



THE GROVE GAZETTE

Selinsgrove Area High School Student Newspaper

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The Return of Japanese Friends and Companions to Selinsgrove

By Dan Napsha

Since 2002, Selinsgrove High School and Senshu University High School in Tokyo, Japan have participated in a cultural exchange program in which students from both schools trade places for an immersing experience.

Started as an offshoot of the Susquehanna University's Global Opportunities Japan Program, the relationship between Selinsgrove and Senshu connects peers leading totally different lives.

Contrasting to Selinsgrove, the Senshu School is a private high school located in one of the most populous cities in the world, Tokyo. Unlike traveling on an American school bus, the Senshu students take multiple train rides and walk long distances across the city to get to school each day.

Their school building is three stories tall; it includes grades 10-12, with about 300 students in each class. As opposed to our block scheduling, they have seven classes a day, each fifty minutes. All of their extra curricular activities are after school, and many times the Selinsgrove High School students who were visiting did not leave the school until 7pm each night.

However, the cultural differences make the Japanese exchange program worthwhile. It's not just an educational learning experience, "it teaches you to be humble and appreciative for what we have," as Mr. Edwards pointed out coming back from his trip last school year.

Talk to anyone who participated in the program in the past from our school and they will tell you about the experience. "I would go back in a heartbeat. It was an amazing trip. I loved it," said senior Michael Wolever, who visited Japan this past fall. It is one of the best ways for a student at Selinsgrove Area High School to widen their perspective of the world.

Each November, Selinsgrove students visit Tokyo. Japanese students come to Selinsgrove every March. If interested in participating in the program, visit the Guidance office to find out more information for next year.



Selinsgrove students who visited Senshu University High School in Japan last November. From left to right: senior Rachel Daku, senior Desha Reinard, sophomore Paige Hepner, seniors Michael Wolever and Anne Coyne, junior Johanna Kantz.

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The *Grove Gazette* is a student organized newspaper. If you are interested in working for the *Grove Gazette* as a writer, editor, cartoonist, or photographer, please join us during the first half of lunch on Tuesday, April 7, 2015 in Room 222 for our next meeting. You can also email Mr. Switala at wswitala@seal-pa.org if you cannot make the meeting.

Exchange Program Dream is Realized

By Markie Reiland

On March 18, 2015, six Japanese students and two of their teachers arrived in Selinsgrove from Senshu University High School in Tokyo, Japan.

Most students came in hopes of developing their English skills, which they have been practicing since seventh grade. Some came to experience a new culture and a different way of life. Each student was asked their reason for coming to America with the exchange program, and they shared with the *Grove Gazette* whether or not they found what they were looking for...

Haruka Nishioka, who is a sophomore at Senshu, said she came to the United States because her dream is to be a lawyer, "so I want to study English," she says. Haruka is currently staying with sophomore Markie Reiland. In addition, Haruka possesses dual citizenship. She was born in Seattle, Washington. Her father wants this trip to help her decide whether she wants to be an American citizen or Japanese citizen, since she must know by her twenty-second birthday.

Chizuru Nakagawa, a sophomore staying with senior Anne Coyne said she came to America "to develop my English." Miki Tajiri, who is also in tenth grade, agreed, saying, "to study English and meet

Rachael." Miki's host sister is senior Rachael Daku.

Junior Natsumi Fukaya, who is staying with junior Honoria Krause, gave her reasoning for coming to America. "To make many friends, and I like American music."

"I like the English language and I want to learn a different culture. I'm interested in America," said Haruna Hiraki, who is in tenth grade and staying with sophomore Paige Hepner.

Naoki Tamara is a sophomore at Senshu and the lone male student to cross the Pacific to visit Selinsgrove. His host brother is Luke Beaver, a junior. Naoki

shared his reason for traveling abroad by saying, "I want to speak English well. I want to know American culture."

All students agreed that their English has improved from being around English-speaking people. By staying with their host families they have soaked in some American culture. Additional exposure came when they visited Washington, D.C. on March 23 and an Amish farm on March 25. They have met many new people and will continue to make friends in the States until their return home on March 28.



Photo by Anne Coyne

Senshu School students (From left to right) Haruna Hiraki, Natsumi Fukaya, Haruka Nishioka, Chizuru Nakagawa, and Naoki Tamara watch Selinsgrove sophomore student William Lapatina perform magic tricks at the student council conference.

Student Council Hosts District Conference

By: Savanna Foor

For the past year the Selinsgrove Area High and Middle School Student Councils have been preparing to host the 63rd annual District 7 (Selinsgrove to the New York border) Conference which took place from March 20th through the 21st.

At the beginning of the school year, Mr. Edwards, the High School Student Council Advisor, put together multiple

committees to cover the main areas of the conference. Nearly every member of the council had a special role in the preparation.

Area schools started filtering on to the campus starting Friday afternoon and were greeted by Selinsgrove Student Council members who engaged them in ice breaker activities. The day was mainly

Student Council Hosts Conference continued

consumed by general sessions and public speakers, including Selinsgrove alumnus and field hockey Olympian, Kelli Smith-Puzo. Students were given information and advice on how to being good leaders. These powerful public figures offered a chance for the members to see themselves as leaders in the future, based on their leadership roles now.



High School Student Council Officers: Seniors Tommy Lamont, Laura Long, and Kaitie Rice at the conference Friday afternoon.

Generous families from around the area provided homes for the delegates to stay in while at the conference. A dance was hosted at the middle school on Friday night for all of the members and students whose families hosted students.

Future Leaders Involved in Training

By Nathan Moyer

Six of Selinsgrove's future leaders traveled to Harrisburg on March 15-18, 2015, to participate in one of the largest state leadership gatherings, the State Legislative Leadership Conference (SLLC), where they joined over 500 students from around the state to learn and practice crucial leadership skills as well as governmental procedures.

Upon arrival, junior Kevin Dressler and sophomores Nathan Moyer, Hannah Ross, Alyssa Landis, Kayla Shaffer, and Michael Huggins were divided into House and Senate groups and then into Majority and Minority teams. The first day of the conference consisted of learning about proper etiquette, proper parliamentary procedure, and how bills are put through the legislature.

After learning parliamentary procedure, Alyssa said, "I'm excited to bring these skills back to the chapter and create a parliament team for the competition." The students also practiced these skills at dinner and in mock meetings created in their groups. Similar to the real Congress, students made motions, amendments, and practiced as if in the actual House or Senate. The students experienced how long it can take for bills to be passed and why the government can run slowly at times. The final caucus meeting of the night concluded after 10:30pm. After the meeting, reflection was held for thirty minutes.

Saturday morning consisted of a general session with guest speaker Peggy Chamberlain, who offered words of motivation and spoke about setting high goals for yourself. Workshops then took place at the high school. Students, in pairs of two, set up in classrooms for a 30 minutes "workshop".

Students were assigned rooms to go to and once there, got the chance to meet new people, while sitting in on an informative session based on the presenters' choice. Lunch was held at the *China House Buffet*. The Tolerance Troupe also performed a skit, to inform the students about by-standing and the effects of bullying.

The conference could not have been possible without the guidance of Mr. Edwards, Mrs. Ritter, and Mr. Beitz. The District 7 Advisor of the Year Award was given to Mr. Edwards, who won due to his generous and determined nature.

General session committee head, Emily Johnson, spoke about her positive experience this weekend, "My favorite part of this weekend was being able to be the head of a committee and interact closely with both the council members and the delegates that came to our school."

Monday began early for the students with breakfast being held at 7:00am. Directly after breakfast the students attended another caucus meeting and general assembly. There, the members worked with two additional bills that were presented to them.

In the afternoon, Selinsgrove's six students excitedly boarded the bus and headed to their community service sites. Selinsgrove students volunteered at the Union firehouse in Carlisle. This firehouse is one the oldest in the nation. While there, the students cleaned the museum inside, fire engines, surrounding rooms in the building, and had fun along the way.

Story continued on Page 4



Photo by Curtis Swineford

SLLC Student representatives pause on the steps of the Capital Building (top to bottom, left to right) Junior Kevin Dressler, Sophomores Alyssa Landis, Michael Huggins, Kayla Shaffer, Hannah Ross, and Nathan Moyer.

Future Leaders Involved in Training continued

After all the work was done, Alyssa and Hannah volunteered to try on the fire-fighting gear. The students were not the only people having a good time while there. Advisor Mr. Swineford couldn't resist polishing up the two vintage fire trucks in the museum and learning about the history of the firehouse. When the students arrived at the hotel after dinner, they couldn't wait to attend the graffiti dance. They had a great

time dancing to popular music and signing fellow FFA members' shirts.

Tuesday also made for an exciting day. It began with a buffet breakfast with dozens of Pennsylvania's Legislatures. The students enjoyed interacting and discussing agricultural topics with local Representative Fred Keller. After breakfast, Rep. Keller escorted the students to the capital building and gave them a tour of the capital.

Blue Ribbons Earned by FFA Members

By Nathan Moyer

On March 3, 2015, several Selinsgrove students participated in the annual National FFA Organization SUN Area Public Speaking Career Development Event (CDE) hosted at Susquehanna University.

These students participated in five different competitions consisting of Creed, Junior and Senior Prepared, Extemporaneous, and Conservation. The students began practicing two weeks prior to the competition which appears to have paid off in every area.

Creed Speaking consists of reciting the FFA Creed by E. M. Tiffany and answering a series of questions related to the Creed and is limited to first year members only. The students are judged on the amount memorized of the five paragraph creed, their presentation skills, and the quality of the answers to the questions. Three freshmen participated in this contest. John Merroth received 3rd place and a blue ribbon. John said after the contest, "I'm happy I moved on but I need to practice more if I'm going to move past regionals." Jacob Dock received 5th place and a red ribbon. Addie Lannan received 7th place and a white ribbon.

Junior Prepared Public Speaking consists of students writing a 3-5 minute speech, presenting it, and later answering questions related to their speech. Junior Prepared is an introductory contest to Senior Prepared and is only open to first year speakers. A total of four sophomores participated in the contest, writing on diverse topics. Hannah Ross spoke about horse nutrients and received 3rd place along with a blue ribbon. Michael Huggins wrote his speech on GMO's, receiving 4th place and a red ribbon. Callie Heimbach chose the topic of dairy advancement, receiving 6th place and a red ribbon. Kayla Shaffer, whose

speech was about mastitis prevention, received 8th place and a white ribbon.

Senior Prepared Public Speaking is a step above Junior Prepared. The students who participate in this contest must write a 6-8 minute speech and answer a series of questions related to their topic. Sophomore Nathan Moyer, who spoke about reptile derived pharmaceuticals, received 2nd place and a blue ribbon. Sophomore Liz Perkinson had the topic of food waste and received 5th place along with a red ribbon. Sophomore Alyssa Landis wrote her speech on world hunger. She received 6th place and a red ribbon. Junior Alexis Kline, whose topic covered rabbit sounds, received 7th place and a white ribbon.

Extemporaneous is a contest that contains several components. The students are given a topic related to agriculture to research. In the contest, the students are given 30 minutes to take notes from resources and prepare a 4-6 minutes speech on the topic. Junior Kyle Sassa-

man received 2nd place and a blue ribbon. Kyle said with a smile afterwards, "I'm surprised I did that well, but I'm looking forward to the regional contest." Junior Kevin Dressler received 4th place and a red ribbon.

Conservation is a contest related to Senior Prepared. The students choose an agricultural topic related to conservation, write a 6-8 minute speech, and answer questions related to their topic. Senior Anne Coyne, whose topic was bee conservation, received 1st place and a blue ribbon. Kevin Dressler, who spoke about nutrient management, received 7th place and a white ribbon.

All five of the students who received blue ribbons are travelling to the regional contest in April held at the Pennsylvania College of Technology.



Photo by Curtis Swineford

Selinsgrove's Public Speakers for the 2015 SUN Area contest (from left to right, back to front): Sophomore Michael Huggins, Freshman John Merroth, Sophomore Nathan Moyer, Sophomore Liz Perkinson, Sophomore Alyssa Landis, Freshman Jacob Dock, Sophomore Hannah Ross, and Freshman Addie Lannan.

Oh, the Places You WANT to Go...

Nia Thomas

In light of the visit by the Japanese guests, many Selinsgrove students have “traveling to other countries” on their mind and were surveyed by the *Grove Gazette* about their desire to travel.

One hundred Selinsgrove students, who never traveled outside of the country, were asked, “If you could travel anywhere outside of the United States, where would you go?” The top five responses were:

In fifth place, **Canada** sneaks onto the list. Visiting Canada is the easiest destination for people who want a European feel, but don't want to go far from the country. The top five places to visit while in Canada are:

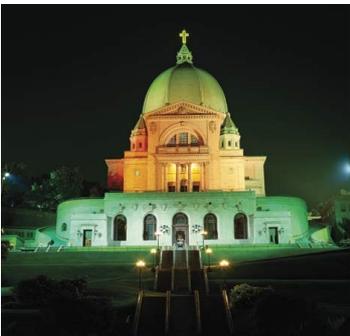
Downtown Montreal, a perfect mix of the old and the new for those looking for a foreign urban experience.

Montreal Botanical Gardens, which covers 185-acre, has 10 large garden centers and contains 26, 000 variety of flora in separate garden installations

Parc du Mont-Royal, is for the nature-lover as it is open all year-round and gives a respite from the city. The Parc du Mont-Royal is the largest park in the city and offers views of both Montreal and park from a chalet located within.

Jean-Talon Market in Montreal, which offers items from fresh produce to handmade chocolates and is a great place to mix with the locals.

St. Joseph's Oratory, is the highest point in the city and allows its visitor to get the greatest view of Montreal. The Basilica is decorated with carved murals and votive candles that lead to the crypts. Rated by recent visitors as a “must see” for both the religious and secular type.



In fourth place, **Japan** makes it onto the list, which may be inspired by our recent visitors from Senshu. Japan is a contradicting city of futuristic technology and old fashioned tradition that offers an interesting trip for any visitors. The top five places to visit while in Japan are:

Himeji Castle, is one of the last remaining samurai castles in its

original architectural state and was made into one of Japan's UNESCO World Heritage sites in 1993.

Phoenix Hall, regarded as Japan's most beautiful sites, is even pictured on one of their coins. Like the Himeji Castle, the Hall is one of the few surviving structures from its time period dated from 710-1185.

Hiroshima Peace Memorial Park, will allow a visitor to get in touch with a more modern bit of history. The park is composed of several memorials to commemorate the dropping of the atomic bomb and to bring awareness and peace to future generations.

Kanazawa is a perfectly preserved geisha and samurai district. Not only does the district contain rich cultural history, it also contains one of Japan's best gardens, Kenroku-en.

Mount Koya is the place to catch a glimpse of Japan's more spiritual and religious sides. Described as the Shangri-La of Japan, it is a pristine and sacred slice of the country.



Cracking the top three, **Italy** enters the list in third place. Home to many famous cities and the Roman culture, Italy has drawn visitors from around the world for centuries.

Rome, the heart of Italy. When in Rome, visitors must go to the innumerable ruins, churches, and museums.

Campo de' Fiori, is a bustling Roman marketplace that offers a variety of fresh produce, spices, flowers, and meats; however, at night the plaza is the place to party for visiting tourist.

Venice, which is the floating city that offers a variety historic sites which can be viewed from a gondola on the Grand Canal.

Milan, for the fashion forward traveler. Labeled the “fashion capital of the world”, it contains one of the oldest enclosed malls, the Galleria Vittorio Emmanuelle II, that offers stores for the up-scale shopper.

Florence, for those with an eye on the arts. Home of the Renaissance, Florence contains museums full of Renaissance titans like Da Vinci, Michelangelo, Botticelli.

Oh, the Places You WANT to Go... continued

In the runner-up position is the “land down under”, **Australia**. Australia offers more than just kangaroos and koala bears, it is also home to intriguing sites.

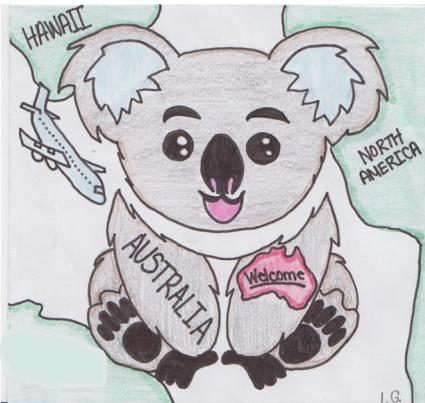
The Sydney Opera House, offers unforgettable performances that rival Broadway.

The Great Barrier Reef, is the largest coral reef in the world and is home to animals that range from the humpback whale to the flat back turtle.

The Laneways of Melbourne, is for people looking to stay more in an urban setting. One of the famous laneways is the Block Place that offers popular dining and shops and is close to the central shopping district.

The Ghan, allows a traveler to visit the entire country as you are allowed to hop on this three-day train that travels from Darwin to Adelaide. The train travels from each end of the continent, through its very heart, to display the beauty of Australia.

The Sydney Observatory, for the science fan in the crowd. This observatory allows some of the best viewing through a telescope.



Finally, the most desired destination spot for Selinsgrove Area High School students is...**France**. With its rich history, fabulous night life, and amazing culinary treats, it is no surprise that it is the start of many a travel fantasy.

Louvre, the world's most famous art museum, which not only houses the *Mona Lisa*, but works from ever major artist in the world. No stop to Paris is complete without entering its glass pyramid doors.

Palace of Versailles, showcases the power and majesty of France at its height. If the palace splendor isn't enough, then the massive and artistic gardens will always make you want to come back for more.



Normandy Region, which is in the north of France and will allow visitors to pay respects for the sacrifices made there. The site of the D-Day, (Utah and Omaha beaches in particular) launched the beginning of the end for Axis powers in World War II.

Mount St. Michael Castle, is a Benedictine monastery that was once a center of learning and encompasses an entire island that is inaccessible by land at high tide. It offers both history and a relaxing destination.

Sacre-Coeur Church, a minor basilica with major eye-appeal. It is unique because it is made of Chateau-Landon stone (soapstone) that keeps the church permanently white and gleaming. Some of the best views of Paris can be had at its doorsteps.

Travel Tips from a Frequent Flyer

Sydney Reibschied

Traveling around the world sounds like a great adventure; however, it could be a nightmare without proper preparation.

Ever since I was a child, growing up with an immigrant mother from Istanbul, I was given the opportunity to travel. I have traveled to Turkey, Spain, Italy, France, Germany, Monaco, Canada, Mexico, and the Vatican City State.

I'm not a "Travel Channel Expert" yet...I still roam cities in confusion; I'm still motivated largely by my quest to stuff as many baked goods into my mouth as possible; I still weep a little when forced to read a map; but I'd be lying if I said I didn't learn anything.

I have picked up a few tips and tricks that I've gleaned from my many mistakes. Here are the best of my top travel tips and lessons learned from the last few years:

1. Always remember an electrical converter. Each country has a different plug-type, so check on-line as to which one you will need.
2. If leaving the country, exchange American dollars for foreign currency after you get to the destination because on average you lose 8% on exchanges at a bank or airport.
3. You can never have too many pictures!
4. Make sure to get an international plan with your cell phone carrier, because fees for international service really add up.
5. Make copies of important travel documents, such as a passport, to use as a backup in case you lose the originals.
6. Be on the lookout for opportunities to make meaningful contact with local people.
7. Always pack a hat. In the winter, a knit hat will keep you warm and take up little room. In the summer, a brimmed hat will keep the sun off your face.
8. Always ask the museum staff for tips. They will tell you what the best exhibits are and what is worth your time.
9. If you can't afford to lose it, either financially or emotionally, don't pack it.
10. Eat, eat, eat and savor the flavors because it is the best way to truly experience a new culture.

SPORTS

Girl's Bowling Takes Seventh in State

By Angelo Martin

The Selinsgrove girl's bowling team wrapped up their season on Saturday March 21st at the PIAA State Championship's in Ephrata with a 7th place finish at the AA level.

In the week prior to state competition, Selinsgrove competed at the Regional contest and placed fifth. By placing in the top six, the Seals were able to earn a spot in Ephrata competing for the state gold.

Unfortunately, Selinsgrove fell short, but brought home a modest 7th place finish. The girl's team included seniors Katie Spriggle, Amber Kreitzer, Sarah Troxell and Moriah McItyre, juniors Katie Pauling and Paetyn Klinger, and freshman standout Piper Klinger.

Junior captain Paetyn Klinger was quick to note the great bowling down the stretch of Amber Kreitzer. "Amber (Kreitzer) was huge for us down the stretch. She did a great job anchoring for us toward the end of the season and we owe a lot of credit to her for our success," said Klinger.

With a core group of bowlers returning next year, the Seals will look to

contend again at Ephrata where they will look for state gold. "Bowling is a combination of skill and luck so it was an honor to even make it to states. It was a very exhilarating experience. All of the returning girls will be working towards getting there again next year," said Klinger.



Photo by Marci Klinger

Junior Katie Pauling rolls a potential strike

Two Wrestlers Earn a Trip to Hershey

At the Northwest Regional Wrestling Championships in Altoona, senior Nate Bingaman and junior Andrew Boob were able to win their weight class, which earned them a spot at the PIAA State Championship in Hershey.

Boob was able to win the 220 lb. weight class in the Northwest Regional's while Bingaman won the 182 lb. weight class. Although winning the Northwest Regional is an impressive feat in itself, Boob and Bingaman decided they were not ready to rest on their laurels just yet.

In his first State Championship match at the Giant Center, Bingaman wrestled South Central Regional 3rd place finisher Jordan Ortiz of Hempfield. In a back and forth match, Bingaman came

through with the win, notching Ortiz 9-7. In the quarterfinal round, Bingaman fell to junior John Jakobsen of Stroudsburg

Andrew Boob's first round match at the Giant Center proved to be much easier than Bingaman's. Boob was able to pick up an 8-0 shut-out against Jason Kocher of Northampton in his first round matchup. However, like teammate Nate Bingaman, Boob fell in the quarterfinal round to sophomore Seth Janney of South Western.



Photo by Laura Long

Junior Andrew Boob crushes his opponent at the Regional Competition in Altoona, Pa

"All in all, it was an amazing, once in a lifetime experience. Nate (Bingaman) and I wrestled our tails off and for that we have nothing to hang our heads about. Unfortunately for Nate (Bingaman), I have another shot at competing at State's again next year," said Boob.

Seals Softball Ready to Rock

By: Lindsey Trusal

Selinsgrove Softball, under the coaching of Joel Rogers and Tammy Newberry, is prepping for their upcoming spring season and have high expectations for success with the new team.

The team lost very few seniors last year and has many key returning players, including current seniors Jess Kerstetter, Sara Reibsheid, Katie Spriggle, Kaitie Rice, Jordan Wilt, Lizzie Mosey, and Alexis Martina. Other key returning varsity team members include junior Hunter Smith, and soph-

omores Sydney Reibschied and Abby Ettinger.

On March 18th, the team had their first scrimmage against Loyalsock that ended in a 0-0 tie at 4 ½ innings due to bad weather and cold weather conditions.

Reflecting upon the scrimmage, senior Lizzie Mosey remained optimistic. "Going into the season, I speak for the whole team when I say we're really excited and expect us to go far. We need to keep working hard."

Looking to Run Away from Competition

By Angelo Martin

Led by head coaches Ryan McGuire and Jeff Kiss, the Selinsgrove track and field team is ready for what will be another strong season with athletes loaded in many key positions.

On the boy's side, the Seals return a plethora of talent in many areas. Senior captain Nathan Brown will look to lead the Seals in the sprinting events and hopes to earn a ton of points in the 100, 200, and 400 m races.

In addition to Brown, Angelo Martin, Hunter Gray and Garrett Campbell are slated to start the opening meet against Williamsport on the 4X400 m relay team. Brown and Gray are the two returning starters from last year's team. Campbell and Martin will look to fill in nicely running in the 2nd and 3rd spots respectfully.

In the hurdling events, the boy's bring back junior David Klinger and senior Hunter Gray. Both have been a part of the scoring teams for the past two years and will be neck-in-neck in placing for the 110 m and 300 m hurdles.

For the long distance events, the Seals return the dynamic Ethan Fadale and Brody Beiler duo. Both Beiler, a junior, and Fadale, a senior, were the lone athletes who made it to the PIAA State Championships at Shippensburg University last year for the Seals. Fadale, another team captain, along with Beiler will look to lead the Seals in points in the 800 m, 1600 m, and 3200 m races. In addition, they will be apart of a 4X800 m relay team that has a strong possibility of winning District's and going to the State Championships.



Photo by Candie Beiler

Seniors Beiler and Fadale anchor the team

The Seals also return several key athletes in the field events. In the shot put and javelin events, Selinsgrove will lean on junior Jacob Strickler to be the top scorer. For the jumping events, the Seals return seniors Hunter Gray and Angel Figueroa. Jumpers will also include juniors Juvon Batts and Joey Radel. While newcomers to the field events, Radel and Batts have displayed great potential in the preseason.

On the girl's side, Selinsgrove will enter the season as preseason favorites to win the league and District IV. With a strong senior class and underclassman that are talented enough to score some points, the Seals will look to dominate in all areas.

Seniors MacKenzie Apple, Alexis Auman, and Courtney McCartney will look to lead the Seals this year. All three girls will be

favorites to qualify individually for the PIAA State Championships at the end of May. McCartney, a back-to-back state champion in the shot put, has already signed her letter of intent to attend Arizona State next spring on a track and field scholarship. With a foot injury that occurred in preseason, McCartney will be forced to sit out the first couple of meets.

In the track events, seniors Auman and Apple will be relied upon to earn major points for their teams. In addition, each will be favored in the preseason to win the district in their individual events. Auman, the school's record holder in the long jump, and Apple, closing in on the 110 m hurdle record, will hope lead the Seals in overall points and will hope to earn a spot at State's at the conclusion of the season.

With a strong senior class, the girl's will also feature a lot of depth in many events as well. Along with Apple and Auman, other key sprinters will include junior Erin Reed and freshman Danielle Alba. In the jumping events, junior Kayleen Long will hope to step up and provide points for the Seals along with Alexis Auman.



Photo by Kimberly Auman

Senior Auman jumps ahead of the pack

The girl's team will also include key newcomers senior Brooke Zeiders and freshman Lauren Imhoof. Both girls have demonstrated excellent preseasons and will give the Seals extra depth. Zeiders and Imhoof will likely be competing mostly in the sprinting events. With the injury of Courtney McCartney, Zeiders will also hope to earn some points in the field events and Imhoof will also be giving the Seals added depth in the hurdle events.

In the long distance, sophomore standout Ashley Blair will have a huge impact for Selinsgrove. Blair competed this past fall at Hershey in the cross country State Championship's. Competing in the 1600 m and 3200 m races, Blair will be a strong favorite to earn a spot in Shippensburg for the State Championships.

Including a strong senior class and depth in many events, the girl's track and field team will hope to produce a solid season in all areas. With high expectations, senior captain MacKenzie Apple says the Seals are up to the challenge, "The talent is definitely there for us to have an undefeated season. There are a lot of girls who have a chance of going to States also and I really think the potential is there for us to have a very memorable season in a lot of events," said Apple.

The Selinsgrove Seals boy's and girl's track and field teams open their regular season Tuesday, March 24th against Williamsport. (Editor's note – both teams beat Williamsport on the 24th and have started the season 1-0)

Boy's Tennis Gets Season Swinging

By Jonah Markle

The Selinsgrove boy's tennis team got their season rolling on Monday, March 16. The first match of the 2015 campaign resulted in a 3-2 win over the Berwick Bulldogs.

The Seals picked up their second victory of the season on Tuesday, March 17, against Heartland Athletic Conference opponent, Mifflinburg. With extremely windy conditions, the Seals had to battle for every point. With big wins from juniors Aidan Finnerty and Garrett Benner in their respective single matches, it was then up to one of the double pairs to clinch the match. It was then the tandem of senior Tyler Beaver and junior Eric Martin who shook off a first set tie-breaker loss to finish their match with just letting up one point in the next two sets.

Seniors Hareem Zain, Thomas Lemons, Sam Bailey, and Tyler Beaver will lead the 2015 boy's tennis team. With a strong core group of veterans and some

promising underclassmen, the boys are looking to make some noise in the District IV playoffs, which will be taking place at Bloomsburg University this year. With such great depth, the boy's tennis team plans to play an assortment of different players in the singles and doubles roles based on who their opponent is on match day.

A season removed from winning the League Championship of the Heartland Athletic Conference, junior Garrett Benner is looking forward to what 2015 might hold in store for the Seals. "We have a great group of Seniors coming back this season and a lot of other guys will step up as the season progresses. I'm just really excited to have a lot of fun this season and competing for district gold."

The 2015 season will be the 5th in the John "Duke" Fravel era for Selinsgrove boy's tennis.

Seals Baseball Looking to Return to Form

By Lindsey Trusal

With spring sports finally here, Seals baseball is preparing for their upcoming season with high expectations and goals for the season.

During the preseason, Coach Beiler had the team participating in trifecta, a workout program, to keep the team in shape. The trifecta program consists of plyometric circuit workouts employing pushups, sit-ups, and core strengthening moves. After being forced to practice in the gym because of bad weather conditions for their field, they're finally beginning to return to the field with warmer weather on the horizon.

Some key returning seniors include Isaiah Rapp, Manny Little, Zach Hendricks, and Peter Herman. Other key underclassmen include juniors Tyler Showers, Aaron Zechman, Ian Weaver, Zac Broome, and

Logan Sears, and sophomore Jake Nylund.

In the 2014 season, senior Isaiah Rapp had 7 RBIs, an average of .271, and an innings pitched total of 26.2. Senior Manny Little had 3 RBIs and an average of .256. Sophomore Jake Nylund, another key starter, had 4 RBIs and batted .242.

After missing the district playoffs last season, the team is really looking toward playing and competing for the district title in 2015. "The most important thing for our team is manufacturing runs, hitting, and our pitchers throwing strikes. It's fortunate that we have a team of young talent to accomplish this," said returning senior Isaiah Rapp.

The team's biggest rivalry game is on April 15th against the Midd-West Mustangs, in what is expected to be a very competitive game.

Rebuilding Year for Seals Lacrosse

By: Grace O'Malley

In 2015, both the girl's and boy's lacrosse teams hope to return to the District 4 championship game and claim the gold, despite the loss of many key players on both teams.

The boy's team, led by head coach Thomas Garlock, will enter the season with the loss of 13 seniors. "We are in a rebuilding year. With losing so many players, we have openings in both our offense and defense. Because of this, we are working not only for this year, but also building for the next," said head coach Thomas Garlock.

Coach Garlock will be counting on returning senior standouts Andrew Sickle, Zach Adams, and Reid Betsker to help lead the young team. In addition, Selinsgrove will feature a strong underclass in sophomore Gabe Ludwig, junior Nick Conrad, and junior defenseman Ethan Troutman.

With the loss of many seniors, the underclassmen will be expected to help fill the void of many key players from last year. Traditionally, Lewisburg has been the toughest competition for the Seals, but Coach Garlock is not ruling out any other teams, since over the past few years many other school programs have been growing and becoming increasingly stronger.

The girl's team is also faced with a similar situation. While graduating 10 seniors and having only 6 returning players from last sea-

son's varsity team, Coach Greg Kahn is looking to seniors Jenna Clark, Leah Musser, and Brooke McEvoy, as well as junior Grace O'Malley and sophomores Megan Kahn and Megan Keeny to teach and lead their new teammates, which make up about half of the team. However, Coach Kahn was happy to have senior Abby Wolfe and junior Keely Rodarmel back from taking last season off. These girls will all be expected to make big contributions to the team this season.

The Lady Seals biggest competition this season will be Danville, who beat them in the district championship last season. "Danville girls are overall much more experienced than us as a team. But where they lack is athleticism and heart. We have managed to recruit some of the high schools best female athlete this year; including Sam Rodkey, Savannah Foor, and Emma Humphrey. I am very excited to see where this team will go once they start playing games," noted head coach Greg Kahn.

As always, the goal this season for both teams is to bring home a district title. But this year, the more important focus is also on something else: building. Both coaches have young teams on their hands this season, but with the help of the older and more experienced players, the hope is that by next season both teams will be in position to secure a district title.

ENTERTAINMENT

Japanese Student Profiles

Natsumi Fukaya

Why did you want to come to America? *I like American music.*

Is there anything special you want to see/do in America? *I want to make friends!*

What American foods do you like? *Pizza and ice cream.*

What's one thing that stands out as being different here? *Lunchtime.*

Do you have a favorite American celebrity? *Justin Bieber, Taylor Swift, and Paris Hilton.*



Miki Tajiri

Why did you want to come to America? *See everything, and Rachel!*

Is there anything special you want to see/do in America? *I want to go to a museum.*

What American foods do you like? *Pizza and pancakes.*

What's one thing that stands out as being different here? *It is big here, and Japan is small.*

Do you have a favorite American celebrity? *Sekai No Owari band.*



Naoki

Why did you want to come to America? *To speak English well.*

Is there anything special you want to see/do in America? *Watch NBA basketball.*

What American foods do you like? *American meat.*

What's one thing that stands out as being different here? *Americans are friendly.*

Do you have a favorite American celebrity? *One Direction band.*



Chizuru

Why did you want to come to America? *I want to see big American hamburgers and Disney world.*

Is there anything special you want to see/do in America? *I want to see the stars, since they are so bright here.*

What American foods do you like? *I like chocolate cookies.*

What's one thing that stands out as being different here? *It's very free, especially schools. In Japan, we can't wear makeup to school. Everyone is kind and friendly.*

Do you have a favorite American celebrity? *Lily Collins.*



Haruna

Why did you want to come to America? *I want to learn a different culture and I am interested in America.*

Is there anything special you want to see/do in America? *I want to see the cities in America.*

What American foods do you like? *I like s'mores and turkey and pizza.*

What's one thing that stands out as being different here? *There are bigger houses. The buildings, food, and houses are also different.*

Do you have a favorite American celebrity? *My favorite is Rapunzel and Mickey Mouse and Ariel.*



Haruka

Why did you want to come to America? *New York and the Statue of Liberty.*

What American foods do you like? *Hamburgers, Mac and cheese, and flavored cokes/pepsi.*

What's one thing that stands out as being different here? *The size of America.*

Do you have a favorite American celebrity? *Johnny Depp.*



Advice Column

Annie's Answers

Dear Annie,

I just turned 16, and I'm worried that I'm doing something wrong. I haven't been invited to any parties, I haven't had sex or even been on a real date, and I spend my time doing homework and watching Netflix. I mean, I know that my life isn't going to look like a high school movie, but aren't these supposed to be the best years of my life? How do I make my life less boring and more like it's supposed to be?

-Breakfast Club Wannabe

Dear Wannabe,

Wow, I'm shocked. By the time I was 16, my life was so exciting that John Green interviewed me for book ideas. Many, many people had fallen in love with me, I knew secret martial arts moves, and my hair was always gently tousled and blew in beautiful waves behind me wherever I went. Ha! Just kidding!

When I was 16, my life was really, really boring. I felt the same way that you do. It seemed that my life was slipping by while I sat in my room reading. Luckily, though, I figured out a way to make my life into the magical land of adventure that it is now.

First, you have to realize that your life will never look like a Hollywood movie, and it is not supposed to. This step is key. By allowing your life to be what it is, you can stop comparing yourself to ridiculous standards and start doing what makes you happy. If

you aren't going to parties every weekend, I'll wager a guess that partying isn't your passion. Don't worry about what Hollywood says you should be doing as a teenager. What are you doing right now? What do you want to be doing? Now, I want you to think about your answers to these questions as we move on to the last and most fun step.

The secret to transforming your life from boring to amazing is this: you *are* the party! I know, I know, it sounds really stupid and cheesy. But really, I mean it! Just convince yourself that you are the most fun human on the face of the earth. The activities you enjoy aren't lame if you like doing them. Rock out in your bedroom alone and perfect your dance moves. Go on walks. Learn how to play the spoons.

Soon, you'll find that people will want to hang out and go on adventures with you because they're drawn to your mysterious aura of joy. Realizing that you are fun makes the whole world open up into a beautiful flower of fun!

Sometimes, though, enthusiasm and good friends just won't be enough. Your life can't be a party 100% of the time, and that's okay. Even John Bender had his off days. Yes, life can be incredibly fun and joyous, but it can also be pretty darn bad. That's just how it is. Stop insulting your life by trying to change it, and instead change how you feel about your life.

Stay golden,

Annie





My Turn by Isabel Bailey

Upon taking a test to see if I was an introvert or an extrovert, I found that I was somewhere in between, in the category of an ambivert.

Psychiatrist Carl Jung made this category of "ambiverts" to satisfy those who were in between introverts and extroverts. An introvert is someone, according to definition, who "primarily looks inward, paying close attention to their thoughts and emotions." This is not to say that introverts cannot be consumed with what is going on around them, only that their inner world is primarily more amusing to them. Counter to introverts are extroverts, the ones that direct their attention outside of themselves and are focused on the physical and social atmosphere.

For so long our country has valued those that are extroverts, the people that can deliver a speech with everyone listening, those that are the life of the party, those that can maintain their social drive and crack jokes to a big crowd. It is safe to say that these people are quite amusing, and that their energy is much appreciated by everyone in social situations. It is easy to notice these people because of their willingness to be the life of the gathering, but what we often miss out on are the people who are in the crowd, watching and taking it all in. These people are often known as the introverts.

Before I begin making a case for introverts, I would like to say that I am not opposed to extroverts in any way. In fact, I find extroverts very admirable and can be one myself sometimes. However, it is interesting to examine a third of the population that does exist in solitude because they have a lot to offer, and it is only when we take a closer look that we can truly see their contributions.

In society, introverts sometimes can acquire the reputation of being timid, shy, exclusive, and rigid. Their status of these

traits can lead others to think of them as standoffish, when in actuality they are fitting the term dedicated to their personality trait-introvert. Introverts, extroverts, or ambiverts, we all have something to offer.

Carl Jung has explained introverts to be "educators and promoters of culture," showing the importance of "the interior life which is so painfully wanting in our civilization," but he explained how their "reserve and apparently groundless embarrassment naturally arouse all the current prejudices against this type." They very likely could have gotten this prejudice because of the popular appeal to extroverts that is very pressing in our society.

Why do celebrities such as movie stars and singers get so much praise? They are dominating, glowing, and miraculously forth-putting. Those who don't want to get up and give a toast at a dinner in front of a hundred people are put down as selfish or rude, when really it is just that those tasks are not comforting to the typical introvert.

So how are introverts the "promoters of culture?" Sir Isaac Newton was an introvert, and now because of him we have the theory of gravity. J.K Rowling is an introvert and her Harry Potter books have become wildly popular. Rosa Parks, who had the courage to stand up for her rights, but was in fact very soft spoken, was an introvert. It is true that introverts are harder to read, and so they invariably can either scare those around them with their difficult-to-interpret personality or enhance them with their perceptive quietness.

It is in this quiet that introverts make themselves humans. They have more to offer than society gives them credit for. To notice the world and all its offerings, we must not only gravitate to what is right in front of us, but also to what is hidden behind the wall of solitude.

Are You an Introvert or Extrovert?

Take these simple on-line tests to find out:

- http://psychologytoday.tests.psychtests.com/take_test.php?idRegTest=1311
- <http://www.thepowerofintroverts.com/about-the-book/quiet-quiz-are-you-an-introvert/>
- <https://psychologies.co.uk/self/are-you-an-introvert-or-an-extrovert.html>