

EXPRESS

Produced by the Sayre High School Journalism Class

Wednesday, December 6, 2006

Boys' basketball team hopes to start season with slam dunk

By Chelsea Tracy

It is winter time again and that means nothing other than basketball season for all the basketball fanatics. The Sayre boys have high expectations this year and have a load of fans waiting to eagerly support them.

Returning four-year player Mike Cooley also has high hopes for this year of basketball.

"I hope to have a winning season, win the NTL, and maybe make the All-NTL team," said Cooley.

Being a senior on the team, Cooley brings a lot of experience and leadership to the court this year. He said there are many seniors trying out for the team.

"There are about nine seniors and thirteen uniforms, so there shouldn't be many younger players on varsity. The whole team should be mostly seniors and juniors," he said.

Cooley believes districts are within reach this year for the boys since they have only to win twelve of their twenty four games.

The line-up this year should consist of Cooley, Joshua Rich, Andrew Podolinski, Michael Ackley, Anthony Villanti, Travis Keir, Bruce Osborn, and Brian Osborn. All are seniors with the exception of Podolinski, a junior who played varsity last year.

"I believe we have great shot at districts and the NTL because we all have been playing together for many years and have many good key players," stated Cooley.

The team is looking forward to the game against Athens which now called the "Rock Between two Rivers," thanks to senior Michael Ackley's senior project.

Key boys basketball dates

December 2nd & 3rd - Sayre High Annual Tip Off Tournament

December 5th - Sayre vs. North Penn (Home)

December 27th & 29th - Christmas Tournament

January 18th - Sayre vs. Athens (Home)

Boys and girls swimming ready to dive into action

By Ryan Jarvis

After last year's successful season, the swim teams are ready to swim in their own pool. Being away all season last year, these swimmers are excited to compete with the other schools at home. Sayre also picked up a new head coach, Jim Schrader.

"I hope we are going to be strong in all of the events; freestyle, backstroke, butterfly, and the breaststroke," said Mr. Schrader. This year's captains for the boys team are Dan Schrader and Jon Palumbo and the girls captains are Tiffany Douglas and Colleen Craig.

"I think we're going to rule!" said senior swimmer Jon Palumbo. "We've got a lot of new people coming out for the team which will help us a lot. I'm definite that we will have a winning season."

Jon is one of many swimmers of Sayre who placed in districts last year. Jon placed in two events, such as 9th place for butterfly and 3rd for Medley Relay Team along with Rob Walker, Jeff Moyle, and Dan Schrader. Also, Max Bennett, Dan Schrader, Jon Palumbo, and Matt Reynolds in the 400 meter relay also went to districts. Another great thing that happened last year was Tiffany Douglas breaking the school record in the 200 meter freestyle race.

Sayre has about 35 swimmers this year from both boys and girls together, a little more than last year's amount of swimmers.

"In swimming, your biggest opponent is the clock and bettering your personal record, but Athens, Towanda, and Jersey Shore will be good meets," says Coach Schrader. The new head coach plans on continuing to improve the swimmer's times. He plans on the boys to better their 3rd place district place in the I.M. relay.

On the girl's side, last year we sent 3 individuals to districts for events and this year he hopes to double that number.

EYE SPY!

If you guessed Ryan Jarvis, SHS senior, you were right.

Sayre "cans" Athens in Rusty Rail food drive

By Josh Rich

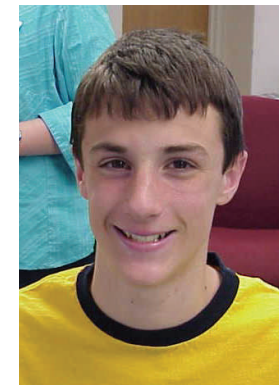
Even though the outcome of the Rusty Rail game wasn't what Sayre fans were hoping for, there was a positive result that came from the evening.

As a community, Sayre High School students collected 10,295 foods items to donate to the Salvation Army Food Pantry. That amount was 5,295 more than the number of food items donated by Athens.

Freshman Frankie Galizia contributed a lot to the load by bringing in 3000 food items.

How did he amass all those food items?

"I called up businesses and asked them to make donations to me," said the SHS freshman. "This is also something I like to do as a hobby and to help out the community."



Frank Galizia

The food that was collected by both schools will be distributed to needy individuals and families in the Valley during the next year.

Assistant principal Dan Polinski, who is a member of the Salvation Army's advisory board, thanked the school community for the contributions made on behalf of those who are needy.

He said the donated food was 5,000 more items than last year and will serve the Valley's needy for an entire year.

(See text of e-mail on page 2)

Alleged bomb threat note causes disruption at school

By Jon Palumbo

Tuesday, November 14th was a day that some Sayre High School students will probably not forget for some time.

It started off like every other school day, until a bomb threat was found written outside the school building. Administrators reacted quickly to the threat, according to a statement released that afternoon by Mr. Cessna, school principal.

"It appeared to be a hoax but since it listed a specific time for the bomb to go off, we decided to take precautions," said Mr. Cessna.

The local police department and fire department were called to help investigate the situation, and the school blood drive that was going on at the time was cancelled. Nothing was found at the investigation, but to make sure, a fire drill was issued to get all the students and faculty out of the building from any potential danger, said Mr. Cessna.

After the threat was passed, students were returned to their classes and went on with the rest of the day.

"We took all the steps that we deemed necessary to insure the safety of our students and staff and will continue to do so should such events occur in the future," said Mr. Cessna.

The bomb threat that Sayre High School went through was a serious and dangerous event, but thanks to quick thinking by the administration, the threat was handled very well, and the students were kept safely from harm.

CALENDAR

Friday December 8- Progress reports will be mailed home.

Thursday, December 21- Senior Servant Day

Friday, December 22 through Monday, January 1- Christmas/Winter Break.

High school does its part by giving gift of life

By Colin Durfee

Sayre High participated again this year in the blood drive. The drive was held at the Sayre High gymnasium on Tuesday morning, November 14th when it was cancelled in the late morning due to a supposed bomb threat at school.

The blood drive is run by the American Red Cross with help from the Sayre HS chapter of the National Honor Society headed by Mr. Reilly.

There are a few requirements such as: individuals must be at least 17 years of age; and they must at least weigh 110 lbs. Other requirements are one's personal health: a person cannot donate blood if they have any diseases or irregular blood pressure.

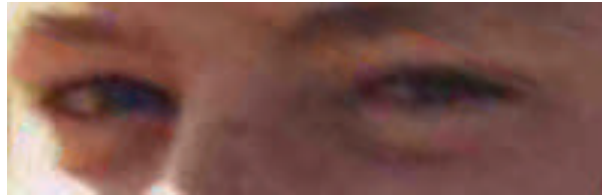
Individuals with new tattoos have to wait at least a year before they can donate blood.

There are others reasons people may be turned away. "Unfortunately, people get turned away after a preliminary blood test that shows a low iron level in your system," states Red Cross supervisor Carrie Miller. "We are hoping to get around 35 bags today."

Due to the day's unplanned disturbance, only 10 bags were donated.

"We love coming to Sayre because it gets a lot of young healthy kids to donate and it shows other children how rewarding and beneficial it can be," said Miss Miller.

EYE SPY!



Do you know this SHS student? The answer appears on page 8.

Senior Servant Day is Dec. 21

By Matthew Dunn

The one event every underclassman has been waiting for - Senior Servant Day - is nearing.

Senior Servant Day, a long-time tradition at SHS, is an auction where students bid on the seniors and have them be their servant for one whole school day.

Underclassmen get to boss their senior around all day and make them do whatever they want, as long as it's legal and does not jeopardize the safety of the senior or the student.

The auction is run by the senior class and all of the money goes to their individual accounts for the senior field trip. This year's senior trip is to Cedar Point, Ohio.

The auction was held November 22nd and the actual servant day will be December 21, the day before Christmas break.

Durfee focuses on filming events for senior project

By Mike Cooley

Sayre Senior Colin Durfee decided to do something new with his senior project. He decided to make a film that caught the many memories of his fellow seniors throughout their senior year.

"In the film, I am including activities like sports, prom, homecoming, plays, concerts, pictures and even some fellow student interviews," said Durfee.

The SHS senior likes movies, music, and reflecting on old memories and this was his way to combine them. Durfee films whenever he sees a good opportunity, for instance; when "chillin with friends" or catching a great sporting event.

What will the final form of the movie look like?

"There will be an optional slide show and the movie will show clips of our year and messages from our friends," he explained. "The difference between my video and the school's is that the school's contains mostly a slide show. With mine, I have a little bit of everything and a good soundtrack to go with it to spice things up a bit."

All seniors are anticipating the release of the video and anxious to see what the film has to offer.

"The film should be finished and released sometime in April or May," he said. "I can't wait to see how my friends and classmates react to my video. I'm hoping for lots of positive feedback."

This film should be one to remember for years. THAT'S A WRAP!



Colin Durfee

Lady Redskins basketball team ready to play some ball

By Josh Rich

The Sayre girls' basketball team has everyone returning to action this year. Lynsey Bennett, Kim Janosko, Megan Dekay, Amanda Kyc, Colleen Wayman, Ali Meyer, and Chelsea Tracy are looking to possibly have a run at districts again like they did two years ago. Chelsea Tracy, a junior guard, is looking forward to playing under Coach Trump.

"Mr. Trump has a lot of experience," said Chelsea. "I'm excited to be coached by Trump, because he brings intensity among other things to the table."

Mr. Trump is quite qualified for the job because his record backs up his experience. When asked about his experience, Trump talked about his high school career at Troy high School which was solid with having a team that had an overall record of 72-8, three NTL Championships and two District IV Championships. They also qualified for the Final Eight in states.

After high school, Trump played four years at Lycoming College where he was a four-year starter, and 1000 point scorer. Trump has also coached the Sayre Varsity boys from 1995-2000 where they made it to three District IV Championships appearances and made a run to the "Sweet 16" in states. Coach Trump has high expectations for the team.

"I expect hard work and dedication to the sport and team," said Coach Trump. "The girls have a lot of talent, and if they give 100 percent every night they will be successful."

There are only have seven players on the team this year although there are younger players who may be brought up from the junior varsity. The girls look forward to having tough competition from Athens and Northeast, like usual, but the other teams in the NTL graduated some of their strong players.



Coach Bill Trump

Note: This is the text of an e-mail directed to the school community by vice-principal Dan Polinski, who is a member of the Salvation Army's advisory board.

All Teachers, Staff and Students:

On behalf of the Salvation Army Advisory Board, I would like to extend my most sincere THANKS to every one of you who participated in the Rusty Rail Food Drive this year. The total contribution from the Sayre School District amounted to 10,295 food items! Those items, added to the Athens School District total of 5,104 food items, bring the total for the Rusty Rail Food Drive to 15,399 items!

That number, 5,000 more than last year, will feed the needy of our Valley for a year!

Thank you, again, for putting your time, money and efforts into making life better for those in our Valley who are needy. Your positive social involvement speaks well of your focus and character and will have a lasting impact on the lives of many families in our area. Each of you has every right to be "REDSKIN PROUD"!

Respectfully,

Daniel M. Polinski
Member
Sayre Salvation Army Advisory Board

What is forensics?

By Juliana Noone

When the average student is asked what they think of when they hear the word forensics, they will probably respond with crime scenes and CSI. Most students aren't familiar with the forensics many students are involved in here at Sayre.

Sayre High School has been a part of the National Forensics League, an organization dedicated to the promotion of the art of speech and debate, since 1995. This league is nationally recognized, covering all fifty states and territories. English teacher, Mrs. Hickey, is our school's advisor and coach for Sayre's forensics team and has been since 1989. She describes forensics as "competitive public speaking." But public speaking is not limited to speeches and essays. Forensics has a theatrical side as well. There are ten different activities one can compete in on the local level. Competitive events include writing and speaking an original essay, speaking on current world issues, debating current world issues, reciting poetry or prose, performing dramatic or humorous monologues, or performing a scene as a duo.

"You're going to speak all of your life," says Mrs. Hickey on the benefits of competing in Forensics, "so it will be an advantage to be comfortable in front of a group, organize your thoughts, and express them clearly."

Sayre's Forensic team has had success in forensics in past years. Just last year, junior, Meredith Rogers and, 2006 graduate, Anne Velasquez qualified for the national competition in Dallas, Texas. Mrs. Hickey has very high expectations for this year's team, which she describes as having "a lot of enthusiasm and a lot of excitement."

FORENSICS RESULTS

So far this year, the team has been sweeping tournaments. The first tournament, held in Morris, had Sayre students Meredith Rogers and Jessica Crosby placing 1st and 2nd in Dramatic Interpretation (DI) with Katlyn Kovacs placing 4th. Humorous Interpretation (HI) also had two Sayre students taking first and second place with Erin Davis and Robert Walker. Debate had a second place winner as well with Chelsea Tracy placing 2nd in Lincoln/Douglas. The second tournament, held in Walton, had a lot of success as well with DI being swept by Sayre with 1st, 2nd, 3rd, and 4th place being taken by Juliana Noone, Megan Cole, Meredith Rogers, and Abby O'Hara. Robbie Walker placed 1st in HI and Erin Davis placed 3rd while Jessica Crosby placed 4th in Original Interpretation.

The problem with pills

By Dan Bustin

In high schools around the nation, including ours, there's a new demon in the hallways. Prescription pill abuse is on the rise, and it's a problem most people don't really understand.

As some students may recall, the Students Against Destructive Decisions (SADD) did a survey recently that encompassed 493 SHS students. The survey showed that only 13 percent of the student body thought pills were the most pressing issue in our school.

A common reason that people aren't concerned about the problem is because the drugs get distributed by doctors and pharmacists. Unfortunately, too much of anything can hurt you, and pills' small size can deceive some into thinking they're taking far less than they really are.

A common question among students is how somebody obtains doctor-prescribed medications?

Guidance Counselor Mrs. Richmond says it's easier than people think.

"Most households have a medicine cabinet that hasn't been emptied in years," said Mrs. Richmond. "Parents don't usually think to check what pills they have in their house, so a whole bottle could go missing without anyone knowing."

Though it isn't always easy to see if someone is struggling with a pain addiction, Health and Phys. Ed. Instructor Mr. Ault says there are some tell-tale signs.

"Signs include absenteeism, drop in grades, fatigue, drop from sports, and a change in friends," he said.

He also says the problem doesn't stop at pills. His words are, "Any drug can be detrimental to a young person, meaning it could lead to a lifetime of drug abuse and addiction."

The school celebrated Red Ribbon Week this year with activities such as an assembly, and an information table in the cafeteria during all three lunches.

The guest speaker was Karen Williams, a clinical pharmacist from Robert Packer Hospital.



Stacy Richmond

Gaming club offers after-school fun

By Shannon Licata

Gaming Club, held after school in Room 155, is a place where kids in grades 7 through 12 can enjoy a fun time playing the games they love.

Mr. Krall thought up the idea of Gaming Club several years ago and figured it would be a great place where kids would be able to go to spend some time before their after-school sports.

"I created Gaming Club several years ago, and I've been running it ever since," stated Mr. Krall, who teaches seventh grade science.

For quite some time, students of all ages have been coming to Mr. Krall's room to play games like *Magic*, chess, checkers and other board or trading card games. Usually, kids come in after school and play until about 4:30, but on Fridays many gamers might stay until 6:30.

Though many students enjoy Gaming Club, the number of students varies every week.

"Different students come depending on what sports are in season and what extra curricular activities are happening; usually about fifteen kids come every day," says Krall.

PHOTO POLL

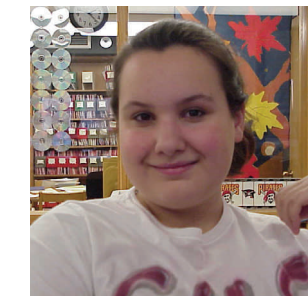
If you could add any meal to lunch, what would it be?

By Ryan Knowles



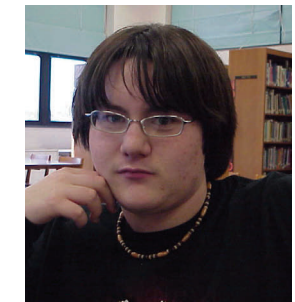
Mikenna Skoda
Grade 9

"T-bone steak from the grill."



Brittany Bostwick
Grade 9

"I would like fish fillets or more seafood."



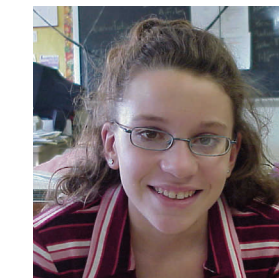
Cody Northrup
Grade 9

"Buffalo Chicken Wings would be nice."



Mr. Reilly
Librarian

"I would love lemon meringue pie."



Kendra Guthrie
Grade 8

"Sushi would be great!"



James Niece
Grade 8

"Those mini-pizza rolls are awesome. We should have those."

Walker, Cooley named Fall Athletes of Season

Beth Walker and Mike Cooley were named winners of the fall sports "Athletes of the Season" award at the assembly held November 10, 2006.

Beth Walker

Cross Country

Running sensation Walker placed 41st out of 288 runners at the PIAA state championship on November 4. At the meet, Walker lowered her time from last year at states by over 30 seconds.

The Sayre sophomore was a strong runner all season, according to cross county coach Randy Felt.

"After her freshman season where she qualified for states, there was a lot of pressure to continue her dominating performances," said Felt. "She wasted no time in delivering."

Along the way, Walker set a new course record at Litchfield, helped the team win the Valley Invitational, and earned first team NTL honors. Walker became the first Sayre girl to earn two straight trips to the state championships, Felt noted.

Coach Felt noted the inspirational role Walker has played on the team this season.

"This was the first time in 4 years Sayre has had a full girls team," said Felt. "Beth was a key to helping recruit more girls and was a great role model for them as well."

The girls junior high team had a record of 11-1, Felt noted.

Local sports reporters have referred to Walker as a sensational sophomore, Felt said.

"Rightly so," he added.



Beth Walker

Kim Janosko

Volleyball

Volleyball coach Tom Shay praised the SHS senior for her exceptional play on the court.

"If you have ever seen a Sayre volleyball match," said Coach Shay, "you will have seen number 15 running down balls with reckless abandon. She was the workhorse for our varsity and at times made plays that college coaches would have been impressed by."

Shay noted that Janosko had the highest kill to kill ratio, surpassing all the hitters on the team.

The coach also praised her growth as a leader on the team.

"As a captain, she prepared our team for match play much better this year and I valued her insight on our offensive strategies," Shay noted.

Meghan McClary

Girls Soccer

Girls soccer coach Gary Webster called the SHS senior "an outstanding athlete, student and leader."

As the team's only senior and captain, McClary led the team to District 4 playoff competition.

"She leads with her intense, fast play during games and at practice," Webster said. "She has handled all the team fundraisers and organized team events. She has a quiet personality, but leads with hard effort and focus."

McClary was selected by the NTL Officials Association for the Sportsmanship Award for girls, said Webster.

During her high school career, McClary has played eight different positions from defensive sweeper to strike, said Webster.

"She has lettered four years in a row, been a big contributor to four district challenges, and been a great team leader," he said.

Janine Gorski

Cheerleading

A senior and co-captain of the varsity cheering squad, Janine Gorski has been a cheerleader at Sayre for 6 years.

According to cheerleading advisor Annette Gorski, the SHS senior has continued to improve each season.

"Starting out as a very shy, quiet cheerleader Janine has truly grown over the years to be an outstanding cheerleader, team player and leader," said Mrs. Gorski.

She said Janine takes great pride in representing SHS as a cheerleader and maintains grades that have allowed her to be a member of the National Honor Society for 2 years. She is also involved in numerous community service projects, noted Mrs. Gorski.

FALL SEASON

(Continued from page 4)

Mike Cooley

Football

Senior Mike Cooley, the fall season Athlete of the Season, was credited by Coach Mark Twigg for his leadership—both on and off the field.

"As the starting quarterback for the team, he led by example," said Twigg, "pushing them to give 100 percent every play."

Cooley was also credited with assisting the football program in Sayre by his support of the "Little Redskin" football games, talking to younger players, running the yard markers or keeping score. Cooley and some of his teammates even helped serve dinner at the Little Redskin banquet.

"He understands and has been a part of the positive changes that have been made in the football program," said Twigg.

"Mike Cooley is a fine example of a Sayre athlete," said Twigg.



Mike Cooley

Jeff Moyle

Soccer

Soccer Coach Ed Bustin credits senior Jeff Moyle with helping the team return to District play this season.

"Over the past four years, we have been privileged to watch Jeff's leadership, soccer skill, sportsmanship and overall athletic ability grow," said Coach Bustin. "Jeff has become the ultimate team leader as he combined these skills and used them to help move this team into District play."

Bustin said team captain Moyle was a player who could be counted as to perform under difficult conditions.

"Jeff successfully combined his love for running and soccer, sharing duty on the cross country team, without sacrificing his commitment to the team," said Bustin. "He was often hustling to soccer practice after a cross country meet, and even competing on both team's district competitions on the same day."

One of Moyle's best soccer performances, according to Bustin, was against Muncy in districts within hours of competing for the cross country team.

Joey Hill

Cross Country

In his fifth year of cross competition, Hill was lauded by cross country coach Randy Felt for his hard work and commitment.

"While cross country is a team sport, there is also a lot of room for individual success," said Felt. "That starts in the off-season. Joey spends time in the summer and winter running to keep himself in shape, preparing for the fall season."

Felt praised Hill as one of the team's "quiet leaders" and also one of the team's top performers.

"Because of his hard work, Joey captured several meet victories as a varsity competitor," said Felt.

He was recognized by the NTL coaches by being named as an honorable mention to the NTL all-star team, Felt added.

Josh Rich

Golf

Josh Rich was a large part of Sayre's first NTL golf championship, said golf team coach Scott Taylor.

An NTL first team player, Rich qualified in the first round of the district qualifier at the White Deer Golf Course, Taylor noted.

"He continued his outstanding play at White Deer and qualified 7th in the District 4 to continue onto regional competition," said Taylor.

The SHS senior is the first Sayre golfer to achieve this level of play, Taylor said.

At the regional competition in Reading, Pa., Rich shot an 84 and narrowly missed going to state competition.

(See "FALL SEASON" on page 5)