



The DMA Scuttlebutt

Spring 2018 Volume 1 Issue 4

Look Inside for...

- Fan Central, DMA Spring Sports.....Pg. 2*
- Editorial, Inspirational Quotes.....Pg. 3*
- Recipes and Creative Corner.....Pg. 4, 5, & 6*
- Advice Column and School Subjects....Pg. 7 & 8*
- Horoscopes.....Pg. 9*

Student Government... Definite DMA Presence

By: Cody Nicholson and Matthew Drejza

Throughout the year, DMA Student Government has done a wonderful job making this year unforgettable. All of the dress down days, senior assassin, pep rallies, and dances were successful in making the student body happy. Some events that the school should be looking forward to is the Spring Pep Rally (which will be run by the new student government), senior and junior prom, the Senior gift being a flag pole with a garden surrounding it, and finally senior graduation. President of Student Government Jimmy Sidlowski proclaimed, "I feel that my presidency during the 2017-2018 school year went very well, I believe that we grew together as a school and we became a strong component of the DMA community." President Sidlowski is proud of the DMA SG and all that it has accomplished over this past year, and can't wait to pass it over to the junior class, stating, "I believe that the other grades should be looking forward to carry on the torch that we were given, and that 'WE' all are what makes DMA great".



Student Government President (2017-2018) Jimmy Sidlowski standing at parade rest during the 9/11 memorial, with Elise Buonopane standing to his right.

DMA Scuttlebutt Staff:

- Editor-in-Chief - Matthew Drejza
- Associate Editors - Cody Nicholson, Sarah Webb
- Sports Editor - Kierah Barricks
- Sports Reporter - Bryanna Garvey
- Photo Editor - Erika Hoosier
- Feature Editor - Emily McKenna
- Feature Writer - Keith Jewel
- News Editor - Erin Walsh
- News Reporters - Kevin Santner
- Editorial Editor - Kaylee Taylor
- Editorial Writers - Kayla Twaddell, Erin Walsh
- Advice Editor - Sarah Webb

Fan Central

By Bryanna Garvey and Kierah Barricks

Going into the spring season with so many high hopes for our teams and they did not disappoint...



Spring Sports

Baseball started their season with their first win against Newark High School with a score of 8-5 and then followed by a really big win against Archmere Academy with a score of 17-3. To this point the baseball team has had an awesome season. Making their record 7-4 and recently beating the high school Caesar Rodney with an impressive win of 7-4 continuing their 5 game win streak.

Girls Lacrosse has had a really hard schedule this year which attributes to why they had a rough start to the season, but as their schedule lightens up they are ready to fight and bring up their record. They have been working with their offense at practice to score more and be more aggressive.

Boys Lacrosse has had a strong start, with their record being 3-2. They took a big win on March 31st against Tower hill. The Boys Lacrosse Team plans to keep fighting and winning their games so that they potentially make playoffs. They are off to a very

strong start and they just won a game against Appoquinimink 15-8. At press time, the team has a record of 9-2 and wants to continue their 7 game win streak.

Softball to this point is #4 in the State DMA is so proud of the softball team. Our Girls Softball Team is currently 12-2 as of press time. The softball team has so many amazing star players, and a lot of depth. There are opportunities this season for the DMA Softball Team to show off their skills and star players. Even with some late-season injuries on the team, the girls are still keeping their spirits up.

Girls Soccer has completed an exemplary performance for the first half of their season being undefeated and maintaining a record of 10-0-1. The team controlling all their opponents and defeating Middletown High the D1 State Champ 2-1, has definitely given this school and team hope. Coaches have high expectations of winning in the playoffs, and hopefully getting to the state finals to become the D2 Girls Soccer Champions.

The DMA Track & Field and Golf Teams have also been putting in good effort to show their experience and determination when it comes to their game days. DMA Track has had plenty of runners place in top spots throughout the DSAC Champion Tournament. The DMA Golf Team has kept up to par throughout their season, and on the 22nd of May is their state competition.



Op/Ed Column: A Lesson for Life

By: Erin Walsh and Kayla Twaddell

On Saturday, March 24th, hundreds of thousands of people filled the streets of Washington, D.C. for the March for Our Lives protest. This student-driven event reached over 500,000 protesters who are demanding government action to reduce gun violence. According to non-profit organization Everytown for Gun Safety, there has been a total of 28 school shootings in America as of March 23rd of this year.

The protest drew in a mix of entertainers who performed, including Miley Cyrus, Ariana Grande, and Lin-Manuel Miranda. Along with these entertainers came a variety of speakers, many of those being students of Marjory Stoneman Douglas High School in Parkland, Florida and other teenagers who have been affected by gun violence. Emma González, a senior at MSD, delivered a mesmerizing speech, in which she described the negative effects of gun violence in emotional detail and recited the names of the seventeen lives lost at the Parkland shooting. She then stood silent and completely still until she had been on stage for six minutes and twenty seconds--the time it took for the Parkland shooting to occur. Not only was March 24th the day of the March for Our Lives protest, but it was also the eighteenth birthday of Nicholas Dworet, a senior at MSD, who had lost his life at the Parkland shooting. To show respect, the whole crowd emotionally sang "Happy Birthday."

While there was several different lessons to take away from the protest, the most important one is that we, as students, are capable of making change. There are thousands of unsolved issues in the world, including gun violence, and it is only up to us to take a stand and resolve those issues.



Inspirational Quotes!

By Erin Walsh

"Smiling is infectious, you catch it like the flu, When someone smiled at me today, started smiling too."

–Karen McLendon-Laumann

"Success is not final, failure is not fatal: it is the courage to continue that counts"

–Winston Churchill

The Yearbook

By: Kaylee Taylor

The Porthole staff worked hard all year too successfully sell and design the yearbook to look great and creatively document the 2017-2018 school year. For the first time, the Porthole will include THIS year's spring events in the form of a supplement, which is included in the price of the yearbook. The cost per book was kept as low as possible, and as a result close to 100 more books were sold than originally planned. All of the yearbook staff worked long hours on perfecting the pages that they were in charge of doing. The Porthole's Editor-In-Chief, Anna Stevens, made sure everyone did their job and then reviewed all the pages for consistency in design and quality of the spread. This is the first year that the yearbook is able to bring money in to the school to get things such as new cameras and more scan disks.

The 2018-2019 staff is gearing up now to work hard next year to produce another good book and make even more improvements.

Recipes

By Kayla Twaddell and Kaylee Taylor

Heart- Healthy Turkey Avocado Lettuce “Tacos”

Ingredients:

- 1 Tbsp. olive oil
- 1 large yellow onion, chopped
- 1 lb. lean ground turkey
- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 2 Tbsp. tomato paste
- 1/2 cup water
- 1 ripe, fresh avocado, halved, pitted, peeled and diced
- 1 Tbsp. fresh lime juice
- 1 large tomato, cored and chopped
- 1 medium red onion, diced
- 1/2 cup fresh cilantro, chopped
- 1 jalapeño, seeded and minced
- 12 butter lettuce leaves, washed and trimmed

Directions:

1. Heat oil over medium heat in large non-stick pan. Add onion, chili, cumin and salt. Cook, stirring occasionally, until soft. Add turkey and cook stirring occasionally until cooked through. Add tomato paste and water and simmer until liquid evaporates. Remove from heat.
2. Combine tomato, avocados, lime, onion, cilantro and jalapeno in small bowl.
3. Fill lettuce leaves with warm turkey mixture and avocado salsa, dividing evenly.
4. Serve with fresh lime wedges if desired

Chocolate Pretzel Rings

Ingredients:

- 48 to 50 pretzel squares
- 48 to 50 milk chocolate or striped chocolate kisses
- 1/4 cup of m&m's

Directions:

1. Place the pretzels on greased baking sheets; place a chocolate kiss in the center of each pretzel. Bake at 275° until chocolate is softened, for 2-3 minutes. Remove from the oven.
2. Place an M&M's candy on each, pressing down slightly so chocolate fills the pretzel holes. Refrigerate until chocolate is firm, 5-10 minutes. Store in an airtight container at room temperature. Yield: about 4 dozen.



Creative Corner...

Elements: A Narrative

By Keith Jewell

Chapter 3

Summer doesn't wake up until a few hours later. I refuse to leave her side the entire time. I don't trust this guy, and Ace was never exactly trustworthy in my opinion. Now that he seems to be working with this stranger, I find myself inclined to trust Ace even less. The two of them are off on their own for a little while after giving up on me going anywhere. When Summer wakes up, I fill her in on what's happened so far, and she seems visibly worried, even though she tries not to seem like it. I suppose I can't blame her with all that's happened. Thankfully though, she seems to be okay physically. That boar creature barely seems to have scratched her, even though before she was in a much worse condition. I suppose that normally I'd be surprised at this, but at this point, I'm not sure what can surprise me. "So, what's our plan?" Summer asks, after calming herself down a bit.

"Honestly? I'm not sure myself. All I can think of is trying to find my brother." I answer.

"Alex? Hasn't he been missing for a few days?"

"Yeah, and I have a feeling all of this stuff that's going on has something to do with it. He always seems to know the right thing to do, so he's probably our best bet at this point."

"What about Ace and that other guy?"

"Them? I don't trust them, and I'd like to ditch them as soon as we get the chance, but I feel like that could put us in an even more dangerous position."

Summer nods, and goes deep into thought. While not exactly Ace, Summer is a genius in her own right; she'll think of a good strategy for us, follow that, and get out of this mess safely. A few moments later, Ace comes back, and he looks exhausted, which is a very new look for him. "Good, she's up. Now we can truly begin. You can sit down for now, I'm gonna take these two and show them what they missed." He says with a grin. I can't tell if it's an evil or simply

mischievous one. Either way, it doesn't bode well for either of us. I look at Summer, who nods, and we follow him. He introduces himself as Damien, a friend of my father, although he's never been mentioned before. Before he can say much else, another creature appears. This one looks much less dangerous than the boar we fought earlier, and Damien tells us to deal with it. He moves away and observes as we face the creature. This one looks sort of like a wolf, with one major difference: it can breathe fire. We find that out the hard way when the two of us approach the thing; Summer and I leap away just before we're hit. I grab my wooden blade, and run towards it quickly, but it dodges all of my attacks. It then counters my attacks with its fangs, bringing us to a stalemate. It's then that a gust of wind pushes the creature away, and as I look towards where it came from, and I can't believe my eyes. It's Summer, who then flies towards the wolf on wings made of wind. She uses them almost like an expert swordsman would use his blades. I back her up with my sword, which I'm surprised has lasted this long being made of just wood, and together we take the creature down. "Well done, both of you." Damien says, suddenly right behind us. We turn around to face him, and behind him lies a pack of wolves all starting to disappear like the boar from earlier, along with the one Summer and I just took down.

"How did you... there are so many..." Summer murmurs in disbelief. He smirks and simply tells us to follow again. We do, and he stops us standing before a large pond.

"Your brother, Alex... he's another student of mine. I'm sure you'd wonder where he would always disappear to, right? Well, he usually would come with me to deal with one issue or another, or simply for training. The world is in great danger as of late, and there aren't many of us left who can do anything for it. Our people are dying." He pauses, turning around to face us, before continuing. "The main culprit of this at the moment, is a large group led by a man known simply as Blank. It's this group that attacked you both earlier; they're intent on getting rid of the last of us.

Considering there weren't any signs of them... your parents, both great heroes in their own right, are

(Continued on Pg. 6)

(Continued from Pg. 5)

considered dead at this point. And your brother is likely next. He's being held prisoner by this group in an old fortress some ways off from here. It's likely that he'll be executed in about a week. They're going to offer his power to a demon locked away inside the fortress, and if they manage to free it, it could spell the end of this world, for our people and the countless others living here."

Remember what I said earlier, about nothing being able to surprise me anymore? That was wrong. Very, very wrong. "Okay... say we believe you... what can we do? We could barely handle that wolf from earlier!" I exclaim. Summer is so shocked she can't seem to move.

"Well, that's where the week thing comes in. While it'd be preferable to get him out of there sooner rather than later, the two of you and even Ace, prodigy though he might be, are in need of a lot of training before we do this. And so begins our 6-day training in preparation to rescue my brother.

Drivers Ed Experience

By Keith Jewell

For a new Driver's Ed student, the task of driving itself can be a very daunting prospect, especially when they get into an unfamiliar car with a virtual stranger. More often than not, this causes an already nervous student to become even more worried or anxious. This has the effect of causing a student who could easily earn a perfect score otherwise to instead earn a score 30% lower than they should have obtained. However, as soon as the student is comfortable with being inside the Driver's Ed car, which usually only takes a few drives, they earn the score they should have had all along and then that student is able to start focusing on the things they actually need to work on when driving, if there are any problems at all.

The experience of being inside of a Driver's Ed vehicle is daunting at first, understandably. This can cause your focus on any directions you need to follow to diminish, considerably raising the chance of error. However, as soon as you are able to properly focus on what needs to be done, the rest comes easy. The first drive is the easiest, and yet also the one most

people tend to make mistakes on. It is a simple, relaxed drive through Banning park, and the highest speed you travel is 30 mph, and only for about a minute or so, from the school parking lot to the entrance of Banning. You simply drive through the park, learn how to park, and go back to the school. That's all there is to it. Most of the work is simply turning the wheel, and pushing the gas and brake pedals the right way, and keeping focused on what you need to do. Do not take it personally if Mr. L has to "speak loudly" at certain points; he has to do this to ensure you get through situations where you need to act quickly. You will also barely even see other cars around you. Personally, I only earned a 7 for my first drive. The second drive, when the nerves went away for the most part, I jumped up to a 9. After the first drive I was told there were three or four things that needed improvement, whereas after the second I only has one thing to work on, and that gave me the chance to work on that thing and enabled me to earn a perfect score by the time I was on my last few drives. This is how it tends to happen for a majority of students taking Drivers Ed, and something that could be fixed as soon as students stop being so nervous to go on their first drive or two.

Being nervous is normal; however, it is easy to get rid of. If you simply have your parents take you to a school parking lot and practice what you need before starting Drivers Ed, and can do that confidently, then you are ready for Drivers Ed. Just keep that confidence. While it is important not to be so confident as to believe you can do it all, it is



(Continued on Pg. 7)

(Continued from Pg. 6)

important to believe in yourself before starting the class. Remember, Mr. L has a brake on his side, and can grab the wheel and turn it faster than you can blink, so the odds of getting into a crash are much lower than you think. Just relax and do it. All it takes is getting into the car, and doing whatever he tells you to do, and you'll get it. It's okay to make a few mistakes; in fact, it is almost guaranteed that you will mess up something, but that's simply the same as with anything else in life. Mistakes allow you to learn; you learn the most from those mistakes. They are essential, and therefore, you should not fear them. Do not be nervous to make mistakes, simply strive to do whatever you can to fix them. Keep all of this in mind, and you will end up by your fifth or sixth drive a better driver than many "experienced" drivers.

End of a Decade+ ... Start of a New Age



By: Sarah Webb

We used to have four years, and now we have one month. These four years of challenges, progress, and self-growth are coming to an end, just like that. We seniors are about to embark on many different journeys that will lead each and every one of us to unique and different lives, some of which will align with one another, and others that will never cross paths again. The thought of never seeing some of my classmates after June 8th, the day of graduation, is strange to me. Though I may not have been close to many of them, seeing their faces every day has become a normality.

Wherever you may be going next year, you are going to face rigorous challenges. However, no challenge will occur without reason. You are taking what you've learned from high school, only to throw some of it away to make room for new thoughts and

experiences. You are going to be learning how to live the rest of your life. Whether you are furthering your education, going into the military, joining the workforce (or none of the above), you are going to encounter so many new life lessons. You are going to learn more about yourself than ever known before.

It is a bittersweet time for us. We are all on the edge of our seats, eager to graduate, but we are terrified of what is to come, though none of us would admit it. Some of us are going hundreds of miles away and some of us are staying in the comfort of Delaware. Right now is the time to cherish what we have. It may be hard to see that what we have is important, but as we grow and face obstacles we are going to realize that we had life so much easier. High school is by no means easy, but someday we are going to wish to have it back just once more.

So... hug your friends and parents. Tell them you love them and make an effort to show your gratitude for their support through the years. Take your dog for a walk, you are going to miss him almost more than your parents, if you're going away. If you're staying local, do all of that anyway. What you have now will not always be there. No one can stress enough the importance of making the most of the time you have. Enjoy the last month of high school because it is comfortable to you. Now is the time to live your best life.

School Clubs

By: Cody Nicholson

The 2017-2018 school year has been a successful year for our school clubs, especially Science Olympiad. Science Olympiad had a high number of cadets who placed in their events including Russell Smith and Brooke Justison who each got seventh and tenth place respectively. Cadet Smith participated in the mechanical engineering competition where he had to build a functioning car that could move forward and backwards. Cadet Justison worked with Cadet Jimmy Sidlowski on Herbology and Ecology; they placed tenth on the former. Cadet Thomas Pisklak participated in the Optics and Material Science competitions.

(Continued on Pg. 8)

(Continued from Pg. 7)

Science Olympiad recently had a competition called Envirothon, which is a statewide competition that tested students on their knowledge of the environment with certain assessments. The cadets that participated were Jimmy Sidlowski, Brooke Justison, and Thomas Pisklak, who placed 11th.

BPA has also had an excellent year with one member, Katherine Certesio, earning first place in the state tournament. Cadet Certesio is also slated to go to the national tournament, which is held in Dallas, Texas on May 9-13. The Ping Pong Club, which was created just this year, has gotten off to a fantastic start. They now have two tables and four paddles. The club sets up the tables in the cafeteria after school where people can play. They have also set up tables for Naval Science classes when they go to the gym. The club was started by cadets Justin McGee and Seth Immediato.

Senior College Application

By: Cody Nicholson



Cadet Anthony Caputo is one the most intelligent people in the school and this is shown by his acceptance to both Elon University which is located in North Carolina and Albright College as well as his GPA which is above 3.50. Both are outstanding schools that only accept the brightest however Cadet Caputo eventually decided on going to Albright College. Albright is a private college institution that is located in Reading Pennsylvania it is a coed liberal arts college that is exceptionally difficult to get accepted into. Cadet Caputo is going to study political science while at Albright in hopes of becoming a lawyer in the future. We at the newspaper wish Cadet Caputo luck on his college journey and his road to becoming a lawyer.

Should School Start Later???

By Emily McKenna and Erika Hoosier

The inevitable 6:00 a.m. alarm clock goes off just as it did last week and the week before and the week before. The only difference is that now it's not just one alarm, it's 2, 3, 4 going off within a span of 10 minutes reminding you that your ride will be here in 15 minutes so you'd better get out of bed. After you finally get out of bed, and brush your teeth and think, "Why can't school just start later? I don't care if it runs later, I just want to sleep in."

StartSchoolLater.net, which also supports this argument, claims that "Early school hours PREVENT many students and young teachers from getting the 9 or so hours of sleep per night that most teenagers and young adults need. The health, safety, and equity benefits to starting middle and high school at times more in sync with the sleep needs and patterns of students are irrefutable." StartSchoolLater continues to make a bulleted list, with the following information as some of their key points:

Health Impact: It's not just the numbers of hours of sleep, but also the timing of sleep that is required for optimal health. Sleep deprivation impacts include: weight gain and eating disorders and increased risk of obesity, cardiovascular problems, and diabetes; reduced immunity; depression; anxiety; substance abuse; mood swings; behavior problems; suicidal ideation; and potential impacts on brain development.

Safety: Kids are out walking to the bus or driving to school in the dark for most of the school year in many communities. With few adults around, they are at risk. Drowsy driving increases - for our newest drivers. Teens released in the early afternoon ... have hours of unsupervised time until the typical adult work day ends.

(Continued on Pg. 9)

(Continued from Pg. 8)

Equity & Achievement Gap: Private schools rarely start earlier than 8 a.m. - and even those that start this early do so primarily to accommodate community life that centers on early-starting public schools. Parents with means can pull their children out of early-starting schools or they can choose to drive them to school or provide them with cars to give their children extra sleep in the mornings. They can drive provide late rides to school and absence notes on occasion to overcome the health, safety, and learning impact of chronic sleep deprivation. Families with fixed work schedules or lacking transportation aren't able to help their kids if they miss the bus and thus put their children at risk of tardiness or absence. As a result, children from disadvantaged backgrounds not only risk higher rates of tardiness and truancy, but also higher rates of dropping out of school - potentially increasing the achievement gap."

Conversely, if school started later it would teach students responsibility. If school starts early students have something to work for and have to take the initiative to set their alarms and wake up, teaching students how to manage their time properly too. Many people are going to disagree because they love their beauty sleep. Many will agree with school starting on time. If school started later it would teach students responsibility. If school starts early students have something to work for and have to take the initiative to set their alarms and wake up. It teaches students how to manage their time properly too.

Tips that can help you wake up earlier:

1. ***Set an alarm***
2. ***Move up gradually***
3. ***Ask a friend to keep you honest***
4. ***Make your bed***
5. ***Rely on caffeine***
6. ***Take a cold shower***
7. ***Eat a healthy breakfast***
8. ***Start with a workout***
9. ***Listen to music***
10. ***Go to bed earlier***
11. ***Just say no to the snooze button***
12. ***Keep the same schedule on weekends***

2017-2018 Horoscopes

By Emily McKenna and Erika Hoosier

Gemini (22 May- 21 June)~



Until November 8, 2018, your work, daily routines, and health endeavors continue to expand, improve, and grow. This is a time when your work projects or duties expand, or you have increased opportunities for employment. You can be so confident in your ability to take on projects and endeavors, however, that you overload your plate, so do watch for that. This influence is with you until December 2019, lasting a good thirteen months. You find more joy in your work (as long as you don't overload), self-improvement endeavors, and taking care of your health. If you provide a service to others, it is likely to prosper, largely because you're enjoying it more. You are especially successful in hiring people to work for you, if applicable, and improvements to your working environment are likely. It can be easier than usual to find employment now. You may get a new job during this cycle or significantly improve an existing one. Work tends to be very available to you. You can be very focused on what really matters to get ahead, and recognition for your efforts may be forthcoming, particularly until August, when higher-ups recognize your talents and efforts. From November 8th onward, your partnerships, relating abilities, and powers of negotiation begin to grow and expand. New partnership opportunities (yes, even plural) can arrive now, or the chance to bring fresh energy to an existing committed relationship emerges.

Relationships entered into now are generally successful and happy — at least for the time being, they are mutually beneficial. Sometimes, this transit absolves an existing partnership, but if this is the case, it is likely to come as a relief, or it is a “blessing in disguise.”



Cancer (22 June- 22 July)~

Until November 8, 2018, you're creative, playful, and romantic side continues to expand and grow. This is a powerful time for self-expression, new forms of entertainment, and romantic explorations. Your focus turns to having fun, enjoying life, and expressing yourself in freeing, rewarding ways. Your romantic and creative worlds expand and enliven.

You are learning to express yourself playfully and creatively without apology, and you are more willing to take some personal risks in order to do so! Romantic opportunities tend to abound during this cycle; or chances to kick back and have fun, express yourself in unique ways, and pursue hobbies and entertainment are abundant. Creatively speaking, you can be filled with ideas and plans for realizing a dream. From November 8th onward, your work, daily routines, and health endeavors begin to expand, improve, and grow. This is a time when your work projects or duties improve, or you have increased opportunities for employment. You can be so confident in your ability to take on projects and endeavors, however, that you overload your plate, so do watch for that. However, this can be a rather magical time for your everyday life and health in many

ways, and these areas of life have endured somewhat serious or difficult energy in recent years, so it can come as a nice relief.

Leo (23 July-22 August)~

Until November 8, 2018, you are more confident about your family, living arrangements, and living conditions. While this is a rather domestic transit, relationships with anyone you feel especially connected with emotionally can benefit. You are comfortable with your position, and you may be building loving and secure connections with others. There can be special attention to the comfort and beauty of your home or a stronger desire to connect with your roots. There is a stronger ability to bounce back from problems. Your inner world, family life, domestic activities, and domestic arrangements expand and grow. Relations with family can be especially pleasant and supportive. You might move to a new home, likely a bigger one, or expand real estate holdings. Some of you can get a mortgage or support that allows you to expand your home base. Family itself can expand, or there might be an addition to your home. Some might take on a roommate for example, or bring more friends to their home. Others might pool resources with a partner and move in together. Entertaining in the home can be emphasized if that is something that makes you happy. Otherwise, you can experience a stronger sense of peace and privacy in your home life.

