

EXPRESS

Produced by the Sayre High School Journalism Class

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Students shine at forensics

Three was the magic number for Sayre forensics students at the recent Unatego Tournament. Three students—Lizzei Crews, Christi Friedrichsen and Kathleen Flenders—comprised the entire Sayre team that earned first place team sweepstakes honors at the tournament.

Crews, a junior, earned first place in the humorous interpretation category and second place in original oratory. Friedrichsen, a freshman, won first place in oral interpretation and second place in the dramatic interpretation category. Flenders, a junior, took fifth place in both oral interpretation and declamation.

In the junior high competition, eighth grader Austin Willis earned a first place in prose and second place in poetry competition. For his high finishes, he also single-handedly earned third place for the Sayre team in the Sweepstakes which takes the top five scores from a school.

REMINDER

Due to snow day changes, there will be school on Friday, March 13 and Monday, March 16.

Donkey Ball!



The Seniors celebrate victory after the recent Donkey Basketball game.



The juniors lost in a close game against the seniors, in a fundraiser sponsored by the boys basketball team.

Photo Poll

If you could change one thing about school,
what would you change?

By Courtney Ilnicki



Dan Weber
Junior

“Longer lunches!”



Jocelyn Goodrich
Sophomore

“We’d get to leave school for lunch.”



Chris Callear
Junior

“No more Saturday detention.”



Janine Krench
Freshman

“I’d give people more time between classes.”



A.J. Robinson
Junior

“We’d get a three-day weekend.”



Nick Coyle
Junior

“Get rid of the PSSA tutorials.”



Devin Shaw
Junior

“I’d put in a senior lounge.”



Mrs. Shoemaker
English teacher

“I would have activity time built into the schedule.”

Junior excels in classroom and beyond

By James Biery

Mark Hedgeland, a junior Sayre High, is very active in both the academic and extra-curricular departments. He is currently taking a number of honors classes and is academically ranked in the top ten of his class. He states, "I enjoy doing labs in Chemistry and doing "GGRRREEEAAAATTT" math problems with Mr. Sikora."



Mark Hedgeland

After the school day is through, Mark enjoys participating in cross-country, wrestling and track. In fact, this fall Mark was a state qualifier in Cross Country, where he participated in the state competition in Hershey, Pennsylvania.

Mark continues his active role in the community by being a member and active volunteer with the Boy Scouts of America, where he recently attained the rank of Eagle Scout.

What does he do in his free time?
"I enjoy a lot of outdoor activities," said Hedgeland. "I like to go backpacking, hiking, canoeing, and mountain climbing. I also enjoy hunting small and large game in and around the area."

Hedgeland states that he would like to attend a College or University to become a doctor, perhaps with a specialization in Oncology, which is the study of cancer. Currently he is not sure where he will start his undergraduate studies but he does have some favorites.

"I like Bucknell, Lehigh, and Cornell universities," he said.

"My biggest role model is my Dad. I look up to him for just about everything."
Mark Hedgeland

Rachel Polinski

By Jennifer Bradley

Junior Rachel Polinski is an active SHS junior both in the classroom and on the athletic field (and court). She recently answered a few questions for this profile.

What are your future plans?

After high school I plan on attending college for medicine and/or music.

What is your favorite type of music?

I like to listen to alternative music.

What activities do you do at Sayre High?

I am involved in many different activities at SHS. I am part of the Girls Soccer, Girls Basketball and Girls Track programs. I am a Drum Major of the Marching Band. I participate in concert, jazz and marching bands. I am a co-President of Student Council and was recently inducted into the National Honor Society. I am part of the chorus program at Sayre, where I sing in the regular concert choir and also in the Crimson Blues.

What is your favorite class?

Chemistry 2 with Mrs. Tracy is my favorite class this school year. The class is fun yet challenging and Mrs. Tracy is an awesome teacher!

What is your favorite sport?

My favorite sport is soccer. I have been playing soccer for a very long time and have loved every minute of it. I love being part of a team, going up against opponents who are favored to win, and beating them.



Rachel Polinski

Alex Lyons

By Sarah Haines

Alex Lyons is one outstanding student at Sayre High School. If you don't know who he is, you probably know his mom, who is the fifth grade elementary school teacher at Snyder.

Alex is a sophomore here at Sayre High School. His favorite class is biology "because it is fun," and his favorite type of music is rap.

Alex is involved in many activities. They include sports, sports, and more sports, which are also his hobbies. He is involved in basketball, baseball, and football.

His plans after high school are to attend Penn State University.

Freshman manages time and keeps her options open

By Mary Fitzwater

Christi Friedrichsen is a ninth grader who is involved in many different school activities.

Christi is in marching band, student council, cross country, forensics, and is also the ninth grade class historian! How does she manage it all and still keeps up the good grades?

“I’m sure you’ve heard this from all of your teachers, but balance is the key,” she said. “You have to make time for school and then do what you please afterwards. HINT: They give you study halls for a reason!”

With a family of six siblings, it is sometimes hard to try to spend time with her family, and also keep up with all her activities.

“There are six of us, so sometimes I won’t be able to attend a practice or they can’t go to a game.... Again, balance!” she said.

Christi is still un-decided about the career she wants to do, and is keeping all of her options opened.

“Teaching sounds fun, but I like photography too,” she said. “And culinary school sounds even better. I’m really not sure. I’ll just have to decide when the time comes.”



Christi Friedrichsen

Sophomore’s life revolves around school and sports

By Cambria Northrup

Dominic Villanti is a sophomore at Sayre High School. His future plans are “to go to a very good college,” says Dom. Outside of school he plays sports, and “hangs wit da homies,” says Villanti.

His life revolves around school and sports, he said. Dom plays basketball, baseball, and football. His favorite sport is basketball.

The boy’s basketball team of which Dom was a member, had a great session and qualified for districts. Dom played guard on the varsity team.

Hannah Robinson

By Terence Meeker

Hannah Robinson, one of the most recognized athletes in the NTL, is known for her hard work and athletic ability.

Sidelined by a knee injury that occurred during the team's championship basketball season, Hannah is managing to stay positive.

"I'd rather be playing, but I tried my best to do everything for our team that I could," she said. "If one of my teammates needed help on something during a game, I tried to give them the same advice I'd give them if I was on the court."

According to several players, Hannah was a great help to their team and everyone had to step it up to be able to go as far as they wanted. The team won the NTL title and earned a trip to districts.

Hannah tore the ACL in her knee and has to wear a brace wherever she goes.

How did she get injured?

"I was driving to the basket and all of a sudden I felt something in my knee pop," said Hannah. The injury was severe enough that she will probably be out of sports until next fall, she said.

"I'm probably going to get surgery," she explained. "The recovery time for an ACL tear surgery is 6 to 9 months. Hopefully, I will be able to do some running in the fall."

She says that she will have to do physical therapy to build strength and get back to sports as soon as possible.

FAVORITES

Favorite Sport: "Basketball"

Favorite Subject: "Math"

Hobbies: "Hanging with friends, playing the piano, playing sports"

Favorite Songs: "Not any favorites but I don't like country music. I like 106.1"

Favorite Movies: "*Pirates of the Caribbean, Shanghai Knights, Love and Basketball, Freedom Writers, Rent, and Remember the Titans.*"

Highlights of Hannah's Career: "28th place at XC States (2007), 27th place at XC States (2008), 20-5 record in basketball, 1st round districts (2007-2008), 19-4 record; qualified for districts, NTL champions (2008-2009)."



Hannah Robinson

Lady Skins' conclude championship season

By Courtney Bostwick

The girls' basketball team had a very successful season. The sophomore-heavy team won the NTL title, the first title in 20 years.

They not only won the NTL Championship, but also took a trip to districts where, unfortunately, they had their fourth loss of the season playing Lewisburg.

The team will lose senior Alyssa Millard. The returning players will be Cortney Prough, Rachel Polinski, Ashley Miner, Megan Kyc, Tara Banfield, Hannah Robinson and Ruby Wolcott.

The Lady Redskins, under Coach Bill Trump, concluded their season with a 19-4 record. The girls were 11-1 in the NTL ahead of second place Wyalusing (10-2).



The team, with coaches Matt Stroup, John Cheresnowsky and Bill Trump, celebrate their recent NTL title.

Swimmers make waves in districts at Bucknell

The girls and boys swim teams made an impressive showing at districts last week. The boys, led by Doug and Mark Hickey, Josiah Douglas, Alexander Porter and Frankie Galizia, earned a 9th place finish with 81 team points. Bloomsburg was the top team finisher.

The girls placed 10th overall behind powerhouses Danville, Lewisburg and Central Columbia. Athens was sixth. The girls were led by Mackenzie Gay (4th in the 100 yard backstroke), Kate Schrader (11th in 100 yard butterfly and 16th in the 100 yard backstroke), and Alexandra Middlebrook (21st in 50 yard freestyle and 20th in the 100 yard butterfly)

For the boys, the 200 yard medley relay of Doug Hickey, Josiah Douglas, Mark Hickey and Frankie Galizia placed sixth.

Douglas placed 15th in the 200 yard freestyle and 10th in the 100 yard butterfly.

The relay team of Mark and Doug Hickey, Frankie Galizia and Alexander Porter placed 7th in the 200 yard freestyle relay.

Porter placed 17th in the 200 yard IM

Galizia also earned a 21st place finish in the 50 yard freestyle and was 24th in the 100 yard freestyle.

Mark Hickey placed 13th in the 100 yard butterfly and 9th in the 100 yard breaststroke.

Doug Hickey placed 17th in the 100 yard freestyle and 10th in the 100 yard backstroke.

SPORTS

Wrestlers coming off best season in years

By Zach Northrup

Sayre wrestlers finished up a good season with a win against Northeast and a strong showing at Sectionals Saturday. Isaac Ammerman, wrestling in the 171 pound weight class, was the only wrestler who went to districts.

Overall, the Sayre wrestlers had a very successful season, tying for small school NTL champions with Canton. The team ended with seventeen wins this season, surpassing last year's win total by four.

"This was the first year in a long time that there was someone to wrestle in all weight classes," said senior Isaac Ammerman.

The Redskins were lead by Ammerman who went 26-3 and Richie Villanti who went 14-0 in an injury-plagued regular season. They also received very good seasons from Mark Hedgeland, Travis Ruvolo, Jesse Buck and Zack Keir, who all finished with more wins than losses.

Boys basketball team wraps up winning season

By Courtney Bostwick

The boys' basketball team took a trip to districts and unfortunately ended the game with a loss to Mansfield.

Some of the team's season highlights were the win over Towanda by a large margin and the win at Wyalusing.

Taylor Skerpon, sophomore and point guard on the varsity team, is already eager for the next season.

"Personally, I am very excited for next year's season for many reasons," he said. "Even though we lose star player Tim Romanowski and forwards Nick Malorzo and Kyle McCabe, we have a lot of talent returning next season. After our loss in districts, our coach said to us that we doubled our win total from the previous season. Our goal for next year is to do the same, double this year's win total," Skerpon states.

The overall record for the boy's was 12-11 and they placed 6-6 in the NTL.

"Personally, I am very excited for next year's season..."

Taylor Skerpon