



Crimson Courier

Fall 2021 Issue I

Welcome Back!

By: Emma Pasko

Hello everyone! My name is Emma Pasko, and I am part of this year's Editors-In-Chief, sharing this role with my best friend, Maggie McNally. I am so blessed and excited to have this opportunity to work together to bring back the Crimson Courier, Dunmore's only student run

newspaper!



This year was somewhat difficult getting back into the swing of things. Last year during the pandemic, there were many challenges with the newspaper

since the majority of the students were at home. We also didn't get hands-on knowledge from past editors, so all of the members of this club have been working really hard to get the newspaper back on its feet! I would like to say a big thank you to all of the editors and writers of the newspaper. I am so proud of you all and cannot wait to see what this year brings for our school's newspaper!

The Crimson Courier Car Wash

By: Maggie McNally

Due to Covid-19 keeping us away from having meetings and coming together, our club was in need of some fundraising. While thinking of different fundraisers, none of them seemed really beneficial to help our club out. With the help of



Fidelity Bank, we were able to have the water and space to do a car wash. In my opinion, the car wash was extremely beneficial towards our club. Not just because of the money we raised, but we got to have all of our members get involved. We lucked out with good weather and got to see some old fashioned cars! Doing the car wash was very

fun and I can't wait for our next one in the Spring!



News

Editor: Isabella Stanco

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

Operation Give Back!

By: Maggie Jimmie

The service club started the year off strong by raising money for breast cancer awareness throughout the month of October.



They held a T-shirt sale, and members of the club sold bracelets in preparation

for the pink game. The annual pink game was held on October 22. Many members of the Dunmore community showed up in pink to support breast cancer awareness. All profits from the T-shirt and bracelet sale, as well as donations from the pink game, went to Candy's Place, a cancer wellness center. Candy's Place works hard to provide their patients with a supportive community. A representative from Candy's spoke at the pink game pep rally. If any student, grades 7-12, would like to be a part of the service club action firsthand, please see Mrs. Bochicchio in room 107. Seeing as the service club has already done a great deal, it is exciting to see what projects the future holds for them.

We're All In This Together

By: Julianna Argust

This fall, The Crimson Company presented *All Together Now*, which is an exciting and meaningful music revue full of all of your favorite Broadway

songs! It will featured songs like "Seize The Day" from *Newsies*, "Pure Imagination" from *Willy Wonka*, "She Used to be Mine" from *Waitress*, and many, many more! Showtimes were November 12th through the 14th. Thank you for supporting the Crimson Company by coming to see this wonderful revue performed by very talented singers.



A Band Extravaganza!

By: Loren Spudic

On December 19th the band will be holding its annual, minus last year, holiday concert! They've been working hard since the end of the football season to make it an enjoyable experience for all that attend. Songs that will be performed by the concert band are classics such as "The Polar Express" (Medley) by Glen Ballard and Alan Silverstri, "Feliz Navidad" by Jose Feliciano, "Christmas Vacation" by Barry Mann and Cynthia Weil, and "Christmas Eve/Sarajevo 12/24" by Paul O'Neill and Robert Kinkel. The jazz band will be playing "The Kings of Swing" arranged by Mike Story and "Hot Chocolate" by Glen Ballard and

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Alan Silverstri. It will all be conducted by band director Mrs. Zywicki who has made the band what they are today. Overall, it's expected to be an event you won't want to miss.

Digging Up The Past

By: Isabella Stanco

The Dunmore Cemetery was established in 1828 adjacent to our very own Dunmore High School. Every year, for the first two Sundays of October, a group called "The Dearly Departed Players" led by Julie Esty transforms our cemetery into a gorgeous historic masterpiece in which anyone can enjoy. Throughout this tour, the group contributed to the recounting of the lives of former inhabitants of the area who were historically significant. With the pandemic last year, they had to condense the size of the tour to about half an hour. This year, however, they were allowed to have a more expanded route around the cemetery which was expected to run much longer. To get in tune with the fall season, they even included items such as corn stalks, ghosts, and scarecrows. According to Julie Esty, there were "100 bouquets of flowers for the Home for the Friendless Section and about a dozen wreaths to adorn mausoleums." Locals and organizations also contributed to the cemetery tour. Members of our



school's drama club participated in the tour by helping decorate mausoleums and promoting their upcoming production of "Hard-Boiled Egg Nog," which will be showing in the auditorium in December. Sponsors such as Gertrude Hawk Chocolates, the Lackawanna County Arts and Culture Association, and the Municipal Arts Grant played a huge role in making this tour possible. Admission, like every year, was free, but they were accepting donations that would benefit Griffin Pond Animal Shelter. Although it was a drive-through tour, the energy and liveliness that was bestowed into this event were still the same as it's always been, whether you were the one giving the tour or an explorer learning something new.

HALLOWEEN WORD SEARCH

R Z C K P U K S F C M T H R S F P W B X W K P G H E D V P J
 T R Y S T X Y Z K A P C C J Z L S C R D S X T P O R B N R C
 D J H H S P C T E N A M T Z L X L Y M L J X O K A I R L M W
 C R P A P L E J L D F A W D S Z T T O O N J D S O P U G K P
 O X E Y U Q S T Y Y S C W N Z U T O A D U I F K U M K K Y Z
 P M Z D O F Y W D C T O M I B Z K T J B B E J Q C A B D L S
 J A P C I W X H F O A H S E E S P R Z G E T P F D V M X D B
 W J Z D G C R A L R F P E T N V J C G I A B X S A V M V M O
 H P A O R P T N O N H W Q S Y I R V P Y D N N L L R G Z T G
 A C F M R I F O U E W V K N D U T Z X I B Q M K T B A O B A
 O X J C R R A T H P W L X E N O O M L L U F R U H P Z Z T L
 E R C I Z A Z D A J L F F K Z G Y A L Y N V H Q S K U E A F
 Q X C J J L O B I E T N S N P W X W U S C A R Y P O D Y N P
 E H F K G Z O O M S R O H A E N V S K O G T J O O V Q S U K
 E O Y C X H L Y O T S T I R A Q D H S P S R P V O N P J R V
 T E K S A C C H R P U R R F X D T D Q B X F A H K S N W V Q
 F O W R V R G V C Z O O Z O N N P Y B R D D P V Y Y V Q P S
 S X F O R D P T S C R O L T K A L I B K L W G R E J H R I C
 G M D X I C G B W N I D P K R C T Y E A F Y O J J Y S Z A D
 S G N A F J L K X K X V O T Y F I Q M M Y I P C N Z A L B Y
 Y J K C M A E X E X E I Y P Q B R R D V N J W H T D R R Q B
 Z D E H C W T O J E E N H H N K C D T T O M B S T O N E D I
 R E N K L E C R M Z K I E E A H Z N Q M U W T V V V B W W Z
 Y W C A V E H T R D G F E M I H I J K M U X D R N X S E E K
 M A N J C R W E H D U W K L H K C O S T U M E E V Z U H R Y
 T N S G D I G I D M O J L D P Y S R E A B F Z I A S P P D Y
 P Y N U I E A X T L J Y Q M B V I Q T D O R Q P B W J W C L
 W U N W V S O N L C O H U O M Z K G S W J Y D H J L O N E R
 E A C A Y O F A P N H P Y U Z K Q Z Y D U U V X Q J H S K T A

- Halloween Tombstone Vampire Pumpkin Candy
- Skull Ghost Bat Scary Spooky Witch Graveyard
- Candy Corn Trick or Treat Costume Black Cat Full Moon Chilly
- Hot Cider Eerie October Frankenstein Party Fangs Casket

Sports

Editor: Jessica Trauger

Staff Writers: Faith Bravo, Thomas Pavlowski, and Adeline Toole

Football

By: Thomas Pavlowski

The Bucks football team dealt with a lot of changes to their team, but now they are off to a great finish to their season. After losing a lot of key players from the 2021 class, the Bucks found some new talent and started to excel. The team's record is now 3-4 going on week 9 of games. Unfortunately on week 4 of the season some of the team tested positive with covid so they had to quarantine for two weeks. However, that



did not affect the Bucks; they came back better than ever and won their next two games. Next week the seniors that participate in football, cheer, marching band, and the majorettes will be honored at senior night.

Cross Country

By: Jessica Trauger

The cross country team has been training hard and achieving great times. The team has been excelling in their meets, making it big at Districts. Led by their experienced coach, Vince Fedor, two of Dunmore's best, Joseph Cardillo and Tommy Clark, are headed to Hershey for States. Wishing the best of luck, and congratulations to the rest of the cross country team!



Girls Tennis

By: Faith Bravo

This year's girls tennis team was led by Junior Hannah Albano who plays first singles. Although the girls tennis team had a rocky road this season, and a new coach, they are all looking forward to improving over the off season and winning some games next year. Everyone on the team is looking forward to new members for next season!



Girls Soccer

By: Adeline Toole

The girls soccer team has dealt with many challenges throughout their season. The team has managed to stay strong and has shown great success throughout their season. The girls team is led by captains Sophia Mandarano, Jessica Trauger, Addy Toole, and Faith Bravo. Kaylie Zimmer, their leading goal scorer, has a huge impact on the offense. Also, the defensive line is extremely successful when it comes to working together to stop the opposite offense. Dunmore is currently third in their district,

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with nine wins, five losses, and one tie. With playoffs just around the corner, the girls team will work hard for the title through practice and hard work. The girls team also has senior night coming up, so come support at home against Holy Cross at 6:00pm!

Golf

By: Adeline Toole

Dunmore's golf team has been extremely successful. The team had seven girls, five of them have been together for the last three years. With the season over, Ciera Toomey was sixth in the state. The team's Maddie Valvano is also an extremely talented golfer, who has helped with the success of the team. The team as a whole was strong, with good scores from each person, helping them to victory. Three seniors, Elle King, Abby Luongo, and Katie Capocci, all lead the team together. Along with the girls team, the boy's team was also successful. The seniors on the team include Colby Murray, Kevin Walsh, Jeffrey Walsh, Luca Boles, and Eric Slack,

who know how to include everyone and make the team atmosphere fun. They also had many successes throughout their season.

Boys Soccer

By: Faith Bravo

The Bucks have had a very successful season this year, with many ups and downs, but they still managed to stay triumphant. They have been on a winning streak this year with 11 conference wins and only 1 loss this season. This group of talented men is led by their senior captains, Aden King and Aidan McCarthy. Both captains

work hard to ensure that the energy for every game is serious, but they also know how to have fun off the field. The leading goal scorer for the Bucks is Junior Maynor Castro-Lemus who has approximately 20 goals this season. This is Maynor's first year playing for the Bucks, and he has definitely proved how valuable of a player he is. The second leading goal scorer is freshman Tommy Clark. Tommy has approximately 10 goals this season and is an astounding midfielder. On the defensive line, captains Aden King and Aidan McCarthy work hard to secure every win for the season, helping to assist their goalie, Andrew Haser, in every game. When Aidan and Aden were asked what they will miss about the soccer team, they said they'll miss the atmosphere of the crowd and the amount of love that they receive from the parents. I, along with everyone else, congratulate the Bucks on an outstanding season!



Sports

Editor: Jessica Trauger

Staff Writers: Faith Bravo, Thomas Pavlowski, and Adeline Toole

Girls Volleyball

By: Jessica Trauger

Coming back from the shutdown, many of the extracurricular activities that Dunmore High School offers had to adapt to many restrictions imposed upon them. One of these was the fall sport, girls volleyball. The volleyball team had a great season this year with 5 wins and only 2 losses going into their final games. The volleyball team had great success on the court and in the stands with themed student sections that would support the girls at home and away games. One of these themes was Hawaii where the student section wore Hawaiian shirts to the home game. The girls are hoping to do well in the playoffs with their fans cheering them on all the way.

Seize the Day

By: Emma Pasko

Have you been considering joining a sport or activity? It's not too late. The past couple of years have put many of us on our couches, cooped up inside, or out of touch with our friends. Joining a sport or activity allows you to reconnect with your friends and participate in something that you will enjoy.

Top 10 reasons to join a sport, club, or activity.

10. Stay active
9. Make new friendships
8. Expand your knowledge of something new
7. Reduce stress
6. Find a lifelong activity
5. Develop teamwork skills
4. Builds resume
3. Learn more about yourself
2. It's fun! Good times!
1. Make the most of your high school years!



Features

Editor: Mikhail Fabi

Staff Writers: Julianna Grow, Emma Pasko, & Izzy Rought

A Melancholic Autumn Playlist

By: Mikhail Fabi

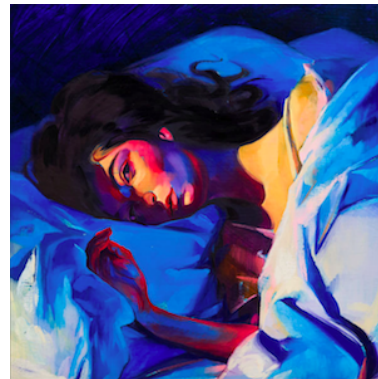
With everyone's favorite season of fall *finally* arriving, we can actually enjoy listening to all of the unfittingly depressing music we guiltily listened to over the summer — but this time, without the guilt! Or maybe you just wanted some new recommendations if you happen to be bored of the music that you're listening to now. Either way (and in the festive fall spirit), I have formulated a playlist of some of my current favorite songs that have gotten me through this season so far!

1. "Seigfried" — Frank Ocean
2. "cardigan" — Taylor Swift ¹
3. "Hard Feelings/Loveless" — Lorde ²
4. "Meet Me At Our Spot" — Willow Smith, Tyler Cole
5. "Sparks" — Coldplay
6. "Velvet Ring" — Big Thief
7. "400 Lux" — Lorde
8. "Scott Street" — Phoebe Bridgers ³
9. "Change" — Alex G
10. "If You Want To" — beabadoobee
11. "Astronomy" — Conan Gray

To add on, most of these songs are best listened to on late night drives while thinking about what's on your mind at the moment. For an even better effect, maybe try listening to this while it's cloudy and/or raining outside if you want to be *extra* sad. Enjoy!



1. *folklore* by Taylor Swift (2020)



2. *Melodrama* by Lorde (2017)

3. *Stranger in the Alps*
by Phoebe Bridgers (2017)



Features

Editor: Mikhail Fabi

Staff Writers: Julianna Grow, Emma Pasko, & Izzy Rought

Movie Reviews with Izzy!

By: Izzy Rought

Watching movies is one way that I like to spend my time. Now, I'm going to review a few movies that will be coming out or have already come out within the past month.

1. "No Time To Die"

No Time To Die first aired on October 8th, 2021. Starring: Daniel Craig as James Bond, Rami Malek as Safin, Naomie Harris as Miss Moneypenny, and many more. James Bond is enjoying a tranquil life in Jamaica after leaving active service. However, his peace is short-lived as his old CIA friend, Felix Leiter (Jeffrey Wright), shows up and asks for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond on the trail of a mysterious villain who's armed with a dangerous new technology.



2. "Halloween Kills"

This movie premiered on October 15th, 2021. Starring Jamie Lee Curtis as Laurie Strode, Anthony Michael Hall as Tommy Doyle, Judy Greer as Karen Nelson, etc. The nightmare isn't over as unstoppable killer Michael Myers escapes from Laurie Strode's trap to continue his ritual bloodbath. Injured and taken to the hospital, Laurie fights through the pain as she inspires residents of Haddonfield, Illinois to rise up against Myers. Taking matters into their own hands, the strode women and other survivors from a vigilante mob to hunt down Michael and end his reign of terror once and for all.

3. "Dune"

Dune stars Timothée Chalamet as Paul Atreides, Zendaya as Chani, Rebecca Ferguson as Lady Jessica, Jason Momoa as Duncan Idaho, Dave Bautista as Glossu Rabban, and many more. Paul Atreides, a brilliant and gifted young man born into a great destiny beyond his understanding, must travel to the most dangerous planet in the universe to ensure the future of his family and his people. As malevolent forces explode into conflict over the planet's exclusive supply of the most precious resource in existence, only those who can conquer their own fear will survive.



4. "Last Night in Soho"

Last Night in Soho is set to be released on October 29th, 2021. Starring Anya Taylor-Joy as Sandy, Kassius Nelson as Cami, Thomasin Mckenzie as Eloise, etc. An aspiring fashion designer is mysteriously able to enter the 1960s, where she encounters a dazzling wannabe singer. However, the glamour is not all it appears to be, and the dreams of the past start to crack and splinter into something far darker.

Features

Editor: Mikhail Fabi

Staff Writers: Julianna Grow, Emma Pasko, & Izzy Rought

Albums to Listen to this Fall

By: Julianna Grow

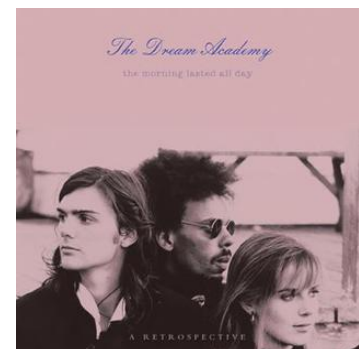
As we transition through the seasons, our daily music choices may change as well. Whether you are excited for fall this year or not, we can all agree that music will make it even better! I have personally prepared 3 fitting albums for this change. If you are a fan of fall and everything that comes with it, these albums will definitely interest you!

For the initial transition of summer to autumn, it's nice to listen to something that may compliment both seasons! A great album choice for this in-between phase would be Lorde's *Pure Heroine* album released in 2013. This is a bit of a throw-back that many people can enjoy. This album can be described as dream pop and showcases Lorde's stunning vocals while still relating to many listeners.

If you would like an album that consists of more than one genre, I would recommend BTS's *The Most Beautiful Moment in Life: Young Forever*. This album contains hip hop, R&B, pop, and EDM style songs. With 23 songs in total, you are sure to find something that appeals to you! While listening to this album, you can feel the emotion in the lyrics while also thoroughly enjoying the songs themselves.

The last album I have for you is titled, *The Morning Lasted All Day - A Retrospective* by The Dream Academy. It was released in 2014 but has been recorded since 1984. Although it was not released during the fall months, the songs on this album do a great job at capturing the feelings you may experience during the fall. Even if you don't usually listen to older music, I recommend giving this one a try!

Hopefully these recommendations gave you some inspiration for the fall months and what you should listen to. No matter what your favorite season is, these songs are definitely worth a listen. If you do give these albums a try, you may find a new genre or artist that you enjoy!



Features

Editor: Mikhail Fabi

Staff Writers: Julianna Grow, Emma Pasko, & Izzy Rought

Save the Earth!

By: Emma Pasko

Earth is a precious place, housing about 7.9 billion people. But is the earth really that precious with all of the forest fires, greenhouse gas emissions, climate change, melting glaciers, air pollution, among many other things? People and animals are dying from things that are somewhat preventable. More importantly, our Earth is dying.

Our school's Earth Club this year has been trying to help these problems in our very own community! I am the president of our school's earth club and am so proud of all the work we have done so far this year! This month, we cleaned up our community. We went from the



Dunmore Corners and walked up the O'Neill Highway collecting trash

along the sidewalks, side streets, and highway. This was the first time I have ever done something like this, and it was a life changing experience! There was so much garbage along the highway. It was actually saddening seeing how much people do not actually care about keeping our earth clean. We collected so many bags of garbage in about 2 hours for only about 2 mile distance. Can you imagine if

we did that for all of Dunmore? Scranton? Pennsylvania? There would be so much garbage!

And, it is all preventable! Our earth club plans to continue this service and keep the goal of saving the earth! Thank you to Mrs. Muracco and everyone who participated in the Earth Club cleanup!

Stress! Stress! Read All About It!

By: Emma Pasko

Senior year is probably one of the most stressful years of your high school career. I know so far for me it has been. This year is filled with your normal classes, but on top of that, it is filled with researching, applying, and visiting colleges. It is a really stressful time because it is so chaotic with all the work we need to do and a concept we're not really too familiar with. Something that has been stressing me out is time management. Days fly by. It is hard to fit school, homework, and a job with trying to do work for college. And, I know I'm not the only one going through this! At times, it seems like I am the only one. I look around, and everyone seems like they have all of their essays and applications done for college.



Features

Editor: Mikhail Fabi

Staff Writers: Julianna Grow, Emma Pasko, & Izzy Rought

I feel so behind. I ask myself, “How am I supposed to get into school?” It is very discouraging to feel behind when in reality, I am right where I should be. Sure, at times it feels like way too much, but I know it will be okay in the end. I feel like I have no time for myself at times. It is just pressure to get everything done. As I am going through this process, I have been finding new ways to help keep organized and relieve some stress.

1. **Get a planner:** You should keep track of practices or jobs with their times. By doing this, you get to find time to sit and dedicate your time to college work.
2. **Set reminders:** Writing reminders of due dates and such will help you stay informed when you need to submit certain applications.
3. **Do a little at a time:** Doing assignments and applications a small amount at a time will allow you to spread out your time and focus. It allows you to be more productive. It allows you to give your full attention.



4. **Get comfortable:** When doing your work, make sure you are comfortable in the environment you are in. Do

you want to sit at a desk and do your work? Some places to make your experience less stressful is at a park or by a lake, a coffee shop, or even a local library!

These couple of things have helped me tremendously with making this stressful time of college application less stressful! I hope the class of 2022 luck with their college applications and that you have found this information helpful in knowing you are not alone!



Check out the Occupational Outlook Handbook website for tools to help you decide a career path. There are links to fun games, career statistics, and there are even videos that explore many different careers.
<https://www.bls.gov/k12/students/>

BLS Career
Resource
Guide



Opinions

Editors and Writers: Liam Ahern and Ally McNeff

Autumn: The Superior Season

By: Allison McNeff

“It’s the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves,” as the wonderful Winnie the Pooh remarked. While those scorching hot summer days broken up with pleasant gusts of gentle breeze are quite nice, and



while the first snowfall of the year is magical and the renewal of magnificent flowers and April showers are delightful, nothing compares to crisp autumn air, aromas of apple pie and cinnamon, scary movies, pumpkin patches, and vibrant the countryside is overcome by changing leaves from late September to late November. Autumn is undoubtedly the superior season.

Do you have any songs, objects, books, colors, music or shows that you associate with different seasons? To me, fall is synonymous with pumpkin spice lattes, hot apple cider, butternut squash soup, Gilmore Girls, Halloweentown, candy corn, Taylor Swift’s album, Red, knit cardigans, and the color orange. In addition to autumn being mesmerizingly beautiful, some of the best holidays fall within autumn as well. Of course, there is Thanksgiving. A classic holiday, Thanksgiving is a time for which we are grateful for all that we have and we reflect upon and count our blessings. This reflection that occurs at

Thanksgiving is a refreshing and eye-opening experience as we join with beloved family and friends to eat wonderful food and enjoy each other’s company. Fall is truly a season of gathering. Additionally, we celebrate Veterans’ Day on November 11. This day and every day, we remember and honor those who have served us and our country, and we admire their bravery and sacrifice. I cannot forget about the Spooky Season. Halloween is a night where you can be whatever you desire and change your identity. Aside from the tricks and treats, Halloween may allow you to escape from your worries and enjoy the fun that the holiday has to offer. Stop stressing about school, and go carve a pumpkin!

Last but not least, there is nothing like a nice warm cup of coffee on a cold fall morning. However, I still prefer iced coffee even in the decreasing temperatures. Dunkin’ Donuts, Starbucks, Kay’s Daily Grind, and Zummo’s all have wonderful fall coffee flavors to boost morale as the evenings approach faster during the autumn season. Do you not like coffee?

No worries, grab a hot cup of tea and snuggle up by the fire with a nice book. The fall aesthetic is one to which no other season can compare, and I hope that you will take advantage of the season and continue to thrive and absorb the beautiful sights and scenes that fall has to offer before the days grow too short and before the air becomes too cold.



Opinions

Editors and Writers: Liam Ahern and Ally McNeff

Winter: The Superior Season

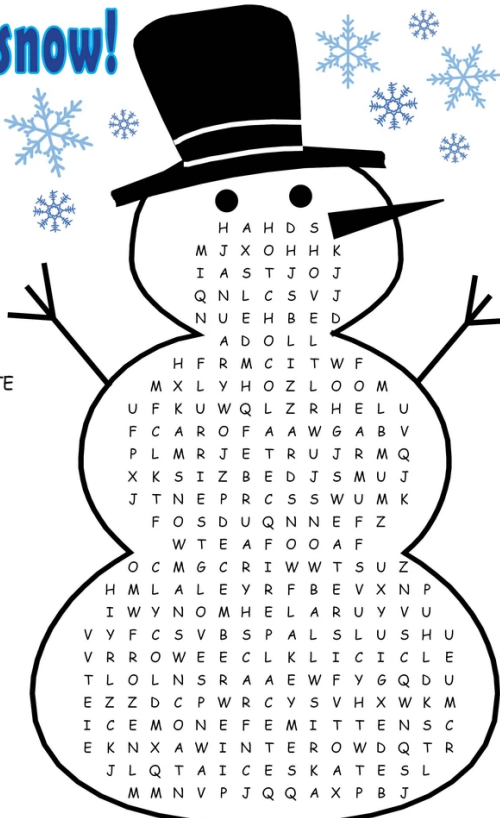
By: Liam Ahern

Every year, I have a debate with myself on what my favorite season is. Some years I can't help but love summer, and others, spring (I'm looking at you 2020). But this year, I'm all out for winter. The holiday season brings one thing to mind: love. We all experience it in full during those few weeks. Whether it's the feeling of a warm blanket wrapped around your back while you sip hot chocolate and listen to Christmas music, or the feeling of happiness realizing just how much those in our life mean to us. But as for now, only one thing's for sure: I'll be waiting for the season of love, warmth, and appreciation, day in and day out.



Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____



Health

Editor: Ayman Mounota

Staff Writers: Ayman Mounota and Sanliya George

Mental Health

By Ayman Mounota and Sanliya George

Mental Health is a person's condition with regard to their psychological and emotional well-being, according to the Oxford Dictionary. Many may overlook such an important factor in our health.



After such a crazy year, I know we all had to adjust to all the twists and turns during our two years in the pandemic. We had a lot of time to either improve or fall into a bottomless pit. Either way, our mental health was affected big time. We had to isolate ourselves to keep ourselves and our loved ones safe. This created quite a bit of unexpected alone time. We lost our freedom to go outside without worry, and no one knew what the future held for us in the long run because of Covid-19. Losing our daily routines, we were in a state of disorder and filled with confusion. As students, we were sent to a new way of learning. It was different. That is one scary word. We slumped in our beds, half asleep, staring at our teachers. That year

dragged by with our brains, all jumbled up. Now we are back! This creates a whole new change. Going back to our life before. Something we can not remember. How did we even stay in school this long? The days zoom past us, and the week, itself, doesn't go fast at all. It is all a big adjustment. I, personally, still feel like a freshman (The school year I was in before Covid.), and many others agree.

Sport's Pressure

According to athletesforhope.org, data shows that up to 35% of elite athletes suffer from a mental health crisis that may manifest as stress, eating disorders, burnout, or depression and anxiety. With all of the fall sports filling students' schedules and evenings, they get overwhelmed. They have schoolwork, but they also want to play for their school and for their teammates.

Clubs are starting up now, and we all want to be a part of everything. Thanks to our small school, we can, and that can be a disadvantage as well. Our time management skills have never been fully taught. We have to ask ourselves what is more important and what we need to prioritize more. We also don't get a lot of free time to just relax by ourselves. After two years of being by ourselves, we got used to it, and now we never get that. Again it is a change back from change.

Tips on improving Mental Health

With all that being said, there are ways to help our minds relax.

1.) Eat Healthily

A healthy breakfast, lunch, dinner is so important. This is nothing new. It increases your serotonin levels and keeps you positive. It sharpens your memory, and you won't be so tired.

2.) Exercise

Two of the most cliché things, but I can not stress enough how much it helps. It may look and seem hard, but the feeling after a workout is like no other. You feel good, and you did something productive.

3.) Sleep and Drink Water

Fixing your sleep schedule will allow you to have the correct amount of sleep and give you plenty of time to finish the work needed to be done.

4.) Don't wait for tomorrow!

Do it now so your future self will thank you. Procrastination can dig you into a huge pit of disaster.

5.) Focus on the moment.

"What is important to me right now? How can I make those things happen at this moment?... You have to know yourself. Which ones matter the most?... It is okay to say no!" Mrs. Casebolt advises students to just take 10 minutes without their electronics and breath, think, and ponder alone. Collect your thoughts. If you are disappointed with something, let it go, try again.



Arts

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treat on it and let your pet create a painting. Be sure to watch them and make sure they don't get into the paint!

Painting the Plow

By: Antonia Summa

Every year Mrs. Hogan chooses five dedicated art students to paint the plow for PennDot. This is a great way to get our students involved and help the community. This year the students included Emma Pasko, Jaclyn Marichak, Carissa Tallo, Naomi Springer, and myself. All of our hard work and dedication really paid off. Altogether, we had a really good time and painted as a team. We learned new techniques such as blending, shading, and how to use different paint brushes. Overall, this was a really neat learning experience and I think it's a great thing to carry on over the years!



Celebrate Sober Contest

By: Antonia Summa

Any student can participate in this contest every year. This contest is about spreading the message of staying sober. It doesn't have to be only for the holidays, it could be for any day.

Dunmore students are always eager to enter the contest, but this year, our students did particularly well as they had 4 of the 5 winners!

Lily Massaro (9th grade) won 2nd place
Alexa Marone (10th grade) won 3rd place
Emma Pasko (12th grade) & Anastasia Czyzyk (11th grade) won Honorable Mention.

Fun Art Activities

By: Antonia Summa

Are you bored and want to do something creative? Try some of these activities!

- You'll need a friend for this one, both of you start drawing. Set a timer for five minutes, and when it goes off switch your drawings. Keep doing this until they are done.
- Start a bullet journal
- Got a furry friend? Make a painting with them! Get a canvas, a plastic bag, paint, and some sort of treat. Put globs of paint on a canvas and place it in the sealed bag. Put the



Congratulations to all who participated and to Mrs. Hogan for representing Dunmore High School.