



EXPRESS

Produced by the Sayre High School Journalism Class

Friday, April 16, 2010

Exploring careers



Chris Whittaker, Sayre HS senior, stands with his mother, Marsha Romberger, an ICU nurse at Guthrie Clinic, who presented at Wednesday's Career Day. (Photo by Cambria Northrup)

By Cambria Northrup

On Wednesday, March 31 Career Day took place at Sayre High School. The first three periods of the school day consisted of students attending the careers that they

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

By Mikaela Hyjek



Emily Garrity
Seventh Grade

I would replace the stairs with escalators.



Mr. Snyder
Substitute teacher

All those with perfect attendance would receive a free monkey.



Shelby Darrow
Ninth Grade

I would make it so there was less drama and fighting.



Katie Fishman
Sophomore

We would be able to get on YouTube and MySpace on the school computers.



Angelica Frantz
Freshman

We would be able to text in class.



Kayla Barton
Seventh Grade

I would change it so the school had a lacrosse team.

Seniors counting down

By Aaron Voelker

As the final marking period of the 2010 school year begins, the seniors are getting anxious and who could blame them? The seniors will be departing for their class trip to Virginia Beach, Friday, April 23, promptly at 4:30 a.m. They will return to the Sayre area around 11 p.m. Monday, April, 26. The class of 2010 will be taking a charter bus to and from their beach front destination.

As of now, about 45 seniors are attending the trip to Virginia. Along with those 45 students will be 5 chaperones including; Mrs. Guiles, Mrs. Nobles, Mr. Handrick, as well as Mr. and Mrs. Brandt. Accommodations for rooms have also been finalized, with each senior being given a chance to pick roommates; each room will have up to four students. Individually, the trip costs about \$489, not to mention the need for money upon arrival to Virginia.

After the class will depart on Friday, they will arrive in Maryland at Six Flags America around 11 a.m. After a fun filled day at the park, the seniors will return to their hotel for the night. That next day, breakfast will be served at the hotel. From there, they will board a cruise ship for the Dolphin Cruise, followed by a free day on the beach. Later that night, the seniors will make their way to the Warriors Mongolian Grill for a night of feasting and festivities. On Sunday morning at around 10 a.m., the seniors will have a combination kayaking and free beach day. After that, they will be leaving Virginia Beach for the evening to embark on a Dinner and Dance Cruise on the Spirit of Norfolk. After a long day of adventure, things will settle down back at the hotel on the beach front. On Monday the 26th, SHS seniors will be departing the Virginia Beach area and returning home.

On the way, they will stop in Washington D.C. for a chance to visit the capital. The senior class is due back Monday night around 11 p.m.

Senior Trip Itinerary

Friday, April 23

4:30 a.m. departure from Sayre High
Arrive at Six Flags America, Largo, Maryland at 11 a.m.; leave at 4:30 pm
Check into Best Western Ocean Front hotel at 8 p.m.
Catch some Zzzzzz's

Saturday, April 24

Around 10 a.m. we will board an ocean liner for a "dolphin cruise"
Noon til 5:45 FREE BEACH DAY
Have dinner Warrior's Mongolian Grill

Sunday, April 25

10 a.m. Have a blast Kayaking before another free day at the beach
6:30 p.m. Leave Virginia to Board the Spirit of Norfolk for a Dinner and Dance Cruise at 8 p.m.
Return to hotel at 11:30 p.m.

Monday, April 26

Depart from Virginia Beach at 9 a.m
Arrive in Washington D.C. at 1 p.m.
have either free time at the National Zoo, visit the Capital Monuments or visit the Smithsonian Museum.
Return to Sayre at 11 p.m.

Prom readying red carpet at the LOOM

By Karlee Kenney

This year's junior-senior prom should have a fun, unique feel. The theme for this year is "A Red Carpet Affair." The prom will start at 7:30 pm on Saturday, April 17th and will end at 10:30 pm.

The dance will be held at the LOOM in Waverly. However, due to the New York State law that restricts junior license holders from driving past 9 p.m., the juniors and administration came up with a solution to be able to use the venue instead of holding it in the cafeteria. The solution to this problem will be complimentary transportation in the form of a shuttle bus from the high school to the LOOM and back to the high school following the dance. The bus will leave the high school at approximately 7:20 pm.

According to Joseph Licata, junior class president, the class wanted to have the prom in a different location to set it apart from previous years when it was held strictly in the cafeteria, and the LOOM fit the criteria. Tickets are on sale and will cost \$15 for singles and \$25 for couples.

Forensics team sending three to nationals

By Emily Stetz

Forensics is making great progress this year by sending 3 students to nationals. The national qualifiers are Christianna Friedrichsen who took a 1st place in Dramatic Interpretation at districts, Elizabeth Crews who got 2nd place in Original Oratory and Austin Willis who took 2nd place in Humorous Interpretation.

Other participants at districts were Sarah Dibble-3rd place in Dramatic Interpretation, 1st alternate at nationals, Sarah Polinski-3rd place in Humorous Interpretation and 1st alternate, Kathleen Flenders-2nd place in Congress and 1st alternate, Alex Middlebrook and Angel King.

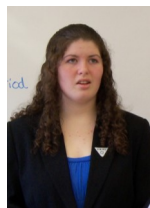
Sarah Flenders, a member of the forensics, is very proud of her team.

"It seems to be easy for our school to win trophies. We work hard to improve our speech every day," Flenders said.

But even with all of the trophies, it takes a lot of hard work, effort and dedication.

"Districts and nationals are hard," she said. "They judge differently and it is really nerve racking to know you might not make it to the next round."

Nationals are to be held in early spring.



Lizzei Crews



Austin Willis



Christi Friedrichsen



EXPLORING CAREERS

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were given. The first session took place from 8:30 to 9:05, the second session took place from 9:10 to 9:45, and the last session took place from 9:50 to 10:24. Each student was given a list of careers where they were able to pick their top five choices from a list of thirty-seven. Career options ranged from music to military. Other options were pharmacy, creative writing, mechanics, chemical engineering, education, law enforcements, nursing, optometry, sports journalism. Web design and photography. Students from grades seven through twelve participated in this event organized by Mrs. Becky Horton of the Career Development Council. This day was meant for students to learn about the career opportunities that they may or may not know. It also provides students with helpful information and knowledge about possible future career options.

The representatives provided the students with information about their jobs, salary, education, skills needed for the job, the subjects that are important for them to take in high school, and training.

The Sayre business and professional community has been very supportive about participating in Career Day. Snyder Elementary, Webster Construction, Fashion Bug, and Guthrie Clinic were a few of the participants in this event.

There were many ways in which students were taught. Some students were just talked to and given papers about colleges, pay, and job opportunities. Others would learn from a Power Point presentation. Some representatives video-taped what they do at a job and showed that to students. Another way was with hands-on learning such as Occupational Therapy where they passed around braces and x-rays to show students what is that they do for their job.

The overall day was a great success for many students at Sayre High School.

“I feel that Career Day was a tremendous success,” said Mrs. Horton. “The presenters commented on how attentive the students were. Many of the students asked if they can do a job shadow with presenters they heard from. Other students mentioned new things they heard from the various career day presenters.”

Career Day has a huge impact on the students in high school.

“Students get to learn more about careers such as the education required, training, advancement opportunities, and job openings,” stated Mrs. Horton. “It is always best to learn from professionals in the field verses reading about careers on the internet or in books.”



Tim Wagner, left, occupational therapist from Guthrie, stands with a Guthrie intern at Career Day. (Photo by Cambria Northrup)

“Pete the Trainer” helps athletes get back in action

By Kacey Ammerman

Most Sayre students, especially the athletes, know Peter Howell. He is the high school’s athletic trainer, and is known most by students as “Pete the Trainer.” Pete is a certified athletic trainer and is licensed in Pennsylvania and New York. However, there is a lot more to Pete than just taping skills and a great sense of humor.

Pete was born and raised in California, and attended various colleges in the Golden State, and in other states such as Ohio and Pennsylvania.

“Seeing America by college campus is kind of interesting,” said Pete. “I thought that a small school would be great for me. I found out that a large school was much more to my liking.”

Pete got his bachelor’s degree in Physical Education and Athletic Training at California State University in Northridge, graduating from there in 1987. He then did some graduate work at Shippensburg University in Pennsylvania.

“I became an athletic trainer because I love sports and studying the human body,” said Pete.

Pete, who has worked on the high school, college, and professional level, has also worked for Shippensburg Area School District, the Baltimore Orioles in their minor league system, and Guthrie Health in Sayre.

“You better be prepared to work,” Pete advises seniors. “The world is a tough place right now. Nothing is given to you. You’re going to have to work your fanny off.”

“My favorite sport, by far, is professional baseball,” Pete commented, “Once you’ve been at the highest level possible, nothing else compares to it.”

Even though seeing the athletic trainer usually isn’t a good thing for an athlete, Pete’s great sense of humor makes the experience a lot better.

“He’s a funny guy,” stated Kim Firestine, a member of the softball team.

Pete is married, has three kids, has been a great influence and also has shared much wisdom to the student-athletes here at Sayre High School.



Pete Howell

Through Guthrie, Pete has worked at Owego Free Academy, Troy Area High School, and now at Sayre Area High School. He has lived in thirteen different places so far in his life, and has worked with a lot of now famous athletes, for example Javier Vasquez, who plays for the New York Yankees.

“The best part of the work day is that I get to watch sports,” said Pete, “but that’s also the worst part because it sometimes isn’t very good. So, it’s a double-edge sword.”

Sayre FBLA working for a cause

By Frankie Galizia

The Sayre Area High School Future Business Leaders of America (FBLA) has been at work recently continuing to help make a difference within the school and the community. FBLA is planning two upcoming events that will be held in April, in which everyone is invited and encouraged to participate in. The entire event has been named the Honda Spring Fling, with the Williams Auto Group serving as the sponsor for both events.

The first event will consist of a spaghetti dinner which will be held at the SHS Cafeteria on Friday, April 16th from 5-8 p.m. The cost is \$3 for children 13 and younger and \$5 for adults and those 14 and older. The dinner will include: spaghetti with sauce, rolls, salad, dessert and beverages.

The second event will consist of the Honda Spring Fling 5K Run and Walk to be held on Saturday, April 17th in front of the Sayre Theater. Registration will begin at 8 a.m. and the 5K run/walk will start at 10 a.m.. The cost for registration is \$10 for individuals or \$20 for a group of 4. Registration forms can be found at www.williamshonda.net or www.williamsautogroup.com. All proceeds from this year's fundraisers will help to benefit the Penn-York Habitat for Humanity.

Calendar

April 12-16th- Reading & Math PSSA (7th, 8th & 11th graders)

April 17th- Junior/Senior Prom at the LOOM in Waverly

April 19-23rd- Writing PSSA (8th & 11th graders)

April 23-26th- Senior Class Trip to Virginia Beach

April 26-30th- Science PSSA (8th & 11th graders)

May 6th- Top 10 Banquet at Best Western Inn, 6 p.m.

May 10-11th- 4Sight Testing

May 20th- Junior High Awards Assembly, 2 p.m.

May 25-27th- Senior Final Exams

May 25th- NTCC Awards Presentation

May 26th- Senior Class Banquet, 5 p.m.

June 2nd- Awards Night, 7 p.m.

June 3rd- Baccalaureate, 7 p.m.

June 4th- Graduation, 7 p.m.



EXPRESS

By Molly Hartman



Molly Cole, sophomore

Favorite Soft Drink: Mountain Dew

Favorite Magazine: Anything that is about music, Ryan Tedder or any of my favorite bands.

Least Favorite Sports Team: Boston Red Sox

Least Favorite Candy: Gobstoppers & Whoppers

Favorite TV Show: *NCIS & Phineas and Ferb*



Austin Willis sophomore

Favorite Soft Drink: Strawberry Coolatas

Favorite Magazine: "I don't read magazines. I would rather read books."

Least Favorite Sports Team: Miami Dolphins

Least Favorite Candy: Almond Joy

Favorite TV Show: *That 70's Show*



Lizzei Crews, senior

Favorite Soft Drink: Dr. Pepper

Favorite Magazine: *Psychology Today*

Least Favorite Sports Team: Pirates

Least Favorite Candy: Twizzlers

Favorite TV Show: *Criminal Minds*



Cody Bentley, senior

Favorite Soft Drink: Arizona Arnold Palmer

Favorite Magazine: *National Geographic*

Least Favorite Sports Team: Philadelphia Eagles

Least Favorite Candy: peppermint patties

Favorite TV Show: *Malcolm in the Middle*

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Where do you see yourself in 5 years?

By Amanda Merrill



Michelle Bergquist

Living with my dog Bailey in Florida working in the ocean with sharks as a marine biologist.



Sydney Deprimo

I see myself in college and having a job.



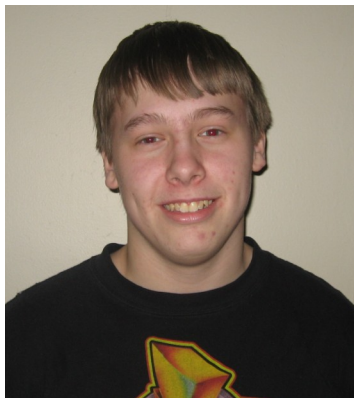
Lizzei Crews

In 5 years, I see myself as a graduate from Kutztown University and enrolled in grad school at Wilkes University.



Cody McNaughton

As a successful business man, climbing the corporate ladder.



Ross Willmot

A new college graduate, packing my bags and preparing the trip to California to study at Stanford.



Kc Sterpe

In 5 years, I see myself finishing college with my nursing degree and starting my life on my own officially.

Track and field team sprinting/jumping through the season

By Jessica Payne

The Sayre track team is having a competitive season so far with many newcomers. The team had a lucky break starting out the season with warm, sunny weather; unfortunately, it didn't last very long.

At the Mansfield Invitational held Saturday, the girls finished sixth overall while the boys finished 12th. Individuals efforts included senior Michelle Bergquist's record-setting throw in the javelin. She set a new school record with a throw of 112-1 for first place. She also earned a second in the discuss. Lisa Bruer captured second place in the shot put while Amanda Merrill was third in the triple jump.

On the boys side, Scott Beeman had a third place finish in the 400. Sophomore Jesse Dagutis finished fourth in both the 100 and 200 meter dashes.

The teams have several meets coming soon and have finished weeks of conditioning and training to prepare for the season. Conditioning is intense training to get ready for practice.

"I can definitely speak for a lot of people when I say we came out of conditioning week feeling really sore!" said Bergquist.

March 30th was scheduled to be the first meet but, because of weather problems, it was postponed to March 31st. This meet was a tri-meet away against Wyalusing, Northeast Bradford, and Hughesville. Jesse Dagutis won 3 first place finishes and a second while Scott Beeman also earned an a first place finish.

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Varsity softball team working hard to improve

By Cambria Northrup

The girl's varsity softball team, working day-in and day-out to improve their record, scored an impressive 10-8 win over Liberty on Saturday.

Kendall Martz led the Lady Redskins with three hits, including a double and home run while Ruby Wolcott had a double, triple and four runs batted in. Ashley Miner pitched for Sayre, recording four strikeouts and allowing just three hits.

With only 15 team members, eight of them returning starters, most of the players are pulling double-duty for both the JV and Varsity squads.

"It's been tough with a small number of players," stated senior Kimberly Firestine, "but we're working really hard and trying to get some wins."

The team dropped a 15-0 three inning loss to Galeton in the season opener.

"As long as we keep our attitudes up and just keep improving like we have been, we should be able to pull off a decent rest of the season," noted Firestine.

The team is coached by Chris Cooney, David Ayers, and Andrew Hickey.

Junior high athletes recognized



Matthew Harford, left, Seth Murrelle, Jessica Lowman and Haley Nordin were recognized at the junior high sports assembly as part of a junior high athlete recognition program.

TRACK

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The team has three invitational meets, including one at Bloomsburg.

"It'll be exciting to travel to the Bloomsburg Invitational because of the many diverse schools that go," said Bergquist. "Many of them we've never competed against so there's a range of talent. So who knows? Anyone could place."

There are always new freshmen to the sport and, this year, many other grade levels tried out as well, Bergquist noted.

"For some reason, there are always more boys than girls," she added.

Everyone was given two weeks of practicing to try the many different events so they could "find their niches," said Bergquist.

SPORTS

Boys continue winning ways

By Kimberly Firestine

Last season, the boys' varsity baseball team took the title of District IV Class A champions, defeating Canton High School by a score of 3 to 0. This was the team's second championship in a row, and there are high hopes from the players, coaches, and even the fans, for a threepeat.

"We're definitely going for another District 4 title," stated senior and starting pitcher, Joey Antonetti. "We just have to keep playing the way we have been, and hopefully it's enough."

On Saturday, Sayre handed Elkland a 15-7 thumping behind the strong hitting of Antonetti, Nick Skerpon and Alex Lyons, who had a big grand slam home run in the third inning.

In their season opener, the Redskins mustered up enough offense and defense to take an 8-7 win over home standing Galeton. Since then, the team has defeated Blue Ridge, Elk Lake, and Mansfield High School.

Antonetti said the Troy Trojans look strong this season.

"Troy is definitely the team to beat," noted Antonetti. "They always have a very good and tough team."

The team is coached by Kyle Raupers and Dustin Jackson.

SPORTS

Sayre names winter athletes of the season

By Madison Harford

Juniors Elizabeth Higley and Taylor Skerpon won the winter athlete of the season award, as both students were recognized for their exceptional leadership and teamwork on the basketball court.

“Athletes are nominated by their head coaches based on leadership, effort, sportsmanship and athletic ability,” stated athletic director Dana Twigg,

“The nominees are put in male and female categories along with a detailed biography of their season accomplishments and are voted on by all head coaches for that season. They receive 5 points for their first choice, 3 for their 2nd choice and 1 for their 3rd choice. Totals are taken and the winner in each category is selected as the “Player of the Season.” In the event of a tie, votes are taken from the principal and, if needed, the athletic director to select a winner.”

Both Higley and Skerpon have been given the award previously. Higley received the award for basketball in her sophomore year and Skerpon was presented with the award this past fall for soccer.

“The award is intended to bring recognition to those athletes who demonstrate high qualities of student and sportsmanlike behaviors to have them viewed as role models to the rest of their team, the school, and community, said Twigg.

This season Higley mainly focused on improving her guard play and three spot while Skerpon focused on attacking the basket and setting up scoring opportunities for other players. Higley’s dedication paid off as she managed to set a record for “most points scored in a game.”

Both Higley and Skerpon are looking forward to their final year as SHS athletes, and hope to keep improving their teams until the end of their high school careers.



Elizabeth Higley, left, and Taylor Skerpon were named Sayre’s Winter Athletes of the Season during an assembly held in the high school.