



THE GROVE GAZETTE

Selinsgrove Area High School Student Newspaper

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New Principal means New Changes and Expectations

By Nathan Moyer

Mr. Brian Parise recently replaced Selinsgrove's retired high school principal, Dr. Lorinda Krause and the school has already begun to see changes.

While some changes are minimal, others are more salient, adding new opportunities for both students and parents. Overall, the goal for these changes is simple:

"Make the school the best it can be."

Mr. Parise commented that for years the goal of Selinsgrove was to be the best, and each year we, as a school, get closer. He believes that the changes happening will help reach that goal. He stated, "We have what it takes to be the best. We have the resources, the students, teachers, and community. The tradeoff for high expectations is that some things need to change."

Some of the changes that the school has seen so far have been simple. The main hallway has been removed as an area for student to eat lunch. Instead, areas such as the media center and the grab-an-go have been opened with new seating. Students are no longer allowed to stay in their car or the parking lot before school, instead, they must immediately enter the school. Additionally, open drinks are no longer allowed in classrooms or hallways.

Along with these changes, exciting plans are in store for the future. The media center will become "modernized", which includes having dry-erase tables being installed for group collaboration and work, installing 55" interactive monitors for lessons and projects, and converting

some walls to magnetic, dry-erase boards.

Open House is also under consideration for change by including opportunities for students and their parents. Some activities being added include seminars on topics such as financial aid and college athletics and classroom demon-

strations for parents to understand what their children are learning in school. In the coming years new courses will be made available to the student body, such as new STEM (Science, Technology, Engineering, and Mathematics) courses.

A large reason for these changes and improvements is to send a message to other schools, "that we can be, and are, the best."

Mr. Parise explained that "at principal conferences

and meetings, we joke about rivalries, but I am always quick to tell them that we are better."

In order to increase our school's potential, Mr. Parise is looking to put more focus on instructional support, holding higher expectations of the student body, and hoping to see students think beyond themselves to improve the community. With the changes that the student body is experiencing, the potential for greatness is evident.



Mr. Brian Parise, plans to bring important changes to help better SAHS

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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, or photographer, please join us during the first half of lunch on Thursday Sept. 29th in Room 222. You can also email Mr. Switala at wswitala@seal-pa.org if you cannot make the meeting.

Selinsgrove Welcomes New Educators

By Daniel Napsha and Isabella Moles

After many favorite teachers retired last year, Selinsgrove Area High School welcomed six new fulltime members to the faculty and staff across all departments.

First and foremost, with the promotion of Mr. Parise to principal, Selinsgrove gained a new vice principal, Mr. Roman. He previously headed the education department within the State Correctional Institute in Muncy, PA, where he aided people in earning their high school diploma, GED, or additional vocational skills.



Mr. Roman preparing for another great day

After seeing a newspaper advertisement for the job opening at Selinsgrove, he was attracted to the position because of his admiration for the district, one that he viewed as a “great school with great kids and great staff.” In addition to his experience, he also carries a Bachelor’s in Secondary Education and History from Bloomsburg University, where he also earned his Masters in Education. But he plays more than just the role of a vice principal.

He is husband to his wife (a Spanish teacher at Danville) and the father to his second grade son. He is a huge sports fan -- be it football, baseball, or basketball. He loves both the Mets and the 49ers and takes pleasure in playing co-ed softball. Mr. Roman lives by one of his favorite quotes urged by Fred Devito, a successful businessman: “If it does not challenge you, it won’t change you.”

Another new addition to Selinsgrove is in the science department - newly hired Mr. Krepps teaches Environmental



Mr. Krepps is always smiling in his room

and Earth Science as well as Biology. Mr. Krepps has been teaching for three years

and is enthusiastic about the future. Originally from Middletown, PA, he studied at Bloomsburg University. When he gets the opportunity, Mr. Krepps enjoys kayaking, fishing or kayak fishing. As a teacher, Mr. Krepps finds Albert Einstein’s quote, “Once you stop learning, you start dying,” to be personally true.

Down the hall, in the chemistry lab, Ms. Kerstetter teaches Chemistry I and Chemistry II, as well as Environmental and Earth Science. Coming from Shamokin, where she taught “everything Biology and Chemistry,” she has also worked at other high schools in Pennsylvania. For college, she went to St. Francis University for their Physician Assistant program, as well as Bloomsburg University for her BS in Secondary Ed/Biology; however, she loves Anatomy and Physiol-

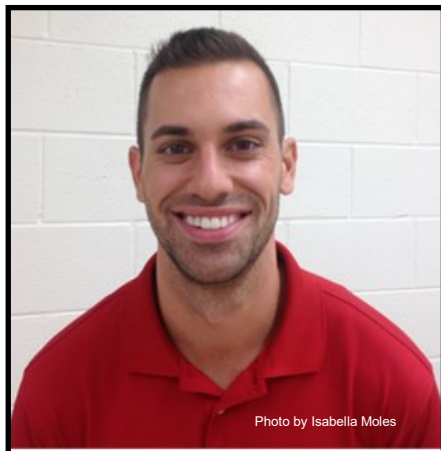


Ms. Kerstetter left the Coal Region for SAHS

ogy more than any other branch of science.

In addition, she also earned her M.Ed. in Education for Curriculum and Instruction at Indiana Wesleyan University. As a mother of three daughters, she doesn’t have a lot of free time, but she does love to read.

In the tech and shop classrooms, fresh-faced Mr. Jarrett teaches Manufacturing Technology 1, Tech Draw 1-3, and



Mr. Jarrett brings a unique and lively energy to the classroom

Digital Photography and Adobe. He is also the new advisor for the Technology Student Association. At Millersville University, he earned a degree in Technology Education. He is married to a wife he loves dearly and he enjoys biking, basketball, traveling, and graphic design. Mr. Jarrett teaches by David Kelley’s belief that “The greatest responsibility of any leader is to make new leaders.”

Continue article on the next page

Selinsgrove Welcomes... continued

The new face in the English department belongs to Mr. Gessel, who is from the Poconos and a graduate of both Susquehanna and Bloomsburg Universities. Before joining the staff at Selinsgrove, he taught at Hershey for six years and worked outside of the educational world at the *Daily Item* and the Pottsville *Republican-Herald* as a writer/reporter. He jokes that his time at the *Item* was “a lesson in what to do and what not to do in journalism.”

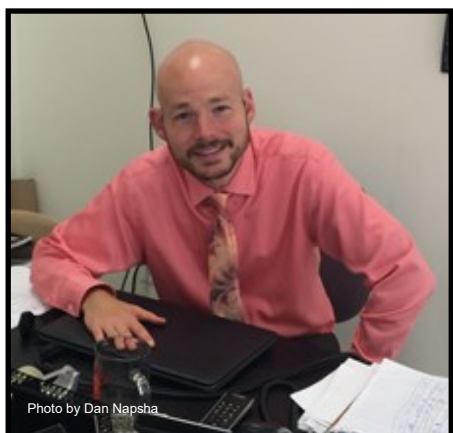


Photo by Dan Napsha
Mr. Gessel brings a writer's passion to the classroom every day

This year, he teaches WAHGLISH I and English I and II. In his free time, he enjoys spending time with his two year-old, jogging, and playing fantasy football. He writes everyday for his work-in-progress novel and is inspired by his favorite book, John Steinbeck's *Of Mice and Men*, because it is “beautifully written” and “heartbreaking.”

The new business teacher, Mr. Frake, hails from Northport, New York, on Long Island. He teaches Personal Finance, Today's Law, Career Prep, Money Talks, and Entrepreneurship. He comes into the position with eight years of teach-



Photo by Isabella Moles
Mr. Frake has brought laser beam eyes and a sense of entrepreneurship to SAHS

ing experience, most recently at Upper Dauphin Area School District. He holds degrees from Bucknell, Bloomsburg, and Wilkes Universities. He replaces Mrs. Gavitt, who was his professor at Bloomsburg University, in both the classroom and as advisor for Future Business Leaders of America.

Beyond the classroom, he passionately follows sports, and loves to spend time with his wife and two kids. Guided by Gandhi's saying, “Be the change you wish to see in the world,” Mr. Frake takes his role as a teacher and family-man seriously.

Last but not least, in the chorus room you will find Ms. Ulsh, a 2005 Selinsgrove Area High School graduate and 2009 graduate of Susquehanna University where she studied Music Education with concentrations in voice and clarinet. After Susquehanna, she earned her Masters of Music in Music Education from Kent State University.



Photo by Daniel Napsha
Ms. Ulsh brings professionalism and a wonderful energy to the Chorus program

Before joining the Selinsgrove staff, she worked as an intermediate/middle school music teacher in the Susquenita School District, as well as in other positions at Lourdes, Mount Carmel, Middleburg and Shamokin. This year, she teaches Mixed Chorus, Honors Choir, Piano 2-4, and Musical Theater. As a music teacher, she loves anything from Broadway, acapella groups (like Pentatonix), and anything 80's. At home, she enjoys watching movies, reading, attending activities at church, and spending time with her two children.

New Year Brings New Lunchtime Rules

By Kiana Brubaker

Principal Parise announced new lunch rules at the beginning of the year as part of his ongoing effort to improve the school climate and structure.

The rules aim to use lunchtime more beneficially and to ensure safe and efficient use of space. Perhaps the biggest difference is that students are no longer permitted to sit in the main hallway during lunch, a practice that Mr. Parise called “a safety hazard.” While this immediately displaced many returning students, most were quickly able to find new spots throughout the school.

Pupils have reacted positively to most of the new changes. Like most students, junior Oceana Barillaro believes that it is nice that the main hallway is now open and clear to walk through. Similarly, sophomore Zach Hicks said he was glad the hallway is now no longer open for students to sit because “it frees up room in the hallway for people to walk and get places.”

Because the administration now prohibits sitting in the main hallway, it opened up new spaces for students to sit at lunch, including the library. In addition, tables were installed by the grab-and-go

New Lunchtime... continued

lunch line and more were added to the picnic tables outside. More tables will be installed in other spaces in the school as the year progresses.

The new eating areas are not the only difference from last year's lunchtime.

Students are no longer allowed to go upstairs during lunch without a pass unless it is the first or last five minutes of lunch, and they are not happy about it.

Zach remarked that it was "ridiculous" to have students run upstairs and downstairs from their lockers to lunch, and then back upstairs again for third block. Many students have also argued that it is an unfair rule, specifically for those

whose lockers are upstairs. "How is it fair," commented sophomore Ciera Zacek, "to the students with lockers upstairs. Students who have lockers downstairs still can go to their lockers, but now we can't."

Further, Oceana expressed frustration at the added

difficulty in meeting teachers at lunch. "I don't like that you can't go to a teacher's room because if I didn't understand homework or something, I might not have gotten a pass the day before to go and see them, but I still need their help."

Time will tell if the administration will consider the students' frustration and if the student body will adjust to these growing pains.



Some of the new seating and eating areas added to the school

Photo by Sarah Bolig

Homecoming is Just Around the Corner

By Anna Piecuch

On October 8, the Selinsgrove Area High School will host the annual Homecoming Dance themed as the "Cities of the World" in which each class will represent a different city chosen by their class officers.

The seniors have chosen Rome, the juniors picked New York City, the sophomores selected Las Vegas, and the freshman elected to go with New Orleans.

To rile up the student body, the Student Council will follow past tradition and sponsor a Spirit Week. Taking a cue from last year, they are considering having another "twin day," a "pink-out," and an "American day." However, unlike in previous years, the student body will be voting for both girls and boys for the homecoming court.

According to the Student Council's co-advisor Mr. Heiser, "We tried having boys on the ballot five years ago," so it

is time to do it again. In addition, students will not be voting by checking names; rather, it will be a write-in ballot.

Leading up to Homecoming was Rivalry Week, which was held September 12 to 16 and ended with the big football game against Shikellamy. "Last year, everyone got really excited for the homecoming game and the dance a few weeks before," gushed junior Nicole Mark. "While rivalry week was happening, you could tell how energetic the game and dance will be. It's definitely going to be a great time!"

The seniors, especially, are looking forward to making the most of their last high school homecoming. Senior Sydney Reibschied expects that it "will be the best!"

Selinsgrove's Homecoming Dance will take place Saturday, October 8 from 7:30pm-10:45pm at the high school and will cost \$5 per person at the door.



The four cities that will be represented at homecoming will be, from left to right, Rome (seniors), New York City (juniors), Las Vegas (sophomores), and New Orleans (freshmen).

This Week Critical for FFA Students

by Nathan Moyer

The Selinsgrove Future Farmers of America (FFA) Chapter is set for a busy upcoming few weeks due to over a dozen students competing in various competitions, both on the local and national levels.

On Friday, September 16, senior Nathan Moyer participated in the National Prepared Public Speaking Contest at the Big E in Springfield, Massachusetts, a three-week fair for all of the New England states. After receiving 3rd place at the state level for his speech on entomophagy and insect farming, he was granted the opportunity to compete at the national level against students from all over the northeast.

After presenting, Nathan, along with his mom and his advisor Mrs. Fry, toured the Big E fair grounds awaiting the results. The results were presented at the FFA banquet Saturday night with over 700 members and guests present. Nathan Moyer received fourth place at the national level for prepared public speaking.

This week, the chapter will continue to be heavily featured at the Beaver Fair in Beaver Springs, PA. First and foremost, the chapter will present an educational display on Equine Infectious Anemia, which will also compete at the Pennsylvania Farm Show. Six students will also be showing animals at that time.



Senior Nathan Moyer prepared to compete in Springfield, Massachusetts last week.

Seniors Michael Huggins and Kayla Shaffer are both showing swine, then Kayla will also show dairy cattle and dairy beef. Junior Dalton Walter and sophomore Nathan Kline are showing rabbits, freshman Tabby Hauck is showing dairy cattle, and freshman Rebecca Radel is showing dairy beef.

Along with the show entrees, senior Hannah Ross will be in attendance at the fair ceremonies as the SUN Area Dairy Princess. All other FFA students are submitting SAE (Supervised Agricultural Experience) project books to be judged and scored.

On Tuesday, September 20, eighteen students will participate in three different CDEs (Career Development Events). Two teams of four are competing in livestock judging, two teams in dairy judging, while two members are competing in tractor driving. On Wednesday evening, six members are also competing in the Forestry Skills competition, which includes chain-saw cutting, logrolling, and crosscut sawing.

Additionally, FFA students are also selling t-shirts to benefit the Beaver Fair.

In total, over two-dozen students are participating in competitions and activities to build on their career development skills and knowledge in what will surely be an exciting and eventful week ahead.

Selinsgrove Market Street Festival

By Liz Whitmer

This Saturday, September 24, the 38th annual Selinsgrove Market Street Festival will take place from 8:30am to 4:00pm and involve over 100 vendors including stands sponsored by the French Club, National Art Honor Society, and FBLA from the Selinsgrove Area High School.

The French Club, advised by Mrs. Bunting-Specht, will have activities similar to last year's stand. They will be selling crepes along with other French pastries and t-shirts to raise money for the French Club. They will also offer free face painting and according to Mrs. Bunting-Specht, "spread the love of France" throughout the day.

The National Art Honors Society (NAHS) will also transport pottery wheels to their location at the Street Fair and offer lessons to anyone interested. It is just a few dollars to try it out and \$8 to keep the piece you make. NAHS will then take the pottery that is to be kept and sand

them down and glaze them as a club. The pieces will then be available for pickup at the high school when they are finished.

The Future Business Leaders of America (FBLA), now advised by Mr.

Frake after the retirement of Mrs. Gavitt, will have a stand designated to selling miniature schools, Adirondack chairs, and a cake wheel.

Not only are there several clubs selling products to raise money, but there is also a group working behind the scenes.

Hours before the Festival begins, the Key Club (advised by Mrs. Hepner)

will be downtown helping vendors set up their booths.

Finally, some of the teachers from Selinsgrove High School will be in the dunk tank raising money for Kratzerville Boy Scouts:

Ms. Robbins:	9:30-10:30 am
Mr. Switala:	12:30-1:30 pm
Mr. Stebila:	1:30-2:30 pm



The Market Street Festival brings downtown Selinsgrove to life

Taiji Dolphin Hunt Begins

By Zach Frey

In the quaint town of Taiji, Wakayama Japan, the annual hunt to capture and kill a total of 1,820 dolphins has begun which turns the cove red with the blood of dolphins and lasts six months from September to March.

This year the first dolphins were killed on Friday, September 9th, which included a pod of 20 Risso's dolphins captured and slaughtered by the Taiji fishermen.

The Taiji hunt for dolphins may sound barbaric, but the hunting of dolphins is completely legal in Japan and provides much of the income for the fishermen who live in Taiji. The dolphins are captured and then either killed for their meat to be sold and then consumed by people, or they are kept alive and sold to aquatic parks.

Only the most experienced local fishermen in Taiji go out to hunt the dolphins to make sure that they can efficiently capture as many dolphins as possible without severely damaging them.

The fishermen bang on metal pipes underwater to confuse the dolphins by interfering with their sonar. The fishermen then drive them close to land where they surround the dolphins with nets and allow them to calm down overnight.

The next day they are captured one-by-one and dragged onto a small fishing boat where they are then killed. In previous years, the fisherman would make an incision along the dolphin's throat, causing it to bleed to death; how-

ever, Japanese government has banned this practice as being inhumane and now the fishermen must drive a metal pin into the dolphin's neck to sever the brain stem, killing it almost instantly.

Since the release of the documentary *The Cove*, which brought much attention to the Taiji hunt in 2009, people have been debating whether the practice should be allowed to continue. The documentary showed some of the barbaric methods of how the dolphins are slaughtered and also told about the dangerous levels of mercury present in the dolphin meat.

Many environmentalist and conservationist groups have been protesting the hunts for years. They hope that the 2020 Summer Olympics that will be held in Tokyo will provide them with a chance to draw attention to Japan's excessive whale and dolphin hunting industry.

All species of whale have been declared endangered and many dolphin species are endangered or at risk of becoming endangered. The dolphin and whale hunting industries in Japan pose a large threat to these marine mammals.



Japanese trap dolphins for profit or food

A REMINDER TO STUDENTS FROM THE TECH DEPARTMENT:

Laptops for Freshmen, Sophomore and Junior students are still available. Parents must sign a form available in the high school main office and the fee is \$25 per year or \$40 if there are two or more students in the same household getting computers. Students may bring the form home with them for signature and return it with the fee. Cash or Checks made out to "SASD" are accepted.



SPORTS

Field Hockey Starts Strong...Again

By: Savanna Foor

With an 11-peat district championship reign, the Selinsgrove field hockey team has opened up their season successfully with a record of 6-1 and are focused on continuing to improve every game as they attempt to chase down the program's 12th straight district title.

Led by senior captains Megan Kahn, Savannah Bucher, and Megan Keeney, the midfield and offense continue to give their competition difficulty in stopping the Lady Seals from scoring. Other key players in these positions are seniors Jess Smith and Veronica John, sophomore Anna Piecuch, and freshman Emily Swineford.

The defense is controlled by sophomores Elise Keeney and Saramae Radel. Sophomore Camryn Ritter serves as a strong force in goal. The team has never given up more than two goals in a single game this season.

Last season the team lost very valuable players, but this year's freshman class is looking to make up for the spots they left behind. With strong leadership in the upperclassmen and an amazing skill set in the underclassmen, the team is looking to win out the rest of the season.

Some of the players have already committed to play in college, like Megan Keeney, who is committed to play at Bucknell next season. She sums up the reason for the team's success: "it is all because of their teamwork and hustle". She followed up by saying, "We communicate well on the field, but off of it too. We know how to make each other better".

The girls will travel to Shikellamy on Tuesday, September 20 for their next game and encourage everyone to support them in this cross-river rivalry game.



Senior Megan Kahn takes the ball down the field in a recent game.

Lady Seals Soccer is Back on Top

By Dawson Klinger

The 2016 Lady Seals Soccer team is ready to make a serious push for a HAC league title and a District 4 championship thanks to the leadership of returning senior captain and all state forward, Sam Rodkey.

Through five games, Rodkey has already broken through and scored seven times. She is quite a handful for any opposing defense, a huge advantage for the Seals. The whole team has looked threatening offensively with junior Caitlyn Findlay averaging a goal per game (five), and sophomore Marley Sprenkel logging four herself. Sophomore Hannah Grove has contributed with her playmaking abilities, leading the team in assists.

The Lady Seals current record is 4-1, with their biggest win coming against Juniata in their opening tournament Labor Day weekend. The team knows that in order to be successful, defense is important. Luckily they have experienced central defenders in senior captain Makayla Hockenbrock and junior Courtnei Hamm. Junior Hannah Swineford has also been very good in goal for the Lady Seals.

Rodkey is optimistic about the team: "We do not have a lot of seniors, but we are still very experienced and everyone knows what we need to do. I'm confident our juniors and underclassmen will step up and play well. Anything other than a championship at the end of the season will be considered a failure to me".

The Lady Seals look to continue their success at home against Williamsport on Wednesday, September 21. Come check out this year's Lady Seals Soccer team led by head coach Cheryl Underhill and captains Sam Rodkey and Makayla Hockenbrock.



The team before a game at their tournament in Bellefonte.

Lady Seals Tennis Winning Big in '16

By Keanan Wolf

Led by the experienced play of seniors Savanna Foor, Sydney Reib-schied, Olivia Fravel, and Isabel Bailey, the Lady Seals tennis team has proven that they are a force to be reckoned with due to their steady play and deadly consistency.



Seniors Savanna Foor and Sydney Reib-schied alongside Lady Seals Tennis coach Mr. "Duke" Fravel

In their recent match Wednesday, September 14 at home against the Mifflinburg Wildcats, the Lady Seals took home a win to improve their team record to 6-2. After the match, Sydney Reib-schied commented that she believes

"that we have improved as a team from last year, and that our positive, supportive energy we provide to each other is what drives us to win. The team, both JV and Varsity, continually show the capability to do great things this year."

One of the main pieces that makes the team so successful is their singles players: Seniors Olivia Fravel who plays in the number one spot and Savanna Foor who plays in the number two position. With much of the pressure to win on her shoulders, Savanna believes that "it feels good to win big to ensure a winning spot for the team, especially when we're against a hard team and need that third win."

A tennis match consists of three singles matches and two doubles matches. The team who wins three out of the five matches, is considered the champion of that day's competition.

The Lady Seals will be back in action at home on Wednesday, September 24 at 4pm when they take on Jersey Shore High School.

Seals Running Through the Season

By Marley Sprenkel

Selinsgrove Cross Country, coached by Ryan McGuire and Jeff Kiss, may be low on the number of athletes out for the 2016 campaign, but those that are, make up for it in determination and will power.

On the boy's side, senior Chris Tirpak, his brother, freshman Josh Tirpak, join sophomore Evan Gaugler as the led trio who have stepped up and tried to fill the shoes of last year's number one runner and graduate, Brody Beiler. Having only 10 members on the varsity side, the boys have to compete twice as hard to get as many numbers



The chaotic start of a cross country meet is a mixture of anxiety and energy as Seals seniors Ashley Blair and Brittany Carnathan move up through the pack

in the top placing spots. The boys hope to build on their current 2-4 record over the next few meets.

The girls, on the other hand, have started out their season 5-1, led by seniors Ashley Blair and Brittany Carnathan, and junior Skylar Maurer. "We struggle with having such small numbers (on the team) and it hurts our competitiveness sometimes," explains Blair, "but we have an incredible work ethic and drive to get in the top 10".

During their last meet at Central Mountain, the girls took five of the top 10 spots and won the meet. The girls are poised to make a serious push towards the League and District titles this year.

Saturday, September 24, the team will host and compete in the Snader Strong 5K in Selinsgrove during the Market Street Festival.

The next home meet will be on September 27, with an approximate start time of 4:15 for JV with the Varsity to follow

Seals Football Strives for Success

By Megan Keeney

The Selinsgrove football team's tough loss last Friday against rival Shikellamy causing them to fall 2-2 on the season may serve to fuel a resurgence against the 3-1 Berwick Bulldogs on Friday, September 23 in the Seals home stadium.

Despite the football team losing 20 key contributors from last year, junior quarterback Logan Leiby is excited and pleased by how well the younger kids are progressing. Although most may believe losing so many starters would be detrimental to a team, Logan Leiby says, "We put a lot of hard work in during the off season so it's finally paying off."

On the field, the Seals have eight new starters on offense and defense. Some key offensive players include seniors Garrett Campbell and Ryan Varner along with juniors Ricky Cope and Jarrett Inch. Defensively, the Seals are led by senior Ryan Bucher, junior Tony Dressler, and freshman Josh Nylund.

In the second game of the season, junior Logan Leiby broke the single game

passing record with a total of 394 yards. It is clear that the Seal's offense is gelling early in the season, "We are finally coming together as a team" Logan Leiby commented.

The Seals started off their season strong with a 51-6 blowout over the Milton Black Panthers. Unfortunately, the Seals have suffered two heartbreaking losses this year to Montoursville and Shikellamy.

The Seals will be back in action at home on Friday, September 23, when they take on local powerhouse, Berwick High School.



Senior Ryan Bucher carries the ball down field during the 38-20 win against Shamokin

Boys Soccer Hungry for Championship

By Sam Rodkey

The boys' soccer team expects to make waves this year with an experienced and talented group of upperclassmen.

The Seals look to rely on their older players to lead the team. The boys have a strong core of senior and junior leaders including juniors Zach Rankin, Tiago Marques and Tyler Klose, as well as the senior captains Gavin Keller, Dawson Klinger, Leo Times, and Steven Pomykalski. Underclassman returners who look to make a big impact on the field this year include sophomores Kolton Elsayed and Gray Catherman.

After six games, the Seals are an impressive 5-1 overall. Dawson Klinger leads the team with eight goals and is followed by Gavin Keller with five goals on the season.

Opponents in the area have struggled offensively to get the ball past the Seals' defense which is anchored by junior goalkeeper Dylan Pardoe who has only allowed five shots to get past him. Senior Steven Pomykalski leads the team defensively out on the field with his stellar play.

Dawson Klinger sums up the hopes of the team: "We started off the season strong, but, we need to stay focused throughout the entire season. If we succeed in that aspect there is no reason why we can't win district gold".

The Seals will look to keep momentum in their favor as they continue through the middle of their season. The boys will be back in action on Tuesday September 20 at home against Williamsport

Seals Golf Goes for Gold once Again

By Dawson Klinger

The Seals Golf team, led by two key returners—Senior captain Kyle Mertz and junior Roman Reeder, is looking for its fourth-straight PHAC Division 1 title and district championship in the 2016 season.

Despite the team losing three contributors from last season's title run due to graduation, the team is looking to continue their winning ways thanks to a batch of new swingers.

This year's team will count on six players who will make the most of their opportunities during matches. Besides Reeder and Mertz, the starting team includes senior Brice Harro, junior Bailey Hottenstein and freshmen Dylan Defazio and Hane Carter.

Mertz commented on the team's inexperience, saying, "I can relate to Dylan and Hane. I also made the matches my freshman year, and it was pretty stressful at some points. There is a learning curve once you start to play varsity golf, but overall they and the team are doing very well and I couldn't be more proud."

The team is 13-3 on the season thus far with Kyle Mertz and head coach Lonnie Groce poised to lead the Selinsgrove Golf team to glory for the 4th season in a row. The next match is today, Tuesday, September 20, at the White Deer Golf Course against Williamsport High School.

ENTERTAINMENT

Student Profiles

Ryan Bucher, Senior

What is one crazy thing you want to do this year?

Shave Dawson's head.

What class goes by the fastest for you? *Power weights.*

What song would you love to dance to at homecoming? *Fergalicious.*

Are you A) Anxious B) Excited C) Terrified D) All of the above for this year's Presidential Election? *B) Excited*

What animal would you use to describe your summer?

A Toucan.



Julia Cotto Marquez, Junior

What is one crazy thing you want to do this year? *Go*

to parties.

What class goes by the fastest for you? *AP Biology.*

What song would you love to dance to at homecoming? *Anaconda.*

Are you A) Anxious B) Excited C) Terrified D) All of the above for this year's Presidential Election? *C) Terrified.*

What animal would you use to describe your summer?

A turtle sleeping.



Ricky Drum, Sophomore

What is one crazy thing you want to do this year?

Have a party with 300 people.

What class goes by the fastest for you? *English.*

What song would you love to dance to at homecoming? *The Jimmy Neutron Theme Song.*

Are you A) Anxious B) Excited C) Terrified D) All of the above for this year's Presidential Election? *B) Excited*

What animal would you use to describe your summer? *A woodpecker.*



Tykeria Duttry, Freshmen

What is one crazy thing you want to do this year? *Go zip lining.*

What class goes by the fastest for you? *Digital Photography.*

What song would you love to dance to at homecoming? *A Justin Bieber song.*

Are you A) Anxious B) Excited C) Terrified D) All of the above for this year's Presidential Election? *D) All of the above.*

What animal would you use to describe your summer? *A cat.*



My Guide for Seniors

By Sydney Reibschied

This time of year for seniors is arguably one of the most stressful parts of high school as we are constantly questioned about our career plans, majors, college options, GPAs, and standardized test scores.

It seems as if we don't have enough time or even brainpower to fill out those applications or think about the next step in our lives. Yes, there is a lot to think about. Yes, we are stressed. But, no worries, there are some tips I can provide you with to simplify senior year.

My most important tip is to realize all of your options. I am a firm believer that college is not the path for everyone. Some may decide that a gap year to work, travel, or understand yourself is necessary. Others may choose that they want to go straight into the workforce. Some may decide to serve our country. Make sure that however you choose to spend your time after high school, you have strongly considered all of your options.

If furthering your education is in your career plans, there are thousands of options for you from which to choose. My suggestion is to consider these main topics when selecting an institution: majors offered, campus type, cost, distance, and comfort. While the first four points are very self-explanatory, the last one (comfort) may be the most overlooked.

Comfort encompasses qualities of dorm rooms, safety, relationships to faculty members, and dining hall options. The quality of the food served at an institution is, believe it or not, an essential part of the college search process (considering you will be eating three meals a day, seven days a week, at a campus). Physically visit each college and always be certain to consider the life style you would have on campus.

Once you narrow your options in your college search, be sure to include three types of schools: a reach school-one that you believe that the chances of you getting accepted into are low, a strong fit-one that you believe your academic performance is equal to, and a back-up, one that you believe your academic performance surpasses. Each school in these categories will be different for everyone, but make sure that you will be happy at the schools to which you are planning to apply.

After you have selected colleges, the dreaded applications must be sent in. For every college on your list,

research deadlines and types of applications that each offer. If they offer any "early decision" programs, be aware of binding applications and much earlier application deadlines than a regular decision application. If they offer their own form of application, then I would recommend submitting theirs over the Common Application or Universal Application.

Most colleges accept the Common Application, and I suggest using that rather than the Universal Application. Submit your application as soon as possible and be sure that the college

has received your materials. The basic materials of any application to a university are personal information, a personal essay, letters of recommendation, a transcript, sup-

plemental essays, financial aid forms, and standardized test scores.

Each part of the application is essential. The personal essay, which has been known to cause the most stress for students, should not be written to impress an admissions officer with your achievements. This essay is one of the only parts of the application where your actual voice is being heard. The actual topic of the essay does not matter as much as how you express your passion or interest for the topic.

Letters of recommendation should come from teachers who have watched you mature in your last years of high school, have connected to you on an intellectual level, or have seen you struggle but then conquer a subject. Don't forget to thank them afterwards as well.

To submit your transcript, financial aid forms, and official test scores you need to move out of the Common Application and onto the websites provided by your guidance counselors. Always ask your counselor if you have any confusion about how to access these websites, or what the next step in the application process is for you.

After the submission of the application and its different parts, you can take a breath and de-stress. You now have a clue as to what your future may look like. Always remember that at the age that we are now, it is perfectly acceptable to change your path, find new interests, and make mistakes.

No one expects you to know already what you are truly passionate about or how you will impact the world. The ultimate advice I can give you is to stay organized, explore your options, and be proactive during your senior year.



Sydney and her senior "posse" relaxing at lunch

Photo by Isabel Bailey

Freshman Advice-Three Tips to Make Your First Year in the High School Great

By Maegan Bogetti

At first, walking into the high school at the beginning of freshman year can seem intimidating and scary as switching buildings is a big change which can appear daunting; however, the best way to survive and thrive freshman year is to be one's self and work hard at everything.

Following these key pieces of advice can change your mindset and make your first year great:

1) ***Stay open-minded***

Treat teachers and peers with respect and try your best to put judgement aside. Talk to new people and spend time around those you normally would not. Strike up a conversation with someone in your class that you have never talked to before.

Give your classes a real chance before deciding to look at things from a negative point of view. Even if you don't initially think you'll be interested in the material of a class, there is still plenty to learn and teachers will appreciate your participation.

If you really put in effort to remain positive and open minded to the new opportunities surrounding you in high school, you will be amazed at the things you find and the people with whom you will become friends.

2) ***Get involved***

Don't be afraid to join new clubs or try out a sport or take a challenging class. Support the school and strive to cover all the bases of the opportunities available at the high school.

Due to the hour-long lunch, club meetings are easy to fit into your

schedule. Selinsgrove offers a wide range of groups that each have substantial benefits and offer fun experiences. Joining clubs can introduce you to new people, places, and activities.

No matter what you might think as a freshman, most upperclassmen will be more than willing to help you out, give you advice, or become friends with you.

If you treat others with respect and kindness, you'll find that most students are more interesting and friendly than the rumors of the high school make them seem.

3) ***Don't stress***

Spend time relaxing and allow yourself to breathe when school or sports get stressful. Remind yourself to be genuine and put aside the fear of what others think.

If you treat others with respect and kindness, your year will be easier. Above all, high school is a chance to become a person of which you can be proud.

Don't make bad choices to impress others as this can put you on a disastrous path throughout your four years in the building. Even though it's difficult sometimes, being true to yourself is the best path you can take.

The best way to have a truly great freshman year is to be yourself. Surround yourself with people who make you happy and feel accepted. Participate in activities that interest and entertain you. Challenge yourself to work hard and make progress. If you try to spend time in school with a positive mindset, you will see the benefits.



Don't worry freshman...despite what you may have heard, seniors like Dawson Klinger don't really run through the hallways stuffing freshmen like Maddie Bucher into lockers!



My Turn by Isabel Bailey

I've often wondered what In School Suspension (ISS) is really like. From what I've gathered, it entails sitting in a room

with no windows all day doing worksheets.

Perhaps working on assignments in an enclosed room is the most effective form of punishment for students who have disobeyed the rules, but I can't imagine it really is.

"All emphasis in American Prisons is on punishment, retribution, and disparagement, and almost none is on rehabilitation," says newspaper publisher Conrad Black. This quote is specific to prisons, but can we say that ISS isn't the same idea? Being trapped in windowless room all day is not so far off from being held in a prison cell.

Of course, ISS is less extreme, but they both share similar punitive qualities. Black's quote rings clear to the idea of punishment as a whole, speaking not only for prisons, but for the way in which many institutions conduct consequences.

The students who are put into ISS break the more serious rules, including drug, theft, cheating, etc. Often, the students who are put into ISS are dubbed "the bad kids." I wonder, at the end of their two days, two weeks, two months, or maybe a semester of ISS, how much students feel like they've come out on the other side. Are they more motivated to not break the rules?

Too often we forget that there is a reason behind rule breaking which runs deeper. Perhaps it is simply for the thrill—but there is something more complex even within that motivation. Putting students into an isolated room for seven hours a day doing worksheets simply does not help them help themselves. It does not offer a chance for real productivity and creativity; it just stimulates anger and resentment.

Productivity gives people purpose. Creativity enables the mind to have options. If students in ISS were put into a creative, artistic environment, or a scientific and experimental one during their "punishment period," they would have a chance at rehabilitation rather than just strict punishment.

Consequences are necessary for a student who has disobeyed in order to maintain stability and peace in the school. Students need to be talked to seriously about the wrong in which they did, and the ways in which it affects others. They should be talked to about certain laws and the legal punishments they could face in the real world if their behavior escalated. However, these consequences they face should be "rehabilitating."

The next question naturally follows—what is an effective, productive, and creative punishment? Perhaps a student can help work in the library checking

out books, aid the greenhouse outside the high school, or assist with the cooking in the cafeteria.

While these may not seem harsh enough, they give the student a sense of community, and a sense of high expectations from others that they need and deserve. They are given a chance to feel like they are giving to the school, rather than just being beaten down.

In addition, students would have to conduct a large project that manifests and is designed to trigger their creativity. That could be anything from doing biology experiments with plants from the greenhouse to interviewing people downtown about their life. These projects could be headed by a teacher who, instead of sitting with them in ISS, would accompany and assist them in their work.

Maybe I am naïve, perhaps this isn't enough incentive for students to change their ways; however, thinking of the alternative, a student who is merely locked in a room all day doing worksheets, I can't imagine the student would have much motivation or drive to turn themselves around and not do the same thing once they got out.

This idea of working to help the school and doing a creative project that interests the student seems like a much better process in terms of enabling the student to have a higher expectation of themselves. In so many people, it is the discovery of their passion—whether it be art, music, science, nature, or technology, or all of the above—that makes us excited. It can appear dorky or smart-alecky, but in the end, we as students need that.

We weren't made to merely get in trouble and sit in lonesome rooms all day. We were meant to share ideas, to collaborate in an environment that fuels intellect—an intellect that anybody from any walk of life can discover and share. This is why the idea of punishing by not really trying to rehabilitate doesn't make sense.

What is punishment if the person doesn't come out improved on the other end afterward? What is education if we do not give a real chance to those who may not appear to care? I feel that everyone has something to offer.

In my mind, a consequence means making the offender realize that they are held to a certain expectation because they matter—because their actions make a difference—both in the sense of what they have done wrong, but more importantly, the amount of potential they have to do right.



Students serving their ISS in silence