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“ Ever since my playing days have ended, promoting and coaching [lacrosse] have been a long term goal of mine.”

--Kyra Ebert, coach

Interest sparks formation of a lacrosse team, Page

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# the falcon

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Pottsgrove High School  
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Pottstown, Pennsylvania 19464  
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## newsbriefs

### Study says sex causes eating disorders

CHICAGO--Sexually active teen boys who purge themselves by vomiting or by using laxatives are about 3.5 times more likely than their peers to have had unwanted sexual intercourse, according to a recent study.

The study, the largest of its kind, found that girls, by contrast, forced or pressured into sex showed no increase in purging over other sexually active girls. They are, however, more aggressive. Girls who had at least one physical fight over the last year were 1.65 times more likely than their peers to have been victims of unwanted sex.

The findings were reported by researchers at Children's Hospital in Boston.

They counter conventional wisdom about teen reactions to psychological stress.

"We thought boys would be more aggressive and girls would show internalized behavior such as suicide or eating disorders," said Dr. Lydia Shrier, lead author of a paper on unwanted teen sex in the current issue of the Archives of Pediatric Adolescent

## Special teachers provide help to students with special needs

"One of the girls [at camp] had Downs Syndrome, and while working with her, I became interested and decided to pursue special education as a career." --Vicki Hess, teacher.

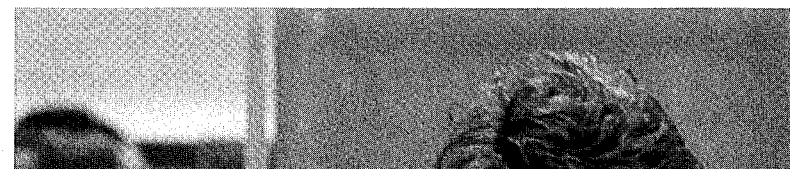
by Matt McDermott

Some students need a little extra help or have some special needs, and there are teachers here to provide that help for them.

Melissa DeStefano has been teaching special education for eight years--her first two and now this year at the high school.

"My older sister was a special education student," said Mrs. DeStefano, talking about why she became interested in this field, "and I always helped her."

Vicki Hess, a second-year



The data came from 21,297 8th to 12th graders surveyed anonymously in 79 schools in Vermont in 1995. The teens were asked whether they were ever forced or pressured to have sexual intercourse.

"This is the first time this question has been looked at in a healthy, large population statewide," Shrier said.

The study identified 7,884 students as sexually active. Of those, about 30 percent of girls and 10 percent of boys reported unwanted sexual intercourse. The paper said that overall, 7 percent to 17 percent of adolescents and young adults in the United States have had nonvoluntary sex. About 20 percent of adult women and 5 percent to 10 percent of adult men also have reported forced or coerced sex.

The percentage of teens who had unwanted sexual relations in the Vermont study is high enough to cause concern, Shrier said.

"These unexpected behaviors have notable implications for screening adolescents for a history of having been forced or pressured to have sex," she said.

### PSAT surpasses 2 million milestone

WASHINGTON--More students took the Preliminary SAT/National Merit Scholarship Qualifying Test in October than any other time in history, the College Board reports.

More than 2 million students took the exam, which included a writing section for the first, in response to complaints that the exam favored boys over girls (see HSN&G for Feb. 11, 1988).

"In a year when we raised the bar so that the test includes writing skills, in addition to critical reading and math problem solving, more schools, more students, and a larger percentage of the graduating class of 1999 participated," said Maureen Welsh, PSAT director for the College Board.

A growing proportion of high school juniors, 44 percent, took the test this year, along with 22 percent of sophomores.

More than a half-million test takers were minority students, representing 29 percent of those who provided information about their backgrounds. In 1997 alone, the number of minority students taking the test increased by 7.2 percent.

Based on available data, test volume surpassed 2 million students for the first time with a total of 2,014,656. That's up 5.5 percent from last year. More schools (a total of 21,298) participated than ever before, reflecting volume increases in every region of the country.

The College Board is considering the addition of a writing portion to the SAT I: Reasoning Test, but no decision has been made.

The PSAT is cosponsored by the College Board and National Merit Scholarship Corporation, which determines scholarship eligibility based on test performance.



**Looking for the little rewards:** Colleen Lelli said that she gets repaid for her patience with her students when she sees that they understand what it is that she is teaching--what she calls the "Aha! Moment."

teacher, knew she wanted to become a special education teacher since she was 15 or 16 and was a camp counselor.

"One of the girls [at the camp] had Downs Syndrome, and while working with her, I became interested and decided to pursue special education as a career," said Ms. Hess, talking about how she found her career.

There are times when all the hard work these teachers put in really pays off.

"That moment when something finally clicks," said Colleen Lelli, now in her third year. "That 'Aha! moment' makes it worthwhile."

But, with all the rewards, these special teachers also experience some difficulties.

"Working with students with poor self-esteem affects their progress," said Vivian Moy, a first-year teacher who started the year here but who has been moved to work with elementary school-age children. "Their frustration levels are also higher."

"All the paperwork that comes with special education, such as the IEPs and legal papers can sometimes be a hassle," said Ms. Hess, listing things which she finds frustrating about her work.

Beverly Stuart has been teaching special education for over 15 years, the last 10 at Pottsgrove.

"I like watching each individual grow from year to year," said Mrs. Stuart.

Do special education students have special needs and how can they be helped?

"I give them a little extra time on tests," said Mrs. Lelli. "I also go over things more times with them and give them my support in their school work."



## the falcon

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## More participation needed

Indifference: it's a word which sums up the attitude of a great number of Pottsgrove High school students when it comes to the prom and class trips. The current Junior Class lost not only their trip this year, but also they lost their Freshman Class trip. Now they are struggling to come up with enough money to finance a prom.

What is the problem? What is causing the lack of participation? Mark Shuster, advisor for the Freshman and Junior classes, feels that outside activities have fragmented classes. Students' social lives are no longer restricted to school, so school events are not important to them. However, without class unity and a desire to participate in class events, activities like proms and class trips are becoming more difficult to run.

Another problem is peer pressure. Mr. Shuster said that often when a clique decides not to participate in something then its members are forced to do the same.

In the first Junior Class sale, 89 out of the 204 students in the



## Heroes can be found close to home

■ People look for someone who can motivate them

by Crystal Snow

Hero: a word associated with knights in shining armor, a word found in the title of many songs and a word synonymous with the emotion of "hope." Knights no longer roam the countryside res-

Although not all heroes are trying to achieve the same things in life, many share similar qualities. Some desirable qualities are "determination, humility and courage," said Mark Holloway, a junior. "Also, a hero is someone who stands up for what he believes in and lives everyday life to the fullest."

Money is another thing some people look for in a hero. "Rich," said Mike Collins, a junior, listing a desirable trait in his heroes.

chose her heroes. "My mom went back to school at the age of 50," said Weaver, talking about what she felt was a reason for making her mother one of her heroes.

There are many reasons why someone has a hero. Some good reasons are that heroes motivate you, they care about you and they teach you respect, values and morals.

People have heroes "to give you inspiration," said senior Kelly Krause. People also have

class participated. In the second sale, only 44 students participated. These sales are important because the money from them supports the prom.

Mr. Shuster suggested that students might pay attention if privileges they take for granted are taken away from them. If students were no longer under the assumption that they would automatically have a prom or be allowed to attend it, then perhaps they would participate in the sales campaigns held to fund this event.

If the attitude of future classes doesn't improve, then participation in an event like the prom should be based upon whether or not the student participated in the sales campaigns held to raise money to fund the event.

## The bug

Should Seniors simply be allowed to coast through their final year? Seniors would say yes.

Seniors all over the country have one goal in mind: graduating from high school. However, when many students reach their senior year, they think that they can begin to slack off. It is at this point that they get a bug commonly known as "senioritis." Symptoms include laziness and an overwhelming desire to skip school. Sufferers of the bug can be heard uttering such phrases as "Have I graduated yet?" and "Get me out of here!"

What students do not realize is that colleges continue to evaluate a student's performance throughout his senior year and they accept students with the understanding that the students will maintain the grades which they posted at the end of the second quarter. Seniors, however, have things like "senior skip day," which is not condoned by the school.

Pottsgrove offers incentives to seniors who continue to strive for excellence in their senior year. Seniors who have an A average in a class and miss no more than 10 days of school are exempt from mid-terms and finals.

Colleges and future employers look highly upon someone who pushes himself, and seniors need to keep this in mind. Although the senior year is a year to have fun, it is also a year to maintain standards and to continue the achievements of previous years.

being maidens. This leaves modern day people with a dilemma.

Where do teenagers of the 90's go to look for their heroes? Most people find them on TV, in news programs, at sporting events, in a movies or even in their homes.

Although athletes and rock stars are often chosen as heroes, everyday people can fill the role.

Junior Sarah Weaver said her parents are her heroes. "Because they are always there for me," said Weaver, explaining why she

heroes because "they need someone to look up to, someone they can try to be like," Holloway said.

Heroes bring light into what can often be an otherwise dull world.

## On the music scene:

# Some good guitarists end dry spell by releasing solo albums

by Devin L. Mercer

In recent years, music has suffered from a dry spell of good guitarists, both instrumentalists and backing musicians, in a vocal group, but 1998 is looking as though this will all change. Yngwie Malmsteen, Joe Satriani and Richie Sambora (guitarist for Bon Jovi) have all released new solo albums.

Malmsteen's latest effort, *Facing the Animal*, which was released on Mar. 3 is his first in almost three years. Malmsteen, who is known more for his arrogant attitude rather than his superior guitar playing, proves that he can still rock after almost 15 years.

Many of the songs off of *Facing the Animal* have a heavy sound to them, including "Braveheart" and "My Resurrection," which has an eerie theme to it and has every indication of someone having a dark past and turning it around to see the light. There is also one number which is different from the rest of the songs on this album: the instrumental track "Air on a Theme," which is based around the soothing and relaxing guitar

playing skills that Malmsteen possesses.

"It's not like his past albums," Chris Burns, a junior, said, talking about what he thinks of Malmsteen's new album, "but it's still good. It's heavy and it has a lot of good shredding."

Satriani has returned with the follow-up to *Joe Satriani*, which

"Thought there are no vocals on *Crystal Ball*, Satriani uses different effects and emotions to grab the attention of the listener."

didn't prove to be what it was expected to be, with the album *Crystal Ball*. Satriani proves that he still possesses the talent that has made him one of the best guitarists to emerge during the 80's. "Up in the Sky," the first track on this album, is a true heart-pounding experience enhanced by every note and scale that Satriani plays. Though there are no vocals on this album, Satriani uses different

effects and emotions to grab the attention of the listener, and it is a worthy example of how well "Satch" can play.

Finally, Sambora has returned with *Undiscovered Soul*, which is a worthy follow-up to his 1991 solo album *Stranger in This Town*. Though he is known more for his heart-filled guitar playing and writing for Bon Jovi, Sambora puts 100 percent effort into his sophomore project, which even features a vocal cameo by his wife, actress Heather Locklear.

One difference between Sambora's debut album and his latest is that his debut album had more of a bluesy feel; whereas, his new album is more about finding love, a subject which he presents as though it were new and fresh with him.

One powerful single off of the album titled "You're Not Alone," which is written by Sambora and Tony Marolda, has a feeling of young love with no limitations set on the future. Another single, titled "All that Really Matters," also has that feeling of knowing your future is wide-open when you find out what is most important to you.



# School 'finally' hires a vice-principal

■ Educator from Philadelphia joins administrative staff

by Mark Holloway

So tired of waiting: That's how many people at Pottsgrove felt about getting a new vice-principal. After teachers filled in the position for a few months, Melvin Sussman, an employee of the Philadelphia School District, was hired by Pottsgrove School Board to be the new vice-principal.

Before coming to Pottsgrove, Mr. Sussman worked at the Franklin Learning Center High School of Philadelphia, where he was the communications technical coordinator.

Students at Pottsgrove are a little different than the ones that Mr. Sussman dealt with in Philadelphia. Unlike the students at his previous school, students here, according to Mr. Sussman, are much more laid back and not constantly focused on day-to-day survival. "Their minds are set on the future," said Mr. Sussman, giving his impression of Pottsgrove students. He also said

that students here are "very educationally focused."

Mr. Sussman said that what he can offer to Pottsgrove is "the ability to have a quality rapport with students and teachers." "I plan to be visible and have my expectations for the school understood," he also said.

With a Master's Degree in Education Administration from Rider University in New Jersey along with supervision certifi-

cates from Pennsylvania and New Jersey, Mr. Sussman has already set long term goals for himself at Pottsgrove. He hopes that "the community will accept me as an educator and a member of the community family." As for Pottsgrove High School, Mr. Sussman hopes to become "an integral part."

Mr. Sussman also feels that Pottsgrove is the right place for him at this time in his life.

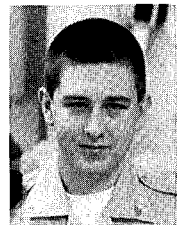


**New vice-principal moves in:** Melvin Sussman, a former employee of the Philadelphia School District, said that working at Pottsgrove will be a chance for him to "expand his horizons as a professional" and a challenge that he feels he can meet. Pictured introducing Mr. Sussman in the auditorium is PHS principal Joyce Wishart.

## 'Falcon' asks...

Is there anything wrong with allowing athletes who are failing to play sports?

**Brad Reinert**, sophomore: "Yes. If they can't find time for academics, they should spend some time away from their sport."



**Jason Leh**, junior: "Yes, because they are here to learn, not to play sports. [To be able to play] sports is a privilege."

**Kristy Rhoads**, senior: "Yes, because they should not be able to represent the school when they are failing a subject."



**Gary Christ**, teacher: "Yes, if we value education first over extracurricular activities, then we should uphold our standards."

**Scott Kopec**, sophomore: "No, sports have nothing to do with grades."



**Joelle Zangrilli**, senior: "Yes, I think educa-

## Club recognizes achievements of students, faculty

"Rewards" is the main theme of the Pat-on-the-Back Club. The club recognizes the achievements of Pottsgrove's students and faculty.

In addition to recognizing individuals, the club is in charge of the Christmas party for faculty children and the Honors Breakfast. The Honors Breakfast is held for students who earn honors at least once during the year.

Mae Hanna, a Spanish teacher, is in charge of the club, and the

house. The club does not have any officers, and all of the members work together to successfully distinguish the accomplishments of Pottsgrove's students and faculty. Balloons, stuffed animals, cards and candy are among the many different kinds of rewards given.

Teachers Kathy Baker, Dottie Istenes and John Shantz received candy from the club for organizing the Color Day activities. Color Day's Masters of Ceremony, Mark Holloway and Anne Toth, both got notes of appreciation. Balloons were given to Rebecca Walters, Pam Reitnauer and Donna Sinnk, who sang the "National Anthem" at an Eagles' game.

"Students must see the impor-

deeds of others, and must be aware of other students' good deeds," said Mrs. Hanna about the requirements the students must meet to be in the club.

## Research paper stands between the seniors and graduation

by Caitlyn Hallman

It's your senior year. You're getting ready for your trip to Florida and graduation is only months away. Everything seems to be going great. Yet there is a huge brick wall standing between you, graduation and freedom: the senior research paper.

If you don't receive a passing grade on it, you won't, the rumor goes, pass English for the year. It seems like an almost impossible task. Suddenly you are imagining the rest of the senior class walking down the football field for graduation in June without you.

However, don't panic. Everything is going to be fine. You can survive your senior research paper. It has been done before, and now the experts have some advice for the rest of us.

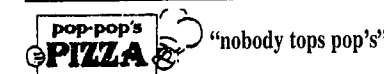
The basic thing for a good

research paper is to choose the right author. According to senior English teacher Todd Kelly, you should pick an author whose style you feel comfortable with. "You should read some selections to get the sense of a writer," he said.

As for writers to avoid choosing, Mr. Kelly warned against, "...choosing an author just because someone told you he was easy to write about or because you read a short novel by him in intermediate school."

Once you find a writer you like, the next obstacle is to find enough research materials to write your paper. Mr. Kelly recommended using books edited by Harold Bloom, *Scribner's Writers Series* on the library computer and *World Literature Criticism* by James Draper. He also said that although Cliffs Notes are fine to use in high school, students should not use them in college.

For sources to avoid Mr. Kelly said encyclopedias. Mr. Kelly also suggested avoiding the WEB because "you will spend a lot of time searching with probably little to show for your efforts."



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Next step in the research paper process is writing note cards and forming a thesis statement. The thesis statement expresses a point that the writer is going to prove in his paper. Many seniors experience difficulties at this point. Senior Jennifer Donovan, whose topic was D.J. Salinger's *The Catcher in the Rye*, said, "The most difficult part in writing my paper was being disciplined enough to come up with a thesis."

"For me, the hardest part was trying to put my thesis statement into the correct words and ideas so Mr. [Larry] Rechten would not reject it," said senior Melissa Perlstein.

Another downfall of the senior research paper is procrastination.

"The paper seemed like a hassle to do so I just put it off," said Senior Kathleen Greco.

"I procrastinated because [my paper] was due right after Christmas break, and I didn't want to work on a paper during the holidays," Perlstein said.

If they were given a chance to write their paper over again, the three seniors had some ideas about what they would do differently.

"I'd pick another author. I just could not get into [J.R.R.] Tolkien's style," Perlstein said (she used *The Hobbit* as her primary source).

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**Reliving history:** The farthest junior Kammy Kobeissi has traveled to take part in a Civil War reenactment is to Antietam, MD.

## Junior reenacts Civil War battles

■ A hobby leads Kobeissi to sites of historic conflicts

by Matt McDermott

Did you ever wish that you could travel back in time?

Kammy Kobeissi has that opportunity as a member of the 88th Pennsylvania Volunteer Infantry, a reenactment group located in Reading, PA.

"My mom was interested ever since she saw the movie *Gettysburg*," Kobeissi, a junior, said, talking about how he got into reenacting. "She found out about this reenactment group in Reading and suckered me into it.

After a while I started to like it. Now my whole family's involved."

Indeed. His father is a steward, surgeon's assistant. One of his brothers is a bugler. His other brother and freshman sister, Yasmin, are civilians.

The farthest he has ever traveled to do a reenactment was to Antietam, MD, to reenact the Battle of the Cornfield.

"We got to reenact at 2:00 in the morning in the cornfield, and when we ran out of bullets, we threw corn," he said.

How does it work?

Before they go to battle, everyone lines up and picks a piece of paper out of a box. That paper will tell them to either die in battle, run away or survive the battle.

Whatever that paper says is what they will do during the course of the battle.

"One time somebody had a heart attack behind me and died for real," Kobeissi said.

This group reenacts about once a month and has meetings in Reading to discuss the upcoming event.

Not all the fun comes cheap, though.

"To be a fully suited infantry, it costs about \$1500 and that includes your gun, tent, leathers, etc.," he said.

The uniforms are ordered from a company in Gettysburg.

"Right now all I have is a Union uniform, but I plan on getting a Confederate uniform in the future," Kobeissi also said.

## League exams provide extra challenge to students

by Mai Hoang

What if you had to take a math test every month that you couldn't study for, which had at least one hard question? Most students at PHS would not like that. However, the students who are members of the Pennsylvania Math League do this each school year.

Math League, advised by math teacher Charles Yohn, starts in September, when selected stu-

test has five questions which are from all levels of math. The same test is taken by all grades regardless if they learned the material or not. The same six tests are taken by other schools all over the state. After all the tests are taken, the scores for each member are added, and the five highest scores are added to form Pottsgrove's "team score."

Even though he/she is in Math League, a student has to be good in math; however, to some members, it doesn't take much effort to

to be in Math League, such as freshman Bryan Brightbill.

"There's no studying, but you must concentrate during the test," Brightbill said.

Most students in Math League also like being a member. However, the reasons why they do enjoy Math League vary. One main reason is the opportunity to miss class.

"[I] only [enjoy being in Math League] when I miss physics class," senior Paul Coronel said.

## 'Dating' someone means 'exclusive'

by Caroline Levonuk

The terms "dating" and "seeing" someone mean different things to different people.

"When you 'see' someone, you're basically talking to them and going out on dates. You have the freedom to see other people, and no one can be upset about it. 'Going out' is exclusive, like dating," said Stephanie Hill, a senior, talking about the different levels

'seeing' someone?

"When you're dating someone, it's more of a committed relationship than seeing someone," Lindsay Plush, a sophomore, said. "When you are just seeing someone, you can see other people."

"I think how much time you spend with them determines if you are seeing or dating a person," Wunder said.

dents (primarily students in honor math courses) take a qualifying test. The students who meet the qualifying score, are selected to become members of the Math League for the school year.

From there, the members of the Math League take a series of six tests, one for each month. Each

be in Math League.

"[There is] not much [effort in being in Math League] besides showing up and taking the test. Sometimes they're hard, but I don't really worry about it," freshman Misti Coronel said.

Some members, also think that you should be able to concentrate

Other members, such as Brightbill, like it for other reasons besides missing class.

"Yes, [I enjoy Math League]. It is an interesting challenge." Brightbill said. "Math League is a fun way to compete with other students who are good at math."

Besides the Math League tests, the National Math Exam is taken every February by members of the Math League and students in honors classes. The exam is 90 minutes long, with 30 questions. This same exam is taken all over the country.

of dating.

Others agree with Hill. Mike Collins, a junior, and Carina Weigner, a senior, both agree that seeing someone means "you can see other people" and dating "is exclusive."

Charles "CB" Wunder, a junior, thinks that the difference is that when you're "seeing" somebody you can see that person and other people, and "dating" somebody is when you're devoted to that person only.

Besides the difference of seeing and dating someone, there are questions like How do you determine if you are 'seeing' or 'dating' someone? and What kind of things do you do when you are 'dating' someone or when you are

"When you are dating someone, it is kind of understood that you have plans for the weekend," said Hill. "You can just rent a movie or hangout at each other's houses. You don't have to worry about the 'getting to know each other' phase. You can just chill and be yourself".

"And when you are seeing someone, you just talk on the phone once a day or every other day and make plans for the weekend, stuff like that," Hill also said.

Students at Pottsgrove have drawn a distinction between "going-out" and "seeing" someone. "Seeing" someone is basically having fun with no commitment, and "going-out" involves a monogamous, reality-based relationship.

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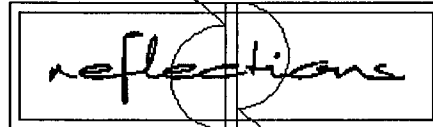
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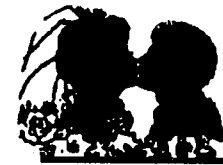
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**Career record:** Senior Kristen Lucas, in the Bishop Shanahan game, broke the 1,000 point mark in playing Pottsgrove basketball. "It felt good," said Lucas, about her feat. "It was a great sense of accomplishment."

## Lady Falcons carry season to state level

■ Team just kept going and going in the postseason

by Matt McDermot

More than 29 minutes into the opening round game of the District 1 Class AAA tournament, the Lady Falcons found themselves trailing guest Bishop Shanahan 43-42; it was first and last time they were in that position all game.

When they got the ball back, senior forward Kristen Lucas drained a 3-pointer from dead-on.

That shot put the Lady Falcons up 45-43 with two minutes left to play. It was a lead that they would not relinquish, and that basket put Lucas past the 1,000-point mark for her career.

"It felt good," said Lucas. "It was a great sense of accomplishment."

More important than her 1,000th point was the fact that The Lady Falcons finally won a

District 1 Class AAA game.

"It really felt good to finally win a district game. We've been working on it for awhile," said Lucas of the victory. "It felt a lot better to win this game. We came up short against Lansdale Catholic in the PAC-10 championship game, and now we get a shot at them in the Districts."

Lucas finished the game with 21 points and six rebounds. The team also got a lift from stellar sophomore guard Katie Greene, who added 13 points and grabbed six boards.

"After losing to Kennett at home in the first round last year and coming off the loss to Lansdale," Greene said, "we felt really pumped up to win this game."

"We worked really hard to get a high seed and a home game in the first round. We got it and took advantage."

Besides being the girls' first District 1 Class AAA victory, their last victory on their home court was also the 30th for the (cont. p. 6, col 1)

  
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## Trainer rehabilitates injured athletes

by Theodore Charles and Jason Leh

Did you ever notice the guy dri-

treated. His day begins at about two in the afternoon and does not end until the last athlete has left the practice or playing field

junior; Ryan Lightcap, a sophomore; Karen Ward, a senior, and Kim Hunsinger, a graduate. Mr. Thomas teaches these students to

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ing athletic events? The athletic trainer, Jack Thomas?

A graduate of West Chester University with a degree in sports medicine, Mr. Thomas, who is certified by the National Athletic Trainers Association, has a degree in exercise physiology, which deals with strength and conditioning.

Mr. Thomas' primary job is to treat and rehabilitate athletes who have sustained injuries during their activities. He also decides the severity of an injury and how that particular injury should be

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"He is the most valuable person in the athletic program," football coach Rick Pennypacker said.

During each season, Mr. Thomas is assisted by student trainers, like Jennifer Morey, a

wrap, tape and treat some of the minor injuries sustained during athletic activities.

"Mr. Thomas was always so busy," Jade Tascione, a junior, said. "He told me what to ice and heat and what exercises to do."

# Swimmers finish winter competition

by Michelle Swanson  
 and Chiffon Jackson

Maren Trout, Jeff Troyan, and Courtney Kroh all make up Pottsgrove's swim team.

The group, coached by Mark Shuster, has always done well in competitions. "We don't hold any records," said Mr. Shuster, "but the students have advanced to Districts and state competitions."

"This is a really hard working group," said Mr. Shuster. On the average, the three swimmers practice as much as anyone in other sports do. Swimming is a year-round sport, so there really is no "off season." The swim team participates in different YMCA competitions. They also have private coaches to help them out.

On Friday, Feb. 27, the swim team went to the University of Pennsylvania for Districts. Before the competition Trout was a bit nervous.

"Whatever happens, I'll still be excited about going because this is my first high school districts," she said. Trout has been swimming for 11 years, but before joining the Pottsgrove swim team, she said she thought swimming was "just something to do."

Teammate Kroh was also nervous and excited about the competition. "Mostly I'm just excited about getting out of school because I've been to so many of these competitions before," she said.

States were held Mar. 11-13 at Penn State University.

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# Student interest sparks the formation of a lacrosse team

by Crystal Snow

Pottsgrove is in the process of putting together a lacrosse team. What sparked the interest to form a team?

The answer to that question is Kyra Ebert, an English teacher here at PHS who played on championship lacrosse teams in college and who wants to coach a team here.

"Ever since my playing days ended, promoting and coaching the sport have been a long term goal of mine," Mrs. Ebert said.

To start a new sport, the student body must show enough interest to support the sport. That interest exists here. According to the answers on a survey sent out last October, 66 percent of the female student body is interested in playing lacrosse.

"Currently 91 girls have

expressed interest in being a part of the Pottsgrove Lacrosse Program," Mrs. Ebert said in March as a team was formed and started to practice.

Getting into a league is hard to do the first year of a new team. However, Pottsgrove plans to have its team playing in the PAC-10 within three years and will play as a club sport until then.

"Lacrosse is one of the fastest growing sports in the nation," Mrs. Ebert said, talking about why girls here want to play the sport. "It is a quick moving and beautiful sport to watch and play. This particular section of the country is a strong point for women's lacrosse. College

coaches are always recruiting in this area."

The lacrosse team will start out as a club team in '98, in '99 they will be a JV team and in 2000 they will have varsity and JV teams. In the year 2000 the intermediate school will start a team.

Presently the lacrosse team is practicing at the intermediate school, and Spanish teacher Tony

Montes is working as the team's assistant coach.

"I feel lacrosse at Pottsgrove is starting out on the right track. The Pottsgrove lacrosse team will fit into the lacrosse community quite well [compared to other schools]," Mrs. Ebert said.

The interest sparked in lacrosse might be enough to carry the team to a winning season.

## Falcons reach States

(cont. from p. 5, col. 5)

team's five seniors: Casey Bergeman, Gina Bianchini, Lucas, Jen Sheller and Karen Ward.

"We never thought of it as our last game," said Ward. "We didn't realize that it would be the last time we would play on our home court until after the game. It got really emotional."

The girls avenged their three earlier losses to Lansdale with a

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before falling to Villa Maria. They bounced back two nights later to capture third place from Upper Moreland in an overtime victory. The victory over Lansdale Catholic also clinched a spot for the team in the Class AAA State Tournament.

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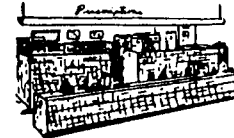
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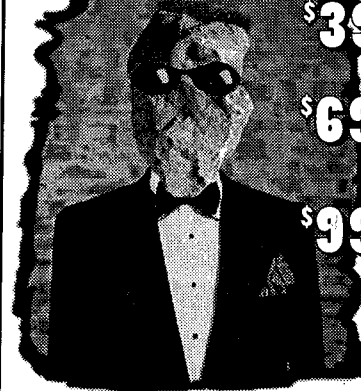
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