

The Southern Regional Theatre Company presents...

Ammie

February 25, 26, 27 @ 7:00pm

February 28 @ 8:00pm

For more information call 609-597-9481 ext. 4454
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SOUTHERN LIGHTS

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Southern Lights

February 2009

Hall of Fame Gala

Eight individuals and one team were welcomed into the Hall of Fame. The evening was filled with words and phrases such as work ethic, team before self, fierce competitors, loyalty, talent and leader. "Today as a teacher, I utilize a lot of what I learned as a team captain. The teachers and coaches at Southern helped inspire and guide me. I still think back fondly on the deep relationships I had because I was involved as an athlete," said inductee Melissa Boyda.



L to R: Roy Librizzi, Sean Crawford, Melissa Boyda, Rich Beverly, Lori Citarella, Dan Hall and John Bihlmier.
1997 Wrestling Team pictured on page 2.

"It was a wonderful opportunity to honor these outstanding student athletes as well as the coaches who have done extraordinary things for the Southern," stated Mrs. Susan Sharkey, Southern Regional Teacher and Hall of Fame Committee Member. 130 administrators, teachers, alumni and team members were in attendance and filled the hall with stories and memories of years past. The inductees were: Rich Beverly, Melissa Boyda, Lori Citarella, Sean Crawford, Dan Hall, Curt Walters, John Bihlmier, Roy Librizzi, and the 1997 Wrestling Team (pictured on page 2).

For more information and Hall of Fame applications, please visit www.srsd.net.

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Students Travel to Washington

Southern's Model Congress and Earth Experience Club have recently traveled to Washington, D. C..

In November, eight students were chosen to attend the Princeton Model Congress through an essay competition. Over 1600 high schools from across the nation participate in the same bureaucratic process, as do the actual representatives and senators. Four out of the eight bills presented by Southern students passed.

More recently, students attended the historic 2009 Presidential Inauguration. "We planned this trip since last February and students signed up wanting to witness and experience history in the making. Who knew then that this inauguration

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Southern News Network Breaks Guinness Book World Record



Ocean County Council

PTA

everychild.one voice.

The Southern News Network broke the Guinness Book World Record by hosting a 37 hour and 24 minute marathon talk-show. The Guinness Book event, created and organized by students, began at 7:45 am on December 11th and concluded at 9:09 pm on December 12th. The entire show aired live on Comcast Cable Channel 21 to Stafford Township, Long Beach Island and surrounding municipalities.

While attempting this record event, SNN raised \$4,315 for the Challenger Sports League. The league offers some of the most disabled students an opportunity to interact and play recreational sports. "I want everyone to know that this is not a record broken for myself, it was done for the amazing Challenger League and all the great things it offers," said Dan Kmiechick, host of the SNN talk-show. The league, which is governed by the Ocean County Council PTA, operates at no cost to the local participating districts and relies on grants and generous donations from sponsors. "When I would get a little weak and tired I would close my eyes and picture the smiles on the faces of the children that we were helping and I would perk back up," said Kmiechick.

In the spring, SNN will air another "live" broadcast as they host a telethon to help support the Michael Lorenzi Philanthropic Fund.



Senior Dan Kmiechick interviews teachers, Cindy Wood and Jody McLennan, about the Michael Lorenzi Philanthropic Fund.

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Discovering Science

So what is a mitochondria, cytoplasm and a golgi apparatus? The students in Mrs. Melissa Karas's biology class can tell you! For several weeks, students explored a cell structure and function unit that ended with a creative culminating project. Students devised an analogy between the parts of the cell and something in everyday life. "The project was a great way to take a difficult concept and help students relate it to something more familiar," said Karas. Some students chose the analogy of a house, town, and the beach. Using these analogies, students then created a three-dimensional poster explaining the various cell parts and how each part was related to the cell components. "Often times, students find that through the work of the project they have not only memorized the types of organelles of the cell (cell parts), but have also memorized the functions of the parts," stated Karas.



Anthony Reale, Shayna Vrabel and Brandi Sieber display their Cell Projects.

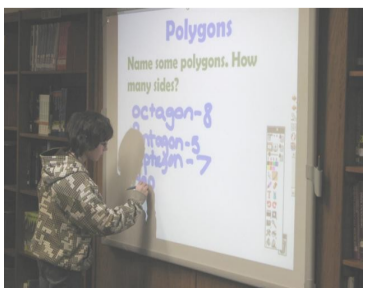
The American Family

The 8th grade Seahawks Team honored family members with an American traditions breakfast celebration. Interdisciplinary projects such as original student poetry, drawn-to-scale Monuments, memorials from our nation's capital, research papers of all 50 states, replicas of each state's flag as well as a video collage of what America and freedom means to the students was presented.

The 21st Century Student

Southern takes pride in the quality of programming and education given to each student. Once again the district is on the cutting edge, implementing valuable technological resources in classrooms to assist teachers and students.

Mobile Labs, as well as computer labs support teachers of all disciplines in the investigation and utilization of a number of resources. These range from access to the internet as well as various computer programs. Through the assistance of a Federal grant, teachers have expanded their technology resources to incorporate I-pods and interactive white-boards in the classroom. Southern is committed to helping students become better learners in the 21st century which will ultimately allow them to be better workers in the world. Technology is no longer something of the future.



Student writes on interactive white-board in math class.

Students Travel to Washington

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would be the most historic," said Mrs. Marilyn Dougherty, Earth Experience Advisor.

Students, parents and chaperones traveled on January 18th and spent time touring the Memorials, Holocaust Museum and Washington Monument. On Inauguration Day they loaded a bus which drove them to Washington National's Stadium and then walked to the National Mall. "There were thousands of people on the road, all walking peacefully with an excitement in the air that I have never felt before," said Dougherty.

Students are only able to attend the Inauguration Trip once during their high school career. "Years from now I can say I witnessed this historic event," said Hannah DeGenova, a senior.



Earth Experience traveled to Washington D.C. for Presidential Inauguration.

STYLE hosts "A Day in the Life of a Ninth Grader"

The Middle School 8th grade STYLE (Student Teambuilding Youth Leadership Experience) students partnered up with the 9th grade STYLE students to experience "A Day in the Life of a Ninth Grader."

"Eighth graders walked the halls of the high school, attended high school classes, went to the lockers, and had lunch in the 9/10 cafeteria. It was a first hand account of what their school year will look like next year when they leave the middle school," said Mrs. Lisa Benson, STYLE advisor and middle school guidance counselor.

Often 8th graders are anxious about transitioning to the high school. This program allowed students to experience the academic pace of various classes as well as dispel any high school myths. From this experience, the 8th grade STYLE students shared with their teachers and fellow students what it was like to be at the high school.

Living History Programs

Mr. Jeff Brown, history teacher at Southern, presented a "living history" program for the US History II classes. "I began doing "living history" years ago, actually before I became a teacher. I started out with Civil War programs and later added a World War I "doughboy" impression to my repertoire. Students really enjoy the program and I believe it is a very effective teaching tool," said Brown. The forty minute presentation on World War II discussed the life of a

GI, what he wore, ate, and how he trained. Some students were even selected to dress in actual military gear.

The Trojan War came alive through a power-point presentation by 9th grade English Teacher, Mrs. Katie Baker. "This is an introduction to their Greek mythology unit," Baker said. More than 500 freshman experienced the two-day presentation that will serve as good preparation before reading Homer's "The Odyssey."



L to R: Mr. Jeff Brown, with Junior Joe Hurley wearing military gear.

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Picturing America

Darlene Kowalski, 9/10 Media Specialist and Johanna McCauley 7/8 Media Specialist were each separately award the *Picturing America* grant. Through this grant Southern will receive 40 high-quality reproductions of American art, along with a Teacher's Resource Book for each library. The book includes information on all the images and suggestions for use to enhance classroom and library learning in a wide range of subjects including: American history, social studies, writing literature, art, and civics.

Picturing America is a unique and engaging way for children and adults alike to experience American history and culture.

Creative Initiatives

Teachers Kerry Beetle, Katie Baker and Leslie Gardner-Longdo presented a Creative Initiatives Workshop for the South Jersey Academy of Teaching and Learning. The workshop showcased many of the creative initiatives offered within the district for the special education and autistic programs.

Some of these initiatives include PAWS (Pets Assisting Willing Students). Teachers and students work on socializa-

tion skills, physical therapy techniques, and conduct "business as usual" with Brody, the chocolate lab therapy dog. Other creative initiatives incorporate many interdisciplinary and hands-on projects such as The Bridge Café, Surf and Sailing camps. Vice-Principal and Commissioner of the Ocean and Monmouth County Challenger League, Joe DiPietro, presented information on the league, which provides social and recreational opportunities for children with mental and physical special needs.

In addition, The JellyBean Conspiracy, directed by Jim McCabe was performed by the Improvisational Acting Class and students from the autistic and special education programs.



Katie Baker presents the PAWS program.



Save the Date
 The Alumni Association & Education Foundation will be hosting a Comedy Night at the Holiday Inn on May 1st, 2009.

Habitat for Humanity

The Campus Chapter of Habitat for Humanity was asked to help build a home in Little Egg Harbor. Ms. Fonteix, advisor, and six club members worked on installing the vapor barrier and insulation in the crawl space of the home. They also performed some minor yard clean-up so the grading of the property could take place.



Members of the Campus Chapter of Habitat for Humanity.

The Campus Chapter started a campaign to raise \$10,000 to sponsor the foundation for a new home. For more information, please contact Ms. Kimberly Fonteix at kfonteix@srsd.net.

Southern Hero

Air Force Senior Master Sgt. and JROTC Instructor Mark Irvin performed life-saving CPR to a collapsed woman suffering a heart attack in the mall. She has since made a full recovery.



Southern Shapes Up!

Southern is shaping up for the New Year with a number of exciting fitness programs offered to both students and staff. "Fitness is one of the most important components of life," said Mr. Eric Wilhelm, principal of the high school. "The more fit we collectively are, staff and students, the better job we all will do."

As the obesity rate continues to grow in America, Southern is committed to providing programs that will teach "life-fitness." What better way than a new and improved cardio-vascular room. American Fitness Professionals & Associates (AFPA) donated close to \$90,000 in cardio equipment. "The cardio room was in a back closet- there was no inspiration for students or staff members," said Mark Occhipinti, owner of AFPA. "Now there is a full size room for students and staff to use and to help teach about health and fitness. It gives everyone a viable option for accomplishing their fitness goals," he stated.

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LBI Garden Club donates Grant to Mainsail Program



L to R: Mainsail Teacher Don Graham, Superintendent Craig Henry, Mainsail Supervisor Farley Doucette, Wal-Mart Asst. Manager Melanie Pierciey, Wal-Mart Grant Coordinator Tammy Colandrea, LBI Garden Club President Ann Cheshul, Marilyn Thomas, Judy Simpson and Dottie Reynolds.

The LBI Garden Club was awarded a \$1,000 Community Grant from the Wal-Mart Corporation. "Each year we award several community grants to non-profit organizations," said Tammy Colandrea, Grant Coordinator for Wal-Mart. Judy Simpson, former President of the LBI Garden Club applied for the grant knowing of the special projects that the Manufacturing Class constructed in the past for the garden club. "We have given scholarships for years to Southern," stated Ann Cheshul, President of the Garden Club. "This Mainsail Program is extremely important and valuable for the students as they go out into the real world."

For 17 years, the Mainsail Program has addressed concerns for the growing number of at-risk students. The alternative school approach incorporates small group academic instruction with the practical Work Experience Program, stressing marketable job skills and student responsibility. In both academic classes and the Work Experience Program, students gain high school credits toward a diploma.

Southern makes a "Healthy Choice" with SOCH

For the sixth year, STYLE (Student Teambuilding Youth Leadership Experience) Peer Leaders were selected to participate in a county-wide program for teenage girls and their moms. The program "Healthy Choices: For moms and their 7th, 8th and 9th grade daughters" was organized by Carol Schoenberger, Director of Health Resources at SOCH. Information about improving communication, the

effects of tobacco, self-defense, preventing fetal alcohol syndrome, handling stress and a mother/daughter walk were included.

The STYLE leaders, along with Mike Armstrong, Student Assistance Counselor, made a one hour presentation on relationships, dating abuse and communication between a mother and a daughter. General information was also provided, but the real message was delivered by students who role-played in character to reinforce the information. "The STYLE leaders always do a great job of helping the audience leave with a clear understanding of the issues. Not only have our presentations been well received by the audience, but the student presentors gain such a great experience," said Armstrong. The STYLE Peer Leader presenters were: Erin Horleman, Sam Dipietro, Nat Aftanis, Kate Armstrong, Devin Foster, Conner Josephsen and Ashley Grimes.



Melissa Penna's Independent Study students created 23 Gingerbread Houses and over 200 ornaments for the LBI Rotary Club's Annual Holiday Auction.

Pajama Program Donation

The middle school academic team "The Surf" held a pajama and book drive for the Pajama Program. This program delivers warm sleepwear and nurturing books to children in need. "Team students and teachers were inspired to help this program when it was selected by the Martin Truex, Jr. Foundation as one of the local charities he sponsored this fall," said Barbette Lovas.

In total, the team donated 30 pairs of pajamas and 223 books for teenagers. "So many of the children that are served have been abused or neglected. We are giving them more than a pair of pajamas and a book. We are telling them that someone cares," stated Geri Schleich, Pajama Program NJ Chapter President.



Southern Regional's 1997 Wrestling Team pictured above was inducted into the Hall of Fame.



Jillian Smith Adidas Millrose Mile Winner AGAIN!

Jillian Smith once again brought home the winning finish at the Adidas Millrose

Invitation Mile with a 4:51:88 finishing time. She competed against some of the best high school girls in the United States. "There is a lot of history on that track. It was fun to be apart of it," said Smith.

Smith defended her championship title for the event and was seconds shy of beating her time from last year. She has already earned Millrose Game history by earning the 3rd fastest finishing time. For the 4th year in a row, Southern has earned 1st place finishes at this national event. Danielle Tauro won in 2006 and 2007.

Living History Programs

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At the middle school, history continued to come alive as 8th graders from the Lightning Team heard stories from a Holocaust survivor, Mr. Fred Spiegel. Born in Dinslaken, Germany in 1932, he was sent to live with relatives in Holland after *Kristallnacht*. When the Germans invaded Holland, Spiegel was sent to three concentration camps. "Students have been learning about the Holocaust through an interdisciplinary unit between English and social studies," said Mrs. Lynn Lapsley, social studies teacher. "They have been learning about the history and effects of the Holocaust while reading and discussing the book "Night" by Elie Wiesel in Mrs. Eileen Consentino's English class. Spiegel spoke to the 130 students for approximately forty minutes and closed with a question and answers session for students and staff.

Change of Date

The Board of Education meeting originally scheduled for March 11th has been changed to March 18th.

Southern Shapes Up!

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Another initiative to stay fit is the Middle School Combine event. This fitness program, modeled after the NFL Combine, tests students through a battery of physical challenges emphasizing agility, hand-eye coordination, speed and strength. From the nine physical events, students will use their initial scores to reference progress over the course of the year.

To promote wellness for teachers and staff, yoga classes are being instructed by Jenn Kretzer, a local yoga teacher. Yoga provides an opportunity to enhance teacher's wellness by allowing them time to decompress, rejuvenate and refocus for the next day. "It is a wonderful program that is offered for teachers. Not only are teachers enhancing their own personal wellness, but that of their performance in the classroom," said Jennifer Miller, organizer of the Yoga program.

Awards

◆High School Winter Color Guard won 1st Place at their first competition of the season on January 31st.

◆The Theatre Company's production of *Antigone* under the direction of Mr. Jim McCabe was recognized with nominations for Best Overall Production for a Classical Drama, Best Sound Design and Best Direction from the Montclair State University Theatre Night Awards. In addition to being nominated, the cast was selected to perform a scene for the awards show that took place on January 9th.

◆The *Simply Southern* 2008 RAM High School yearbook won First-Place in the American Scholastic Press National Competition. The RAM has now won 11 First-Place and 2 Second-Place finishes. This year's publication also won the school's third Special Merit Award for outstanding scores. Co-Editors-in-Chief for the book were Nicole Bartley and Christina Osborn.

◆The DECA Club participated in the DECA Regional Competition in January. Samantha Sepanak took First-Place in Restaurant and Food Services Management, and the team of Johanna Petrocelli and Max Schmid took Third-Place in Travel and Tourism Management Decision Making. Erika Pappas, Tim Passaro and Chanel Rhoden were in the top 12 of their events and qualified to advance to the State DECA Competition.



The Select Choir, under the direction of Carolyn Placa performed on Good Morning America in December.

Musical Notes

◆Kerri Close, Michelle Lombarski and Kathrine Orlando were accepted in All-Shore Chorus.

◆Hannah DeGenova completed her second year of All-State Jazz Choir with Matthew Hillblom accompanying on the bass.

◆Tyler Wagner, Nicole Ciccone and John Freund earned a seat in the South Jersey Orchestra.

◆Tyler Wagner and John Freund placed into South Jersey Wind Ensemble.

◆Nicole Ciccone, Toni Dworkin, Justin Gregg, Virginia Spataro, Taryn O'Keefe, Alina Harper, Victoria Tamburro, Eddie McGreevy and Choloe Dondero were admitted into South Jersey Symphonic Band.

◆Tyler Shives, Allyson Liu, Patricia Terhune, Katherine Cleland, Matthew Lewis, Brett Laramee and Troy Hagen earned membership into South Jersey Junior High School Band.

The Alumni Association is hosting a 3 on 3 Basketball Tournament March 13-14. Registration by 3/10 is \$20 per team of 4 players. For rules and more information, please go to www.srsd.net.

Did You Know?

●The Cheerleaders hosted the 1st annual Rams Invitational Cheerleading Competition on Sunday, January 25th. A number of local youth, middle school and high school teams competed. Southern's Junior Varsity and Varsity squads exhibited their competition routines.

●Southern's Chapter of Amnesty International organized a week long greeting card campaign that sent messages of support to prisoners and human rights defenders around the world. Donated funds helped to offset the cost of overseas mail. Core members of Southern's Amnesty International are Holly Stoltz, John Hagerson, Brittany Lambert, Lauren Keizer, Sam Callender, Vincent Pezza, Jennifer Smolyn, Neha Sahay and Mr. Hank Klos, advisor.

●The 15th annual SRHS Chocolate Contest in conjunction with the Restaurant School of Walnut Street in Philadelphia was held on February 12th. Students showcased their culinary abilities by creating their own filling, frosting and garnish. All participants had to use the same chocolate cake recipe. Sarah Tiger received 1st Place and will go to Philadelphia on May 2nd to compete with approximately 20 other students from the tri-state area for a scholarship to the culinary school.

●The Ram Brick Walkway, just outside the 11/12 building, has been updated. The next phase of orders will begin now and run until May 1st. If you would like to purchase a brick, please log onto www.srsd.net for more information.

●The Quality Single Accountability Continuum (QSAC) County review team completed their mid-January on-site visit. Their mission was to review policies, practices, processes, and supporting documentation in the areas of instruction and program, personnel, governance, operations management and fiscal management. The county team's data and findings were reported to the State Department of Education for review, comment and final analysis. It is anticipated that the State review and analysis should be completed and rendered sometime in March.

●Southern collected 13,633 items of food for the Atlantic City Rescue Mission in December. In total, Southern has collected and donated over 100,000 food items over a 7 year period.

Sports Corner.....

Mens Cross Country Team made school history by appearing in:

- The NJSIAA New Jersey Group IV Championships and placing 3rd.
- The NJSIAA New Jersey Meet of Champions and placing 8th.