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SOUTHERN LIGHTS



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Southern Lights

Fall 2004



Left to Right: Sabrina Destefanis, Jeremy Renner, Ricky Taylor, and Lauren McNeal perform the song "If I Had a Hammer," a parody of a folk tune about corporate greed.

The No-Frills Revue was the featured fall performance of the Southern Regional Theatre Company in October. A bevy of accomplished Broadway and off-Broadway composers and writers created the ultimate revue - a no-frills, melodic, satire: a sort of musical "Saturday Night Live!" This snappy, fast-paced revue appealed to all ages and bought many laughs and rounds of applause from the audience. Under the direction of drama teacher Jim McCabe, the cast included: Theresa Ahearn, Megan Andermanis, Derek Blauser, Jena Burgess, Kaitlyn Clark, Sabrina DeStefanis, Diana DiMola, Steven Felter, Dana Frack, Lindsey Herring, Lauren McNeal, Dan Navas, Brittini Pelrine, Jeremy Renner, Aaren Sinor, Mehgan Sobel, Ricky Taylor, Nina Vitale, Karen Vitulli, and Dena Williams. *Damn Yankees* will be the featured spring musical on March 9 and 10 at 6:00 p.m., March 11 and 12 at 8:00 p.m. with the Dinner Theatre on March 12 at 6:00 p.m.

Student Summit Provides Surfside Classroom

Spending a day at the beach in October with the school's approval sounds too good to be true. Louise Kmosko's Maxtap class did just that when they moved their classroom surfside to Island Beach State Park, a ten-mile classroom, to attend Clean Ocean Action's Student Summit. Through the hands-on marine and environmental education activities students became scientists for a day.

Middle school students from 12 other area schools joined Southern students for the event. The day was divided into two halves. One half included a "field trip" where local naturalists and other marine education professionals led teachers and students in one of the field activities: birding, seining, beach trash census, water

testing, marine mammal rescue, and exploring Island Beach. The other half of the day was spent on "stations." Here students used the skills of professionals to read weather conditions, measure live horseshoe crabs, identify mollusks, and examine and handle marine invertebrates. They also saw demonstrations on solar energy and non-point source pollution. Students from the Ocean County Technical and Vocational School's Marine Academy of Technology and Environmental Studies in Toms River served as peer teachers at the activity workstations.

The hands down favorite activity of all the students was handling and learning about horseshoe crabs, followed by the touch tanks of live invertebrates and the demonstration of non-source point pollution. The day's activities were interdisciplinary involving science, math, and social studies and complemented the New Jersey Core Curriculum Standards in those areas.

Kmosko stated, "I was looking to the summit to give students background in some of the important issues in marine science for our Oceanography unit in the spring. It did that in a very hands-on, in-the-field sort of way. In reading their notes and reactions the next day, I could see that many new areas of interest have been sparked and that some of these new interests will surely be the topics of their individual in-depth studies in the spring. One student even took some time to snap photos of possible subject matter for an ocean mural to be painted in our classroom."

To enhance the day's educational experience, the COA provided teachers with materials prior to the event along with lessons and resources for a follow-up, giving both teachers and students the opportunity to "get informed,

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Defibrillator Training Begins for Southern Staff

The defibrillators have arrived and training has begun. A representative from the company certified and demonstrated the machines and talked to the school nurses and athletic trainers in September. Don Meyers, Long Beach Township (LBT) Beach Supervisor, recognized the school's need for instruction and provided Justin Steele, a Southern graduate and member of the LBT Beach Patrol, to train the school nurses along with vice principals Eric Wilhelm and Eunice Pschorr. Afterwards Sharon Bayne, one of the nurses, noted the importance of having the AED's and trained staff on campus. "This makes Southern a safer place to work and visit. There literally have been hundreds of lives saved throughout the state of New Jersey by trained Auto External Defibrillator (AED) personnel."

The training will be accomplished in phases. The next one reached out to a larger portion of the staff - physical education teachers, winter coaches, and several security people. Each building has its own defibrillator, and one

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L to R: Alisha Fiorino, Tom Sarro, and Whitney Marshall construct various size pinwheels.



L to R: Austin Gourley, Gary Siculietano, Mike Dunn, Tim Hogan watch Guy Blessing spray the precise locations the pinwheels should be placed.



L to R: Whitney Marshall, Jeff Werner, and Chris Moore carefully attach the pinwheel to each dowel.

Students Prepare Turkey Fest Pilgrim Style

The Key, Mock Trial, and Consumer Bowl Clubs held their second annual outdoor Thanksgiving luncheon behind the SR Board of Education building. Guests included the Long Beach Island Kiwanis Club, New Jersey Consumer Affairs, the Stafford Historic Society, the SR Board of Education, and district administrators.

The “turkey fest” was given to thank the benefactors for their unending support of the youth of Southern Regional. Advisor Margaret Colvin stated, “Students learned that their beliefs, aspirations, and desires are the same no matter how old or young. People consider themselves as young as they feel.”

All the fixings for the turkey dinner were baked outside using Dutch ovens, cardboard box ovens, and charcoal. The students learned how to cook without the modern conveniences of microwaves, convection ovens, or regular

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Cross-Curricular Sculpture Recreates Chaos

HS teachers Ellen Plumley (math), Jenn Plumley (art), and Irene Muzyka (science) worked together with their students on an interdisciplinary unit on fractals/chaos. After learning about fractal patterns and their applications in art and nature, the students learned about Chaos Theory and the Butterfly Effect. The sculpture, which students built outside, culminated the cross-curricular study of Fractals and Chaos Theory and integrated art, math, and science. The spiral pattern of the sculpture used the concept of fractals and the Golden Section. The pinwheels allowed the students to observe the Chaos Theory and wind patterns. Ratios were determined using Trigonometry, and the pinwheels were placed at precise points on the spiral. Each class was responsible for one spiral in the sculpture. The project remained outside as long as possible to allow students to watch the degradation and see the Chaos Theory in action.

Did You Know?

Each year the county association presents a “**Student Assistance Counselor (SAC) of the Year**” award. **Bob Dolan** was honored by his colleagues as this year’s recipient of the award. The association presents it with AD-ACO at the annual networking breakfast. The breakfast is an opportunity for local professionals to meet and discuss issues pertinent to kids and drug/alcohol abuse. Senator Robert Singer was the keynote speaker.

Senior painting student **Stephan Sharps** recently completed a **commissioned mural** of a **Venice canal scene** at **Antonio’s Pizza and Catering**, located at the corner of Route 9 and Bay Avenue next to Dunkin Donuts. **Art teacher Joe Begonia** commends general manager Bill Liantonio for giving one of SR’s finest art students an opportunity to gain some professional experience as an artist as well as to express himself by creating a large scale mural which in itself represents a valuable learning lesson. Begonia encourages everyone to stop by and check out Stephan’s excellent work.

Karol Doucette and her **Mainsail students** went to the **Rescue Mission in Atlantic City** in November. This group visits the mission several times a year to volunteer their help in the kitchen and storeroom. They wanted to extend their support and discovered it was difficult for the people to transition back to society. Supplies such as a toothbrush, toothpaste, soap, deodorant, and shampoo would help them in this process. Using the money given to them through a minigrant from the Home and School Association, they prepared about 50 “**exit care packages**” of toiletries to bring with them. In addition to the November visit, they have scheduled another trip for January.

The **National Junior Honor Society** inducted 47 **eighth graders** in a formal **candlelight ceremony** in October. The first activity for the group is the annual holiday wreath sale that raises money for the SRHS scholarship fund. Other activities for the year include: peer tutoring, maintaining the flower beds around the school, sponsoring the MS February dance, and setting up the luminary bags at Relay for

Life. Advisors are **Kathy Hillbloom** and **Johanna McCauley**.

According to Billy Plastine, NJ Family, Career, and Community Leaders of America (FCCLA) State President, this was an exciting summer for Southern Regional High School at the **National Leadership Meeting** in Chicago. **Melina Kotsolakis, Sarah Lapatin, and Angela Puma** were among the students from Southern who competed and achieved special recognition for their work. They received a gold medal in the Chapter Showcase Display STAR Event. Totally, Southern brought home **three gold medals and two bronze**. In addition, **Jamie Pernal** and **Melina Kotsolakis** not only represented NJ FCCLA as State Officers but also served on special focus committees, took part in state meetings, and inspired other NJ members. **Nicole Mas** served on stage as the 2003-2004 National Vice President of STAR Events. Advisors **Mary Lou Fitzgerald** and **June Blauvelt** were instrumental in facilitating their students’ achievement.

The **MS Art Club** painted **ceiling tiles** featuring **Lighthouses** to be placed in the hallway ceilings of the MS district. Last year they painted tiles based on paintings by famous artists. These are already in place around the school. The students meet after school on Tuesdays in room E-4 of the MS under the direction of **art teacher Judy Wardenski**.

Joseph Simpson has been named a **New Jersey State Finalist** in the **2004 Wendy’s High School Heisman Program**. It is a great honor to be recognized as one of the best **scholar-athlete-citizens** in the state of New Jersey. About 15,000 students were nominated nationally, but only 10 males and 10 females

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The **Golden Rams Marching Band** successfully re-

tained their title as **Tournament of Bands Group 4 Atlantic Coast Champions** in November in Scranton, PA. The band’s performance was given a score of 96.45. Southern is now the only Group 4 band from NJ to win multiple titles since the inception of Tournament of Bands dating back to 1980. The band won the Best Music, Best Brass, and Best Woodwind awards. This event completed their competitive season, one in which they were undefeated through every event they were involved in, garnishing 34 first place awards overall.

“Southern Sounds” will be heard in the 2004-2005 **All-Shore Chorus**. Choral students **Christina Skleros, Ashley Hoffman, Carolyn Edwards, Kirsten Knudson, Mandy Majkutowski, Carrie Wein, Dan Navas, John Condoleon, and Robert Lopez** were awarded membership into this auditioned group. The Choir consists of 149 students from both Monmouth and Ocean County.

SRHS juniors **Christina Skleros** and **Dan Navas** were selected as members of the 2004 **NJ Honors Jazz Choir**. This choir presents an opportunity for high school singers in New Jersey to participate in the only official state Jazz Choir. The selection is especially notable because auditions are held throughout the state and only 12 members are selected. The Honors Jazz Choir performed at the Borgota Hotel in Atlantic City for the NJ Educators Convention and at the NJ Performing Arts Center in Newark for the state Jazz Ensemble Festival.



Awareness Workshop

Eighth grader Rachel Guida attempts to write while wearing vision-impaired goggles as part of the sensitivity training provided to STYLE students by Interfaith. Hands-on activities included the unfair hearing test and the vision loss glasses to simulate the effects of impaired hearing and vision seniors often experience.

Defibrillator Training

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is with the athletic trainer.

A year ago Southern Regional School District was missing this vital piece of medical equipment – a cardiac defibrillator. Now they have several. It all began when student council members along with advisor Marilyn Dougherty and school psychologist William Halbeisen sponsored a project to raise money to buy a defibrillator for each building.

The drive, called the “Quarter Mile Race for Life,” was held both in and out of school. Their goal was to collect a mile of quarters in the hope of purchasing defibrillators for the district. They collected donations from staff, students, and community. Donations came from Mrs. Simon’s and Mrs. Przybylski’s math class, Mrs. Triano’s class, Mrs. Berardi’s classes, Steve and Beth Klemens, Bob Johnson, Ocean Township PBA, Ocean Township Municipal Authority, Rotary Club, SR Home and School Association, Beach Haven Exchange Club, Student Council, and the Board of Ed.

In addition, two brand new defibrillators were donated by the American Red Cross and Beach Haven Moose Lodge 1575.

The Southern Regional High School campus has become a seven-day a week activity center for both the school and the community.

“This makes Southern a safer place to work and visit.”

A student and staff population of over 4,000 on campus on a daily basis in addition to after school and evening activities keeps the campus working around the clock. Dougherty, who realized the importance of having comprehensive equipment close at hand, worked closely with the students to help make this a reality for Southern. She explained, “The need for this equipment is not limited to our adult population. Each year more and more student athletes suffer from cardiac arrest on the field due to undiagnosed cardiac problems occasionally resulting in death.”

Students of the Month

September

Grade 9	Billie Jobson
Grade 10	Vito Salvanto
Grade 11	Teddy Johnson
Grade 12	Samantha Soller

October

Grade 9	Alexandra Musarra
Grade 10	Jacquelyn Alvarez
Grade 11	Matt Megill
Grade 12	Yesica Sanguarima

November

Grade 9	Brittney Layton
Grade 10	Bryant Moore
Grade 11	Samantha Tucker
Grade 12	A.J. Truhan Fred Humphries



L to R: Maureen Lefanto (MS nurse), Maureen McDonough (11-12 nurse), Sharon Bayne (9-10 nurse), Justin Steele (LBT Beach Patrol), and Jan Kristbergs (Health Services Supervisor) prepare for defibrillator training.

In the Classroom

SRMS Extreme Team students have adopted **World Hunger** as their **service project** this school year. In social studies a discussion regarding the devastation that occurred in Haiti from then Tropical Storm Jeanne as well as the effect Hurricane Jeanne had on Florida prompted a review of current news articles and motivated the students to help those in dire need outside their own country. Susan Rosenberg, library professor from Brookdale Community College and President of the NJ/Haiti Chapter, Partners of the Americas, Washington, DC, provided them with list of needed items. Students worked for two weeks buying and collecting items with the generous support of their families. Once the items were sorted and boxed, **social studies teacher Clair Chapter** transported the truckload to Brookdale Community College where volunteers took them to Long Island to be placed on board a cargo ship bound for Haiti. Money was also collected and will be used to defray costs for containers, trucks, and bodyguards in Haiti.

Don Erichson and the students in his three **Junkyard Wars classes** held their **first annual Junkyard Wars Chariot Race** on a course near the tennis courts. Students were divided into teams and given specifications and 15 days to design and construct a push cart chariot which would be powered by two humans while steered by a third human. The vehicle would compete in a timed race on an obstacle course requiring turning, stopping, and reverse moves. It could have no fewer than three wheels and had to have operating brakes and a steering system. The final product had to pass a safety inspection prior to competing. A drawing of the final design along with a construction journal was submitted with the final design. The students had a great time and learned how to improve next year’s design.

SRHS Social Studies Department sponsored a **World War II living history presentation** for its students. They met with **World**

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The Southern Regional Adult School conducted another successful fall semester. According to Principal Jan P. Kristbergs, nearly 2,000 registrants are enjoying the instructional, enrichment, and trip programs. Consequently, the Adult School is planning even more activity in the spring. He added, “The SR Adult School staff enjoys the opportunity of utilizing our great facilities for the benefit of so many enthusiastic participants. We are truly a community of learners. Through the efforts of our new Enrichment Coordinator, Janice Polito, we have added courses such as Cajun and Creole Cuisine, Pottery, and How to Get Published, taught by certified teachers, accomplished entrepreneurs, and published authors.”

LAUNCH Offers EMS Program to Students

Southern is on the cutting edge of education once again. It is only one of two high schools in the state to offer an EMS program as part of its curriculum. At Southern it is a five credit class taken by seniors enrolled in the LAUNCH Academy. Currently 22 students are enrolled. These students are already cadets in their local First Aid Squads and have completed the Basic Life Saving course and are certified in CPR. On Tuesdays and Thursdays during periods 7 and 8, they meet with a certified EMS instructor who comes to the school. The rigorous academic curriculum includes 120 hours of instruction and an internship of at least 10 hours at the hospital. Once they have fulfilled these requirements in early June, they will take the national exam for EMS certification.

“ . . . they will take the national exam for EMS certification.”

Learning Academies: Understanding New and Challenging Horizons (LAUNCH) is under the direction of Vice-Principal Eunice Pschorr. The goal of the program is to prepare students for science and allied health careers and to help them easily make the transition from school to career. Its interdisciplinary curriculum allows students to satisfy graduation requirements while providing time for work experiences outside of the classroom, thus giving them interaction with professionals and valuable workplace experience.

Seniors in the academy take SLE (Structured/Service Learning Experience), a five credit class, that takes them into the community where they work with a mentor on the job. Community agencies that have established mentorships with the district include Southern Ocean County Hospital, the Ocean County Sheriff’s Department, and Community Medical Center. Several students completed the LAUNCH program in June 2004 and are actively pursuing careers in medicine.

Student Summit

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get involved, and take action for a cleaner and healthier ocean.” After all, it is vital to our survival to “instill students with a sense of environmental stewardship that is necessary for protecting the environment as we move into the future,” concluded Julie Hajdusek, Education Coordinator for COA.



Adult School

Golf Instructor Bill Kriews offers Gary Erikson tips on how to develop a better swing and a more consistent ball striking capability.

Pinelands Experience



The students along with an instructor build a Tent Fire which is used for cooking. This skill was part of the survival training course. For the class they had to create a fire high enough to burn the string. L to R: Nicole Farano blows on the flames while Meghan Hunter, the instructor, and Gina Carney look on.

In an effort to bring seventh graders entering SR together as a community, the entire seventh grade class of 514 students participated in an overnight trip in October to the YMCA Camps Ockanickon and Matollionequey in Medford, NJ. The two-day program achieved three other goals - team building, problem solving, and earth education related to the Pine Barrens. Six different activities supported these objectives: earth education, a challenge course, shelter building, archery, arts and crafts, and a scavenger hunt in the Pine Barrens. Extreme Team member Robert Pawloski noted, "If I am ever lost in the wild, I will use the skills I learned in earth education to survive." Adam Scaramutz agreed and added, "Shelter building was an awesome experience." To round out the day's educational activities, both camps met after dinner for an evening of dancing and socializing. Members of the high school Student Youth Leadership Experience (STYLE) chaperoned the event along with teachers and parents.



Extreme Team students stand back and check the shelter they just finished building using only objects from nature. L to R: Front (sitting/kneeling) Angel Vaughan (STYLE student chaperone), Rebecca Shoemaker, Zoey Guarino. Standing: Grace Szczech, Natalie Aftanis, Mrs. Willem (parent), Rita Rocco.

Did You Know?

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per state are being honored as state finalists.

Eighth grade students spent two days in **Washington, DC** experiencing first hand the landmarks, buildings, and memorials that commemorate our national history and culture. Now they can make the connection between what they study in their eighth grade American history classes and the past. The itinerary included visits to sites that support the curriculum. This year students visited the Holocaust Museum; the Smithsonian Museums of Air and Space, American History, and Natural History; the National Museum of the American Indian; the WWII and FDR Memorials; and the Arlington National Cemetery Wreath Ceremony.

Representing American Youth Services (**RAYS**), a **community service club** comprised of **middle and high school students**, is working in coordination with **local nursing homes** and **SOCH** to **paint ceiling tiles** for the patients. Their first assignment is **Summerville**. When the tiles are completed, they will present them to the residents at a social. This group also is responsible for painting windows for local businesses. They meet on Thursdays after school in room E-4 of the MS. **Art teacher Judy Wardenski** along with **home economics teacher Lisa Corbisiera** leads the group.

Senior Ryan Fedrickson is ranked as one of the **top 10 outside hitters in men's volleyball in the country** and the **top in NJ**. This summer he was one of 23 nationwide and the only one from the East Coast invited to attend an elite volleyball camp at the Olympic Training Center in Colorado where he trained with Olympic level coaches and athletes from Hawaii, California and Florida. He will attend another camp in January with the Head Coach from the USA Men's Volleyball Team where he will be considered for the USA National Team which will be selected in March 2005.



The Southern Regional Intergenerational Council sponsored a trip to Jenkinson's Aquarium in Pt. Pleasant, NJ. The outing joined high school students and senior members of the community in a learning activity. A staff member invited several members of the group to the petting tank. L to R: Zina Toriello, Connie Noto, and Lindsey Monaco.



Dust Off Those Dancing Shoes



Professional dance instructors will teach the basics and beyond to the Southern Community at an evening Latin Dance Workshop in the MS Cafeteria on January 21, 2005. The donation of \$5 per person or \$5 per couple for seniors will be used to raise funds for a soup kitchen - Banda del Rio Sali in Tucuman, Argentina. Over 100 children are fed three meals daily by Wilma Rivero, the 70+ year old founder. All monies after expenses will go directly to the comedor. For more information, contact John Allen at Southern Regional High School at 609-597-9481.

Community Gallops for the Gobbler

Stafford Township celebrated its first annual and first ever "Turkey Trot" in November at the SRHS Football Stadium thanks to the Southern Regional Home and School Association (SRHSA)



L to R: Suzanne Romeo, SRHSA; Joell Fernandez (Grade 8) Builder's Club; Sam Fierra, MS Guidance Counselor; Rachel Ruggiano (Grade 11), Girls Cross Country.

and Sam Fierra, a SRMS Guidance Counselor. Fierra used his \$250 grant from the SRHSA to organize a Community Turkey Trot as a major community event.

A Turkey Trot is a series of running races for all age groups beginning with a crawler event known as the "Diaper Derby" for babies 5 to 15 months old. Other races include 10, 20, 50, and 100 yard dashes for age groups ranging from toddlers to adults as well as a 5K cross country run for anyone wishing to take the challenge. Winners received a frozen turkey donated by Perlmart ShopRite.

The event was a tremendous success, and many people contributed to that success beginning with the SRHSA. "They believed in the idea from the start, and once they committed to it, the Stafford Recreation Department organized and coordinated it," Fierra noted. "We also had a great deal of support from many volunteers. The SRHS Girls X-Country team and coach Brian Zatorski did an awesome job overseeing and judging all of our races. In addition, the SRMS Builders Club, headed by advisor Cyndi Skeie, organized and ran the food drive." Admission to the Turkey Trot was a canned or non-perishable food item that they donated to local food banks and needy families in the area for the holiday season.

The Turkey Trot is here to stay. "I anticipate the Turkey Trot to become a Stafford autumn tradition for many years to come. Everyone had a lot of fun, and it was for a terrific cause as well," concluded Fierra.

In the Classroom

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War II veterans who recounted their war time experiences. This was very special as there are so few of these men and women left to share their stories and feelings. The students also met with **Jeffrey Brown**, a **social studies teacher** from the HS. Dressed in a World War II uniform, Jeff described artifacts from the War he had on display.

Once again **history classes** along with **Student Council** took an active role in the election process. Student Council participated in **Freedom's Answer**, a national student movement to get **voter registrations** and **pledges to vote**. Students went into the stands at football games handing out absentee ballots. Announcements were made every day in school about the deadline for new voter registrations and **absentee ballots**. At the Homecoming Tailgate, a Freedom's Answer table was set up to give out absentee ballots and to tell people how they could register to vote. All history classes studied the election and participated in a **mock election**. Some even had **mock debates**. In addition, senior history classes discussed registrations. The results - SR students will be more politically active, aware, and involved adult citizens, and Stafford Township gained over 2,000 new registered voters.

To find out more about the Southern Regional School District visit the web site . . .
<http://www.srsd.net>

Turkey Fest

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ovens. Twelve students, working from 8 a.m. until noon, prepared and served turkey, sweet potatoes, candied carrots, zucchini and onions, corn, corn bread, sausage, peppers and onions, pies, cakes, brownies, spiced hot cider, coffee, and hot chocolate. They were also responsible for setting the tables, displaying the food buffet style in warming pans, and setting the desert table. Fifty-two students and guests enjoyed the fruits of their labor and had a "fantastic time."