah Phillips has been closely involved with music from a young age. At the earliest opportunity, Leah joined the middle school band playing the flute. Since then, she has expanded her horizons to playing the piano, ukulele and currently learning the guitar. She also plays the tenor saxophone, her favorite instrument.

"I switched to playing the tenor sax in seventh grade and fell in love with that and have played tenor since then," Leah said. Even as a kid, she

dabbled in music in the form of the recorder and harmonica. Her interest has evolved into passion and career, one in which has many accomplishments with more to come.

"I am so grateful for

all the amazing experiences I've had throughout my school years," Leah said. "Music has really enriched my high school experience, and I have made so many friends from it."

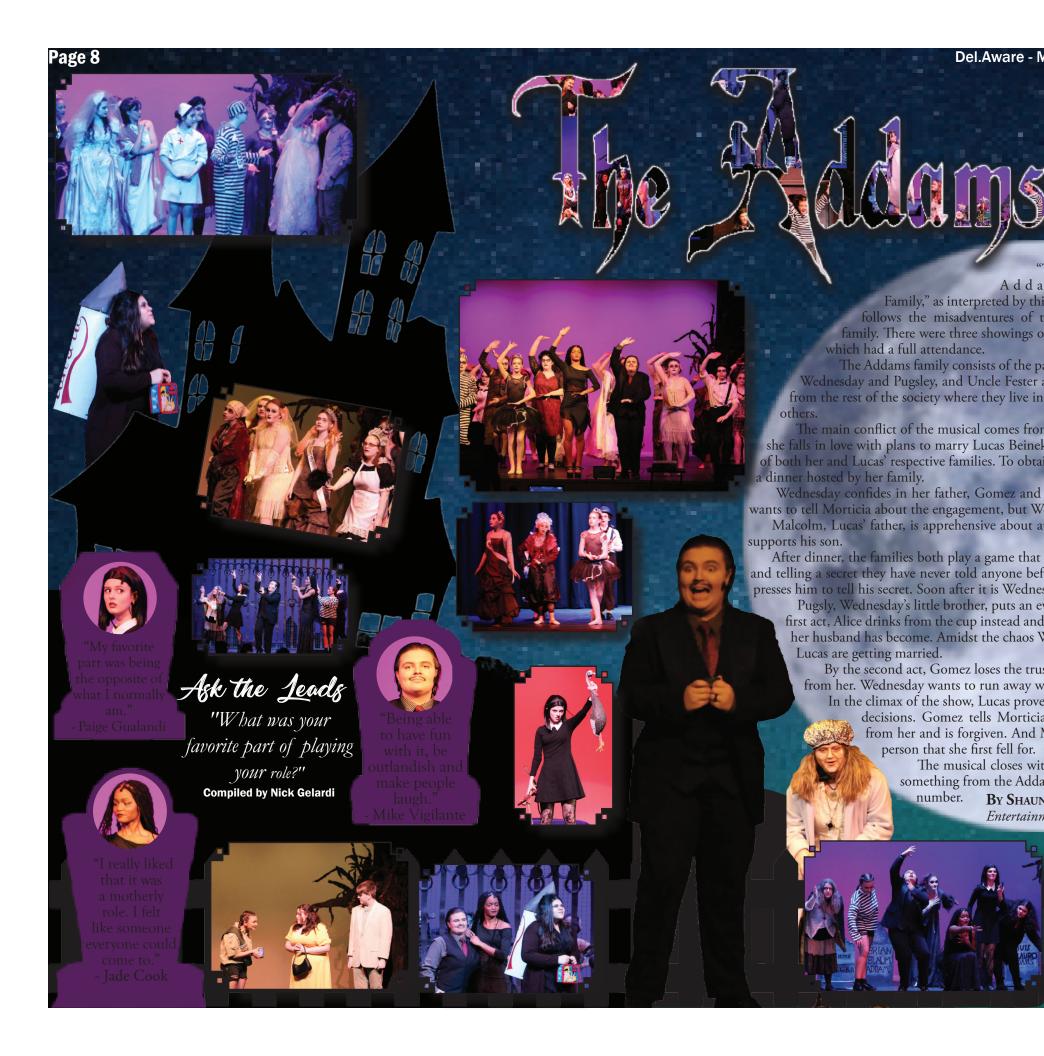
Leah has participated in both jazz band and concert band and played in the pit band for the middle school production of "Annie Jr.". In all of her time and experience with music,

> Leah is steadfast that jazz is her favorite genre to play.

> > Her pursuits have always been supported by her family and music teachers.

"I am also incredibly grateful for all of my teachers who have helped grow my love for music," Leah said.

Leah plans to attend Hunter College and join their jazz ensemble to further her career.





Undecided major "Art gives me the opportunity to be creative without the confines of doing something for someone else, proving to myself that I can do it."



Massachusetts College of Art & Design Painting

Maddie Mallon

"Art has impacted me by allowing me to meet some amazing, talented people. My art teachers have changed the way I think about art, and without them, I wouldn't have chosen to study it in college."



Fine Art 'Art helped me as an outlet for one of the hardest mes of my life and my art has inspired and helped many people throughout the school with the





Internship at POGO Media Design Firm in **Pfedelbach, Germany Imerican University in 2023-Graphic Design "Art has helped me connect with some of my closest friends as well as family."**

Otis College of Art and Design 2D Animation With art, I am whole. I do not expect others to understand; I only hope for them to experience what I have to offer."

Visual and Fine Arts 'I used to believe that I had no talents and that there was nothing special about me. **but then I started drawing and realized that** I was pretty good at it, and I realized that it's what I wanted to do with my life."

Granhie Design "Art has helped me express my feelings and



National Guard program Psychology 'Art is my creative outlet because everything else in my life has such a rigid structure. It's my safe place to take chances."



'Art has given me a place to run to hen I don't want to be anywhere do so verbally. Art is my escape, and will continue to run to it and learn

































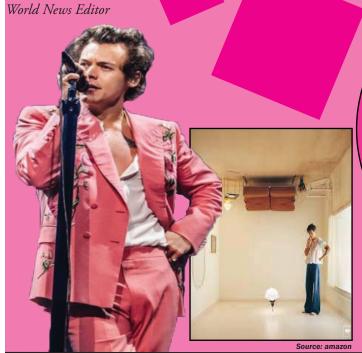




Entertainment

Fans anticipate premiere of new album Harry's House

By Kyla Stead



around singer, songwriter and actor Harry Styles' new music took off on March 23 with the announcement of his new album, Harry's House. This 13-track

record is set to release on May 20 and is Styles' third studio album, leaving fans excited for its release. The album's first single, "As It Was," was released on April 1. This song led Styles to

The most recent buzz

break the Guiness World Record for "most streamed track on Spotify in 24 hours (male)," with 16 million streams in the first 24 hours after being released.

The music video for the single was filled with color and creativity but also left fans wondering what the story behind the song is. While some think the song can be related to a lover or his relationship with fame over the years, others believe it has to do with his dad or sister.

"The song is about metamorphosis, embracing change and former self, perspective shift and all that kind of stuff," Styles said.

The music and arts festival known as "Coachella," held in Indio, California, also gave Styles the opportunity to promote his new album and give fans a unique and exciting experience as one of the headliners. Shocking fans, he sang two songs from his unreleased album called "Boyfriends" and "Late Night Talking." At the festival, Styles also sang with Shania Twain, who he has looked up to since he was a child, and Lizzo, who he has

> On May 20, not only will Harry's House be released, but two "One Night Only" concerts will take place in New York and London on the 20th and 24th.

Kendrick Lamar drops highly anticipated album

By Aidan McBride Sports Co-Editor

On April 18, rapper Kendrick Lamar announced that he was releasing a new album on May 13. It is called "Mr. Morale & The Big Steppers," and it is his first album since his 2017 record "DAMN.," making this one of the most anticipated albums of his career.

Lamar was featured on fellow rapper Baby Keem's album "The Melodic Blue" that was released in 2021. Lamar had not dropped music for four years prior to his appearance on that album, and this led fans to believe he was

making a comeback in 2022.

Instagram on April Lamar is retired.

> Lamar is expected to the past 18 years.

Conspiracy theory: Lizard people are taking over

By James Zayatz World News Co-Editor

formed a friendship with over the years.

Lizard people, commonly called Lamar made a post on reptilians, are believed by millions of 18 Americans to actively be controlling announcing the album, and the world with intent to dominate and on Twitter, he posted a link enslave the human race. According to his announcement in to Vox, a 2013 poll conducted by response to a tweet by a fan Public Policy Polling revealed that who jokingly tweeted that approximately 12 million Americans believe in the shape-shifting creatures.

The main peddler of the theory stay with his typical rap is Englishman David Icke. The selfstyle on this album, as proclaimed "Son of God" refers to he has mastered that the beings as Annunaki. There is a style of music over vast list of prominent world figures that are among them. According to Time, on Icke's list of reptiles are Queen Elizabeth, George W. Bush and the Clintons. He explains other conspiracies such as the Illuminati as being crafted by lizard people. Icke has his own website for the discussion of mind-breaking theories aptly named "davidicke.com." A visit is recommended if one has the desire to question reality.

Lizards are, according to Icke, everywhere, but how do you identify one? The Atlantic provides a checklist of common traits found in supposed lizard people. They include: low blood pressure, green, hazel or blue eyes, love of space and science, unexplained body scars, a sense of not belonging to the human race and red hair.

original trilogy, or even the prequels. Darth Vader, ithe form

of Anakin Skywalker, spent much of the series as the main

protagonist. His story does not follow one of a villain but

The new trilogy brings back many characters on the light

side. As for the villains, one cannot say the same. Kylo Ren is a

good villain for the dark side, but he just does not capture the

same essence as the original archetypes.

Science & Technology

What's in your Drink?: Mountain Dew

By REILLY ZIOLKOWSKI

Arts & Literature Editor

Mountain Dew is a popular drink for young adults who are always on the go and need an energy boost. Since about 2020, Mountain Dew has been coming out with more specialty flavors. Through Mountain Dew's history there have been over 25 different flavors, including diet, sugar free and caffeine free flavors. While these flavors are appealing, are the ingredients affecting your body in a more harmful way than the original?

All the Mountain Dew flavors contain high fructose corn syrup, caffeine, sodium citrate and sodium benzoate.

The amount of high fructose corn syrup in original Mountain Dew is about 77 grams of sugar. That may not sound like a lot, but it contributes to high calorie count and can cause health problems such as Type 2 diabetes and boosts the risk of heart disease. In newer flavors, the amount of sugar has dropped to 73 grams of sugar, making them slightly healthier.

All Mountain Dew flavors seem to contain about 91 mg of caffeine. This amount of caffeine is the highest amount found in soda, but is much lower than other energy drinks and FDA recommendations.

The sodium citrate found in all Mountain Dew flavors has the potential to cause the body to retain water and worsen heart diseases.

Original Mountain Dew may be more of a concern than the newer flavors as it combines orange juice and sodium benzoate. When combined these two ingredients can be carcinogenic after years of consumption.

Although Mountain Dew soda is not healthy, it is not the worst drink choice if you are looking for an



"This is really the culmination of a

energy boost. The levels of caffeine found in the

drink is much lower alternative than energy drinks and ingredients becoming healthier as newer flavors are produced.

App Review: LiveIn

By Meaghan Hunt Community News Editor

A new app just hit Apple stores called LiveIn. By using LiveIn, you can share photos with your friends and family. LiveIn has many different ways you can send a friend something like a live picture or a drawing.

When you first download the app, it asks you to create a username in order to create an account.

From there, you can add friends Next, you create your first moment, which is a live picture or video that can be

After making a widget, a tool that you can put on your home screen for quick access. you and your friends are now able to send messages back and forth that show up live on each other's homescreens. LiveIn is a useful tool, especially for maintaining long distance relationships with friends and family.

LiveIn is great for

busy days when you are not able to talk because you can send a message through LiveIn. However, the app is only available on Apple devices.

What I really like about the app is you can send pictures from your camera roll to your friends and make it easier than sending a live picture. This app is a convenient way to connect with your friends.



The new Liveln app offers many great ways to connect and create ideas with your friends and family.

A portable, filter-free device provides clean drinking water

By Mackenzie Olsommer Sports Editor

been on."

desalination device that generates clean drinking water. There is no need for filters or high pressure pumps and

the unit only weighs 22 pounds.

The device is about the size of a small suitcase and requires less power to charge than a cell phone. It can also be charged using a solar panel that can be purchased online. The device is easy to use; it only requires the push of a button to generate fresh drinking water.

This unit uses electrical power to remove particles from drinking water. There are no filters used at all so the device does not require nearly as much long-term maintenance.

"This is really the culmination of Researchers have built a portable a 10-year journey that I and my group

> on," senior author Iongyoon Han, professor of electrical engineering

10-year journey that I and my group have - Jongyoon Han

> computer science and of biological engineering, and a member of the Research Laboratory of Electronics (RLE) said. "We worked for years on the physics behind individual desalination processes, but pushing all those advances into a box, building a system, and demonstrating it in the ocean, that was a really meaningful and rewarding experience for me."

Sports

Tennis team loses match in district semi-finals

By Liz Kameen

Editor in Chief

DV - 1, Scranton - 3

The boys tennis team competed against Scranton on May 5 in the district semifinals, losing the match 3-1. The team finished the regular season with a record of 11-5.

No. 1 singles senior Griffen Kowal was halted after the team lost the match, winning his first set 6-4 and losing his second set 5-7.

"Griffen was playing his best tennis of the year [against Scranton]," head coach Kevin Quinn said. No. 2 singles senior Gavin Buckley lost both sets 3-6 and 0-6, while No. 3

singles sophomore Mike
Richards won both
sets 6-4 and 7-5,
respectively.

No. 1 doubles,
sophomore
A l e x
Corcoran
and junior
Wil Salus, and No. 2
doubles sophomore Ty
Bates and freshman
Owen Carso lost
both sets.

"It was a great season. Our record last year was 7-7, so we have had a great improvement, and our seniors have another shot at a medal [in singles and doubles districts,]" coach Quinn said.

DV - 5, Wallenpaupack - 0

The team competed in the district quarterfinal on May 3, winning the match against Wallenpaupack Area High School with a score of 5-0.

No. 1 singles Kowal won his match by forfeit, and No 2. singles Buckley won both sets 6-1 and 6-0. No. 3 singles Richards also won both sets, 6-2 and 6-1, respectively.

Spotlight Athletes



"Mike has been clutch all year. He has been a rock at No. 3 singles and the model of consistency."

- Head coach Kevin Quinn

Boys/Girls Track



Nicole Musselwhite, SOPHOMORE Dominic Lazzaro, JUNIOR

"Nicole has improved throughout the season, and Dom is one of the top runners in the league and district." - Head coach Nick Quaglia

Track competes at ES South Invitational

By Lucas Pauley

Opinions Editor

On April 29, members of both the boys and girls track teams traveled to East Stroudsburg South High School to compete in their track invitational. More than 20 schools from District 2 and District 11 competed at the invitational.

Results

110 Hurdles: Charlie McClain (1st) 15.19 3200: Anna Vogel (1st) 12:30 Discus: Maddie
Gecik (2nd) 92'7"
Discus: Justin
Hernandez
(2nd) 126'
5"
1600:
Dominic
Lazzaro
(3rd)
4:39.35

300 Hurdles: Charlie McClain (3rd) 4:39.35
400: Mackenzie Olsommer (3rd) 1:03.62
High Jump: Denis Danilovich (3rd) 5'10"
4x100 Relay: Bradley Coe, Aiden Black, Harlem Cook, Armand Ruest (3rd) 44.94
Callanan (3rd), Etain Starr (3rd)

Hurricanes' star exposes major NCAA NIL problem

By Nick Gelardi

School News Co-Editor

The landscape and traditions of college basketball are changing as they transition towards an NBA style game. This comes after the Miami guard Isaiah Wong threatened to leave if he did not get more names, images and likeness (NIL) compensation.

On April 23, Miami announced the acquisition of Nijel Pack from Kansas in a deal worth more than \$800,000, and this upset Wong because he would be making less than someone who did not contribute to Miami's first Elite Eight run in their history.

"If Isaiah and his family don't feel that the NIL number meets their expectations they will be entering

the transfer portal tomorrow, while maintaining his eligibility in the NBA draft and going through the draft process," Wong's agent, Adam Papas said.

Although Wong recently announced that he

would stay at Miami and NIL deals, Miami's helplessness highlights a problem in the NCAA. College players are not obligated to playing contracts because they are not professional athletes and they do not have unions.

Wong's situation

exposed the system in which players negotiate terms where they get paid for playing, and this is against the rules. These rules are not often enforced however, and former NCAA president Mark Emmert has not put

many policies in place over the years.

With Emmert's resignation set to take place in June 2023, his predecessor will have the task of trying to control the chaos between players and teams.

"If Isaiah and his family don't feel that the NIL number meets their expectations they will be entering the transfer portal tomorrow, while maintaining his eligibility in the NBA draft and going through the draft process."

- Adam Papas

Sports

Volleyball team sweeps Hanover, Hazleton

By Kyla Stead World News Editor

The volleyball team swept Hanover Area High School on May 3 and Hazleton Area High School on May 5, winning both games by a score of 3-0.

Against Hanover Area, sophomore Chris U'Glay recorded 11 kills, junior Trevor Johnson had seven kills and seven aces and sophomore Tommy Parker had five kills and two blocks.

In their home game against Hazleton Area, U'Glay had 11 kills, two aces and a block. Parker recorded six kills, three blocks and an ace. Junior Lucas Pauley also

Softball team falls to Prep

By AIDAN McBride
Sports Co-Editor

As the season continues, weather continues to be an obstacle for the softball team. On May 4, the team was set to face North Pocono, but it was postponed due to poor weather conditions.

On May 6, they were supposed to play Riverside, but that also got postponed. Despite those games not being played, the team faced Scranton Prep on May 2, losing 5-2.

The team now sits with a 3-12 record for the season. Although their record may not display large amounts of success,

recorded nine

One of the challenges the team has been facing this season is their inexperience. With a very young team and only one returning varsity player, they have strived to get better with each practice and game.

"The biggest takeaway from this season for me is that having no seniors and going through the pandemic has left our program with very little experience," coach Adam Holdredge said.

"Our athletes did not have

falls to Prep. Honesdale

the team has shown much improvement throughout the season, according to assistant coach Marielle Cavallaro

"We have improved a lot defensively," coach Cavallaro said. "We have committed very few errors in our most recent games."

Not only have they improved in the errors department, but the team has also improved their play in the field

anyone on the team that has 'been there, done that' and to show the hard work and time that is required to be a good team."

With playoffs nearing as the season continues, he says there is an "uphill battle" to fight but hopes to be where they need to be in order to succeed.

according to coach Cavallaro. She says that the infielders are doing a nice job at not letting big hits get past them, and they are doing well with keeping the opposing team off of the bases.

On May 10, the team lost to Honesdale high school with a score of 13-7, and on May 11, they lost to Scranton high school with a score of 7-3.

Spotlight Athletes Boys Volleyball



Keith Sublett, JUNIOR

"He has become a big threat
for us out of the middle hitter
position and has emerged as a
leader on and off the court."

- Head coach Adam Holdredge

Softball



Celia Park, SENIOR

"She has carried our team in terms of pitching, and she is a great leader."

 Assistant coach Marielle Cavallaro

Collegiate Update: Brendan Henn

By Meaghan Hunt

Community News Editor

Brendan Henn, a graduate from the class of 2021, is just finishing up his freshman year attending Penn State in Harrisburg, Pennsylvania. In his senior year at DV, he signed with Penn State to play Division III baseball.

In the beginning of the season he started in 24 games. At those games he averaged an AVG of .376 and scored a total of 17 runs. Henn definitely had the opportunity to be in the running for conference Rookie of the Year. Unfortunately due to a stress fracture in his foot, his season was cut short; however, he was still there for his team.

"It sucked. I wish it didn't end the way it did, but I couldn't let it agitate me. My team was doing great winning most of our games," Henn said.

During the beginning of the season, they played nationally ranked teams. Once Henn and his team got settled into the season and improved, that's when they began winning games and posted 16 straight wins.

During his season, he practices six times a week, with having one off day to recover. Practice for them would usually start at

5:30 and 11:00 every morning. When he would have his off days, he would usually lift and maintain care of his body by going to the trainers.

According to Henn, the transition from high school baseball to college baseball was difficult.

"It's a lot more competitive, there are a lot more ambitious players and teams. I was taught some more ways to improve my play. Yes, it was a struggle at first but after doing it repetitively, it became muscle memory," Henn said.

As his freshman baseball season comes to an end, Henn and his team have a chance of winning the NCAA Division III World Series, but first they have to prevail in their conference tournament.

Sports

Boys lacrosse defeats Wilkes-Barre Area 23-2



Sophomore Justin Kalitsnik takes part in a face-off against Wilkes-Barre Area.

Photos by Nicole Steinberg



Junior AJ Dierksen sprints to beat his opponent to the ball.



The team huddles after the first quarter and prepares game strategy.

Spotlight **Athletes Boys Lacrosse**



Justin Kalitsnik, SOPHOMORE "He has dominated face-offs in every single game." - Head coach Jeff Krasulski

Girls Lacrosse



Emily Cruz, SENIOR "[She] made the move to midfield the second half of the to set her teammates up for success on the field."

Head coach Bernadine Salak

Girls lacrosse dominates Hazleton, wins 21-4

By Marisa Dambach News Editor

On May 3, the girls lacrosse team faced off against Hazleton Area Cougars in a conference matchup that DV won, 21-4. Junior Leah Weinreb scored six goals to help lead the Warriors to the win over the Cougars.

Prior to the matchup, the Warriors won three of their last five games, which were all league games, giving the Warriors a 5-5 league record. The Hazleton game gave the Warriors the win they needed to be 6-5 in league play.

Along 🥟 with Weinreb's six goals, seniors Daisey Carney and Casey Kidd each had five goals in the game.

"She [Weinreb] is a catalyst on offense that makes a lot of things happen," head coach Bernadine Salak said.

Weinreb and Carney each contributed one assist and Kidd contributed two. Senior

Emily Cruz also had two goals and three assists.

Two freshmen also contributed to the Warrior's dominant performance. Ava Kraszewski and Carrigan McCormack each had a goal and an assist in the game.

Senior goalie Sophia Perrin had four saves to allow for a low-scoring game from the away team. Freshman Hailey Burke also played in goal for the game and saved two shots.

"We lost to Hazleton last year. [I] thought the team came out to settle season and is our leader in some unfinished business. Mission assists. She is always looking accomplished," coach Salak said.

Warriors defeat Cavaliers 8-2

By Mackenzie Olsommer Sports Editor

The baseball team traveled to Scranton Prep on May 2 and defeated the Cavaliers 8-2.

The Warriors played an outstanding game offensively, ending the game with a total of 15 hits while Scranton Prep only had

After the second inning, the Warriors were up 6-0 and then added two more runs in the fifth inning. Senior Christian Galimi and junior Aidan

Hyams each had three RBIs. Galimi also contributed with four hits, while senior CJ Ross had three hits, and senior Quinn Currabba had an additional two hits. Seniors Corey May, James McManus and Derek Metzger and sophomores Ronan McManus and Keaton Phillips and Hyams each had a hit as well.

> Galimi pitched for the Warriors and had a total of 11 strikeouts. He also held the Cavaliers to only one hit. Phillips pitched

for the Warriors, had two strikeouts and held the Cavaliers to one hit as well.

Defensively, the team had no errors in the field.

The Warriors traveled to Scranton on May 11 and defeated the Knights, 13-2 and Riverside on May 12.

"We've played well in spurts and have proven we can play with some of the best teams in the league," head coach Sean Giblin said. "We have a tough couple of weeks left with three road games. That will determine our playoff standing."

May 16, Wallenpaupack on May 17 and North Pocono on May 19.

Baseball



Quinn Curabba, SENIOR "Quinn is leading the team in hitting and has been a great The team travels to Honesdale on leader on the field and in the dugout."

- Head coach Sean Giblin