

# Meteor Chronicle

Produced by the students of the Montrose Area Junior/Senior High School

Volume 23, Issue 1

Montrose Area School District

October 2007



## Traveling, Volunteering Among Students' Summer Memories

By Megan Henry  
Sports Editor

When most people fantasize about summer vacation as the school year comes to a close, the typical thoughts are about favorite vacation spots, hanging out with friends, or simply sleeping in.

But a select few students have memories of this past summer that include foreign travel while others closer to home volunteered to help others—both experiences that students say will have a lasting impact on them.

Sophomore Carmen VanNess traveled abroad this past summer when her aunt and uncle invited her to go with them, her two cousins and her older sister to Turkey, Cyprus, and Romania.

"I love [all of the countries I visited] so much," Carmen says, "but I'd have to say Transylvania [was my favorite] because it was so beautiful [at the Alps]."

The "picturesque, mountainous scenes" aren't the only memory that stands out in Carmen's mind, though, when she recalls her 17-day vacation. The lifestyles of people she saw on her trip left an impression on her too.

"I walked through many, many poverty-stricken areas and met [the] locals [who live in those conditions]," she says, "and I thought about how I hoped someday I could come back and help people in situations like theirs. Someday I want to be in the Peace Corps. It was [also] my first time ever in a place where English isn't the main language."

Another cultural difference Carmen recalls is the difference between women who live in the United States and those she saw in Istanbul, Turkey's capital.

"In Istanbul, they objectify women so much more than here [in the United States]," Carmen says. She says that while she was walking down the streets, the men's actions and words were degrading.



Sophomore Carmen VanNess poses with her cousin, Brittany Chalmers of Long Island, from a lookout along the coast of the Black Sea in Turkey.

Sophomore Steven Lucenti experienced another culture's lifestyle last summer when he and his father's family visited Abruzzo, Italy, to see where Steven's great-grandfather had once lived.

In Italy everything seemed more family-oriented, Steven says. Being able to witness this himself, he says, will probably leave a lasting impact on him. He also experienced it firsthand with his own family.

"It was all about getting together and having a good time," Steven says.

He also met a large family who seemed to be just enjoying a day together for no special occasion but just to spend time together.

"[Going to Italy] was a great experience," Steven says, "and [it was] cool to see outside the United States. I couldn't believe I was going until I was actually there."

Sophomore Jackie Pfamatter may not have traveled last summer like Carmen and Steven, but she says the volunteering she did will affect her future too.

"[This summer] I volunteered at the Humane Society in Montrose," Jackie,

who hopes to be a veterinarian one day, says. "I also went [with my church youth group] to Camp Bayouca, a Christian camp for the mentally handicapped in New York."

She says that although this was her first time getting involved in her community through volunteer work, it was such a good experience that she's still working at the Humane Society and plans to return to Camp Bayouca next summer.

"[The best part of volunteering at the camp was] being able to see all the campers' faces and having them ask us to come back," Jackie says. "It was really stressful because you couldn't understand them very well, but it was worth it because [I got] to see how happy [I] made everybody and let them know somebody cares about them."

Whether traveling or volunteering, students say they will not soon forget their experiences.

"[My trip will] definitely [have a lasting impact on me]," Carmen says. "Just seeing different cultures was amazing, meeting new people, and seeing new sights."

## No New Rules; Stricter Enforcement Instead

By Courtney Haggerty  
Co-editor in Chief

While no new rules were added to the MAHS handbook this year, several regulations are being more strictly monitored.

### Attendance/Tardiness:

o During random periods throughout the day, hall monitors supervise the corridors.

o Other teachers look for pass violations and students skipping and/or walking out of class, the gym and cafeteria.

o Teachers more often report students late to class.

### Dress Code:

According to Principal Jim Tallarico, the dress code is the biggest issue in the school. Students are reported for offenses such as:

- Short skirts
- Sheer leggings
- Exposed underwear
- Low-cut shirts

### Wellness Policy:

During classroom celebrations or other activities, teachers must encourage healthy food choices and portions, with few, if any, foods with high fat and sugar content served.

▪ Recommended foods include fruit, vegetables and other low-fat, low-sugar items.

"Teachers have been really great, and students are understanding of what is appropriate and what is inappropriate," Mr. Tallarico said.

Senior Karina Espinoza, 17, is an exchange student from Cuenca, Ecuador, through the PEACE (ProAmerican Educational and Cultural Exchange) program. She will be at MAHS for the remainder of the school year.



Some MAHS students participate in the sport of barrel racing. To learn more, turn to...

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## DATES TO REMEMBER

Oct. 15

Yearbook sales start

Oct. 27

ACT

MAHS Rm. 62

Florida-Bound  
Cheerleader Fundraiser  
Spaghetti dinner  
MAHS Cafeteria  
4-7:30 p.m.

Nov. 8

Parent/Teacher conferences  
CV/LS 4-6 p.m.  
MAHS 6-8 p.m.

Nov. 9

Parent/Teacher conferences  
All schools 8 a.m.-3 p.m.

Varsity Club  
Fundraiser Dinner  
7-10 p.m.  
MAHS cafeteria

Nov. 17

MMU Toy/Train Show  
MAHS 9 a.m.-3 p.m.

Nov. 28

College Financial Aid Night  
MAHS cafeteria  
6:30-8:30 p.m.

Nov. 29

Band concert  
MAHS auditorium  
6 p.m.

## Wellness Policy Targets Obesity Students' BMI Measured

Sixteen percent of U.S. children were obese in 2004, and national obesity for all age groups rose from 13 to 32 percent from the 1960s to 2004, according to the Johns Hopkins Bloomberg School of Health, and that number is predicted to go up to 41 percent by 2015.

It was these figures that led Congress in 2004 to pass the Child Nutrition and WIC Reauthorization Act that required each school district participating in the National School Lunch Program to develop a wellness policy.

The policy had to include goals for nutritional education and physical activity; nutritional guidelines for all foods that could be offered on school grounds; ways to encourage consumption of a variety of healthy foods, such as salad bars; and plans to involve parents, students, school administrators and board members in the development of the wellness policy. The MASD policy committee includes the school nurses, board members, teachers and a newly added parent and student member.

Nurse practitioner Jean Hollister says that students' current weight problems did not occur overnight and that a solution cannot either. Students need to retrain their bodies to enjoy eating healthier foods, she says.

"You grow up with a lot of salt in your diet," Mrs. Hollister says. "So taking it away, you have to teach your brain that [food] tastes good [without it]."

But school programs are only the first step. The changes to teenage eating habits will allow for new studies into the exact eating habits students should have. Mrs. Hollister hopes that in the future, insurance companies, snack makers and fast food restaurants will get on board too.

"I feel like we're on one page, and everyone else is on a different page," Mrs. Hollister says.

The MASD Wellness Policy also incorporates the Nutritional Standards for Competitive Foods in Pennsylvania Schools, which is available online. In accordance with the state recommendations, MASD may faze

out the two percent milk and serve milk with only one percent, or lower, fat content.

One example of the Wellness Policy in action is the Body Mass Index (BMI) evaluation of all students in the school district, which was done this fall. Each student was weighed and his/her height measured; results were then sent home to parents.

BMI is a common measure that shows the relationship of an individual's weight to his/her height. One's BMI equals his weight in pounds divided by his height in inches divided again by his height in inches, and then multiplied by 703. For example, to calculate the BMI of a six-foot adult weighing 210 pounds, divide 210 pounds by 72 inches; then divide again by 72 inches and multiply that number by 703 for a BMI score of 28.5, according to the Medical College of Wisconsin

Using the BMI, one can then determine whether an individual is underweight, overweight, obese or at risk.

By F. Edgington-Giordano  
Opinion Editor

If parents are unsure about the information in the letter they received, they are encouraged to talk to their doctor or their school's nurse. Or if they have questions or comments about the Wellness Policy, they may attend the next Wellness Committee meeting Tuesday, Dec. 4, at 7 p.m. in the Choconut Valley Elementary School faculty room.

### Recommended Foods:

- Fruit
- Vegetables
- Juice bars
- Tortilla chips and salsa
- Baked chips
- Pretzels
- Low-fat granola bars
- Cereal bars
- Trail mix
- Low-fat frozen yogurt
- 100% fruit juices
- Graham crackers
- Low-fat popcorn
- Fig Newtons
- Wheat cheese crackers
- Pizza

## Sharing Classes With Siblings Not So Bad

By Angela Short, Staff reporter

When I called my dad from camp last August to ask about my schedule for tenth grade, he told me I would be taking Pass Plus during seventh period with my brother Jonathon, a senior.

The news didn't come as much of a surprise because my mother had warned me that this might happen if I requested Pass Plus as one of my electives because so had Jonathon, but even with the warning I was still a little nervous.

Never having been in a class with my brother made me uneasy. I wasn't sure if he was going to be mean or nice to me. I wasn't sure if his being there was going to make me work harder or be more lax with my responsibilities.

When I got to my class on the first day of school, I said "hi" to my brother; he smiled back but said nothing. I knew that he wouldn't be the one to go out of his way to say "hi" to me—that wouldn't be cool. It turned out that I ended up sitting right next to him in the only seat left in the room.

That same day after school, I went to my field hockey practice. During our stretches my teammates and I were talking about our day. I mentioned that I had a class with my older brother. Teammate Nikky Finch, a junior, said she had several classes with her sister Danielle too.

"I have five classes with my older sister," Nikky said. "It kind of ends up as a good thing when I need help with homework or any other missed work I have."

I thought about Nikky's com-



Emily Gow/ Meteor Chronicle

Senior Danielle Finch and junior Nicole Finch take notes during Mrs Debbie Lewis' class on Oct. 9. This is one of five classes the Finch sisters have together this year.

ment, and I figured that I could also use this to my advantage. If Jonathon or I needed some help, we had each other at home.

But sometimes people act differently when a sibling is in the class.

"I know that I act different than I do in the class that I have with my sister [compared] to the way I act with my other classes," Jonathon said. "I am way more quiet during Pass Plus class."

Even if some siblings don't act quite like themselves in classes shared with siblings, being in the same classes isn't really a problem to most.

"I know that there is not much that I can do to change it, and I'm not even sure that I would do anything to get out of my sister's classes," senior Danielle Finch said. "I don't really even notice that she's there."

"I prefer being in class with my sister because it makes it kind of inter-

esting," sophomore April King said. "For example, when she sneezes, everyone looks at her weird, but I know that that's just the way she sneezes."

Having classes with a sibling can help you make up work or help with homework or something you don't understand, I guess. But sometimes you are under more pressure to keep your grades up in that class.

"I push myself more to keep my grades up because I am afraid that if I do badly, then my older sister will blackmail me until report cards come out," Nikky said, "but on the upside, I will always have a study partner."

At this point in the year, being in a class with Jonathon has not affected me much. I get along with him during class, and in a way I enjoy seeing him during the day. When I get to class, I always say "hi," and he has started to say "hi" back. Being in this class together has made us a little closer.

## Students Walk for a Cure

By Emily Gow, Elementary Editor

Last year freshman Rebecca Maxey lost a family friend to breast cancer. She has not forgotten.

One out of three U.S. women will be diagnosed with breast cancer during her life, according to Kathie Curtis, owner of Curves for Women in Montrose. This is an extremely high number, she says. The problem is many women who are uninsured or underinsured do not go for the mammograms they need, which can lead to not detecting cancer until it is too late.

To address this problem, Ms. Curtis and other women in the community began the annual Pink Light Walk a year ago to educate the community about breast cancer. This year's event will be held Oct. 26 in Montrose, and several students will participate.

The loss of her family friend was the inspiration for Rebecca to participate with her mother in the walk last year. It was a perfect way to help the cause, she says.

Eighth grader Kate Kielceski decided to participate last year, along with her parents, after her mother told her about the walk and what it was for.

"I [participated] because I thought it would be a good way to support cancer victims," Kate says.

Money raised from donations, sponsors, raffles, and registration fees of \$10 stays in Susquehanna County and is used to help women pay for mammograms and doctor visits, Ms. Curtis says.

Kate and Rebecca will walk again this year.

"It was fun last year, and it was successful, so I want to do it again," Kate says.

Last year over \$3,000 was raised. This year's goal is \$4,000-\$5,000, Ms. Curtis says.

But "fun" is not the only reason Kate will participate again this year.

Since the last walk, cancer has struck Kate's family too.

It is important for teens to participate in activities like this, Kate says.

"The more you know about something, the easier it is to prevent it," she says.

Knowledge and prevention are the main reasons for the walk, according to Ms. Curtis. The walk is a fundraiser for the American Cancer Society but also a way to raise awareness about breast cancer.

In keeping with October's Breast Cancer Awareness Month, members of the community will walk two miles around Montrose Oct. 26. Before the walk begins at Curves on Spruce Street, a moment of prayer will honor women who are dealing with or who have dealt with breast cancer. Each walker will carry a flashlight with a pink plastic cover to reflect pink light. Pink symbolizes breast cancer.

"I thought it was cool how they put the pink Saran wrap around the flashlights so it was a pink light all over town," Kate says. "I think it was really well done last year."

Senior Katie Syle will also walk with her mother this year.

"[I am participating because] it seemed like a fun thing to do to help other people," Katie says.

Bonnie Morgan of Montrose, one of the organizers of the walk and a breast cancer survivor twice, says she feels it is important for teens to be active in these kinds of events because "everyone is touched by [cancer] one way or another."

Ms. Curtis agrees. "It affects everybody, not just women."

For more information about the Oct. 26 walk, which will begin at 6:30 p.m., call 278-4951 or stop in at Curves. Walkers may register in advance or on the night of the event.

## New MAHS Teachers Arrive



Jack Kiehl  
Junior High Math



Duane Benedict  
Business Education



Kari Forsys  
Special Education



Tom Syle  
Special Education



Mike Borella  
History

## Life As We Know It...

"Life As We Know It" is a year-long series devoted to informing teens and the community about some of the issues teens face.

## Sleep Deprivation: Fact of Life for Teenagers

Courtney Haggerty  
Co-editor in Chief

After a five-hour sleep, she wakes at 5:30 a.m. to shower and dress for a day of school and after-school running. Junior Sam Cudo says five hours of sleep are two more than she averaged last year.

She simply wasn't tired before, Sam says. It was never that she had "too much on her mind." She would attempt to sleep but would give up hope and occupy her time with television or school work.

"I made it through most of the school year without a problem," Sam says, "but you could tell I was tired."

"[Sam] was a bit snippy," junior Sara Jones says. "You could tell she was tired; she was very short-tempered."

Toward the end of last year, Sam says she was ill repeatedly. She thought her problem may be a lack of sleep, so she decided to see a doctor. He agreed.

"My doctor told me that the [three to four hours of sleep] I was getting were not enough," Sam

says. "Not everyone needs a lot of hours to sleep, but [everyone] should get at least five."

Only 20 percent of teenagers get the nine or more hours of sleep that doctors recommend, according to a survey by the National Sleep Foundation.

The Foundation also reports that 28 percent of high school students fall asleep in school at least once a week, 22 percent of students fall asleep doing homework, 14 percent are tardy or miss school because they oversleep, and 50 percent say they fall asleep at school.

"My grades never suffered, and it never affected my running," Sam says. "For that extra five minutes [at the end of some classes], I would never join in a conversation; I would just lay my head down and sleep."

Similar to Sam, junior Matt Norotsky says he doesn't sleep much at night either, but he makes up for the loss of sleep by dozing off in classes throughout the school day.

"It really doesn't affect my grades," Matt says. "I still get A's

and B's."

On a regular day, Matt rises at 6 a.m. and doesn't go to bed until one or two the next morning. On longer days, which occur at least once a week, his day begins at 6 a.m. but doesn't end until at least 40 hours later.

Matt says he hasn't seen a doctor about his lack of sleep; he uses herbal remedies to help him sleep more deeply when he has the time for it and to keep him going when he doesn't.

"[I take] Niacin, an herbal drug," Matt says. "It gets [my] blood moving and [gives me] more energy."

Matt also uses herbal oils, such as lemon grass, which he says clears his head, and clove bud, which allows him to get more deep sleep. He rubs oils on his temples, wrist or bottoms of his feet. There are many types of oils one can use, according to Matt.

Sleep experts and teachers say "parents wield the most influence to help teenagers get on a sleep schedule and eliminate disruptions," according to a recent article in Binghamton's *Press & Sun-*

*Bulletin.*

According to Dr. Steven Marks, medical chief at a Phoenix sleep center, it is important for parents to help teenagers get the sleep they need.

Sam's parents reacted differently to her lack of sleep.

"My mom worries," Sam says. "My dad feels that if I can [take care of my responsibilities and] get my things done off that amount of sleep, then it's fine."

Matt's parents simply "don't mind," he says, but teachers do.

"Students sleeping in class is a lack of respect for the entire school system," English teacher Kathy Swaha says.

"It sets up a poor work ethic, and that behavior won't be tolerated in college or on the job, despite grades."

Sam says her teachers had taken notice of her constant sleepiness.

"In ninth grade, [retired history teacher] Mary Ann Cunningham left a note on my desk one day," Sam says. "It said, 'You look tired. Maybe you need to take a day off.'"

## Tools for Schools

By F. Edgington-Giordano  
Opinion Editor

Tools for Schools is a program offered through Price Chopper that allows shoppers to contribute points toward their local schools every time they shop. By registering their Advantage cards online or at a store, shoppers donate points that translate into equipment for schools.

Choconut Valley Elementary school, for example, has acquired over the last five years a Dell desktop computer, which is available for anyone's use in the school's front lobby, and playground and inside recess toys for students to use on inclement weather days.

When they register the Advantage cards, shoppers are asked to supply the code number of the school to which they'd like to donate points.

High School 26496  
Lathrop Street 26494  
Choconut Valley 26474

"The opportunity to select equipment that meets the needs of our school [is so easy]," Choconut Principal Chris McComb said. "Once parents register their card, they have nothing more to do than use their card when they grocery shop."

Editorial Cartoon

Editorial

Wellness Policy: A Necessary Evil

In an age of fast food, novelty ice cream and fruit juice with a dash of fruit, the last thing kids need is another place—school—handing out sugar. What they need is a school willing to teach kids how to be healthy so they can live long, healthy and happy lives.

The MASD Wellness Policy was written in 2006 after federal law required that each school district participating in the National School Lunch Program develop such a policy.

The main responses from the high school student body to the policy and its impact on their daily lives have been complaints about the loss of sugary variety in the school vending machines, or that not everyone is overweight. But with expanding waistlines and increased rates of Type 2 diabetes among our generation, somebody needs to help.

The complaint about being forced into new dietary restrictions just because others are suffering from weight problems is justified. But a wellness policy cannot single out certain people. Lunch monitors can't go up and down the lunch lines saying, "You can have ice cream, and you can, but you and you can't. You're overweight."

Such a policy would be cruel, subjecting individuals to public ridicule. Besides, a student who eats unwisely in his/her youth may have a healthy weight now, but what about in ten years? A person's metabolism slows down as he/she gets older. It is easier to get into healthy habits now than in a decade when people are set in their unhealthy ways.

At first glance the Well-

ness Policy can appear intrusive—the schools' sending letters home telling parents their students' weight—but the changes are meant not just to change kids' eating habits at school but also at home. Since the original federal legislation, schools have been required to teach students about eating healthy, not just giving them healthy food and telling them to eat up.

Right now our generation doesn't need hand holding. It needs to face facts. It is true that the first step to recovery is admitting one has a problem, and our generation has a weight problem, a super-sized one. It comes from different sources, not just from the candy we eat or the potato chips we snack on. Even the healthiest of foods turn bad when the servings are oversized.

These problems have to be dealt with now, or they may snowball on us. Not only do the obese deal with weight but also with joint problems, shortness of breath and sleep apnea among others. When a person actually stops breathing in his/her sleep, the result is a less restful sleep, and people affected are tired all day.

When teenagers stop breathing in their sleep because of unhealthy behavior, hello! Changes have to be made. We all put ourselves at risk when we practice irresponsible conduct, regardless of our weight or size. Like it or not, we teens need to accept facts: obesity is the number one preventable cause of death in the United States, obesity can cause scores of health problems, and the obesity rate is predicted to only go up.

"Isn't global warming awful? I'm afraid the ice will melt in Antarctica and flood the whole world."

"I agree, but what if everyone dies of skin cancer first?"



Tinkering . . .

A year-long column devoted to exploring new perspectives from a senior's point of view.

Under Sky, Still American

By Francesca Edgington-Giordano Opinion Editor

As a fourth grader, I remember standing in class at the beginning of the day as we recited the "Pledge" to the flag. I stood with my class, my hand over my heart, and repeated the words I had known since before kindergarten. ". . . and to the republic for which it stands. . . ."

Then came the part I'd been thinking about for days: "one nation . . ." and the chorus continued, but I didn't. After "under God" I rejoined the chorus of voices. We finished together because I was still an American. I had been born in this country as my parents had been before me. Skipping two words didn't change that.

My decision to edit the "Pledge" came from a conversation with my mother. She had said she could remember when those words

were added in the 1950s. That shocked me. I had seen the "Pledge" as an almost sacred declaration. How could it have been changed at all, especially so recently?

My parents had been raised Christian but had not wanted their children to be forced into beliefs that were not their own. So I had been to a church only a few times in my life. I didn't believe in God, Christian or otherwise. So I began asking myself why I said those words each morning, and then I decided not to say them. Nothing happened—no one even seemed to notice.

As I grew up, I became even less likely to declare my faith, so I have continued reciting my own version of the "Pledge." At the start of each day, I rise and pledge the flag because I love this country, but

I don't believe there is a mighty being in the heavens, so I omit "under God."

I have the right not to say the "Pledge" at all. The U. S. Supreme Court ruled in *West Virginia State School Board of Education v. Barnette* in 1943 that a student cannot be forced to pledge the flag.

The words "under God" do not reflect what I believe. I truly love my country and the philosophy it was based on: equality and freedom. I treasure the freedom I have to say the "Pledge" that I believe in and respect the freedom of the students around me to say the "Pledge" that they believe in. Will it add to my patriotism to say "under God?" No. Will it make me love my country more? No. Saying the phrase will only add to my declaration what I do not believe.

Meteor Chronicle

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Reminder!

The registration deadline for primary elections in Susquehanna County is April 16. The registration deadline for November's general election is Oct. 9.

Requirements to register in Pennsylvania:

- Must be a United States citizen for at least one month;
Must be a Pennsylvania resident for at least 30 days;
Must be at least 18 by or on the day of the primary.



Letters to the Editors are Welcome!



# Elementary News



## Books Help Organize Students

By Emily Gow  
Elementary Editor

Seventh grader David Koloski says using a MOOSE book last year has helped him stay organized this year.

Six years ago Lathrop Street second grade teacher David Wood went to fellow teacher Heidi Zenger with the idea of the book, which he had found on a school Web site. The book was a tool to teach the students organizational skills and responsibility.

"Organization is a life-long skill that needs to be taught in every grade level," Miss Zenger says.

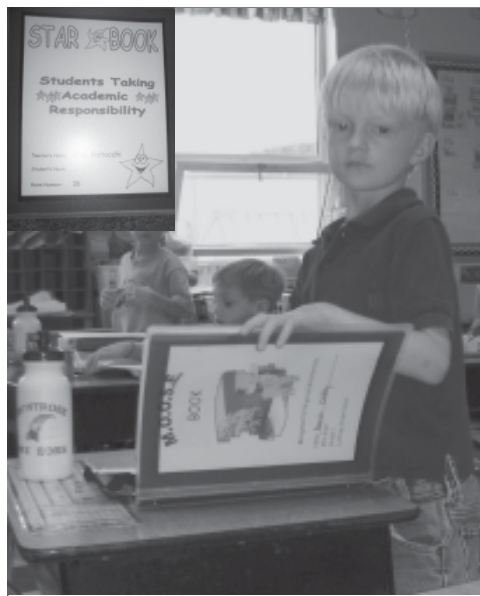
That year both teachers began using the books in their classes. After searching the Web for names, the book was called the MOOSE book, which stands for Management of Organizational Skills Every Day.

Every book has pockets that are labeled for homework, lunch money, etc. The students place all papers that need to be taken home in the appropriate folder.

At the end of the day, the book goes home with the student where the parents are to look it over and take out any papers they need.

Anything needing to be taken back to school is placed back into the book in the appropriate folder. If throughout the course of the year a student loses his/her book, it is simply replaced.

In 2002 Choconut Principal Chris McComb put in place a similar book, the STAR book, standing for Students Taking Academic Responsibility.



Emily Gow/Meteor Chronicle  
First grader Aaron Oakley places homework in his MOOSE book during Mrs. Sue Kipar's class Oct. 4. Inset: Choconut's STAR book.

Mr. McComb knew of the MOOSE book and knew there was a problem with organization among students at his school too, so after reading positive reviews about the idea in several of his principal's magazines, he decided to make one of his own.

"During my first school year a common concern/complaint of teachers was the lack of organization many of their students were exhibiting," Mr. McComb says.

"It seemed logical that if this was a common theme, why don't we not only teach organizational skills but also provide them with a tool that would help them learn this valuable skill."

Miss Zenger was also con-

cerned that "too much information was being lost for families in the travel from school to home."

In both schools the books vary by grade level. In kindergarten the books contain the basics of what needs to go home and what needs to come back to school. In the older grades different things are placed in the books based on what the teacher feels needs to be communicated.

"I went through my day to see what I needed to get home to parents, what needed to come back and what needed to stay home," Miss Zenger says. "I also thought about information that parents would like to have at their fingertips all year!"

Parents and students love the books, according to Choconut Valley teacher Lisa Bistocchi.

"I think the parents appreciate it," Mrs. Bistocchi. "Instead of a backpack filled with jumbled up papers, the papers are put in the correct folder, and parents know what all the papers are for."

"The kids like the STAR book. It is hard for kids to organize; the STAR book is already set up, and all they have to do is put the papers in the right folder!"

The MOOSE books simplified David's life, he says.

"I liked that in the beginning of the year we got a brand new book filled with organizational folders, and we didn't have to buy anything for the beginning of the school year," David says.

## Little Voices Kindergarteners describe the best thing about school:

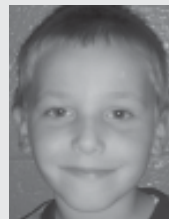
**George Thompson**  
Lathrop Street

"Library because I like books."



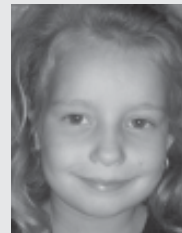
**Donovan Oliver**  
Lathrop Street

"Music because I get to play instruments."



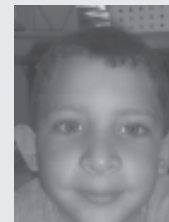
**Destinie Umstead**  
Lathrop Street

"...it's fun to learn because I make friends."



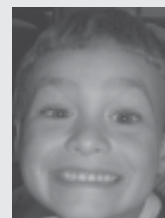
**Connor Hall**  
Choconut Valley

"When I get off the bus at school because the bus goes really fast."



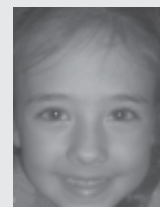
**Brayden Tims**  
Choconut Valley

"Playing out on the playground because it has slides and monkey bars."



**Katherine Gatto**  
Choconut Valley

"Painting because I can make pictures like flowers."



## Elementary Schools Welcome New Faces



**Sarah Birchard**  
Choconut Valley  
General Music



**Lisa Bistocchi**  
Choconut Valley  
Grade 4



**Kristina Evanitsky**  
Choconut Valley  
Learning Support



**Bridget Ferencik**  
Choconut Valley  
Grade 5



**Deborah Link**  
Choconut Valley  
Kindergarten



**Ryan Soden**  
Choconut Valley  
Grade 6



**Michaela Steele**  
Choconut Valley  
Grade 2



**Jenna Volpi**  
Choconut Valley  
Grade 2



**Debbie Andre**  
Choconut/Lathrop St.  
Gifted



**Robert Bottger**  
Choconut/Lathrop St.  
Band



**Tracie McComb**  
Choconut/Lathrop St.  
Literacy Coach



**Andy Axworthy**  
Lathrop Street  
Grade 5



**Christine Casey**  
Lathrop Street  
Grade 6



**Suzanne Capwell**  
Lathrop Street  
Grade 5



**April Jones**  
Lathrop Street  
Grade 2



## Geography Teacher Strives to 'Model' Predecessor

By Rick Buckley  
Sports Co-Editor

Geography teacher Sean Castellani stands in front of an eighth grade class while teaching the topic of erosion. Rather than asking students to take notes on erosion that day, he shows a short film on ice, wind, and water erosion. The short clip consists of an "ice guy, wind guy, and water guy," he says.

Along with showing short movie clips, Mr. Castellani also includes his students in his teaching to illustrate topics such as weather. Implying that the weather affects people's moods, Mr. Castellani told the students if the junior high soccer team had a game, and one of the players looked out the window and saw that it was a "monsoon" outside, he/she would probably get upset about not being able to play.

Students respond positively to the various techniques Mr. Castellani uses.

"Even if it's a boring topic, the films help me understand," eighth grader Nicolas Best says.

"We talk about topics as a class, like a class discussion," Frankie VanNostrand, an eighth grader, says.

Mr. Castellani and history teacher Dan Cherney replace retired h geography teacher Tom George, each teaching three geography classes a day. Mr. Castellani is teaching the subject for the first time, while Mr. Cherney is teaching geography for the second year.

"I would love to model myself to the professionalism of Mr. George,"



Rick Buckley/Meteor Chronicle

Geography teacher Sean Castellani teaches erosion to his eighth grade students on Oct. 2. Mr. Castellani replaced Mr. Tom George, who retired at the end of last year after more than 30 years.

Mr. Castellani says.

He knows that he is not as experienced as Mr. George, Mr. Castellani says, but he is willing to work his way up to that level.

Mr. Castellani's approach to the geography curriculum is to divide the course's content in two. The first half of the year, Mr. Castellani is stressing the physical aspects of geography, such as regions of the earth, climate, erosion, and vegetation. The second half of the school year will focus on more of the cultural side of geography. For example, the

students will study the different states and how they are culturally different from each other.

Mr. Castellani says that working alongside Mr. Cherney with the subject allows both of them to help each other.

In addition to teaching geography, Mr. Castellani teaches tenth grade U.S. history.

"[Geography] brings a little more variation into teaching," Mr. Castellani says.

"[Teaching] is more enjoyable because I'm teaching two subjects rather than one."

## Seventh Graders Describe Biggest Adjustments This Year

"I have to remember my library number, lunch account number, and Basmati account number."

Chris Hollenbeck

"I have to walk more to get to my classes."

Garret Miller

"[We don't] have recess anymore."

Eric Rogers

"We have hall passes, and we aren't lead [around the school] by a teacher all day."

Thomas Faux



Richard Buckley/Meteor Chronicle

Players from the junior high soccer team run laps before practice Oct. 3. The junior high soccer team is 4-4-3 on the season. Players say this season has been a success. "I found a strong point on defense this season," eighth grader Jordan Smith says. Eighth graders Brooke Malloy and Katie Groover can relate with Smith. Malloy adds that everyone hustles on the team. "The quality of soccer is improving at Montrose," Coach Dan Cherney says. "[The quality] is a testament to the players' hard work."

## Student Profile

## Castrogiovanni Shows Winning Cows

By Emily Davenport  
Junior High Editor

Seventh grader Evan Castrogiovanni is a farm boy, and he's proud of it.

While playing basketball and baseball are Evan's hobbies, he also enjoys working on his family's dairy farm in Montrose and showing cows through the Farm-to-Show 4-H Club to which Evan belongs.

"I like to show cows," Evan says. "My older brother [Bryan] did it before me, so I thought it would be fun.

The Castrogiovanni farm has been in the family for generations. They own approximately 250 red and white dairy cows that produce 120 gallons of milk each day.

Evan has shown his cows, Judy and Ruby, at the Harford Fair, the Wyoming County Fair and the Farm Show Complex in Harrisburg.

In competition, Evan says, a judge looks at the backbone of the cow, which tells whether a cow is strong or weak. The judge also looks at the animal's feet and legs and the depth and openness of the ribs.

At the Harford Fair this past August, Evan took first place in the Junior Championship with his calf Jewel, a red and white.

"I was really happy because it was the best I could do," Evan said.



Photo provided

Junior Grand Champion Evan Castrogiovanni poses with two-year-old Ruby, a red and white heifer, at the 4-H District Show at the Wayne County Fairgrounds August 2006.

## 8th Graders' Helpful Tips for 7th Graders

By Elijah Gere  
Co-editor in chief and news and features co-editor

**Katlyn Morrison:**

"Don't procrastinate, and focus on your work when you're in class."



**Nick Bryant:**

"Don't talk back to teachers, and pay attention in class, something I don't do."

**Laurale Harth:**

"Keep your locker clean and locked."



**Benjamin Zalewski:**

"Make sure to do your homework. Don't get into fights."



# Arts & Entertainment



## Seniors Wed...French Style

By Courtney Haggerty, Co-editor in Chief

"C'est lui pour moi, Moi pour lui dans la vie, Il me l'a dit, l'a juré pour la vie."

"It's he for me and I for him throughout life. He has told me, he has sworn to me, for life," Mademoiselle (Mlle) Casey Gow, a senior, sang in French during the mock French wedding in Madame Polly Pritchard's French IV class Sept. 27. Seniors Brandy Norville and Ed Caswell, who have actually dated since eighth grade, "pledged" their lives to one another as their classmates looked on.

Madame Pritchard's eleven French IV students conducted the traditional French "ceremony" as a class project to use vocabulary and introductions and to help improve students' fluency, and each of the students played a role.

Senior Alicia Wimmer was the "maire," or mayor, which is the only person who can marry people in France. She offered the couple a "livret de famille," a pamphlet where the French record important events, such as deaths and births, and she conducted the "ceremony."

Guests enjoyed a "croquem-bouche," traditional French cake baked by Mlle Jessica Craige, a senior. Bride Brandy's maid of honor was Mlle Tara Snarski, and groom Ed's best man was Monsieur (M.) Floyd Beamer, both seniors. Mlle Amanda Vaccaro was the flower girl, Mlle Mariah Castrogiovanni was the ring bearer, and Mlle Caroline Jones was the wedding planner, all seniors.

"[The students] were all such good sports and took it seriously," Madame



Courtney Haggerty/Meteor Chronicle  
Senior Alicia Wimmer officiates as seniors Brandy Norville and Ed Caswell exchange wedding rings at their mock French wedding in Madame Polly Pritchard's French IV class Sept. 27.

Pritchard said. "I was very pleased [with their performance]."

The bride walked down the "aisle" toward the "altar," Madame Pritchard's podium, snipping white ribbons as she proceeded. Her groom followed close behind.

Mlle Allison Steingraber, a senior and the bride's "mother," read words for the bride and groom. Mlle Katie Syle, a senior, played the "mother" of the groom. Then the bride and groom exchanged their own vows.

"Moi, Brandy, je te prends toi, Edward, telle que tu es," Brandy said, which means, "I, Brandy, take you, Edward, such as you are." Similarly Ed shared his vows for her.

Then they exchanged "ring pops" and were presented with a Certificate of Marriage by Mlle Alicia, which states when and

where the couple "married" and makes the act official.

Brandy and Ed agree that their dating for five years made the "wedding" easier.

"It was fun," Brandy said. "I liked getting all dressed up."

"It was a very unique experience," Ed said, "but I don't want French in our own wedding."

Mlle Jessica said she loved when the bride and groom kissed.

"He touched her face so gently," Jessica said.

"Des yeux qui font baisser les miens, un rire qui se perd sur sa bouche, voilà le portrait sans retouche de l'homme auquel j'appartiens."

"Eyes that gaze into mine, a smile that is lost on his lips, that is the unretouched portrait of the man to whom I belong," sang Mlle Casey from the French lyric, "La Vie En Rose."

### FEATURED ARTIST

## Sam Spero Practices Unique Art Form: Dance

By Elijah Gere, Co-editor in Chief and News & Features Editor

He arrives at the school and performs a few warm-ups and stretches to get his body ready and relaxed. Then he starts working on his routine for the song his group has chosen.

He practices over and over to perfect the routine for a single performance at the end of the school year.

Unlike most boys at MAHS, this is how senior Sam Spero spends most every Friday night. He's not at home watching TV, going out to see a movie, or watching a high school football game - he's dancing.

Sam dances at Choconut Valley Elementary School as part of the CVYAA (Choconut Valley Youth Athletic Association) dance program run by Miss

Judy Castner-Bloom of Miss Judy's Dance Studio. The CVYAA program teaches jazz, hip-hop, ballet, tap, and lyrical dance, not exactly the typical extracurricular activity or sport for a senior guy.

Sam, who said he's danced for so long he can't remember when he started, has participated in the CVYAA program for over 10 years. For him, dance is something he does that belongs to him.

"It's fun for me, and it's something unique to do," Sam said.

Sam is one of only a few males in a largely female-populated class and art form. Being an indi-

vidual doesn't bother Sam, though; he has adjusted to being different.

"[Being the only guy] never really bothered me or even crossed my mind much," Sam said. "I grew up dancing, so being the one man in the class was just the way things were."

Since Sam has danced for much of his life, the activity has been practically a habit for him. At one point, however, he did question whether he was really enjoying it and doing it for himself.

"By the time I thought about if I really liked [dancing] or not, [doing it for so long] just [made me] decide to keep with it," Sam said.

Sam has studied jazz in the CVYAA class and is currently practicing hip-hop purely as a hobby. Once a year, he performs in a recital put on by his dance class.

"Basically, [dance has] been something for me to do on Fridays," Sam said, although he said the mental and physical benefits of dance are important in other aspects of his life.

Sam uses dance as a way to focus on and develop specific skills, such as balance and agility on the soccer field. He plays the position of striker and has played for the Montrose soccer team since seventh grade.

Sam's flexibility, an important factor in preventing sprains and injuries, has vastly improved, he said, because of

### CRITIC'S

ORNER



## Balls of Fury Not What I Expected

By Chelsea Hall  
Arts & Entertainment Editor

I walked into Loews Theater in Vestal with my friends, all of us excited to see *Superbad*. There was just one problem. The movie is rated "R," and we're not yet seventeen. No tickets for us.

We thought about how else to spend our night and couldn't think of anything besides settling for a replacement movie.

We chose *Balls of Fury*, a PG-13 movie that just happened to be playing in about ten minutes.

I had never heard of this movie, and the first thing I thought of was another dodgeball movie. I was way off.

This movie is a comedy about ping-pong starring, Dan Fogler, who plays shamed former child ping-pong star, Randy Daytona.

Randy is a ping-pong champion as well as an avid Def Leppard fan and is loved throughout the world.

He's playing at the 1988 Olympics against an incredible East German rival played by Thomas Lennon.

Randy ends up losing and is forever known as a loser who seems to be stuck in the 80s.

He works at a stage show in Reno, Nevada.

Randy is unaware, however, that he's being watched in the audience by an FBI agent, played by George Lopez.

Lopez is trying to figure out who killed Randy's father and thinks that Randy can assist him. Randy agrees to help, which sets off an oddly entertaining "adventure."

During the course of the adventure, Randy meets a variety of, in one way or another, funny characters, like his soon-to-be ping-pong master, Wong, played by James Hong; his attractive niece Maggie played by Maggie Q; the Dragon, who is a surprising character; and Feng, a dangerous man who enjoys ping-pong to no end, played by Christopher Walken.

This movie was definitely worth seeing and made me laugh all night. Even as I think about the movie, I can remember my favorite parts and smile.

*Balls of Fury* is an extremely humorous movie that had me holding my sides all night long and talking about it long afterwards.

### COMMENTARY

## Technology Improves School Supplies

By Courtney Haggerty  
Co-editor in Chief

If you're tired of carrying rulers and glue and scissors and staplers in your backpack just so you'll be prepared to measure, paste, cut and attach various items during your day, Crayola offers some solutions: Glue Roller, Ultimate Cutter, Audio Ruler and Staple-free Stapler.

Contrary to the opinion of many adults, these tools are not only for elementary students, which was my parents' first reaction when they saw them. I insisted they would be good for high school projects too. I was right.

I bought two of the nine Crayola Total Tools, the Ultimate Cutter and the Audio Ruler, at Walmart for \$3.88 each.

As soon as I got home with my tools, I was like a little kid on Christmas morning. I had to try out each of my new gadgets ASAP.

The Cutter slices easily through paper in straight or curvy cuts. It has safety pieces at the end of the grape purple and lime green handle, which prevent fingers from getting in the way of the tiny, tiny knife point.

The Audio Ruler "measures out loud," to quote Crayola. As you run the battery-powered ruler along a piece of paper, it lays down a line of "invisible" ink until I lifted the Ruler off the page. Then it announced the length of the line I had drawn. The Ruler measures up to 12 inches.

The Glue Roller "lays down a narrow strip of glue—without any lumps or globs—exactly where you want it. It goes on purple but dries clear," according to Crayola's Web site.

The Staple-free Stapler can hold up to four sheets with no staples needed, Crayola claims. It leaves a colorful design from its self-inking stamp.

The Cutter is very flexible and easy to handle. The Ruler has the advantage of the user's not having to fuss with holding down and twisting a straight ruler and it provides the user a precise measurement.

I have tried only two Tools, but those have proven very useful for doing a project and other tiny tasks.



Courtney Haggerty/Meteor Chronicle  
Senior Sam Spero plays trumpet, his other hobby besides dancing, in band director Suzanne Bennici's band practice Oct. 2.

# MONTROSE METEORS Sports

FEATURED SPORT

## Boys', Girls' Soccer Prove 'Good Sportsmen'

By Rick Buckley  
Sports Co-editor

Boys' soccer coach Dan Lukasavage says record aside, the team he coaches plays with "heart, class, and character."

The Meteors fell in their league opener to rival Elk Lake 1-0 in overtime. The players and Coach Lukasavage say that the loss was a disappointment.

"[The game] was a real disappointment because we controlled the tempo throughout the game," Coach Lukasavage says.

"It was tough knowing that we lost to a team we could have beaten," sophomore Grant Shelp says.

Despite the loss, however, players showed up to practice the next afternoon with a positive attitude and a strong work ethic, Coach Lukasavage says. The Meteors took revenge on Elk Lake on Sept. 28 by defeating the Warriors 4-3.

Coach Lukasavage says of the win that the hard work paid off, and satisfaction settled in. The boys' soccer team was 1-6-1 at press time.

Girls' soccer also demonstrates sportsmanship, girls' soccer Coach John Cherundolo says.

"Our girls have always been good sportsmen," Coach Cherundolo says. "They mention the skill level of opposing players and players on our own team."

Coach Cherundolo also says that the girls are very supportive of each other. They have a few newcomers playing varsity, and the other girls are supportive of them and want them to succeed, Coach Cherundolo says.

The girls' varsity soccer team was 3-6 at press time with victories coming against Blue Ridge (4-0), Forest City (4-1), and Elk Lake (6-1).

The girls are always humble in victory and gracious in defeat, Coach Cherundolo says.

Junior Autumn Ely expected the team to be good but not as good as in past years, she says, because of graduating seniors at the end of last school year.

"We have a lot of young girls, and we are learning to play together," Ely says. "[The team] is starting to get comfortable with each other."

According to Coach Lukasavage, sportsmanship is not just at the varsity level. He claims sportsmanship is all over the school.

"It doesn't matter about gender or sport or even age," Coach Lukasavage says. "Sportsmanship at Montrose is school-wide."

## Barrel Racing Athletes 'Reach Highest Level of Competition'

By Amanda Rebello, Photo Editor

Sixth grader Rachel Mordavancy sat on a large brown and white (paint) horse near the gate of the barrel racing arena at her first horse show at Skyline Corral in Owego, New York. Beside her stood a friend, reviewing with her the steps to a perfect pattern.

"Sit down in your seat, grab your saddle horse, turn, look up at the next barrel, pull yourself up, and put two hands back on the reins," the friend said.

When Mordavancy's name was called, she entered the arena, took a deep breath and started off, executing the pattern perfectly. She exited the arena, grinning, and several people called, "Nicerun, Ray."

Mordavancy is one of a handful of MAHS students who barrel race. She became interested in barrel racing approximately a year ago when she visited a friend, who is a barrel racer, to learn the basics of the sport. After a few months of riding her friend's horse, Tank, Mordavancy decided to take lessons on her own horse, Jackie, at a local barrel racing barn, Lightning Acres in Binghamton, New York.

"Tank helped me learn a lot," Mordavancy says. "He taught me how to do barrels."



Amanda Rebello/Meteor Chronicle  
Eighth grader Brienne Clark rounds the third barrel on her favorite horse, Utah Qua, at an NBHA horse show in Whitney Point, New York, on Sept. 8.

In barrel racing, a horse and rider must race in a cloverleaf pattern around three metal, 50-gallon barrels, competing for the fastest time.

In rodeo where barrel racing started, the sport is offered as a female event. While there are associations like the NBHA (National Barrel Horse Association) that allow men to race, the sport is dominated by cowgirls, tough, hard-working and determined gals, most of whom ride very well.

For most barrel racers, being called a cowgirl is the highest compliment. Brienne (pronounced Brian) Clark, an eighth grader at MAHS, says she's a cowgirl because she rides hard, is tough and "loves being in the barn and around the horses."

est challenge of barrel riding for her "has been getting to know my horse, Tass Oily Sun."

Since learning Tass's running style, Lattner has consistently added speed to their patterns.

Most athletes dream of reaching the highest level of competition in their sport. In the NBHA that would be the Open World Finals to be held this year in Georgia from Oct. 29-Nov. 3 and Youth World Finals in Jackson, Mississippi, July 24-28.

Eleventh grade cyber-school student Angelea Shelp competed in Youth Worlds last year, one of her favorite barrel racing memories.

"It was fun," says Shelp, "to get to go all the way down to Mississippi."

## Field Hockey has Flavor of School Spirit

By Jason Cronk  
Staff Reporter

Polka dotted and striped headbands, camouflage and crazy socks are what you may see among the JV and varsity field hockey players this season.

To help the girls deal with frustration and stress during games and to bring the players closer together, the four varsity captains, Steph Sobiech, Elya Spolar, Kristi Hoffa and Elly Rounds, all seniors, have devised spirit activities for the team members to do each game day.

The headbands are usually purchased and handed out by one of the four captains, who uses her own money to buy the fabric, Hoffa says. The captain then cuts the fabric into strips and gives it to the players to wear. The rest of the team also has some input on what to do or wear for the next



Jason Cronk/Meteor Chronicle  
Field hockey players with pink and white spirit headbands gather in the front lobby before leaving for their game at Tunkhannock Oct. 3.

game day.

"We are inspired to play better and then get psyched to do our best," junior Rachel Davenport says.

Sometimes the girls don't always wear and do what they are supposed to, but "in the end the girls come together to do what they need to do to represent the team," Hoffa says.

The girls also have sev-

eral cheers that they chant before and during the games, junior Madison Legg says.

"This year we are so much more pumped up for games and are generally just as excited to be on the field," Legg says. "We motivate ourselves before the game by listening to music while we warm up and acting extremely enthusiastic and crazy."

## Hinds a Helping Hand for Tennis

By Jason Cronk  
Staff Reporter

Few high school tennis coaches' résumés include ten years of teaching shooting and fly-fishing for Orvis, L.L. Bean and Dunn's catalog companies. And few began their coaching careers in high school with youth ice hockey.

This year's new Lady Meteors tennis coach, Jim Hinds, says, "Coaching always held a special place in my heart. What is more fun than sharing something that you love to do?"

Tennis for Coach Hinds is a family affair. His older daughter Ashleigh (Class of 2006) attends Clarion University on a tennis scholarship she was awarded for her success on the MAHS team over four years.

Coach Hinds' younger daughter Courtney, a freshman, who is in the top seeds at MAHS, has played since she was 11 years old. She started because her sister needed someone to practice with, she says. Then, Coach Hinds says, Courtney became interested in the sport and attended Binghamton Tennis Center and Birchwood Racquet Club (Clarks Summit) for lessons.

"[I] just always really liked [tennis] since I started," Hinds says.

Her favorite thing is net play, anything hit while standing in the service box. She also enjoys overhead shots, which is slamming the ball into the opponent's court.

"Overhead is the best shot," Hinds says, "because you can kill someone with it."

Although she is one of the top seeds, Hinds still has skills she needs to work on, she says, such as foot work.

Her dad says he tries not to put extra pressure on his daughter "by expecting more from her" than he does other players.

"Fortunately, positions in tennis are decided by the players' match scores, not a coach's judgment," Coach Hinds says. "I balance her needs evenly with all of the other players."

"My influence on Courtney is in multiple areas as a parent and a coach. Ashleigh also has much influence on her, although they both love to play the game for their own reasons."

## Jackie Viteritto Scholarship Fund

3-on-3 Basketball

November 10  
9 a.m. - 6:30 p.m.  
MAHS Gym

For more information, contact juniors Carine Gregory Ashley Moore Anna McNaught.

Sports

SPORTLIGHT

Commentary

Steroid Abuse Hits Home



By Megan Henry Sports Co-editor

Barry Bonds's title of "Home Run King" is tainted because of the accusations that he has used steroids to enhance his skills.

It seems that no sport's reputation is safe anymore nor, for that matter, any impressionable sports fan.

In a world where athletes are larger than life, it's hard, even if you don't follow the sport they play, to ignore all the publicity surrounding them.

gust, stars such as Eva Longoria, Tom and Katie Cruise, and even Arnold Schwarzenegger went to the Galaxy's Home Depot Center to support him—as he sat on the bench.

While Beckham has been a good role model so far, some other athletes need to shape up and realize that, as Linda P. Campbell says in a column in the Fort Worth Star Telegram, "of course they're human, even when they play like superheroes. But they can set good examples too."

A recent article in Scranton's The Times-Tribune focused on the arrest of nine people and the shutting down of two Northeastern Pennsylvania underground drug labs as part of the nation's largest ever steroid crackdown.

With incidents so close to home, it isn't as if this is no concern of ours. According to Pennsylvania State University, 6.6 percent of 3,403 high school seniors

surveyed at 46 high schools across the nation had used or were still using steroids.

What's happened to the good ol' days when people like Hank Aaron could overcome obstacles as serious as frequent death threats with hard work and determination to make a name for themselves in the world of sports?

What are you, as a fan of any game, willing to do to stop this kind of behavior? It's as simple as not buying the jerseys and paraphernalia of people like Bonds, who, although not yet proven guilty, has quite a lot of evidence working against him, including a "growth spurt" when he was well into his thirties and the human body should no longer be developing, and a claim of his own that he did take steroids unknowingly, but they had no effect.

Maybe Bonds should take some advice from Cal Ripken:

"An essential part of the job of every player and of all people, for that matter, is to help the young people of today learn these lessons so they can live better lives tomorrow."

Player Injuries Challenge Meteors

By Geena Bistocchi, Staff Reporter

The Meteors played their first home football game against Mid Valley Sept. 7. The first quarter ended with a score of 7-6 with Mid Valley in the lead.

In the second quarter senior Jamie Hoffman was returning a kickoff when the ball was fumbled. Hoffman was the first to cover the ball, and a couple of opposing players landed on top of him.

"The other players got off me one at a time, and when I tried to get up, I couldn't," Hoffman says.

The 160-pound Hoffman was carried off the field and air lifted to Sayre Hospital where he was treated for internal injuries and a bruised liver.

After a week's stay in the hospital, including time in intensive care, Hoffman returned home with orders to rest at home until late October.

Although he will return to school to finish his senior year academically, Hoffman's season as a free safety is over.

"Jamie's not playing stinks because even when we were losing by a large amount, he always stayed positive and made sure everyone else was also," defensive tackle Tony Bistocchi says.

Coach Jack Keihl said Hoffman was a role model to the younger players.



Number 28 can be seen on the backs of football helmets in honor of senior Jamie Hoffman, who is out for the season after a serious injury Sept. 7.

"He never gave up and always assured everyone that even if we lost, we still did good and never put us down," sophomore running back Dalton Smith says.

Hoffman, a captain, played defense and second-string quarterback.

"Jamie's one of the smallest players on our team and is on defense," sophomore punter and kicker Jeff Liddick says. "He's not afraid of the big guys."

Although Hoffman's injuries were serious, "the rest of the team isn't backing down," Coach Keihl says.

"I don't think there's any need to back down because those are the risks

you take when playing football," sophomore quarterback Robbie Volk says.

Shortly after Hoffman's injury, Bistocchi was also hurt during an away game against North Pocono.

Bistocchi tore his MCL and sprained his ACL. He has walked with crutches since Sept 15 and is out for the majority of the season.

"We lost two of our good defensive players," senior linebacker DJ Brown says. "It's hard to adjust. We have to find subs that are suitable for that position."

"Even though we lost two good players, that just makes us want to work harder and do better," Liddick says.

Volleyball Nets New Interest in Athletes

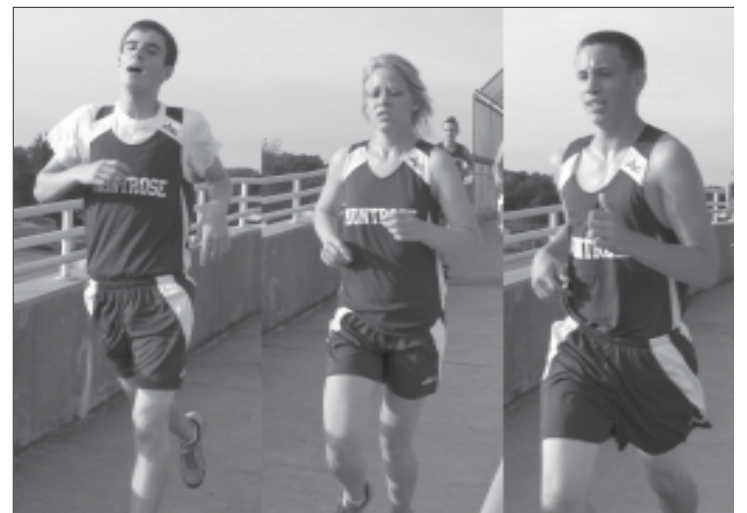


Jason Cronk/Meteor Chronicle

Freshman Bailey Benninger sets the ball during practice for the newly formed intramural volleyball team Sept. 19. Health teacher Mike Dooley, who is the coach of the team, says that along with setting, the girls work on other basic strategies and skills like passing and hitting. This is the first time a volleyball team has been formed at MAHS, but Coach Dooley has high hopes for the team, he says.

Fall Sport Stats

Football	0-6	Girls Tennis	3-11
Boys' Soccer	1-8	Boys' Cross Country	9-8
Girls' Soccer	3-7	Girls' Cross Country	11-4
Field Hockey	0-10	Golf	12-0



Photos provided

Senior Ben Link (left), junior Samantha Cudo and sophomore Jim Baker joined 11 other Meteors in cross country competition at the McQuaid Invitational Sept. 28-29 in Rochester, N.Y. Cudo finished ninth out of 280 female competitors. Senior Chase Devine placed 46th with a personal best time of 17:41 for the three-mile course. Baker finished not far behind Devine in 60th place. Link finished 127th. Overall, the girls finished the invitational in 12th place with four girls earning medals, and the boys in 18th place.

Golfers Ace Division Title

By Amanda Rebello, Photo Editor

Clinching the Northern Division Golf Championship of the Lackawanna League after an undefeated season (12-0), the Meteors sent five players to district-level competition in Moscow, Pa., Oct. 2.

Seniors Devlin Conrad, Jon Lodge and Chris Maxey; sophomore Peter Maxey and freshman Cole Wheaton played in the first round of golf at Elmhurst Country Club where Conrad shot a 76, advancing to the second round

of district play. Scoring 39 in the second round, Conrad qualified for regional competition, which was held Oct. 14 at Golden Oaks Golf Club in Fleetwood, Pennsylvania.

Lodge, who competed in districts for the third year, scored an 80 at the end of the first round of play.

Tough competition at the district level, Lodge says, requires players "to be at the top of their games." One stroke kept Lodge from advancing with Conrad to the

second round at districts and a chance to qualify for the regional competition.

The Montrose Country Club was host to the first and second rounds of the Lackawanna League playoffs Oct. 5 and 6. The top six players on the Meteor team competed at playoffs. Both rounds resulted in a win of 8 1/2 to 1/2 for the Meteor team against both North Pocono and Abington.

"They slaughtered them," athletic director Joe Gilhool says.

Basketball/Wrestling Cheerleading Tryouts

For girls interested:

Mandatory practices will be held Oct. 23-24 at 3:30 p.m. with final tryouts Sat., Oct. 27, at 11 a.m. Must attend both practices and the final tryout in order to become a member of either squad.