



# Congratulations

*Class of 2012 Superlative Winners*



**most adventurous**

Trevor Bays  
Kayla Nelson



**most artistic**

Cole Hodges  
Christina Davis

**most dramatic**



Craig Natoli  
Geana Giglio



**most musical**

Abby Lawrence  
Jon Simmons

**most athletic**

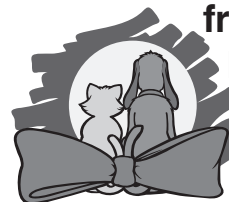


Briana Vibbard  
Randy Briggs



**most school spirited**

Jessie Quinn  
Chelsia Beaudoin



**friendliest**

Matt Marvin  
Maggi Burlison



**most studious**

Doug Parks  
Mary Longman



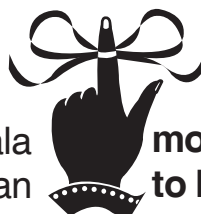
**most original**

Haley Muth  
Isaac Mettler



**most likely to participate**

Alex Rodriguez  
Megan Rogers



Angela Sala  
Cory Musician

**most likely to be remembered**

## Homework Hotline

We know that parents want to be actively involved in their children's education. At S-E Middle School we offer a great service to our parents to help see what their child's daily assignments are. Try the Middle School Homework Hotline! Homework is updated daily by all teachers. To listen to a list of homework assignments call 674-8444. Assignments can also be accessed online at: <http://mss.secsd.org/hhotline/> by using your computer or smart phone. If you have any questions please call the MS Counseling Office at 674-7382.

## Sherburne-Earlville Central School

*The Maroon and White* is published by the Sherburne-Earlville Central School Board and Administration, 15 School Street, Sherburne, New York 13460.

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Todd Griffin, Assistant Superintendent for Business  
Arthur Thormahlen, Interim High School Principal  
Jolene Emhof, Middle School Principal  
Thomas Fraher, Assistant MS/HS Principal  
John Douchinsky, Elementary Principal  
Antoinette Halliday, Assistant Elementary Principal  
Jean Tyler, Interim Special Education Director  
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Kimberly Corcoran, Food Service Director  
Frederick Wright, Head Custodian  
Michael Sweeney, Head Bus Driver

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### DISCLAIMER

Please take notice that the viewpoint of articles that appear in this newsletter are the personal expressions of individual authors and do not necessarily represent the official policies or positions of the Sherburne-Earlville Central School District or the Board of Education.

## Bath Salts a Scary New Drug

A new designer drug known as *bath salts* has become increasingly popular and increasingly scary. Poison centers across the U.S. have reported growing numbers of calls about the synthetic stimulant, and more and more states are banning the drug. But as of now, there is no federal law prohibiting their sale. Make no mistake: These are not bath salts like those you would use in your bath. By marketing them as bath salts and labeling them *not for human consumption*, they have been able to avoid them being specifically enumerated as illegal. It is a stimulant that can be snorted or mixed with food and eaten or injected. Physical addiction potential is unknown. It is similar to mephedrone (a chemical found in other designer drugs), with agitation, psychosis and stimulatory effects. They sell for about \$25 to \$40 a packet online and in convenience stores and head shops.

Why is this particularly scary? Two statistics that you may not want to hear: Approximately 42% of high school students have tried an illegal drug at least once in their life. More than 60% of teens said that drugs were sold, used or kept at their school. A statistic that you might want to hear: Teenagers whose parents talk to them on a regular basis about the dangers of drug use are 42% less likely to use drugs than those whose parents don't! (provided by [teendrugabuse.us](http://teendrugabuse.us))

For more information contact me at [catheriney@chenango.ny.us](mailto:catheriney@chenango.ny.us)

—Catherine A. Lamphier,  
MS, CASAC Prevention Counselor

## Knit Hat Fundraiser

The class of 2015 is selling S-E knit hats.

We currently have Cheerleading, Wrestling, Basketball, Volleyball and Marauders. We will have all sports soon. Hats are black with white letters and the S-E is outlined in maroon.



The hats are \$12 each.

Please email [ryanj@secsd.org](mailto:ryanj@secsd.org) to place an order.

*Thank you for supporting the class of 2015!*

## Rural Teens who Volunteer and Help Others Have Lower Levels of Substance Use

Many of the teen students I work with often complain that they make the negative choices they do because they are bored. They point out to me that our rural areas and other surrounding areas do not have much for them to do. A while back, one of my articles focused on the importance of students being involved in extra-curricular activities at school, but what about when they are not at school? Young adults between the ages of 18 and 25 report the highest rates of substance use and dependence, according to the National Survey on Drug Use and Health. A new study from the University of Missouri found that rural adolescents who engage in pro-social behaviors, such as volunteering and helping others, are less likely to use substances as young adults. Gustavo Carlo, Millsap Professor of Diversity in the Department of Human Development and Family Studies, examined data from surveys given to a group of rural youths from junior high school to young adulthood. Carlo found that pro-social behaviors serve as protective factors against adolescents engaging in risky behaviors. Thus, teens who engage in more pro-social behaviors are less likely to get drunk or use marijuana as young adults. The study focused on rural youths because previous research indicates they may be more apt to use illicit substances earlier, putting them at risk for developing addiction and other such problems as adults. Rural communities tend to be more spread out, making it difficult for adolescents to get transportation to events and activities. In addition, rural communities often have less access to recreation centers, spaces for meetings, volunteers to run programs and funding for organized activities.

Having teens volunteer and help out in the community can decrease the likelihood of negative behaviors. While it may be more difficult to find such opportunities in our area it is not impossible. I suggest contacting your local church, libraries, nursing homes and even your local mayor to learn about possible opportunities that may benefit your teen.

For more information visit [cadca.org](http://cadca.org) or contact me at [catheriney@co.chenango.ny.us](mailto:catheriney@co.chenango.ny.us).

—Catherine A. Lamphier,  
MS, CASAC Prevention Counselor

## Annual College Panel

On December 22, recent S-E graduates came back to high school to talk with current juniors and seniors about the first semester college experience. This year **Alex Rodriguez** moderated the event, posing questions aimed at helping high school students feel less anxious about the transition to college. Participants in the panel were Mike Combes who attends SUNY IT, Margaret Dushko from Brown, Erica Dando from BCC, Candace Ward and Kassie Lathrop from Nazareth, Rachael Bradley from SUNY Geneseo, Gretchen Bradley from Marist, Tanner Bonsie from Johnson and Wales' Rhode Island campus, Cody Webb from Onondaga Community College, Joelle Clark from SUNY Brockport and Ashley Rundell from SUNY Cortland.

—Candice Poyer,  
HS Guidance Counselor





## Financial Aid and Scholarship Information

### Scholarship Opportunities

- 1) All scholarships, which the counseling office is made aware of, will be posted monthly in English and Social Studies classrooms, as well as in the counseling office and on their website.
- 2) Also available in the counseling office are various books listing different available scholarships.
- 3) Fast Web offers a free Internet scholarship search at [www.fastweb.com](http://www.fastweb.com). Students enter information about themselves and the program will tell them what scholarship they are eligible for based on their individual portfolios. Students are given a password and can check periodically for updates in their scholarship list. (If using this search, students should use the school's address in order to avoid having their physical addresses and personal information connected on the internet).
- 4) In March, a list of all local scholarships will be given to seniors. Students must review this list to determine which scholarships they are eligible for and let the counseling office know which applications they need.

It is very important to follow directions and pay attention to deadlines on all scholarship applications!

### Financial Aid Information

- 1) All students will be required to fill out the FAFSA (Free Application for Federal Student Aid) at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) in order to be eligible for financial aid (in the form of scholarship and/or loan money) at any college in the United States. This form should be submitted as soon as possible after January 1, (see article on page 5). If taxes are not done yet, estimate and corrections can be made later. Many need-based grants are given on a first come first serve basis, so it is important to submit this form as soon after January 1, as possible.
  - \* A few days after your FAFSA is submitted, you will receive a Student Aid Report (SAR). This needs to be checked for accuracy and returned, as soon as possible, with any changed information.
- 2) If you are applying to any New York State schools, you must also submit a Tuition Assistance Program (TAP) application in order to be eligible for NYS aid. This can be accessed immediately after

submitting your FAFSA online or by going to [www.hecs.com](http://www.hecs.com). Some of the TAP application will be pre-filled based on information you submitted on your FAFSA. Check all answers for accuracy, fill in the blank areas, and then submit.

- 3) The PROFILE is a financial aid application used by some private colleges. A list of the colleges requiring this application can be found at <https://profileonline.collegeboard.com/prf/PXRemotePartInstitutionServlet/PXRemotePartInstitutionServlet.srv>. It is important to read all of the information regarding the college(s) you are applying to in order to meet all deadlines. PROFILE Applications are usually due with your college application or soon after. There is a fee for the PROFILE application.
- 4) Finally, many colleges have their own financial aid applications that need to be filled out in addition to the state and federal forms. Again, it is important to read all of the information carefully regarding the college(s) you are applying to and pay attention to all deadlines.

*Any questions? See your counselor!*

—Candice Poyer

## Senior Seminar Guest Speaker

Bruce Erath, of The Voss Group, spoke with the senior seminar classes in December. He gave an eye-opening presentation of potential college costs, mortgage costs, motor vehicle costs and other costs students will encounter later in life. Choosing a college is a major step and so is the debt they will have to pay off after they graduate. Long-term planning of debt is something every student needs to be aware of so that debt can be managed. He also gave a brief overview of the tax structure in the United States—how much money will be taken directly out of their paycheck and how much money will be left after debts are paid.

Some students said the presentation made them think about which colleges will get their applications. Mr. Erath also had them thinking about potential careers—what kind of earnings will exist and what job opportunities will be available upon graduation.

—Marie Hall

## Filling Out Your FAFSA/TAP Online

All college bound seniors will need to fill out the Free Application for Federal Student Aid (FAFSA) in order to be eligible for federal aid in the form of grants and/or loans. In addition, students who are applying to schools in New York State need to complete a Tuition Assistance Program (TAP) application in order to be eligible for NYS aid. The steps for filing financial aid applications are outlined below.

### Step 1:

The student and one parent must register for pin numbers by going to [www.pin.ed.gov](http://www.pin.ed.gov). Within two to three days of submitting your pin requests, you will be emailed your pin numbers. Keep these numbers in a safe place. They will serve as your electronic signatures for all future financial aid forms online including future FAFSAs, loan applications, etc. Although the FAFSA cannot be submitted until after January 1, students and parents can apply for their pin numbers at any time. In fact, by applying for your pin early, you will be ready to submit the online FAFSA in January.

### Step 2:

Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Be careful to type in the correct address (fafsa.com is not correct and will connect you to a company that charges you to fill out the FREE Application for Federal Student Aid!). Select **Before Beginning a FAFSA**. Print a pre-application worksheet and fill it out so that you will have all of the information in front of you when filling out the online FAFSA.

### Step 3:

Once the pre-application is filled out go back to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and select **Fill out the FAFSA**. Fill in all of the appropriate information. When all of the information requested is entered, both the student and a parent must sign the application using their assigned pin numbers. Before clicking the submit button, be sure to print a copy of your completed FAFSA.

### Step 4:

After you sign and submit your FAFSA online you will come to a screen congratulating you on successful completion of the form. Print this

page for your records. At this point, if you have applied to any New York State schools, you will also have the option of linking directly to the TAP application (for New York State Aid you will need to click on this link). TAP takes the information directly off your FAFSA so all you have to do is make any necessary corrections, fill in the additional information requested, sign using your pin number, and submit.

### Step 5:

Within three to five days of submitting your FAFSA online, your SAR (Student Aid Report) will be sent to your email address. This needs to be reviewed for accuracy. If corrections need to be made, do so, and email it back. If everything is correct print the SAR and file it with your other financial aid papers.

And that is it! Filling out the FAFSA and TAP online is quick, easy and SAFE.

### Juniors

Please do not forget to register for the SAT or ACT. You should plan to take one or the other no later than spring 2012. You can register and practice for the SAT at [www.collegeboard.com](http://www.collegeboard.com) and for the ACT at [www.actstudent.org](http://www.actstudent.org). The deadlines are listed below and fee waivers are available in the high school counseling office to financially eligible students.

—Candice Poyer

## SAT/ACT Test Dates and Registration Deadlines

### SAT

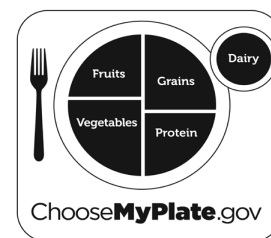
Test Date	Registration Deadline
March 10	February 10
May 5	April 6
June 2	May 8

### ACT

Test Date	Registration Deadline
April 14	March 9
June 9	May 4

# Choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

**1 balance calories**  
Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

**2 enjoy your food, but eat less**  
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

**3 avoid oversized portions**  
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

**4 foods to eat more often**  
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

**5 make half your plate fruits and vegetables**  
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

**6 switch to fat-free or low-fat (1%) milk**  
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

**7 make half your grains whole grains**  
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

**8 foods to eat less often**  
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

**9 compare sodium in foods**  
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

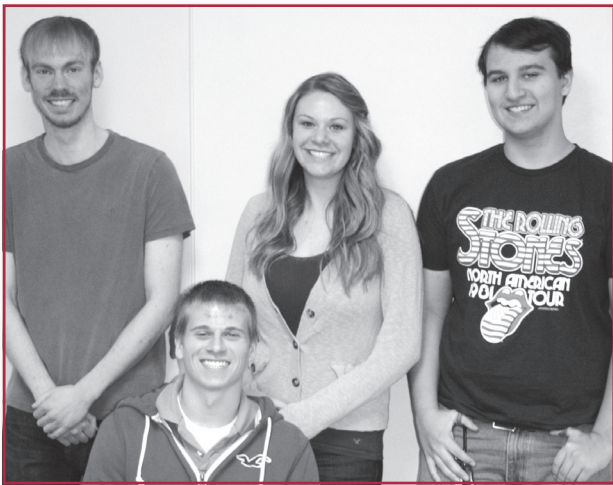
**10 drink water instead of sugary drinks**  
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



## Academic Excellence

Sherburne-Earlville Central School is pleased to announce the nominees for the 2012 Scholarships for Academic Excellence. The New York State Education Department awards these scholarships to seniors based on their high achievement on certain Regents exams. The scholarships have a value of \$1,500 and \$500 and are renewable for up to four academic years of undergraduate study. **Doug Parks** will be earning the \$1,500 scholarship and **Cory Musician, Megan Rogers** and **Ed Rigano**, respectively, will each be earning the \$500 scholarship. Congratulations!

—Shannon Gracey, HS Guidance Counselor



## SE Music Students Perform

Seven S-E High School music students were accepted to represent their school at the New York State School Music Association Zone 5 Area All-State Conference. Each student enjoyed the opportunity to play or sing at a level of excellence that they have spent countless hours preparing for. The selection process includes a level V or VI solo. The talent and preparedness of these students and the tireless efforts of their school directors and All-State conductors result in an experience of a lifetime!

—Cathy Martin, Music Boosters



*Back row (l-r): Jonathan Simmons, Jacob Taylor, Mick Khoury; front: Haley Muth, Jeff Verry, Caitlin Weinell, Meaghan Weinell*

## National Honor Society

On January 10, 20 of S-E High School's finest juniors were inducted in the National Honor Society. Students

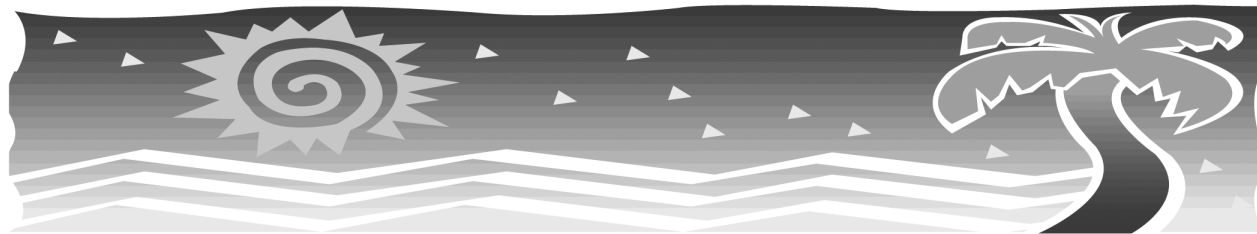
are selected based on their scholarship, service, leadership and character. Congratulations!



*Front row (l-r): Caitlin Weinell, Michael Harlost, Sarah Matott, Cheyenne Rainford, Corey Boice, Michael Khoury, Ashley Eaton, Zoe Enscoe, Makayla Dain, Emma Karaman; back row: Sarah Taylor, Desiree Brown, Maisy French, Carter Cole, Megan Viera, Samuel Caton, Dana Stapleton, Hannah Burlison, Rachel Casler; absent: Lucy Taylor*

# Sherburne-Earlville High School

13 School Street • Sherburne, New York 13460 • 607-674-7336



Dear Member of the Community:

The High School Music Department is in production of the 2012 musical. On Friday and Saturday, March 2<sup>nd</sup> and 3<sup>rd</sup> the music department will present **“Once on This Island”** in the High School Auditorium at 7:00pm.

**“Once on This Island”** is a story about peasants on a Caribbean island who tell a tale of an orphan named Ti Moune. As in the “Little Mermaid,” Ti Moune falls in love with a handsome young rich man who must choose between his love and his social class. With bright colors, and heart-warming music, **“Once on This Island”** is a touching love story to be enjoyed by the entire family.

In light of this undertaking, we kindly ask you to consider becoming a patron of our school musical production. Musicals are very costly to produce. Rental and royalty costs exceed \$2000.00. Costumes, set construction, lighting and makeup are also significant expenses.

For a contribution your name will appear in the patron section of the program. We would be grateful for any donation however, the program will list three patron levels. By becoming a donor you will receive public recognition for supporting our musical endeavor and our sincere thanks.

If you would like to become a patron, please complete the form below and send it with your contribution to:

**Sherburne-Earlville Musical - c/o Maggie Fitzpatrick**  
**Sherburne-Earlville Central School - 15 School Street, - Sherburne NY 13460**

Thank you for supporting the Arts at Sherburne-Earlville!

Sincerely,  
Andrea Love, Director

Please send in the form below and your contribution as soon as possible, but no later than February 15, 2012.  
Checks should be made payable to *Sherburne Earlville High School Chorus.*

*Yes! I would like to become a:*



\_\_\_\_ Patron of Water for a donation of \$10.



\_\_\_\_ Patron of Love for a donation of \$25.

\_\_\_\_ Patron of Earth for a donation of \$50.

Please include your name as you would like it to appear in the program



## Sweet Success!

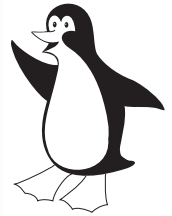
K-2 students in Ms. Lindoerfer's computer lab recently created pictures for our troops in Afghanistan as part of a goodwill project that was the brainchild of S-E alumnus Brian Martin. Both he and fellow SUNY Cortland student Matt Latorre wanted to create a community service project that would include the SUNY Cortland students and an elementary school. "What better school than my own elementary school, which has a state of the art computer lab program?" stated Brian when asked why he chose S-E. Candy collected from the SUNY Cortland campus was combined with over 150 pictures and shipped before the holidays. "This project is one that I would like to continue as an enrichment to our student curriculum." commented Ms. Lindoerfer.



## Holiday Parade

Miss Flisnik's fourth grade class participated in the 20th annual Sherburne-Earlville Holiday Parade. The class diligently worked to create a giant igloo that was made of milk jugs. Not only did the class supply the jugs, but the whole school generously contributed, too. The igloo and the students paraded down the street with their handcrafted penguins. The float's title was Miss Flisnik's Penguins. It was a team effort. Each and every student assisted with the creation of the igloo and the family of penguins. Everyone had a great time proudly exhibiting their masterpieces in the parade.

—Miss Flisnik





## CSO Elementary Holiday Bazaar

The annual Elementary School Holiday Bazaar was held on December 8. It is a very exciting time of year and the students always enjoy it.

We would like to take this opportunity to thank the following for their assistance:

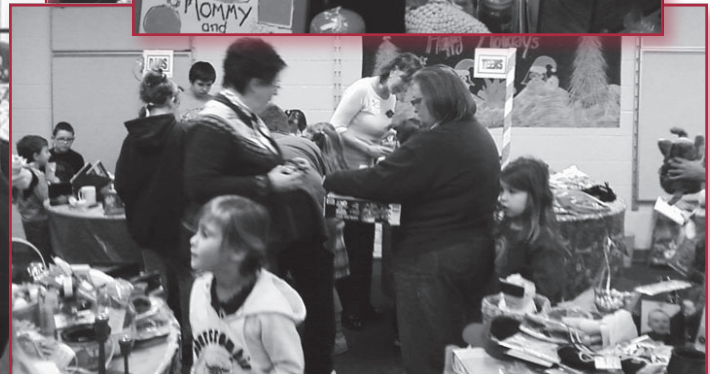
- The S-E Middle School Life Skills Students and Tobie Hess for assisting with collecting all the donations and working the event.
- **Marissa Doing**, HS student, for the beautiful holiday mural she drew.
- Maggie Fitzpatrick for all of her assistance with the informational flyers to the families.
- The Elementary School Cafeteria Staff and Custodial Staff for all of their assistance.

- The entire S-E community and staff for again donating such beautiful items.

We would also like to thank the following individuals for working and/or providing assistance: Megan Bohnert, Colleen Bradley, Carley Britton, Jennifer Britton, Max Britton, Deb Button, Annie Campbell, Carolyn Clark, Ruth Davis, Sheila Davis, Allan Doing, Mitchell Doing, Vanessa Doing, Lynnette Fairbanks, Brittney Gale, Christine Hanyon, Molly Khoury, Brenda Lagoe, Lisa Palmer, Sonya Parry, Lee Perrin, Jennifer Root, Cade Shea, Sabrina Ulrich, Sierra Ulrich and Suzanne Winton.

We are incredibly grateful to you all.

—Terri Doing, Valerie Bradley and Carmela Minckler



## S-E Field Hockey Team

### Reaching Out to the Community

Every year the Lady Marauders seek out a community service project. This year's team decided to support the local school community by collecting food for the elementary school's *back pack* program. Past projects have supported the local SPCA, American Cancer Society and the Hurricane Katrina relief programs. The coaching staff feels it is important for the girls to look beyond themselves and think of those less fortunate every year.



## U Rock Awards

Congratulations to the U Rock! Award winners for the 10-week marking period at the Middle School. These students were selected by their grade level teachers for academic achievement and citizenship recognition. These awards are given out at the 10, 20 and 30 week marking periods. U Rock! Awards are sponsored by the S-E Community Schools Organization. Each student receives an award certificate and an ice cream treat. Congratulations to all the winners!

—Valerie Bradley

**Grade 6**—Jaci Root and Zoe Bornes (Math); Sophia Khoury and Ben Osborne (SS); Jordan Zimmerman and Anna Carpenter (Science); Laura Alishauskas and Jordyn Paul (English LA)

**Grade 7**—Lyn Farrow and Marlayna Thornington (Math); Miranda Wright and Matt Hull (SS); Marie Moren and Vincent Taylor (Science); Brock Yarnes, Sierra Gold and Joseph Purdy (English LA); Shay Franklin and Michael Albertina (French); Alexis Kane and Matt Sulton (Spanish)

**Grade 8**—Samatha Root and Nyoka Straight (Math); Andrew Palmer and Brandie Lynch (SS); Meghan Bohnert and Dalton Peek (Science); Devin Watts, Olivia Clark and Jessica Mikalunas (English LA); Morgan Simpson and Dale Bolinger (French); Chelsea Kolis and Josh Blair (Spanish)

## Annual Book Give-Away

On December 3, the S-E Teacher's Association hosted its 15th Annual Holiday Book Give-Away following the Holiday Parade. Hundreds of S-E students excitedly selected free books to give as gifts to family members while also enjoying holiday cookies.

SETA would once again like to thank the Sherburne Fire Department for the use of their building and tables. We would also like to thank the Sherburne Rotary for their continued support of this annual project. The teachers of Sherburne-Earlville are honored to sponsor this activity while encouraging the love of literacy.

—Liz Swistak, SETA Book Give-Away Chair





# Creating and Celebrating French Traditions

## October

The HS French Club held its annual *Fete de Vendange* (Grape Harvest Festival), which occurs in many parts of France and Western Europe during the harvest season.

Students feasted on a variety of French cakes: Chocolate Mousse Cake, Chocolate Ganache Cake, and a Strawberry Shortcake, all provided by La Maison Blanche, the French bakery in Norwich. Students played a French version of lotto and prizes were distributed to the winners.



## December

### Saint Nicolas Day

Mrs. Bays' French 4 class visited Ms. O'Connor's third grade students to introduce them to French language and some of the customs inherent to the French culture. The third grade class heard about some of the holiday customs practiced in France. HS students taught a series of holiday related vocabulary. The lesson concluded with a French vocabulary lotto game. The younger students decorated a traditional *sabot* (wooden shoe) and left them in the classroom overnight, so that Pere Noel (Santa Claus) could fill the shoes with candy during the night. This event normally occurs on December 6, but because of Pere Noel's busy schedule, he found the time to perform this festive practice after December 6, and prior to his December 25 journey around the world.



## Noel

Getting ready for Noel (Christmas) is no easy task for Pere Noel (Santa Claus). French 3 students wrote and performed original skits depicting the trials and tribulations of this monumental undertaking.



## January

### La Fete des Rois

January 6 marks the end of the Christmas holiday season in France. This date commemorates the arrival of the three kings to Bethlehem. One of the customs that has evolved from this event is the *Galette des Rois*. Inside the galette or cake a *feve* (good luck charm) is hidden. The youngest member of the family or group gathering sits under the table and calls out who is to receive each piece of cake. Whoever bites into the cake containing the feve is crowned king or queen with a gold paper crown. The lucky person then selects his or her respective counterpart, which is the king or queen. This custom has evolved into a secular event practiced not only by families, but in French schools and companies as well.



## FIRST Robotics Team #145 Kick's Off 2012 Season

The Chenango County FIRST TR-X 145 Robotics Team recently held their 2012 kick-off at the Norwich Senior High School. Through a live feed provided by NASA, originating from Manchester, NH, at 10:30 a.m. on Saturday, January 7, the team learned of the new challenge for 2012 along with other teams nationwide.

Inventor Dean Kamen was joined by former Presidents George W. Bush and Bill Clinton, will.i.am, front man of The Black Eyed Peas, and a host of other celebrities to launch the 21st FIRST® Robotics Competition (FRC®) season with the Kickoff of *Rebound Rumble*™. An estimated 60,000 around the world joined the Kickoff via live NASA-TV broadcast and webcast.

FIRST teams received a kit of Parts made up of motors, batteries, a control system, a PC and a mix of automation components—but no instructions. Working with Mentors, students have six weeks to design, build, program and test their robots to meet the season's engineering challenge. Once these young inventors create a robot, their teams participate in competitions that measure the effectiveness of each robot, the power of collaboration and the determination of students.

The 2012 *Rebound Rumble*™ robotics game is played between two Alliances of three teams each. Each Alliance competes by trying to score as many of the basketballs in the hoops as possible during the two-minute and 15-second match. Balls scored in higher hoops score teams more points. Team Alliances are awarded bonus points if they are balanced on bridges at the end of the match.

The Kickoff included presentations by FIRST founder Dean Kamen; NASA Administrator Charlie Bolden; PTC President and CEO Jim Heppelmann; FIRST Chairman Walt P. Havenstein; FIRST National Advisor Dr. Woodie Flowers; and FIRST president Jon Dudas. The program also featured remarks by former Presidents Bill Clinton and George W. Bush; Stephen Colbert of *The Colbert Report*; and FIRST Robotics Competition Director Bill Miller. All spoke of the future of these aspiring technology and science students while learning skills that will last a lifetime.

Aneesh Chopra, White House Chief Technology Officer said, "When I was at the Championship last year, I knew you understood it was not just about

winning the competition. It is about building for the future. Creating a community that makes our world a better place through advances in technology and innovation. And we can only do that if we build the jobs and industries of the future with a workforce that's capable in science, technology, engineering, and mathematics. You are the workforce to that future economy."

FIRST redefines winning for these students because they are rewarded for excellence in design, demonstrated team spirit, gracious professionalism and the ability to overcome obstacles. There are 2,300 + teams, not including teams in Israel, Brazil, Mexico, Germany, Chile, and others that will be competing in regional competitions all over the world.

Team #145 has eighteen students and ten mentors from S-E, Norwich, Otselic Valley and Unadilla Valley that meet Monday through Saturday, during the six-week build season in an effort to build a robot that meets the specifications set by the National FIRST leaders. The team has won a number of honored awards such as: the Rockwell International Innovation in Controls Award, Best Sportsmanship, the GM Industrial Design Award, the Judges Award and last year the team was proud to receive the *Imagery* Award.

If you would like to make a donation to FIRST Team #145, email PR Coordinator Audrey Robinson at [akr100@yahoo.com](mailto:akr100@yahoo.com). The team will be traveling to Rochester Institute of Technology on March 9 and 10 for their regional competition. If you are interested in learning more about the FIRST #145 team, visit the website at [www.trx145.net](http://www.trx145.net) or [www.usfirst.org](http://www.usfirst.org).

### About FIRST

Accomplished inventor Dean Kamen founded FIRST (For Inspiration and Recognition of Science and Technology) in 1989 to inspire an appreciation of science and technology in young people. Based in Manchester, N.H., FIRST designs accessible, innovative programs to build self-confidence, knowledge, and life skills while motivating young people to pursue opportunities in science, technology, and engineering. FIRST provides nearly \$14 million in college scholarships.



## Drama Club News

The Drama Club got off to a rocky start this fall after discovering that their fall production had to be moved to a December production due to a delay in the renovations being made to the lighting and sound in the auditorium. In spite of the inconveniences, the kids persevered and put on another great show! They received notification that they are recipients of six Theatre Association of New York State (TANYS) Roving Adjudicator Merit Awards following adjudication of their production of *Timing is Everything: An Evening of One Act Plays*, performed on December 17 and 18 at the High School Auditorium. Meritorious Achievement in Acting awards were given to **Haley Muth** as Anne in *Creep*; to **Brent Guiles** as Frank in *Mere Mortals*; and to **Mick Khoury** for his portrayal of multiple roles. Meritorious Achievement in Ensemble Acting went to **Ed Rigano**, **Craig Natoli** and **Brent Guiles** in *Mere Mortals*, which was student directed by **Doug Parks**. Stage Manager Ann Campbell received an Excellence in Stage Management award, while director Colleen Law-Tefft received an Excellence in Directing award. Formal presentations of these awards are held in November 2012, during the TANYS Festival Awards Banquet in Batavia, as part of the 2012 TANYS Festival. For further details on the festival or the TANYS organization, go to [www.tanys.org](http://www.tanys.org).

On January 6-8, 13 drama club students (**Meghan Dushko**, **Zoe Enscoe**, **Geana Giglio**, **Mick Khoury**, **Haley Muth**, **Craig Natoli**, **Kayla Osterndorff**, **Doug Parks**, **Danielle Purdy**, **Matt Smith**, **Shannon Staley**, **Stephanie Staley** and **Lucy Taylor**) attended the NYSTEA (New York State Theatre Education Association) Student Conference at the Villa Roma Resort in Callicoon. This weekend conference, attended by 700 high school students from across the

state, gives the opportunity for drama students to come together for an exciting weekend of learning and fun. The students attend workshops given by colleges, universities and other theatre professionals in all aspects of theatre and the performing arts. The weekend is packed with activities and they are immersed in workshops that give plenty of opportunities for networking and new experiences in the theatre arts. This year's students took workshops in such areas as Tap Dancing, Playwriting, Improvisation, Shakespeare, Old Age make up, Aqua Zumba and Directing. The students came home having made new friends and contacts, with new ideas to share and wishing that the weekend would never end!

Upcoming activities for the Drama Club include a fundraiser at Gilligan's on February 15, from 4:00-8:00 p.m. Come let Gilligan's cook dinner for you and 20% of the proceeds will go to the Drama Club.

At the end of March, the Drama Club has the opportunity to travel to the Michael Harms Theatre Festival in Auburn. More details to come on that. Finally they will end the year with their spring production (TBA) on April 27 and 28.

Thank you for supporting the Drama Club!

—Colleen Law-Tefft, Advisor





# HOW TO DEAL WITH A BULLY

## News flash

Bullies aren't all big and muscle-y. Bullies come in all shapes and sizes — and it's not like you can tell who they are by what they look like. You can only tell a bully by their actions — they make themselves feel powerful by threatening, embarrassing or hurting others. If you have ever been around a bully or been picked on by a bully you know how hurtful they can be. But, there are things you can do to stay out of a bully's way.



### GUIDELINES YOU SHOULD HAVE IN MIND WHEN TALKING TO ADULT ABOUT THE PROBLEM:

- WHAT HAPPENED TO YOU & WHAT YOU DID.
- WHO BULLIED YOU AND WHO SAW IT.
- WHERE AND HOW OFTEN IT HAPPENED.
- WRITE EVERYTHING DOWN IN A JOURNAL.

**1** *Make friends and lots of them — there's safety in numbers. A bully is less likely to approach you if you're surrounded by pals. Try to be friendly and respectful to everyone — smile at someone if you make eye contact in the hallways, and if you really like someone's cool new shoes, tell them.*

**2** *If a bully is talking smack about you, keep in mind all the good stuff you know about yourself. Do things that you are good at. Can you spell like a dictionary? Enter a spelling bee. Run like the wind? Join the track team. Sing like an angel? Choir is calling your name. Try something new; you may discover a talent you never knew you had. Take tennis lessons or audition for the school play. Bonus: you'll meet new people!*

**3** *Stand up for yourself! Practice what you might say if someone starts picking on you. Saying the words a couple of times will make you feel sure of yourself. One word to the wise: Never start a discussion or argue with a bully, even if you've got a zinger that's begging to be zung. You just want to get them off your back, not make them angry.*

**4** *Check out the way you act and be aware of your body language. How you carry yourself can bring on a bully. Slouching, looking at the ground or feet, and fidgeting make people think that you are afraid or nervous. Try to walk with your head up, make eye contact, and smile. A bully is less likely to single you out if you are the picture of self-confidence.*

**5** *Ignore insults or name-calling. It'll be hard, but stay calm and don't let them see you sweat. Take a deep breath and try not to show that you are upset or angry. Above all, don't believe for one second what they're saying. Bullies feed on attention and are just trying to get a reaction from you. It's easier to give them the brush off if you don't let them get under your skin. They'll get bored and move on.*

**6** *Avoid getting sucked into a scuffle, even if it means losing your stuff — your safety is way more important than your shoes! The only time you should ever fight back is when you need to defend yourself. Even then, keep eyes open for an escape route. Chances are, if someone wants to fight, they know they have a good chance of winning.*

**7** *Don't be afraid to tell an adult if you're being bullied. You are NOT a snitch if you tell an adult you know that someone is hurting you. If you have to stop someone from bothering you and it's not working, get someone you trust involved to help you. And if you see someone else in the same boat, find an adult to help. Get the problem out in the open. Once people know about it, the bully is no longer in control. Not telling anyone — especially because the bully told you not to — is just making him or her feel more powerful.*

**8** *Have a few one-liners in your pocket to pull out if you need them. Things like "That's funny, but enough already okay?" or "I don't do this to you. You should really think about that" can help defuse a tense situation and keep you out of harm's way. While your coming up with your witty one-liners, keep in mind that you're trying to take the wind out of the bully's sails, not add fuel to the fire with a major burn. Embarrassing the bully in front of everyone won't make your life any easier.*

Source: [www.bam.gov](http://www.bam.gov)

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