

Graduation is June 9 at 7 p.m.

EXPRESS

Produced by the Sayre High School Journalism I Class

Friday, May 19, 2006

Out of this world!



Mrs. Ludwig's eighth grade science class is in "full planetary motion." Students have been preparing models for their astronomy projects and even dressing up as their favorite early astronomer for class presentations.

Pictured above from left are: Michelle Bergquist, Tara Agnew, Frankie Galizia, Dan Weber, Joey Antonetti and Devin Shaw. (Photo by Colin Durfee)

Binge drinking a bust

By Joshua Rich

Everybody knows that binge drinking is not good, yet 30 percent of people ages 18 to 23 are involved with this action. Binge drinking is consuming five beers or more in one hour for a male, and four or more drinks for a female. Binge drinking has caused many fatalities all over the U.S. It is stated that it causes 1,400 deaths a year and 500,000 injuries. Government officials are working on figuring out a way to prevent it and are thinking about harsh laws to put into action if these irresponsible actions keep occurring.

Binge drinking affects the body in some negative ways. These include vomiting, pale skin, passing out and respiratory distress.

"People binge drink because of addiction, peer pressure, or low self-esteem," said health teacher Mr. Ault.

When people have been binge drinking, it is clearly visible.

According to Ault, people who binge drink tend to make poor decisions while they are drunk and they will usually get very sick.

Anyone who may be thinking about binge drinking should consider the consequences of their actions.

End-of-Year Calendar

May 21- Redskin Club Banquet
May 23- Senior Banquet in cafeteria at 5:30 p.m.
May 31- Last day for Class of 2006
June 1—Senior English final
June 2—Senior math final
June 5—Senior science final
June 6—Senior final make-ups
June 6—Underclassmen finals (periods 1,2 and 7)

June 7—Underclassmen finals (periods 3,4 and 8)
June 8—Underclassmen finals periods 5 and 6 and make-ups.
June 6- Jazz Concert at 7 p.m. in auditorium.
June 8- Baccalaureate at high school auditorium at 7 p.m.
June 9—Last day for students
June 9- Commencement at 7 p.m. in auditorium.

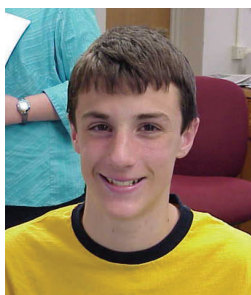
What movie are you most looking forward to seeing this summer?

By Amanda Lyons



Bridgette Card
10th Grade

**Pirates of the Caribbean:
Dead Man's Chest**



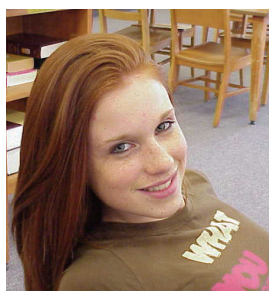
Frankie Galizia
8th Grade

**Pirates of the Caribbean:
Dead Man's Chest**



Jake Dohme
10th Grade

**Pirates of the Caribbean:
Dead Man's Chest**



Macy Roosa-
9th Grade

**The Fast and the Furious:
Tokyo Drift**



Rose Velazquez
7th Grade-

X-Men: The Last Stand



Mike Cooley
11th Grade

**The Fast and the Furious:
Tokyo Drift**

SUMMER MOVIES

X-Men: The Last Stand

Nacho Libre

The Fast and The Furious: Tokyo Drift

Pirates of the Caribbean: Dean Man's Chest

World Trade Center

Clerks II

May 26

June 16

June 16

July 7

August 9

August 18

Swimming pool repaired and refilled

By Alisha Blackman

The pool is finally repaired after a series of problems. During the week of May 8, the pool was finally re-filled with water.

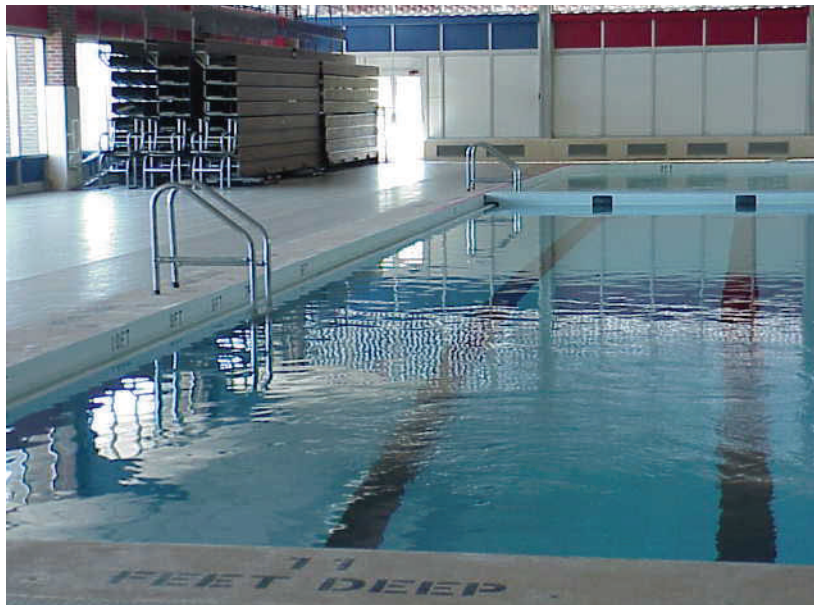
Where do they get the water, who pays for it and how much does it cost?

“The water comes from the water company,” stated Mr. Barry. “Most of the time we pay for the water but the last two times the company that worked on the pool paid for it.”

He said it costs about \$2,000 to fill the pool and it takes 465,000 gallons of water to fill it.

What is the temperature of the water?

“We run the pool water at around 84 degrees,” said Mr. Barry.



The high school swimming pool is finally filled after cracks discovered in the pool forced repairs. (Photo by Melissa Brandt)

Summer jobs have benefits besides spending money

By Zach DeSisti

Over the summer, many kids have no idea of what to do to occupy their time. One idea for something to do is get a summer job. The school's guidance office has a wide variety of job opportunities for any student. To name a few, there are always people looking for babysitters and people to do lawn care. Local businesses also are in need of good workers to do odd jobs around their places during the summer.

What qualities are recommended to have when looking for a job?

“Responsibility,” said Mrs. Richmond, high school guidance counselor, “meaning getting to work on the days you are supposed to work and being there on time.”

Another good quality to have is dependability. Being dependable means that you rarely call in sick unless it's an emergency, complete any tasks on time, and work with others. These qualities would definitely get you in good with your boss and future employers, said Richmond.

Students should always be open-minded about the jobs recommended by the guidance office. Though sometimes the job is not necessarily what you are looking for, it could be good experience to apply to any other job that you may have.

Mrs. Richmond definitely recommends getting a summer job.

“It can teach students many useful qualities,” said Richmond, “and it can also give students a better understanding of the value of money.”

Being taught the value of money can be a very good lesson.

“Teenagers often take for granted all of the money parents spend on them,” said Richmond. “I think it teaches an appreciation of how hard parents work.”

Senior Profiles

Jon Dibble

By Ryan Kirtley

Sayre High School senior John Dibble is looking forward to his life after high school. He's going to go to a four-year college to be in music industry recording technology. He is looking to go to York College. Basically, John is going to be in a profession where he will produce, engineer, and sing on his own records.

John's type of music would include jazz, R&B, rock, and some pop. He also enjoys combinations of a few of the genres previously mentioned. "If I had to pick (for an overall favorite) specifically, I'd say R&B," said John.

John has actually self-produced an album of his own with eight songs. "This took over one year to make," said John. The name of the album he made was entitled *She's Out There*.

John also helped SHS student Nick Weber produce and record a CD. John will certainly accomplish the training and acquire the knowledge he needs within these four years and become qualified and experienced enough to launch his music career.



Jon Dibble

Tom Peterson

By Colin Durfee

Senior Tom Peterson has big plans after his departure from Sayre High School this June. Everyone knows Tom as the guy that's always making a joke and that always has a smile on his face, but what they don't know is Tom's plans for after he graduates.

"I want to join the U.S. Navy" says Tom.

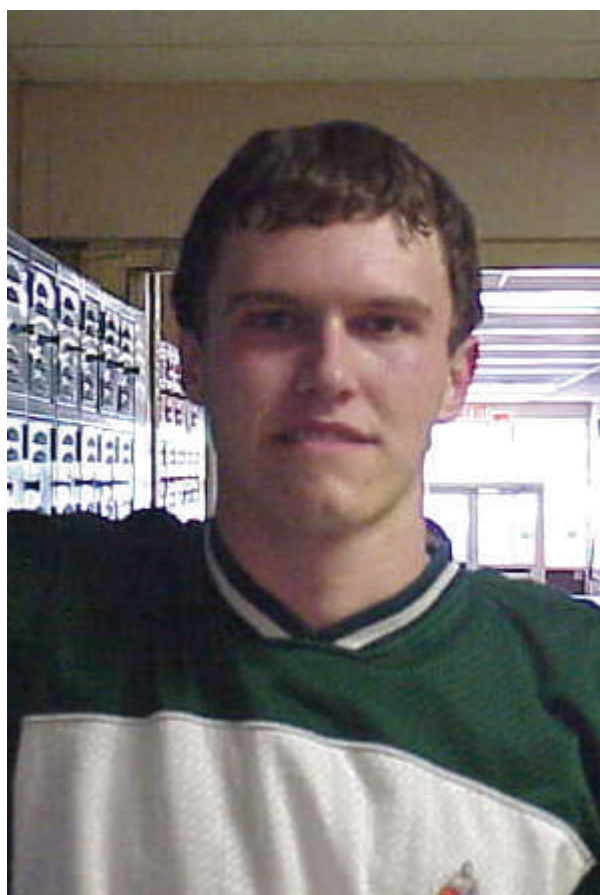
Why does he want to join the Navy?

"Joining the Navy will be great for me because I can see many parts of the country, and go all around the world," he said. "Being in the Navy means I'm part of something great, and something that I really believe in."

Tom's decision to join the navy wasn't that easy and he couldn't decide if he wanted to go to college or join the service.

"When it came down to it over these last few days, I decided to sign with the Navy," he said. "I still think after my service is up, I will see about going to a university or a community college."

"If none of that works out," he said, "I'm going to win the lottery."



Tom Peterson

Life after high school



Irma Brown

Irma Brown

By Angie Dolinich

After high school, some people have plans to go to college, graduate and go on to a career, but not Irma Brown. Irma wants to go into the U.S. Air Force after high school, like many of her own family members. Her older sister, Jessica, joined the military soon after graduating high school. Her late brother, Richard, also served in the military. Andrew Brown, who graduated in 2004, is currently serving in the armed forces.

Irma has many talents and is involved with many extracurricular activities at SHS. These activities include FBLA, forensics, swimming and diving, girls' soccer, and track.



Lori Swank

Lori Swank

By Melissa Brandt

With graduation only a few weeks away, Loretta Swank, S.H.S. senior, is ready to dish out her post high school plans. Lori enjoyed many courses throughout her high school career, but spending time in the kitchen learning to create new dishes became her passion and led her to choose culinary arts as her career major. "Mrs. Sindoni and her home-ec class helped me to realize that I was pretty good at cooking and enjoyed it more than my career choice at the time," states Lori.

Lori plans on attending The Pennsylvania Culinary Institute, a two-year college in Pittsburgh, for the fall semester. "I decided on this college because it's a *la cordon bleu* school, (a la cordon blue school is a school that focuses on classical French culinary but by using modern American techniques), that has a very high percentage of graduates who get very good jobs right out of college," says Lori. "It's also right in the middle of Pittsburgh which is an added plus since I love the city!"

Not only is Lori steaming with ideas for after high school, but she is already baking plans for after college. "I would like to work in either a restaurant in a big city or go to Europe and work at a restaurant there," states Lori, "although my goal for someday is to be head chef at the White House and cook for the president."

SPORTS

Softball Update

By Amanda Lyons

Spring for some people means flowers and warm weather, but not for our softball team. Since March, the softball girls have been practicing, first in the gym then outside, even in the freezing weather that was our misfortune to have in the spring months. Don't think that brought our girls down though. Although their record may not be the best, they still have high hopes.

While the team is winless in the league play, they have an overall record of 4-12. Top teams in the league are Canton 10-1 in the NTL and 18-1 overall. Second place Troy is 8-3 in the league and 14-5 overall.

A few of girls from the team were asked how they thought the team was coming together as a whole.

"We have a problem with consistency," stated sophomore Colleen Craig. "We are a really young team and we definitely have talent."

Sophomore Katelyn Howland said that the team is coming together pretty well after having some close games. Despite losing more games than they won, the girls are not letting their record get them down.

Some players to look for on the Lady 'Skins softball team are junior Kimberly Janosko who plays shortstop, sophomore Christina Webster who is pitcher, junior Jessica Kearns and sophomore Amanda Kyc.

Strong lineup for Sayre baseball helps keep them successful

By Joshua Rich

The Sayre boys varsity baseball team is having a good season so far this year. Their defensive play and strong batting lineup have propelled them to a record of 10-8. The team recently defeated Tioga Central 8-5 and earned a place in district playoffs.

According to the junior Bruce Osborn, the team is playing with a lot of heart and giving it their all every time they step out on the field. As far as what needs to be worked on to make the team even stronger, Bruce stated "we need to play more consistently and eliminate some of our mental errors."

Some of the key players on the squad are Anthony Villanti, Bruce and Brian Osborn, the Pods (Matt and Andy Podolinski), James Nasoni, Andrew Jarvis, and Justin Donovan.

The most memorable game played was the game for the late Duane Struppler, former SHS athlete.

"We played really hard because we definitely wanted to take home that game as a victory, not only for the team but also Duane," said Brian.

Pitching has also been key for the team and Andy Pod, Anthony Villanti and Eric Secor have had strong performances on the mound.

Secor struck out seven in a complete game win over Tioga. Jarvis had two singles in the win.

Get ready, get set...

By Jessica Aubry

Yes, it's summer recreation! Although work is expected to be taking place to reconstruct the Lockhart Street Bowl, there's not much that can hold back summer recreation at Sayre High. Mr. Twigg, recreation director, even suggested that because of improvements on the bowl, summer rec. may have more activities for next summer.

Counselors are needed to help out, said Mr. Twigg. To be a counselor, one must enjoy working with kids, and be involved with sporting and leisurely activities. Prospective counselors must also be in tenth grade or higher. Being a counselor for the summer rec. program teaches some very important skills such as working with children, managing a sport and it is an overall chance to have some fun, said Mr. Twigg.

SPORTS

School selects winter athletes of the season

By Melissa Brandt

Every sports season, an athlete from each of the teams is chosen for their sportsmanship, leadership, athletic ability, and citizenship by their coaches. These contestants are voted on by all of the season's coaches to determine one male and one female athlete of the season.

The boy's winter sports contestants were: Adam Smith (boys basketball), Andrew Jarvis (wrestling), and Dan Schrader (boys swimming). The girl's winter sports contestants were: Tiffani Douglas (girls swimming), Kim Janosko (girls basketball), and Jennifer Ward (cheerleading). Although all of these participants had wonderful athletic and leadership qualities senior, Andrew Jarvis, and junior, Tiffani Douglas, walked away with the trophies for Athlete of the Season.

Andrew's coach, Glen Jarvis, stated, "Andrew gave four years to the Sayre High School wrestling program with pride and dedication." Mr. Jarvis also went on to say how Andrew attended all open gyms, even during football season and with a broken wrist, inspired team mates to work harder and find goals for themselves. Andrew also finished the season with a record of 28-8, placing 2nd in the North Section tourney, and placing 6th at districts.

Tiffani's coach, Mark Noldy, said, "Tiffani's crowning achievement of the season was breaking Chanin Avery's 2:10.10 200 freestyle record with her new record of 2:08:81." Tiffani's hard work and determination at practices also led her to get the NPSL All-Star (Northeast Pennsylvania Swim League) award in the 200 yard free-style, place 5th at districts, and beat two school records. And, although Tiffani is only a junior, she has already been receiving letters from recruiters from East Stroudsburg and Clarion University.



Andrew Jarvis, left, and Tiffani Douglas were named Winter Athletes of the Season recently. (Photo by Melissa Brandt)

Girls track team has good showing at NTL Small School meet

By Zach DeSisti

With the season winding down, the girls track team came away with a decent outing at the NTL Small School Meet held in Athens which was won by Canton. Sayre was led by two-time winner freshman Beth Walker (3200 individual and 3200 relay). In the 3200, she was joined by Becky Brisson, Anna Galizia and Kaitlyn Hedgeland. Irma Brown broke the javelin record held by her older sister, Jessica, with a personal best throw of 110-feet, three inches.

Galizia, Brisson, Sara Kabes and Sandra Sauer also won the 1600 relay for Sayre.

During the season against small schools, the girls had victories over Cowanesque Valley and Williamson, but came up short against Canton and Northeast Bradford. Against the larger schools the girls earned a one victory over Towanda.

"We've competed against Athens three times," stated Coach Michelle Pettit, "and we just can't compete with them. Their numbers are huge."

Despite the disadvantages, Pettit thinks that Sayre should continue to compete against the larger schools. She said the larger schools and their athletes push the Sayre athletes to go harder when competing against the bigger schools.

SHS students enjoy super crazy summer concerts

By Colin Durfee

During the summer months, one favorite form of entertainment is going to concerts. In the summer there are many different rock tours that travel all around the United States. Concert festivals such as Van's Warp Tour and Ozz Fest attract millions of fans every year to see over 25 musicians on the lineup each day.

"I went to the Van's Warp Tour in Scranton last summer and my favorite acts were "Thrice," and "Saosin"," says Joel Bradley, SHS junior. "The festival was outside and it was very hot and tiring because we had to keep walking up and down the hills at Montage Mountain. The food and water was very expensive, like 6 bucks for water."

Festivals like Vans Warp Tour and Ozz Fest aren't the only shows that play during the summer. Most musicians and bands prefer to tour in the summer because they can get a bigger fan base.

"I saw Def Leppard in concert in July of 2001," said junior Becky McConnell. "The concert was sold out in Bloomsburg and I was very happy to be one of the lucky people to be there."

"It was an outside show and it was raining. The band didn't care so we just rocked out."

Ryan Jarvis attended a "Blink 182" show last May in Scranton.

"It was awesome because they were one of my favorite bands and a month later they broke up," said Jarvis. "The "Blink 182" show was about an hour and a half and, with the warm-up bands, the event was about three hours long. I had a great time."

Summer Concerts

Warped Tour

July 26th Buffalo NY
Aug. 1st Pittsburg PA
Aug. 11th Scranton PA

OZZ Fest

July 18th Pittsburg PA
July 26th Scranton PA
July 27th Buffalo NY
July 29th New York NY

Journey/Def Leppard

June 30th Scranton PA

Bon Jovi/Nickle Back Sunday

July 23rd Pittsburg PA

Tom Petty/Allman Brothers

Aug 13th Darien Lake NY