



Crimson Courier Winter 2022

Starting Fresh

By: Maggie McNally

Happy New Year! We're already halfway through the school year which is crazy to think about! Many people have different resolutions to start during the New Year and some tend to stick with it. Resolutions are a really good way to start new and stay positive. Sometimes it's hard to stay positive because of the world we are living in right now but just try your best :). As we approach February, all I can think about is snow and 2-Hour-Delay days! When it snows it's hard to get exercise, but here's a few things to do to stay active: snowboarding, skiing, and sledding. These are all fun activities to do during the winter time. Stay warm!

Service Calls!

By: Emma Pasko



Dunmore's Service Club is saying goodbye and thank you to Mrs. Boicchio, this year's advisor to the club. Especially for me as Service Club President, this club is a really important part in my high school career. I have gained knowledge and lessons from Mrs. B and everything she has done for the club in just a couple months. In the National Honor Society, we learn that the four pillars are character, scholarship, citizenship, and

service. Service is the concept that Mrs. B has taught our club. With the countless hours she has worked to make things possible for others, she has shown Dunmore High School what it means to volunteer and serve, but to also be a good person. I asked Mrs. B some questions to get some insight into her perspective of running the Service Club and the different activities the club was involved this year.

What organizations have you contributed to during your time as adviser?

-“This year we held a fundraiser for breast cancer awareness (Candy's Place) and a food drive to benefit NEPA Youth Shelter.”

How has being head of the club changed or impacted your life?

-“Being involved in Service Club impacted me in a positive way because I was surrounded by students who wanted to volunteer their time to make a difference.”

Have you seen differences or the impacts the club has had on students in it and how so?

-“I was happily shocked with the number of students who turned out to help decorate for Breast Cancer Awareness and those who stepped up to collect donations at the football games.”

Do you have any advice for students to continue their volunteer work?

-“You are doing great things and bringing positive recognition to Dunmore High School. Keep up the great work.”

On behalf of the Service Club and the rest of Dunmore High School, we thank you for everything you do for the students as well as for others. Thank you for showing us what it means to volunteer and serve others.

Keeping Up With the Bucks

News Edition

Editor: Isabella Stanco

Staff Writers: Julianna Argust, Maggie Jimmie, and Loren Spudic

Academic Pride

By: Maggie Jimmie



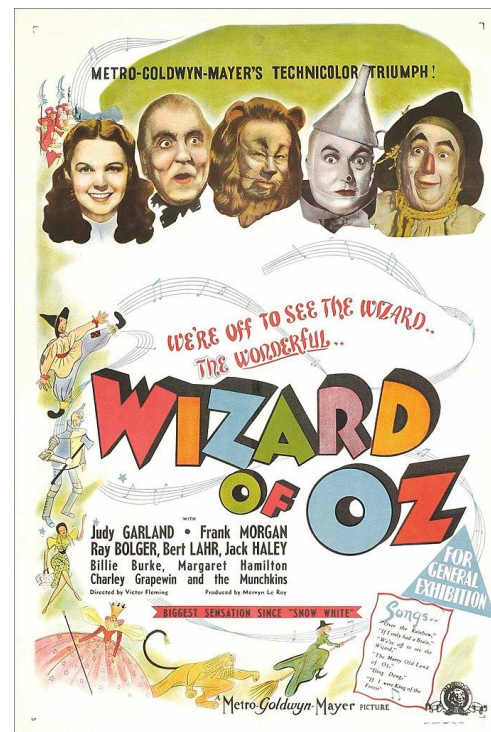
Like many high schools in America, it's easy to recognize the athletic stars of Dunmore, but what about the students who shine academically? This year, assistant principal, Mr. Lucas, has made sure that students' academic efforts were not going unseen by installing two new programs: the Bucks Scholars and the Students of the Month. These programs were initiatives taken to honor the top performing students of each grade. At the end of each quarter, faculty will select the top 10 students of each grade, who have shown high, consistent grades and a strong devotion towards learning, without any attendance or

disciplinary issues. Teachers nominate the Students of the Month based on their positive efforts towards learning. Both of these programs honor recipients with ceremonial rewards, and they are great motivational reminders to keep up the great work!

Crimson Company Presents: Wizard of Oz

By: Julianna Argust

This spring, the Crimson Company is performing the classic musical of The Wizard of Oz



of Oz! It is an all time favorite which so many adore!

This iconic story is timeless which makes it the perfect spring musical.

When a tornado comes through

Kansas, Dorothy Gale (played by Ally McNeff) and her dog, Toto, are whisked away to the far

away land of Oz. When she is told to find the Wizard (played by Miles Stephenson) to bring her back home, she meets the Scarecrow (Emma Pasko) who wants a brain, the Tin Man (Mikhail Fabi) who wants a heart, and the Cowardly Lion (Jackson Madajeski) who wants courage. There are so many talented singers, dancers, and actors involved in this musical. This is also the first year the Crimson Company has casted understudies for all of the roles, which is necessary for the uncertainty the past years have entailed. We are so excited to get to work and put on this magical story! Come support this incredible cast and crew the nights of April 21-23, 28-30.

An Icy Situation

By: Loren Spudic

After most people wondered how we went all of December without a two hour delay, Mother Nature decided to surprise us all with three in a row! On Friday, January 7th, Monday, January 10th, and Tuesday, January 11th, Dunmore School District had some of its first of the year. With the icy roads and snowy weather, it couldn't be avoided. Thankfully it wasn't! Numerous students have shown great appreciation for the extra sleep and pushed back tests. Of course, it is a possibility that every snow day not used could go towards a Friday off in May and June. Stay warm and stay safe out there!



A Chick-Fil-A Hatching

By: Isabella Stanco

All of a sudden, your stomach is rumbling and you're in the mood for a spicy deluxe sandwich from Chick-Fil-A. The only issue is, you don't want to drive all the way to Wilkes Barre to wait another 30 minutes in a long drive-thru line. Now you don't have to! On December 2nd, 2021, in our very own Dickson City, a Chick-Fil-A finally opened its doors. In the works since summer, and now it is finally here! They are open Monday through Saturday, 10:30 AM to 9:00 PM. You might be waiting a while, though. No matter what time, day or night, the line for this establishment is always out the



door (or street in this case). The wait is even longer due to only the drive-thru being open. So if you really crave that spicy deluxe, you better be willing to sit tight for a prolonged period of time.

Easy Fast Food to carry for when you are on the Go!

- Fruit: Oranges, Bananas
- Apples & Sunbutter/nut butter
- Granola Bars
- Veggie Sticks
- Breakfast Shakes
- Pita Bread and Hummus
- Cheese and Crackers

Sports

Editor: Jessica Trauger

Staff Writers: Thomas Pavlowski, Adeline Toole, Faith Bravo

Girls Basketball Cheer

By: Jessica Trauger

The girls basketball cheer team has fought against the odds during these trying times. The past few weeks cases have gone up which means some of the cheer team was out with Covid and couldn't play. Thankfully the cheerleaders are headed by their amazing captain and co-captains! They also have one of their amazing cheerleaders, Emma Pasko, singing "The Star Spangled" Banner during home games to keep up that school spirit! They continue to get the crowd excited for the games and are doing great despite the odd circumstances with some schools not even having their cheer squads available. Thanks to the girls basketball cheer team, the games have stayed exciting and competitive!



Lady Bucks Basketball

By: Thomas Pavlowski

The Lady Bucks basketball team is by far one of Dunmore's best-performing sports teams. Unfortunately, their seasons over the past two years have been cut short due to the pandemic, leaving many thinking that the team could have made it to the state championship both years. To start this 2021-2022 season, the Lady Bucks first games were played in Washington, D.C. They ended up winning both of their games at the tournament. The annual Lynett tournament took place, and the Lady Bucks won both of their games, thus winning the tournament. Ciera Toomey (junior) was awarded the MVP award for the whole tournament! The next game was against Riverside, and the Lady Bucks ended up winning 62-26. Sophia Talutto (freshman) had an astonishing career-high of 21 points! The Lady Bucks seek to continue winning their future games and hopefully win the state championship!

Sports

Editor: Jessica Trauger

Staff Writers: Thomas Pavlowski, Adeline Toole, Faith Bravo

Dunmore Swim

By: Adeline Toole

The Dunmore Swim Team has been through it all. Even though they could not attend Districts last year, the team has hope this year. With talented swimmers from last year graduating, the team has had new talent step up. With Bella Aydin, Maura Sheets, and Katie Alunni leading the team, they have managed to strike back at West Scranton from last year. Also, with Catherine Gilhooley and Jaclyn Marichak as key swimmers, the team has managed to succeed. On the boys team, we have Anthony Bonavoglia who is just a freshman taking first in many of his events. The team is set to succeed and hopefully make it to districts as well! The team has also competed in Les Richardes, placing high in many different events! Congratulations to all the swimmers, and good luck with your future meets!



Boys Basketball

By: Faith Bravo

The boy's basketball team has had a great season so far coming in second in their conference. The team is led by their senior captains Adriel DeNaples, Kevin Walsh, and Jeffrey Walsh. Although star player Kevin Walsh has had some ups and downs, and battled through tough injuries, he said he is feeling great this year and can't wait to see where the rest of the season takes them. The Bucks have just recently defeated town rival Holy Cross 35-24. Leading the team was Adriel DeNaples with 21 points. Adriel said he feels amazing about this season and wants to make his last year with his teammates one of the best. Congratulations to all of the seniors and to the rest of the boys basketball team. We are very proud of our Dunmore Bucks!

- Features -

Editor: Mikhail Fabi

Staff Writers: Julianna Grow, Izzy Rought

Spreading Love & Practicing Self Care

By: Mikhail Fabi

With Valentine's Day glow still casting its shadows, it can be quite hard for



some of us to be able to enjoy this holiday when we're being constantly surrounded by corny Instagram relationship updates or with how the media unrealistically portrays romance and love. But let's face it, love is really only scary when you're viewing it from the wrong perspective. Instead of regarding it with intentions rooted only in jealousy or bitterness, maybe try finding joy in others' love instead. It sounds strange at first, but really—try it! I get that it can be difficult, especially when every single film or TV show out there portrays love with a highly unrealistic standard. But once you're able to overcome that feat, eventually you'll start being able to appreciate love that exists in the world.

Also, love isn't just exclusive to romance. Love can merely be platonic too. (And that's okay!) Sometimes the strongest love you'll ever have in life can be found in friendships, and hanging out with a good friend once in a while can sometimes fulfill you even more than a relationship. Even just spending bonding time and being in the

moment together with a friend is more than enough.

Another important thing to note is that love shouldn't just be reserved for others or one day of the year; it should also include yourself as well. Sometimes people forget that *self care is a form of love*, and it totally isn't selfish at all. Remember to do a mental health check routinely and to make sure that you have someone you can relay those thoughts and emotions to. The hardest thing you can do in life is attempting to spread love to others when you don't really have any love for yourself to begin with.

Take yourself out for coffee or even invite a friend to come join you. Go for a drive and spend time with yourself. *Spread love everyday, and remember to take care of yourself!*

Time to Bake!

By: Izzy Rought

Hey guys! Today I will be giving you an amazing chocolate cake recipe that I think you should use! Some things you will need are a bundt pan, a mixer, cooking spray, measuring cups/spoons, and a spatula.

First, you can set the oven to 350°F to preheat while mixing your ingredients. For the cake, the ingredients you will need are as follows: 2 cups of flour, 1 cup of cocoa, 2 cups of sugar, 2 teaspoons of baking powder, 2 teaspoons of baking soda, ½ teaspoon of salt, ⅔ cups of vegetable oil, 2 cups of hot water, 2 eggs, and 2 teaspoons

- Features -

of vanilla extract. Mix dry ingredients first, then add the wet ingredients. Make sure to mix well! Put the cake in the oven for 1 hour, but check when there is 10 minutes remaining.

Now for the icing, you will need $\frac{1}{4}$ lb of butter (DO NOT MELT, but leave at room temperature!) $\frac{1}{2}$ cup of crisco, 1 cup of sugar, 3 tablespoons of flour (add one at a time while mixing), $\frac{2}{3}$ cup of milk (which helps to melt the sugar), and 1 teaspoon of vanilla extract. Mix together the butter, crisco, and sugar well. Then add the other ingredients and mix thoroughly for 12 minutes at a constant speed.

Let the cake cool and finish up the icing. When the cake is done cooling, you can finally ice the cake! For additional decorations, you can add whatever you'd like. Now you can sit back and enjoy this wonderful chocolate cake!

The Ultimate What-To-Do List

By: Julianna Grow

While just hanging out with your friends with "nothing to do" can be fine and fun, sometimes it can be difficult to decide on what to do. These are some fun activities to do together with your friends or alone!

1) Watch a movie - Going to the theater and watching something new is always the best option. This way, you can have a unique and fun experience!

2) Make a playlist - You can always relive memories through a playlist! You can add your favorite songs and create something you'll enjoy listening to!

3) Decorate a memory board - You can use interesting materials and fabrics, then share them with your friends or hang them in your locker.

4) Make something crafty- express your friendship by making bracelets, paint a picture, or even write a poem!

5) Bake something fun - Whether it's a cake or cookies, colors/decor will make anything look professional and delicious. You can make it for yourself or adjust it to someone else's taste!

I hope these suggestions give you some good ideas for making memorable activities with your friends. And make sure to have fun while doing them!

A Mid-Winter Playlist

By: Mikhail Fabi

So, it's that time of the year where winter starts to be a little less... "Let's decorate cookies and play Christmas music!" ... and a little more like, "These roads are god awfully plowed, and my neighbor forgot to shovel their part of the sidewalk for the fifth day in a row."

I think everyone knows that terrible feeling of winter dragging on for what seems like forever. But to hopefully cure your seasonal depression, I suggest that you compile a playlist of songs. Some great places to create playlists include:

Pandora

Spotify

TIDAL

SoundCloud

ApplePlay

Opinions

Writers and Editors: Liam Ahern and Allison McNeff

2022: The Importance of Being Kind to Yourself

By: Allison McNeff

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others,” said Maya Angelou. In society today, we are constantly so fixated on helping others that sometimes we forget to care for ourselves. Although it is important to perform selfless acts, how can we care for the people around us if we do not take care of ourselves? The short answer is that the first cannot be achieved without the latter. Let’s take a minute to reflect. Do you feel overwhelmed and like there is not enough time in the day to complete all of your tasks? Are you slammed with school work? How many exams have you had this week? Are you tired from working so much? Have you been anxious about all of your obligations? If only we could spend as much time as we spend being stressed and anxious and devote that time to bettering ourselves, imagine what a positive impact this change could have on your life, and so I ask, how much time have you

devoted to yourself recently? Are you happy with that answer? If not, I suggest you keep reading for tips on how to put yourself first, and if you are happy with your answer, please feel free to follow along anyway as there is always room for improvement. I have five tips to share with you in an attempt to spark inspiration and to provide you with ways in which you can be kind to yourself.

My first tip for you revolves around sleep. In psychology, there is a pyramid known as the hierarchy of needs in which physiological needs must first be met in order to fulfill other basic needs like safety needs and social needs. Sleep most definitely falls in the category of physiological needs. In order to perform everyday tasks efficiently, we must be getting enough sleep at night. Imagine this: you just got home from a long day of school, and you are completely exhausted. However, you have a math test tomorrow, an essay to write, physics homework to do,

basketball practice, and work. You finally get home late in the evening, and you have yet to complete most of your homework. In a terrible mood, you start your homework and dread how long it will take. My advice to you is to complete any work that is pressing, such as the homework that may be due at midnight. After that, shut your books, and go to sleep. Set your alarm and wake up an hour early, and you will have a fresh mindset and plenty of time to complete your work after a good night's rest. You may initially think that studying trumps sleep. However, the exact opposite is true. Sleep is a physiological need that must first be met in order to function properly at other tasks.

My second tip is to stretch your muscles or exercise. Exercise is one of the few aspects of our day during which we are focusing completely on ourselves. Whether you go for a five mile jog or stretch for ten minutes, you are devoting that time to yourself and your well-being.

You are doing something that is benefiting both your mental and physical health, and you should be proud that you are doing something solely for you!

My third tip is to partake in your favorite hobby. This should be something you love to do and something that fulfills you and makes you happy. Some examples may include journaling or playing a musical instrument. Allow yourself to take this time to do something you are passionate about and that you usually would not make a priority. Here is the truth: anything you love to do should be a priority of yours, and you should never feel guilty for breaking up studying time with “you” time. To give you a bit of personal insight, my favorite hobby is playing piano, and I never feel as anxiety free as I do when I am playing piano. I truly feel that taking this time to devote to learning a new song calms me and prepares me to complete the rest of the day’s tasks. Take the time to do what you love to do, and never be ashamed to do it!

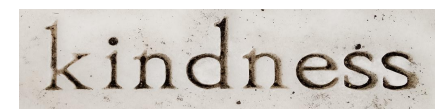


My fourth tip is to leave yourself enough time so that you do not feel rushed. Whether it be in the morning before school, before sports or drama practice, or before you go to bed, it is important to take your time and be present in the moment. Try setting your alarm clock for twenty minutes before you normally wake up. Take this extra time to make a cup of coffee and relax or to make some breakfast before school. Each day brings about new challenges and chaos, so it is vital that you take this time beforehand for some peace and quiet to start your day off with a positive mindset. Something that I do every night is pack my backpack for the next day and lay out my clothes. This is one less thing to do in the morning and one less thing to remember. Anything that you can do to feel less stressed and less rushed is well worth it, and you will thank yourself later for being proactive!

My fifth and final tip is to disconnect from the hustle and bustle of the world around you. This is my favorite tip as I get to talk about all of the fun stuff! There are a variety of ways in which you can distance yourself from the world around you, including: listening to music, reading a book, painting your nails, using a facemask, watching your favorite TV show, or even listening to a

podcast. Personally, my favorite thing in the world is listening to Taylor Swift and painting my nails simultaneously. In my opinion, nothing is better than that. However, I do acknowledge that this may not interest everyone as much as it does me, so I recommend you experiment a bit and find something you love to do that is adapted to your personal preferences.

We live in a world in which we preach productivity. However, sometimes we get confused on what productivity can mean. Yes, studying, doing homework, and working are all productive, but so is taking care of yourself. Every day we work to fulfill our professional duties, but we also must ensure that we are fulfilling our personal needs as well. I encourage you to test the waters with some of these tips and to even make up some of your own. After all, there is no set way to go about self care as you know you, and you know what is best for you. That is the whole point. And so I leave you with a few parting words: be sure to be kind to others, but always remember to be kind to yourself!



Mental health: Why should you care?

By: **Liam Ahern**

It's something every single one of us deals with on a daily basis. Whether it's stress about school or sports, insecurities, or even the positives in our lives,



one thing's for sure; mental health is an important topic that needs to be covered.

So why is talking about it still taboo? Maybe it's because we're taught through observation that we have to shove these thoughts and



feelings down. However, nothing could be further from the truth.

Every highschooler knows first hand how fast work can pile up, and let's be honest with

ourselves: absolutely *NONE* of us know how to manage our time. Talk about a stress trigger... and for those poor kids who have to balance school, sports AND a job, well, I just wish you good luck on not losing your mind anytime in the near future.

Anyway, back to the topic at hand. Although stress is the most common of the issues on the drawing board, mental health can come in more serious forms as well. 1 out of 5 teens

will have experienced depression before they reach adulthood. Now I understand, this kind of thing isn't necessarily fun to talk about. But it's important, and I can't emphasize that enough.

Something as serious as

depression doesn't always show itself in signs. Being proactive and reaching out to a friend or family member is one of the best ways to show you care.

Sometimes we tend to forget just

how loved and appreciated we are. Always remember that a little reminder of these things goes a long way.

Everyone goes through their own struggles at some point, it's

just that some people are better at hiding it than others.

However, I can't stress enough that no one deserves to go through these things alone. If you need someone to talk to, or just vent to, I encourage you to reach out to a friend, family member, or counselor. If none of those are an option, feel free to reach out to me. I'm always down to accept a new friend with open arms :)



School Guidance Counselors

Middle School

Mrs. Ahern

High School

Mrs. Balderson

Mrs. Massaro

Principal: Mr. Hopkins

Vice Principal: Mr. Lucas

In an emergency, call 911 or go to the nearest Emergency Room.

Health

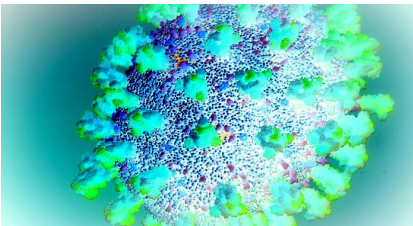
Editor: Ayman Mounota
Staff Writers: Ayman Mounota

Omicron

Sounds like a transformer character's name, right?

Now more than ever, our school is being hit with the challenge to stay in school. Last year was such a hectic year, and students are finally getting back into their old lives as best as possible. But will the new variant put a pause like before? We cannot control what the future holds, but we try to do things we can control. The classic social distancing and masks can be a start. If you feel sick, take one day to stay home and regroup or get tested. Even a mental health day can help tons, if not Covid. Some symptoms are chills, cough, shortness of breath, fatigue, body aches, loss of taste or smell, and nausea.

More information is on the official [cdc.gov](https://www.cdc.gov) website, so keep you and your loved ones informed. Do not base beliefs over facts and take care!



Selfcare Tips

No matter who you are, what your gender is, how old you are, where you are, how you are, always take care of yourself. **You** should be your number one priority. Here are some tips to help you through your self-care journey!

1. Skincare

The first step is always to clean your face. Remove your makeup and

sunscreen. If you use an oil cleanser, it will break down oil-based debris. In the morning and night, gently massage into your dry skin, and rinse off with lukewarm water. Grapeseed oil is a great recommended ingredient.

A water-based cleanser removes water-based impurities, like sweat and dirt. Do the same as you did with the oil cleanser. Rice extract is one perfect ingredient for this cleanser.

Exfoliating will help clean your pores and remove dead skin cells. Do this 1-2 times per week mainly focusing on your nose and pores. Salicylic and lactic acids are what to look for when buying exfoliators. Now that we are all clean, we can move on to prepping the skin. Toners balance moisture and pH levels, so gently pat a toner into your skin with a cotton pad or hand. Essence is used to hydrate the skin and help cells turnover. Pat essence like hyaluronic acid onto your skin. If you have a free day to relax, put on a sheet mask to concentrate the essence into your skin.

If you have treatments for acne, hyperpigmentation, etc, tap the treatments on your problem areas. Put any eye cream for dark circles or puffiness. Honey is perfect for this. Finally, protect your skin with a moisturizer that fits your skin type to seal in moisture every morning and night. **Never** forget sunscreen, even if you are inside all day. It prevents premature aging and skin cancer

from harmful UV rays. Re-apply throughout the day if necessary. Cleanse, prep, treatment, and protection are the foundation to healthy skin. Consult with your dermatologist for deeper information on any specific problems.



2. Haircare

Use the right brush for your hair! See what works best for your hair type and length. Remember that wet hair is easier to damage than dry. Hair ties can also damage your hair, especially when you are taking it out. Consider plastic coil scrunchies. Do not use a cotton towel to dry your hair. It creates fizziness. Satin products or pillowcases also help maintain hair health. Trim your hair every 8-12 weeks. Do not use shampoo every day. Try every third day and create a schedule that works with your life. Shampoo your scalp instead of the ends. These are just a few ways to keep your hair happy. Come back next issue for hair methods used all over the world. No matter if we stay in school or continue our education at home, one thing to always keep in mind is self-care.

Arts

Editor: Antonia Summa

Dunmore Corners

By: Antonia Summa

Have you noticed the paintings all around the corners? They were done by the Art 3 class at Dunmore High School. Every winter, Mrs. Hogan will have a class to paint the windows at the corners, filling the plain shop windows with winter



scenes such as snowmen and presents! We had to make sure we were bundled up and warm because it was very cold that day. It even snowed when we were done painting! We even got lunch

from Cara Mia's and lots of compliments from people driving by. Thank you Mrs. Hogan for giving us this opportunity to do something for our community!

WVIA Artists of the Week

By: Antonia Summa

Two Artists were chosen to be interviewed by WVIA, those artists were Emma Pasko and myself. We were chosen by Mrs. Zywicki and Mrs. Hogan for visual artist and vocal performance. With WVIA Artist of the Week, artists get to express their passion for what they do. Each artist had the opportunity to express what inspired them



during their journey. As artists, we described how art and music can help all walks of life during hard times. This was a great experience, being that we were able to share our love and talent for art's many forms!



From the Showcase:

