

THE PATRIOT PRESS

THE OFFICIAL LENAPE VALLEY REGIONAL HIGH SCHOOL NEWSPAPER



Photo Source: Justin Meeth

LENAPE VALLEY GIRL'S SOCCER

BY MOLLY PAVESE

The Lenape Valley Girl's soccer team started their season in the hot days of August and has officially come to an end in the cold days of November. With a record of nine wins, three losses, and one tie, they have won their conference for the third time in a row! With senior Molly Gannon as Captain, they had a very successful season, making it all the way to states with their last game against Pequannock ending in a 1-0 loss in double overtime.

To prepare for the season, the girls participate in various team bonding activities, such as pasta parties and pool parties, and they hold captain's practices, where they train together to prepare for their season ahead. The girl's soccer team is run by Coach Justin Meeth and Coach Anthony Grogan, who work very hard to prepare the team for the season ahead and who helped lead the team to a winning season. ■

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PATRIOT POPS

BY JULIANA KROPINACK

Join Patriot Pops!

What is it?

Patriot Pops is Lenape Valley's after-school choir, run by our amazing director, **Mrs. Donahue**. In Patriot Pops, we **sing**, but we also spend time together and learn new things about music and how to use our voices!

Who can join?

Patriot Pops choir is similar to the in-school, or mixed choir, in that **anyone can join**. We need all vocal parts, and can find a spot for anyone who wants to participate. We are **always looking for new members**, so come on down!

HALLOWEEN WARS

BY SYDNEY HEROLD

Halloween is in high spirits at Lenape Valley! Students and teachers alike dressed up as their favorite creatures, characters, and more. Each of the departments came together to dress as a different theme. The Art and Music department showed their creativity by dressing as crayons, while the Science department dressed as Swifties. Special Education dressed as Barbies, and Physical Education dressed as cards against humanity. The English department came through with the spooky vibes when they dressed up as characters from *The Shining*! Guidance dressed up as *Charlie and the Chocolate Factory*, turning the whole office into Willy Wonka's chocolate factory. Students voted on which department had the best costumes. Congratulations to the Math department who ultimately won the Halloween wars with their Pixar character inspired costumes. ■

Where can I get more information?

If this sounds like something you are interested in, **email Mrs. Donahue**! As said before, we always need new voices and personalities to mix into our group, and would love to have you!

Email Mrs. Donahue at

kdonahue@lvhs.org

or drop by room **C122** for more information!

We meet on **Thursdays after school until 3:00**, so drop by and share your music with the world!



Photo Source: LVR Patriots Official Instagram

CROSS COUNTRY AND THE ART OF RUNNING

BY NATHAN GONZALEZ

Most of us weren't runners when we signed up, many of us not athletes, but by the end of every season we look back and see how we ran anyways. What many people deem difficult, and some people impossible, we accomplished in shock to the many and the few, but more so in shock to ourselves. Each hill an allegory for life, each course at some point a terror, and yet the many miles seem to have raced past us, along with the unmovable mountains and nightmarish pathways. When the blank fires and the adrenaline sets it, the notion of what must be done strung across five kilometers, the ability to accept this wonderfully exhausting challenge can only be complemented by the euphoric sensation of crossing the line with nothing left in the tank. Though isolated in our minds, fending off the urge to walk off, the spirit of running pushes us forward through the cheers of the crowd and the footstrikes of our teammates. In few other sports does the opposing team cheer you on, and in fewer do they do so in the middle of the competition. This is the spirit of cross country.

There is always room on the cross country team, for it is a family that accepts anyone and everyone who is willing to put forth their best effort. Anyone willing to race three-point-one miles in the rain, mud, grass, and gravel is welcome to our pasta dinners. Anyone with the resolve to show up six days out of the week, with swinging arms and an open stride, has a place to put their bag in the blue shed in front of the football field.

Anyone, regardless of their ability level, beliefs, aspirations, interests, and background, can become a runner. All that anyone needs to run cross country and practice the art of running is the desire to do so, and the determination to follow through.

What does it mean to give it all that you can give, to go past your body's preconceived limits, when less than an hour ago you were half asleep? What does it mean to rush through raindrops and move through mud, training to gas the ghost of your best race, while laughing up a storm? What does it mean to shed sweat and tears in unison with another, as you both push to make the other give more? What does it mean to find joy in the impossible, to grow strong in the blink of an eye, to make family with those you would have never met otherwise? To us who practice the art of running, it can mean everything. ■



LENAPE VALLEY FIELD HOCKEY

BY BETHANY MAYER

So far this year, the LVR field hockey team has had a great season. With their current record of 6-5-1 overall and their division record of 3-3-1, the Patriots have given their opponents a run for their money. Led by team captains Ella Gomez, Bethany Mayer, and Lindsay Fehir the team demonstrates a phenomenal example of teamwork and dedication.

The girls recently held their annual fundraiser game for Abigail's Army, in memory of their beloved friend and teammate who lost her battle to cancer. Ending with a 4-1 win over Sparta High School, the team played for so much more than a game, as they commemorated and honored Abby's love for the game and enthusiastic outlook on life.

They also held their annual Breast Cancer Awareness senior night game, where they came out over Jefferson with a final score of 4-0. Consisting of 11 seniors who have all been playing together since fourth grade, the team brought their A-game as they shut out their opponents.

With the season coming to an end, and states coming their way the girls have a bright future ahead of them. Keep your eye out for any upcoming games and events to support your lady patriots as they make a run for it in the state tournament! ■



Photo Source: Dan Grauer Photography



Photo Source: Dan Grauer Photography



Photo Source: Dan Grauer Photography

FALL PLAY

BY JULIANA KROPINACK

Hear Ye, Hear Ye!

Let it be ordained! By order of the Crown and our mighty king, King Richard The Lion-Hearted, the Lenape Valley Patriots Theater presents their play

The (Somewhat) TRUE TALE of ROBIN HOOD

to the good citizens of Lenape Valley Regional High School! A tale of dastardly villains, silly sidekicks, endearing characters, and a (somewhat) egotistical hero on his quest to save Sherwood Forest from taxes, evils, and bans on Girl Scout cookies! The hilarity contained within this show is sure to have you rolling in the aisles, and the actors are sure to bring England to life right here on the Lenape Valley stage. Come see the show, and watch as Robin Hood, the Merry Men, and Maid Marian defend Britain from the cruelty of The Sheriff of Nottingham and THE EVIL PRINCE JOHN!

Show Dates:

November 17th, 2023 - 7:00 pm

November 18th, 2023 - 7:00 pm

November 19th, 2023 - 2:00 pm

Admission Fees:

Adults - \$12.00

Children - \$10.00

Students - \$10.00

Seniors - \$10.00



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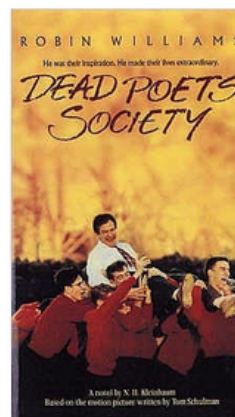
If you would like to join Litmag, email
Mr. Ripatrazone, nripatrazone@lvhs.org

Can You Read?

This is a sign that you
should join the LVR reading
society, or the

LVR Book Marks!

We are
currently
reading
the book
adaptation
of "Dead
Poets
Society"!



We will be
watching
the film
once we
finish
reading,
Come join
us!

To join, email Ms. Brill at
lbrill@lvhs.org

LENAPE VALLEY FOOTBALL

BY GIANNA COSTANZO

You're there in the stands, on a cool fall night. The rush of cold air hits your face cooling you off in just the slightest from the anticipation of the game that builds a slow and steady sweat on your face. All of a sudden the crowd goes wild. You look up, wondering what the crowds could be celebrating. You see an athlete from your favorite team running harder and harder down the field trying not to be the person that lets it all slip away. Then, all of a sudden he makes it. You're hit with a rush of emotions. Excitement, joy, relief, adrenaline. And all you can think is, there is nothing like a great night of good old American football.

Here, at Lenape Valley Regional High School, football has been a huge part of our school tradition and pride. Our football games are a way to encourage enthusiasm and pride within our school district, as well as one of the many ways that our community comes together to support a cause that we can all enjoy and love.

Now in order for us all to better understand this year's football season, I was gratefully offered the opportunity to interview the head coach of the football team, Mr. Wade Pickett. When asked how he would describe our season this year and some of the highlights that took place within the season he said, "We started our season on August 1st with practice. It's been a long haul. We have had some very nice wins, and a couple disappointing losses. But through it all the kids have stuck together through some very unfortunate injuries to some of our seniors and key players which makes a difference to us as a team, so I am very happy with the kids' effort every week and the outlook of needing to win. And you know I believe that one of the biggest highlights of the season thus far was an opening day victory, You know we came out and we had a great game against Glen Ridge and we have not beat them in two years since I have taken over."

We lost our opening game to Mountain Lakes last year, so winning the first game of the season definitely sets the tone for the season."

Now, many people here at Lenape Valley love to watch football simply because they like the game and the players that play in the game. But many people do not know all the hard work and dedication that players and coaches have for this sport. So, when Mr. Pickett was asked how his players show their dedication and commitment to this sport he said, "Like I said before we started his season August 1st. And every week since then many of the kids use the weight room to improve on themselves. And the fact that they did that 4 weeks prior to school starting shows a great deal of commitment to this sport because they took 4-5 weeks out of their summer to make sure of that. they showed up to practice every day We even had a game that was before school even started and they rose to the occasion." ■



Photos Source: Kayden DeSande Photography



Photo Source: Kayden DeSande Photography

TEACHER FEATURE

BY CAILIN BRENNAN

The votes are in! When asked to vote for their favorite teacher to receive a feature article in our newspaper, the Patriots voted Ms. Rorick! Ms. Rorick worked as a long-term substitute for two years at Lenape before becoming a permanent teacher, which she has been for three years. Graduating from Bloomsburg University, she majored in English and got her masters degree in Education. The classes she teaches here at LVR are English 1 CP for freshmen, Honors English 2 for sophomores, and senior courses: Intro to Academic Writing for the fall semester and Myth in the Modern World spring semester.

When she isn't teaching, Ms. Rorick likes to spend time with her son building Legos, going hiking, and swimming in the summer. She also likes to write and watch movies! When asked about her favorite thing about teaching at Lenape, she said "I love seeing kids grow as people and at the same time grow as students. I also love my colleagues, they are amazing." If Ms. Rorick wasn't a teacher; she said that she would probably be a writer or investigator! ■



Photo Source: Ms. Rorick



Photo Source: Ms. Rorick