

No school Monday, October 16

EXPRESS

Produced by the Sayre High School Journalism Class

Friday, September 29, 2006

Redskin Review revived

By Colin Durfee

The Redskin Review comes back this year in full throttle. The auditions for the new review will be held October 3rd. The event itself will be on Friday October 13th, the day before Homecoming.



Former SHS student Kathy Kreh performs in the Redskin Revue from 1972-3. (Archives Photo)

After a few years in a hiatus, Juliana Noone brought the Sayre event back for her senior project. The Redskin Review usually consists of duets, skits, and anything else the participants think of. "I've heard stories about how fun it used to be, and the crazy acts they used to do and I thought it was a shame we didn't have the chance to do it, so I brought it back," said Juliana.

Juliana expects big things for the extravaganza. "When they used to do it, they had a lot of crazy costumes and props," said Juliana. "I hope a lot of kids come out and bring a big variety as well. Even my friends and I are going to do a skit or dance-off."

If the number of students doesn't meet the standards, staff and faculty are welcomed as well, she added.

New field officially open

By Dan Bustin

The Lockhart Street Bowl has taken on a whole new look this year. After being worked on through the summer, the "Bowl" is finally open. The first event was played Friday, September 15, 2006 between the Sayre and Troy girls soccer team. The game went 4-2 in Troy's favor.

The renovations include a new all-weather track, replacement of the athletic field with new sod, and relocation of the scoreboard where the old concession stand used to be. The concession stand won't be installed this year, but the Redskin Club will be selling concessions in the high school cafeteria.

See "New Field" on page 4

Homecoming

October 14, 2006 at 7 p.m.

Girl's Homecoming Court

Kayla Bowman
Kimberly Janosko
Megan McClary
Juliana Noone
Brianna Starmer

Guy's Homecoming Court

Michael Ackley
Mike Cooley
Gavin Farlie
James Kearns
Jonathan Palumbo
Gordon Simonis

English substitute completes assignment

By Shannon Licata

The new school year began like many other years, many new things have begun as well. As most students may know, Mrs. Shoemaker had to take a maternity leave for the first few weeks of the school year. She is an 8th and 9th grade teacher, as well as the yearbook adviser. Filling her position for the first five weeks of school is Mrs. Streeter, a former Troy and Athens long-term substitute.



Mrs. Streeter, a substitute for Mrs. Shoemaker, completed her last day on Friday, September 29. (Photo by Shannon Licata)

Mrs. Streeter was a graduate from Mansfield University in the class of 2004. After she graduated, she began doing long-term substituting in different schools in Bradford County, as well as teaching at Lackawanna College.

While here, she became acquainted with many of students and is finding it difficult to leave.

“It is difficult not to become attached to your students in a long term position. Even though Mrs. Shoemaker is letting me “borrow” them for a few weeks you can not help but make those personal connections.” said Mrs. Streeter.

this was her first opportunity to work in the Sayre School District, she was already familiar with some of the employees such as Mrs. Hickey and Mr. Twigg. Mr. Twigg and her father once worked together so she knew of him. Also, she was the Troy High School’s Forensic coach, so she worked with Mrs. Hickey a few times before.

Out of school, Mrs. Streeter is busy running around her 7th and 10th grade girls. She also has a son attending Emerson College and a daughter attending Mansfield University.

Mrs. Streeter is busy in and out of school and is excited to see what Sayre High School has left in store for her while she is here. Her last day is Friday, September 29.

Mrs. Streeter found the long term job offer in a Daily Review advertisement that her mother-in-law informed her about. Although

Notre Dame fans compete against Penn State fans for bragging rights



Students wore their favorite team’s colors before the Penn State vs. Notre Dame game won by Notre Dame. (Photos by Kim Firestine and Meredith Rogers)

High school weight room gets a big lift with new equipment

By Mike Cooley

At the end of last school year and throughout the summer, our school's weight room has received a big lift.

It went through many changes; for instance, the Redskin Club's storage room was taken out and new equipment was installed in the new space.

Sayre student Gordon Simonis, standout football player, who lifts everyday, likes the equipment.

"The new equipment is nice and smooth and it is easier to use the weights for each different workout," said Simonis.

Money for the new weight room came from donations in memory of Duane Struppler who was always known for being in the weight room.

The new and improved weight room can be used by anyone who would like to work out. The room is open at many different times. It is open during school's Fitness for Life class, and also open on weekday evenings during the fall sports season. Times will change during the winter sports season.



Anthony Villanti bench-presses in the newly renovated weight room. (Photo by Julie Noone)

New chorus teacher hitting right notes at Sayre High

By Juliana Noone

This school year, Sayre High School welcomed a new member of the musical staff. Ms. Jerulli, the school's new chorus teacher, has been teaching piano and vocal for fifteen years in middle and high schools in New York, Long Island, and Alaska. Most recently she taught and directed the choruses in Addison, New York for grades one through five.

Now at Sayre, she "strives for excellence." In chorus, she demands that everyone work their best, but still tries to maintain a fun atmosphere. She plans to teach her students to work as a team to create the best possible sound. She hopes that her students will learn to use their bodies as instruments and surprise others and even themselves.

In her class, she hopes to use music to create relationships that will last a lifetime.

School labs get computer upgrades

By Justin Husick

Many students have probably noticed the technological upgrade for this school year.

Any student who is worried about lunch prices going up because of the upgraded computers can rest easy. The school has a separate budget for technology so the upgrade will not cost students anywhere else. Many of the old student computers have been recycled. The new student computers are the old teacher models. The teachers and the lab in room 237 have brand-new models (27 new Dell computers in the lab).

Some of the new and improved features include all new Microsoft programs, a new set of open office programs, and several multimedia programs such as Flash, Photoshop, and other text and picture editing programs. Problems with the mailing system have also been solved.

Though the computers may feel relatively slow right now, the internet connection is expected to be upgraded by the beginning of October. Once the upgrade happens, "The speed is going to be three times faster than Road Runner," said Mr. Reilly, school librarian.

The Winter's version of The Rusty Rail: The Rusty Rim

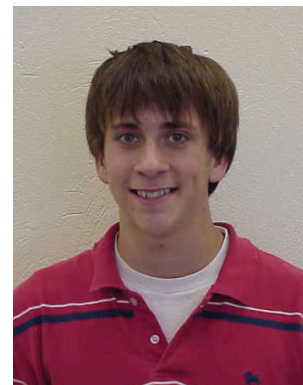
By Colleen Craig

A well-known senior, Michael Ackley, has a unique and well-thought out idea for his senior project.

Mikey's project is to simply create a yearly tradition, like the Rusty Rail, for basketball. He decided to make this his senior project because he loves the rivalry competition between the two Valley schools, and he feels that it will benefit the school for years to come.

Mikey has made the monumental game complete with a blank plaque that every year will be filled with the champion's name. To make the traditional game complete it has to have a strong name, and Mikey has decided to name it "The Rock Between Two Rivers." Not only does it sound powerful and exciting but it also has a deeper meaning. To those interested in basketball you know as the ball being referred to as "the rock," and Sayre is placed in between the Susquehanna and the Chemung River making the competition "The Rock between Two Rivers."

Mikey thinks that it is going to work out great and, "That it is going to make the rivalry much more popular and intense."



Mike Ackley

Redskin cheerleaders ready to roll

By Kimberly Firestine

With football season starting and Homecoming just around the corner, students can bet that the Sayre Varsity and Junior Varsity Cheerleaders are busy working on more cheers, dances and have more enthusiasm than ever.

The squad is made up of six girls on J.V. and eight girls on varsity. "The squad has grown tremendously since the June tryouts, the ability level is continually growing and everyone is working together, as a team," Coach Annette Gorski stated about the success of the squad.

The girls have been constantly trying hard to make every football game as fun as possible. Not only do they raise the spirits on the football team, but they also encourage the spectators to not only get into the games, but also have a positive attitude towards the players and officials.

Throughout the school year, the cheerleaders also hold many fundraisers, including Christmas is For Kids and they help run the Rusty Rail Food Drive, all while working on new activities for the football, basketball and other seasons yet to come.

The Varsity cheerleaders are co-captains Janine Gorski and Katelyn Ciavardini, Erika Junker, Katie Sealander, Emily Husick, Veronica Mitchell, Brea Vought and Kim Firestine. The junior varsity squad consists of Mandy Lyons, Gabriella Sealander, Abby O'Hara, Chelsea Kyle, Sarah Haines and Meghan Porter.

NEW FIELD

(Continued from page one)

The new restrooms will probably be completed next year.

Some new regulations for the field include stricter upholding of the rule that nobody but athletes and coaches are allowed on the field. Students may also notice at football games that the first three lanes of the track are roped off, leaving only the outer lanes for walking or standing during the game.

Another new rule for the field is that no one is permitted to be on the cement walls that can be found at the main entrance of the stadium.

If anyone hasn't seen the Lockhart Street Bowl after it's make-over, they need to get out there and support the fall sports teams in their new home.



Sayre High School junior Jill Ackley, modeling a new band uniform, practices with the band for their performance September 30 in Harrisburg. (Courtesy Photo by Don Skerpon)

Students adapting to split lunch periods

By Meredith Rogers

Some students at Sayre this year are eating their lunches during different periods, every other day. The students are adapting to the odd change.

“It’s hard because, sometimes, I don’t remember which day is which,” said Mandy Lyons, a junior, when asked how she dealt with the split lunches.

The big question, that has students wondering, is: how did the split lunches happen? Mrs. Richmond, Sayre Guidance Counselor, said, “They’re determined by 6th period classes. Biology labs are 6th period, and we didn’t want biology and their labs split by lunch.”

Though they are determined by classes, there is still a negative feedback from some students.

See “Students” on page 6

Sayre students enjoy concerts over the summer

By Kimberly Firestine

Over the summer, there have been many different things to do. Though many would rather go to the beach or travel around the country, or even the globe, for some “family fun,” others would rather save up their money to go see their favorite performers once or twice before the start of the new school year.

Some concerts over the summer were the Vans Warped Tour in Scranton, The Bamboozle Festival in East Rutherford, New Jersey, Hawthorne Heights (with Halifax, Anberlin and Hit the Lights) in Johnson City, and The Click Five (with newcomers Barefoot) in Troy.

Jessica Bentley attended the Vans Warped Tour, felt that it was a “crazy experience”, considering there were over 30 bands throughout the summer tour. Junior Meredith Rogers attended the Bamboozle festival and said that it was “amazing.”

Freshman Rachel Polinski traveled to Troy to see The Click Five, with special guest Barefoot. Polinski stated “I had an amazing time and the concert was unbelievably awesome.” For a ticket that was only twenty-three dollars, you’d expect the band, or bands, to be great, and that’s exactly how Polinski felt they were.

Now that the summer has come and gone, and the new school year has started, some students have already started to save their money to buy their tickets for concerts they will be attending in the summer of 2007. Whether you drive across the country for the Bamboozle Festival or take a short drive to Troy for the fair, it should be yet another amazing time watching your favorite performers.

Wellness policy goes into affect at Sayre

By Chelsea Tracy

Sayre Area School district has put a new Wellness Policy into effect as of the start of the recent school year. Although the students at the high school may not like the sounds of this “no junk food” policy, American children’s obesity rates have gone up for our generation by close to 47 percent. In response to this, the school district organized a Wellness Committee to straighten out the policy and get it intact for the start of the new school year.

This policy states many things but among the details the overall goal of it is to enforce and promote student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. Mrs. Barrett the high school physical education teacher states, “In a healthy school environment, students will learn about and participate in positive dietary lifestyle practices that can improve student achievement.”

This policy is district wide but the state requires each individual school district to develop their own efficient Wellness Policy. Once again, Sayre formed a committee to properly build up this arrangement and it included: faculty and staff, clubs, parents, and the school board.

“The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience,” said Mrs. Barrett.

Due to the policy being relatively new and the course of change being gradual to perfect the policy, not many changes have been made thus far. There is still room for improvement but overall the policy seems to be effective. Some positive changes are being made towards the program; they include the following: the development of a wellness committee which will over see the ongoing development of the wellness plan, the addition of the milk vending machine, the removal of the sugary snacks out of the cafeteria and the addition of more fresh fruit choices, and the placement of hand cleansers in the cafeteria lines to promote hygiene wellness.

Actions to enforce the policy are being taken seriously. The policy was approved by the school board in June. Next, it was sent to the state for approval. From there, the policy was introduced to the faculty at the start of the school year. The overall goal is to introduce changes in nutrition and foods sold on campus gradually through a three-year plan. At the duration of the three year period, the target is to have an improved state of physical activity and nutrition for both students and staff.

Other things taking place hand-in-hand with the Wellness Policy are; BMI (Body Mass Index) measurements were taken last year for K-4, this year for K-8 and next year for K-12, Mrs. Port (Cafeteria Supervisor) has included on the elementary school menu nutritional ideas for families to incorporate into their homes, and Mrs. Jones (Elementary School Nurse) is putting a wellness article in the monthly elementary newsletter.

All in all, the Wellness Positive reaps only positive benefits for the students and children that attend Sayre Area School District. Our Wellness Committee has done an outstanding job brainstorming ideas and enforcing them through grades K-12. The results following the policy should be highly effective and very forthcoming.

STUDENTS

(Continued from page five)

Kim Klimpel, a junior, said, “On even C lunch, it’s just as crowded because everyone switches from B to C.”

Mrs. Richmond’s reply to the negative response, “There are positives, though. Kids get to see new faces, and it’s just like phys. ed. or health – it’s all a matter of getting used to.”

SPORTS

Lady 'Skins soccer team netting victories

By Colin Durfee

The Sayre Lady Redskins, now 6-4-1, defeated Northeast Bradford Tuesday by the score of 3-0. The team, under veteran head coach Gary Webster, is coming off a 12-6-3 record from last year, and hope to have another dominating season. The Redskins have defeated Mansfield, Towanda, Wellsboro, Wyalusing, Waverly and NEB. Sayre also won this year's annual Orange Bowl game against cross-town rival Waverly with goals from Ali Meyer, and Amanda Kyc.

This year's team is led by sole senior Megan McClary, and junior Ali Meyer who has scored over a half dozen goals already. Replacing graduated goalie Irma Brown is junior Megan DeKay, in hopes of creating a few shut-outs.

"I'm pretty confident that well have another great season this year, we have a lot of talent, a big depth chart, and a great coach," said McClary "The team has a very strong work ethic" said Webster. "They have gone through aggressive training and are starting to work well as a team." This season the girls are going to play every game to the fullest in hopes of gaining the NTL small school championship.

Golf team off to an unstoppable start

By Jon Palumbo

The Sayre High School golf team is off to a great start for the 2006 season and are contenders for the league title. The golf team's current record is 45-4! Most sports team's objectives are to win at least half of their games, and the golf team has already surpassed that goal.

Golf co-captain Galen Briggs states that "The golf team is doing pretty good so far, but I think we can do better." Senior Josh Rich is the other team captain. The remaining top six are Brian Osborn, Bruce Osborn, Tyler Seeley and Jon Nagar. The golf team holds their practices at Shepard Hills and is under the coaching of Scott Taylor. Briggs says that the best part about being on the team is that they always have fun.

"We joke around during practices," said Briggs, "but we get the job done."

Redskin football team remains optimistic

By Joshua Rich

The Redskins dropped a 56-13 game to rival Waverly Friday. The Wolverines had a 28-0 first quarter lead. Sayre scored 13 points in the third quarter but still fell short, dropping to 1-4 overall.

The week before, the Redskins played Wellsboro in their first game in the new Lockhart Street Bowl and played their hearts out. The score of the game ended up being 40-26. Junior Andy Podolinski rushed the ball 31 times for 209 yards, had two receptions for 40 yards, and finished his night off with two touchdowns.

"We looked good (last) Friday night," said Podolinski. "Everyone played hard. We just came up a little bit short. The week versus Wellsboro our offensive line deserves most the credit because, without them, our offense wouldn't have been able to go anywhere."

The Sayre Redskins started their football season with a bang by beating Montgomery 27-0. The offensive unit put on a great show in the win. Senior quarterback Mike Cooley went 3 for 6 passing for 62 yards with two touchdowns and 1 rushing touchdown. Wide-out receiver Gavin Fairlie caught the two touchdown passes for 37 yards. Running back Podolinski carried the ball 18 times for 115 yards overpowering defenders with pure power.

This game wasn't just based on offense; the defense was strong, too. Senior defensive tackle Ryan Jarvis had two fumble recoveries and cornerback Anthony Villanti picked off two passes.

After their strong initial showing, the Redskins dropped their next two decisions to Wyalusing and Troy.

Despite the four-game loss streak, the team remains optimistic, according to senior quarterback Mike Cooley.

"Even though we are not having the best luck right now, it has not affected our confidence," stated Cooley.

SPORTS

Boys start strong

By Ryan Knowles

The Sayre Boy's soccer team, fresh off a win over Wyalusing Monday by the score of 5-3, have had a great season so far this year.

At the 6th Annual Liberty Shootout, the Redskins came home with two victories and won the tournament! After a great win, the Redskins were in the finals where the real action was. The Redskins pulled out a hard-earned victory against Montgomery to win the tournament. After a scoreless first half the Redskins dominated the second half with 12 corner kicks but Montgomery goalie Mike Snyder turned away all but one shot from Sayre. In the 10th minute of the second half Max Bennett scored putting Sayre up 1-0. Montgomery wasn't about to go out with out a fight however and Sean LeFleur got the goal as the balls slipped through Bob Witmer's already soggy hands. After scoreless overtimes, it turned into a shootout. An amazing Bob Witmer blocked 3 straight goals which lead the Redskins to a win and the Liberty Tournament trophy.

Coach Ed Bustin was asked a few questions. First, he was asked how the team looked this year and he said that the team looked great and that the team had a lot of juniors, seniors, and even younger talent.

Question two asked him about the game plans for this season. His response was, "WIN WIN WIN!!!"

Coach Bustin was also asked what he thought about the Liberty Tournament. He was very happy with how the team played and was happy to bring home Sayre's third Liberty Tournament trophy.

How does this year's team compare to last year's team?

"We have more experience this year and we are going to be able to substitute players in and out that can all play at a very high level," said Coach Bustin.

Coach Bustin said the goal for the team remains the same as every year and that is to qualify for districts.

Athletes of the week September 25th

Football-

Andy Podolinski

Boys Soccer-

Steve Polinski

Boys X-Country-

Frankie Galizia

Volleyball-

Jessie Kearns (week of 9/11)

Girls X-Country-

Beth Walker

Golf-

Brian Osborn (week of 9/11)

Cheering-

Janine Gorski

Girls Soccer

Megan McClary (week of 9/11)

Cross country team impressive

By Ryan Jarvis

This year's cross country team is looking pretty impressive, especially after their win over Tioga Central on Thursday. The boys won 18-40 and the girls won by the score of 15-50.

In the boys race, freshman Frankie Galizia set a freshman record with a time of 19:10.

Overall, the cross country teams have seen an increase in the number of runners from past years.

"This year is the largest varsity squad I can remember in my five years of being in cross country," said senior Adam James.

Last year Sayre's Jeff Moyle and Beth Walker were both state qualifiers and many people are watching them run this year.

The team kicked off their season against Sullivan County High School.

"Every runner we have is a key to our success," said James. "We have a lot of potential with our underclassmen and our senior leadership is very strong."

The boys' team beat Waverly and girls beat Sullivan County.