



# The Firelands Express

NONPROFIT  
ORG.  
U.S. POSTAGE  
PAID  
AMHERST, OH

PERMIT NO. 117  
POSTAL  
PATRON

OCTOBER 24, 2011

VOLUME 3 ISSUE 77

## FROM THE SUPERINTENDENT

### A Big Thanks to Our Donors

Some major facility upgrades have occurred over the past few months thanks to some donations made by local community members. **No general fund tax dollars** have been used to pay for these projects.

The new football stadium arch, gate, fencing and landscaping have been supported through donations from Dan Hyster and Digger Excavating (digging and concrete work) and the arch was manufactured and installed by David Price Metals, Chris Price President. The Athletic Boosters contributed the landscaping, fencing and gate. A special thanks to Booster President Mike O'Keefe for leading this project.

Thanks in large part to a donation from Coca-cola, we were able to replace the scoreboard in the stadium, which was essentially "shot". Some funds from the district's permanent improvement fund were used to help with wiring and installation of the scoreboard.

The electronic message sign at the High School was made possible by funds donated by the Class of 2011, FHS Student Council, Coca-cola and Parents for Safe After-Prom.

Upcoming improvements to the South Amherst baseball/softball concession stand will be paid for by the South Amherst Children's Boosters.

The Firelands Endowment Board is currently taking applications for Teacher Grants. These grant dollars are used to support special projects across the district, helping to fund some field trips, purchasing of musical instruments, technology, science equipment and many other helpful items that support instruction and learning. **Last year over \$27,000 was distributed in grants, with another \$19,000 given in senior scholarships.**

The Board of Education would like to thank these donors and the many members of our community that sacrifice so that our students can enjoy facilities and programs that promote excellence across our district.

Go Falcons!

Greg Ring



**ELECTION DAY IS TUESDAY,  
NOVEMBER 8TH  
REMEMBER TO VOTE!**



Firelands Board Members and Superintendent accept the district's "Excellent" banner from State Board Member Kathleen McGervey before the Homecoming game. Pictured left to right are VP Courtney Ortner, President Dwayne Becker, Supt. Greg Ring, State BOE member Kathleen McGervey, Dr. Jane Battig, and Dan Pycraft.

The Communities we serve: Amherst, Amherst Township, Birmingham, Brownhelm Township, Camden Township, Florence Township, Henrietta Township, Kipton Village, New Russia Township, South Amherst Village, Vermilion and Vermilion Twp.

You may view this issue on line at:  
[www.firelandsschools.org](http://www.firelandsschools.org)

# Meet the Candidates

On Tuesday, November 7, Firelands residents will be electing two school board members. In addition to incumbent Dwayne Becker, Michael O'Keefe and Roger Sabine are candidates. Ken Kudela is not seeking re-election and will no longer be serving on the Board as of January 1.

The Elementary PTG has crafted a few questions for the candidates. Terms are for 4 years.

## 1. Describe your personal experience and involvement with the school district in the last five years.

**Becker:** I have been on the Board of Education for the last 8 years, serving as board president the past 4 years. I have sat on the JVS Board for the last 2.5 years. I serve on the Facilities Committee for Firelands and the JVS. I have had 2 sons graduate from Firelands, my youngest having graduated this past June.

**O'Keefe:** In the last five years and even prior to the five years I have been involved in many school and community activities. They have been mainly in the athletics area, but that is one of the best ways I feel to really get to know the people in the community. I was Chairman of the Concession Committee. Now for the past 3 years I have been the President and Treasurer of the Firelands Athletic Booster Club. While President of the FABC we have made great progress in improving the athletic programs, facilities and overall conditions for our athletes. We have worked on communicating and bridging gaps between different organizations within the Firelands Schools. I have worked closely with school administrators as president of the FABC and feel our relationship is something that could only increase the success of our students and school district.

**Sabine:** I think what I bring is the ability to listen with an open mind. I can relate to both adults and students. My granddaughter and her friends have shown me that they are just as concerned about the future as we adults are. I have learned over time to keep an open ear and mind. Another important lesson that father time has taught me is to think things out before speaking, because once the words leave your mouth, you cannot put them back. I believe that in this age of emails and such, the best way to communicate is still the old fashioned face to face. My home will always be open to sit and talk with anyone from adults to students.

## 2. Do you have any specific changes you want to make in the district's policies, programs, or curriculum? If so, what changes do you want to make and why?

**Becker:** I have no real agenda but am always looking at what we can do better for the kids, such as expanding technology, curriculum and improving our facilities.

**O'Keefe:** With our school district's Excellent Rating by the State Department of Education, and the increase in enrollment some changes are inevitable. I have no specific changes that I could think of at this time. I do think it is our responsibility to keep this district moving forward and to initiate new innovative ideas to assure our students get the most beneficial use of the educational system.

**Sabine:** Until I become fully aware of all of the districts policies, programs, and curriculum, I don't feel I have enough information to suggest changes. That is not to say that I will not like to see changes, but this deals with the future of our children, so much information and careful planning must take place. When I served with the former mayor of South Amherst, Chet Arcaba as a village councilman, he taught me that rash decisions cannot be made when so many can be affected. What is the most important thing to remember is that changes must be made for the majority and not for just one. Changing times bring changes that must be tackled as they present themselves. The most important task for a school board is to stay on top of all changes.

## 3. What do you feel are the biggest challenges facing education and school boards today?

**Becker:** Revenue. We can't always go back to the taxpayers.

**O'Keefe:** I feel the fiscal challenges all school districts face will always be a big issue. We must give our staff the tools and the means to continue educating our students at the highest levels and continually try to increase the educational process while budgets are decreasing.

**Sabine:** Having the funds to educate our young people. With the state of today's economy, our school system must be able to get the most of every dollar. Issues such as teen pregnancy, drug and alcohol abuse, teen suicide, and bullying, must have the same importance as academics. Young people face so many challenges that it is every adult's responsibility to present a positive influence. It has to be a combined effort between parents, schools and school boards. Our schools must be vigilant to make sure no young person falls thru the cracks and is left behind. School boards also must be able to adjust and change to changing times so students can be educated in the right direction. With funding for school systems so tight, budgets must be treated just like home budgets. Every dollar must be stretched as far as it will go.

## 4. What motivates you to want to be a school board member?

**Becker:** I want Firelands to be the best, do my best, and not be afraid to make changes for the better.

**O'Keefe:** My many years of coaching and being part of the booster club, I have come to know many wonderful people in our community. The people I really got to know, and that really matter are the kids. I have been blessed to be able to coach some great kids with great families. I feel they deserve the opportunity to achieve their dreams. I would like to be part of that process. The Administration, School Board and the Superintendent have done a great job moving our school district forward. I feel with my dedication to the school and the community I can assist in continuing the progression and keep our students reaching higher and achieving more than they could ever imagine.

**Sabine:** You could say that I feel it is time to give back to the school system. A very wise man once told me that you don't have the right to complain unless you are willing to step up and get involved. Being retired, I have time to be a hands on school board member. The future of this country lies in the hands and minds of the young people coming up thru our schools. It is up to all elders to make sure that all young people are prepared to their utmost ability. I learned while serving in South Amherst Government that there comes a time that new ideas and "fresh blood" brings a new outlook.

## 2011 FFA Fair Award Winners



Hannah Galloway with her Champion Dairy Steer



Karley Krupp presenting the Boer Goat Showmanship Trophy, sponsored by Firelands FFA, to Emma Ranney

### 2011 FIRELANDS FFA FAIR AWARD WINNERS

By Hanna McAvoy, Reporter

The Firelands FFA had a very successful year at the Lorain Co. Fair this year! We had several Jr. Fair board representatives including Shelby Balint, Chrissy Balint, Karlie Canfield, Zack Lawlis, Hanna McAvoy, Robbie Pete (Executive Member), Gaby Sroka, and Emily Teaman (Treasurer). Junior Fair Department Assistants representing the Firelands FFA were: Katie Cline, Emma Ranney, and Aaron Wickes. Without the long hours and hard work of these amazing Junior Fair Board members and the assistants, the fair would not be nearly as successful!

The Firelands FFA members would like to thank the people and businesses that purchased their animals during the record breaking livestock sales at fair this year.

The FFA chapters of Lorain County filled the FFA barn with great agricultural projects. Eighty-five Firelands FFA members showed one or more projects at fair this year!

Twenty-three of the Firelands FFA exhibitors also qualified as Supreme Exhibitors. These hard-working members showed projects in shop, crop, and animal categories. They will be recognized and placed at the FFA banquet next spring. Congratulations to Sarah Adkins, Chrissy Balint, Tom Battig, Sarah Carter, Katie Cline, Zack Jackson, Cole Jones, James Keressi, Courtney Klesta, Karley Krupp, Jeb Larson, Hanna McAvoy, Matt Metzger, Becky Myers, Jake Myers, Emma Norheim, Emma Ranney, Callie Stevens, Nicole Strauss, Haley Strong, Emily Teaman, Josh Ward, and Jessica Zurcher.

#### Congratulations to the following members that earned special awards at fair this year!

**Josh Ward** -Grand Champion Engineering, Lagrange Engine Club Champion Restoration, **Tom Schuman**-Reserve Champion Engineering, **Callie Stevens**-Class Champion Market Hot Type Class, **Nicole Strauss** -3<sup>rd</sup> Place Rabbit Showmanship, **Karlie Canfield**-Grand Champion Single Fryer Market Rabbit, **Sarah Carter**-1<sup>st</sup> Place Beginner Showmanship Boer Goat, **Courtney Klesta** -Grand Champion FFA Horticulture Project, 2<sup>nd</sup> place fair shirt design contest, **Emily Stevanus** -Grand Champion FFA SAE Poster, **Hannah Galloway**-Grand Champion Dairy Beef Steer, **Summer Adkins**- Reserve Class Champion Jr. Kid Doe, **Chrissy Balint**- 2<sup>nd</sup> Place Restoration, 1<sup>st</sup> Place Buyer Letter Competition, **Justin Baumann**-Reserve Champion Dairy Steer, **Shelby Balint**-Grand Champion Halter Mare Mini, 3<sup>rd</sup> Place Duck Showmanship, **Jessica Arndt**- Class Champion and Class Reserve Champion Hog, **Dustin Woodrum**-Class Reserve Champion Hog, **Gaby Sroka** -Reserve Champion Sr. Boer Showmanship, Reserve Champion Overall Boer Doe, **Mikayla Habeck**-3<sup>rd</sup> Place Beginner Showmanship Dairy Market Goat, Reserve Class Champion Type Market Hog, **Karley Krupp**-3<sup>rd</sup> Place Senior Boer Goat Showmanship, Reserve Champion Pack Goat Class 4, Reserve Champion Pack Goat Class 3, **James Keressi**- Sr. Showmanship Champion of Modern Beef, Supreme Showmanship Champion of Modern Beef, **Jeb Larson**-2<sup>nd</sup> Dairy Steer Showmanship, Reserve Class Champion Dairy Steer, Grand Champion Crop - Soybeans, FFA Field and Crop Award, **Thomas Battig**-Champion Mature Pygmy Doe, Champion Sr. Pygmy Doe, Sr. Pygmy Goat Showmanship Champion, Reserve Yearling Pygmy Doe, Overall Champion Pygmy Doe, **Emma Ranney**-Reserve Champion Intermediate Market Beef Showmanship, Overall Grand Champion Boer Kid, Reserve Champion Boer Market Wether, Supreme Grand Champion Boer Showmanship, Reserve Champion Large Animal Sweepstakes, Grand Champion Beef Skillathon, **Jessica Zurcher**-Grand Champion Small Animal Sweepstakes, Grand Champion Bantam Pullet, Grand Champion Bantam Cockerel, Grand Champion Bantam Cock, Grand Champion Waterfowl Sr. Showmanship, Overall Champion Waterfowl Showmanship, Reserve Champion Goose, Reserve Champion Pigeon Pair, Overall Champion Pigeon Showmanship, 3<sup>rd</sup> Place Sr. Fancy Poultry Showmanship, Open Class- Best Utility Pigeon, **Alex Tuggle**-Sheep Sr. Showmanship Champion, Sheep Showman of Showman, Grand Champion Oxford Ram, Grand Champion Oxford Ewe, Grand Champion Rambouillet Ewe, Supreme Champion Ram.

### Firelands Band Boosters

#### Arts & Crafts Bazaar

Saturday, November 12, 2011  
 Firelands High School  
 10643 Vermilion Rd.  
 Oberlin, OH 44074  
**9:00 AM to 4:00 PM**

Still taking Vendor leases  
 4'x8' space is \$50 which includes a table  
 Contact Jane Battig  
[lbattig@centurytel.net](mailto:lbattig@centurytel.net)  
 440-965-5505—Evening  
 440-965-4660—Daytime

### Barn Yard Party

The South Amherst Firemen's Association will be hosting a:

**Barn Yard Party**  
 Saturday, November 12, 2011  
 South Amherst Fire Station  
 7:00p.m - 11:00p.m.

We will Raffle off - Turkey, Ham, Slabs of Bacon, and Prime Rib, a 50/50 drawing, Bingo pull taps and refreshments.

Tree Lighting with Santa on  
 Wednesday, December 7, 2011  
 at 6:30p.m.

More info on Facebook  
 South Amherst  
 Firemen's Association.



#### Cow Pie Bingo!

The band will be having cow pie bingo after the Halloween Parade in South Amherst.

Tickets are \$5 and can be purchased from a band member or by calling Michele Jeffers at 986-5150 or Natalie Saylor at 965-5872.

[www.mfmb.org](http://www.mfmb.org) for other pertinent information regarding the band and upcoming events.

## VOTE ON NOV 8TH

#### Legal Notice: Firelands Local Schools Seek Input for Federal Funds

The Firelands Local School District is seeking parental and citizen comment on how to best spend federal funds for special education during the 2011-2012 school year. The district will receive \$343,176.97 from the Special Education, Part B-Idea funds administered through the Division of Exceptional Children, Ohio Department of Education. Persons with suggestions should contact Sue Petz, Special Education Coordinator 440-965-4255 between 9:00 am and 3:00 pm.



## Firelands FFA Members Earn Lorain County Junior Fair Scholarships

**Wellington, OH** - On August 11th, over \$20,000 in junior fair scholarships were awarded at the county scholarship night. Three Firelands FFA members earned over \$3000 in scholarships at the ceremony.

Jessica Arndt earned the Mike and Marie Yarosh Scholarship for the second year in a row. Jessica is the daughter of Tom & Susan Arndt of Oberlin. She is a 2010 Firelands graduate and attends Cleveland State University for nursing.

Ashlynn Yost earned a 4-H Endowment Scholarship. She is a 2011 graduate and the daughter of Scot & Lisa Yost of Wakeman. She will be attending Bowling Green Firelands for criminal justice then University of West Virginia for Forensics.

Shelby Balint, a 2011 graduate, earned the Lorain County Fair Directors Scholarship, 4-H Endowment Scholarship, John W. Hostetler Scholarship, Lorain County Junior Fair Board Scholarship, Glen Starbuck, Ed Studd Memorial Scholarship, and the Miniature Horse Council Scholarship. Shelby is the daughter of Tom & Darlene Balint of Huron and will be attending LCCC then transferring to The Ohio State University for Agricultural Education.

Each of these ladies have worked very hard for these scholarships and have all been 4-H and FFA members for many years. Congratulations ladies and best of luck on your future endeavors.

## Firelands FFA Members Attend COLT Conference

**Columbus, OH** – The Chapter Officer Leadership Training (COLT) Conference was held Wednesday, September 7<sup>th</sup> from 9:00am to 3:00pm at Veteran’s Memorial in Columbus. The Firelands Officer Team spent the morning team building with members from other FFA chapters, and learning valuable leadership skills from Andrew McCrea, a former National FFA officer. Members then spent the afternoon making legislative connections at the Ohio Statehouse. Firelands officers along with Ohio FFA District 2 President, Ryan Roberts and Ohio FFA District 1 President, Carolyn Wehl, met with representatives of Gayle Manning, a state senator, and talked about goals for the future, the chapter, and agricultural ideas. The FFA Officers who attended were: Alex Tuggle (President), Emily Teaman (Vice President), Josh Ward (Treasurer), Gaby Sroka (Sentinel), Erica Hanco (Student Advisor), Mikayla Habeck (Assistant), and Callie Stevens (Assistant). Mrs. Finnegan, Firelands FFA advisor, also went, driving the new FFA van on its first trip to Columbus.

## Gimme 5 Attribute of the Month: Optimism

Perhaps more than any other quality, optimism engenders resilience, the ability to adapt to change. Research has found that optimists are happier, experience less stress, are more successful, and are healthier than pessimists. Optimists even outlive pessimists.

### Tips to help in teaching your child to be optimistic:

**Help Them to Develop a Positive Explanatory Style**  
Explanatory style is the way we explain our successes and failures.

One way to help pessimistic children develop a more optimistic explanatory style is to challenge their contentions that failure is due to a flaw from within. Work with them to see a given incident as situational, and not a reflection of their internal worth. Alternatively, when your child enjoys a success, focus on what about the child helped to bring about the success.

### Cultivate Gratitude

Gratitude is a simple way to practice looking at the glass half full. It is training the mind to focus on and appreciate the positive.

### Practice Altruism

A child who helps others will see that his efforts make a difference. This is empowering. The child will feel good about himself and about others. Altruism also engenders a sense of connectedness to the world at large.

### Model Optimism

The importance of this step cannot be overstated. It is believed that children often develop an explanatory style that mirrors caretakers.

### Challenge Negative Thinking

Negative thinking dampens the spirit, and can be a major obstacle to developing an optimistic outlook.

### Teach Assertiveness

Assertive people feel confident that they can act to change their circumstances. Because they feel more in control, they tend to be happier and more optimistic than more passive people.

---These tips taken from the article Teaching Children Optimism by Cindy Jett, LICSW found at: <http://www.harrythehappy caterpillar.com/teaching-children-optimism.php>

## Ohio High School Art Exhibition Includes 2 FHS Artists

The annual Ohio High School Art Exhibition featured two upper level art students this fall. Ninth through twelfth grade students from across the state are invited to enter work in this juried show that is organized by the Ohio Art Education Association. A limited number of works are accepted from each region. This was the most competitive year for the Northeast region and Firelands exhibited the maximum number of works per school for the whole northeast region of the state. Senior Art IV student Matthew Witte exhibited an oil landscape. Sophomore Art 3 student Lauren Holcomb has an acrylic painting of the library interior in the exhibit. The students are competing for monetary prizes. The show is held in the State Teacher Retirement Building in downtown Columbus from September 15 until October 15 with a closing reception and awards presentation for the students and their guests on October 15.



Senior Matt Witte and sophomore Lauren Holcomb exhibit their paintings in Columbus.

## FIRELANDS HOLIDAY GIFT EXTRAVAGANZA

**UMC Birmingham Community Center**

**South Street in Birmingham**

**Saturday, October 29, 2011**



**Admission is FREE**

**1:00 - 5:00 p.m.**

**Door Prizes on the Hour!**

Get your holiday shopping off to a GREAT START with gifts from the following: Pampered Chef, 31, Tastefully Simple, Silpada, Tupperware, Willow House, Avon, Scentsy, May Kay, Jewelry by Believe, Longaberger, and much more!

**Pumpkin Roll, Nut Roll and Amish Pies available for sale!**

**Proceeds to benefit Firelands Girl Scout Troop 543**

## Why Elect Mike O'Keefe to The Firelands School Board?



I have been a Firelands Community Member for 18 year. I am married for 26 years to Lynnette. She is the Office Manager at A & A Orthodontics. We have 3 boys, Joey who graduated from Firelands in 2006, Jared graduated in 2010 and Jack who is currently in the 8<sup>th</sup> Grade. I am employed at Ford Motor Company in Avon Lake for the past 19 years.

While in the Firelands Community, I have coached Middle School Football, Community Basketball, Firelands Travel Basketball, and Summer Baseball.

I am currently the President and Treasurer of the Firelands Athletic Booster Club. While president of the booster club, with the hard work of the executive board and members, made many improvements to the athletic programs, facilities and overall conditions for our athletes.

We assisted in implementing the Bigger Faster Stronger Program for our athletes. Purchased new weight equipment for the BFS Program. We assisted in building new dugouts for the baseball team. We purchased a storage shed for the soccer teams, and new stenciling equipment for our football field. The booster club assists many of the other school clubs and community groups by volunteering and making donations. It is my feeling that we are all in it for the athletes and the students, and helping each other is a necessity.

With a lot of hard work, time and generous donations from community members, we had "The Firelands Arch" built and installed at the stadium. The arch is something every community member should be proud of every time a team comes to play.

I have worked hard over the years to try and make Firelands better for our students and athletes. Our booster members donate a lot of time. Hopefully people see it really does make a difference when you are committed to a goal and it is achieved. I will work just as hard and be just as dedicated as a School Board Member as I do with the Firelands Athletic Booster Club.

### Why am I running for School Board?

While coaching and being part of the booster club, I have come to know many wonderful people, parents, grandparents and family members in our community. Over the years I have come to know the people that really matter and they are the kids. I have been blessed to be able to coach some great kids and I feel they deserve the opportunity to achieve their dreams. I would like to be a part of that process.

The Administration, School Board and the Superintendent have done a great job moving our school district forward. I feel with my dedication to the school and the community I can assist in continuing the progression and keep our students reaching higher and achieving more than they could ever imagine.

Thank You for Your Support

Mike O'Keefe

Paid for by: Mike O'Keefe



**ELECT  
MIKE  
OKEEFE  
Firelands School Board**

## Guidance Corner

### Report Cards will be mailed out the week of November 7th.

Reminder to college-bound Seniors. The college application process has started. We have some copies of applications in the guidance office, but you can use the college links on our website to apply on-line. If you have not yet taken the ACT or SAT, you may want to register for the December test. The deadline for registering for the ACT is November 4th and the SAT is November 8th. You can register on-line by using the college test links on our website.

**ATTN: SOPHOMORES** - A representative from Lorain County JVS will be here on December 9th to present to all the sophomores the different educational opportunities available next year. We will be focusing on career education with the Sophomore class to assist them in the major decisions they will have to make this year about their educational path. If you like to look at more information about Lorain County JVS, go to our website and check out our program of study and the JVS link.

### SENIORS HAVE BEEN BUSY PLANNING FOR THEIR FUTURES

LCCC was here in September to give a classroom presentation on all LCCC programs. They also talked about course transfer ability, application process, and scholarships.

Mr. Northem has been meeting with seniors during their Government classes. He has gone over ACT and SAT test dates, had each senior begin an information file that contains a student information sheet, a career narrative, high school transcript, and information for their career portfolios. The career portfolios will be used to fill out college and scholarship applications.

### FINANCIAL AID NIGHT

The Financial Aid Night will be November 15th in the High School Library at 6:30 p.m. Valerie Fultz from LCCC will be presenting.

### Colleges Scheduled to Visit Firelands High School

Toledo University	Thursday, October 20 8:30 a.m.
Hiram College	Monday, October 31 11:00 a.m.
Oberlin College	Wednesday, November 2 9:30 a.m.

### PROGRESS BOOK

ProgressBook Parent Access for the 2011 - 2012 school year is continually expanding at the Firelands High School. ProgressBook is a web-based student information system that helps us track attendance and grades. Visiting this site on a regular basis will keep you updated on your child's progress with all of their courses.

Through the Parent/Guardian Portal, you may access your child's current grades and attendance. The District website is <http://www.firelandsschools.org>. Click on "Firelands High School", then "ProgressBook Parent Access" under FHS Information. Enter your login information for your child with your user name and password.

There is a manual for the Parent Access portal available by clicking the Help link at the top of the login page. If you have any trouble logging in, or if you need your username and password, contact the guidance secretary at 965-5335 for help.

VOTE 11-8-11

**Elect  
KELLI  
KUDELA**  
for  
HENRIETTA TOWNSHIP - FISCAL OFFICER

The TIME is now...  
time FOR technology,  
time for KELLI KUDELA

- 2 Decades Fiscal Experience
- Alumni & Active Lorain County 4-H Advisor
- Lorain County Jr. Fair Livestock Sales Committee Member
- Married for 19 years, Mother of two
- Long Term & Local Resident
- Firelands Schools Graduate

[www.ElectKudela.com](http://www.ElectKudela.com)

QUALIFIED  
COMMITTED  
DEPENDABLE

Paid for by: Kelli Kudela

Don't Forget!



**TO VOTE  
NOV 8, 2011**

**MFMB**

**Musical Moments**

*First Annual Booster Craft Bazaar*

*Saturday November 12th*

*For more information please call Michele Jeffers at 986-5150 or Jane Battig at 965-4660. Please come and do some Holiday shopping!*

**Calendar of Events**

Oct: 27th - One More Concert- 7pm/FHS

Coupon Book Sale Begins

Oct: 30th - Halloween Parade/ line up 2:30 at SAMS

Cow Pie Bingo  
Nov 12 - Bazaar @ FHS/9 am-4 pm

Nov 21 - Booster Meeting 7 pm

Dec 8th - Winter Concert/Pasta Dinner

Please purchase an "All Around Town" discount coupon book from a musician. Profits go to individual students for their Disney Trip fund. Please go to [www.mfmb.org](http://www.mfmb.org) for more information.

## Falcons on the fly Kick-Off Event



Firelands High School students cheer on elementary students as they run laps at the Falcons on the Fly Kick-Off Event September 14th. Falcons on the Fly is a walking/running program that takes place at Firelands Elementary during recess. Thanks to the FES PTG for making this program possible!

### FHS New LED School Sign is in Place

The sign was paid for completely by donations from: Student Council, 2011 Senior Class, Parents for Safe After-Prom Committee and Coca-Cola.



Pictured Above: New Sign, 2011-12 Student Council Members, Mr. Miller and Mr. Reighley.

### JVS SUMMER INTERNSHIP PROGRAM

On September 21<sup>st</sup> a celebration at the JVS was held for seventy-five Lorain County JVS students to recognize them for their participation in the JVS Summer Internship Program. The Summer Youth Internship Program is an opportunity available to Lorain County JVS juniors who have successfully completed their first year of career-technical training, and who have superior attendance and strong teacher recommendations.

Megan Kudela, an Early Childhood Education student who interned at The Child Garden, highlighted her experience with a speech for the capacity crowd of over 250 parents, students, employers and staff. Other Firelands students who were recognized are Nick Flynn, Collision Repair intern employed at Nick Abraham; Gina Januzzi, Early Childhood Education intern employed at Oberlin Early Childhood Center; John Knoble, Precision Machine Technology intern employed at Turbotron; Megan Kudela, Early Childhood Education intern employed at The Child Garden; Brandon Mederer, Industrial Electrici-

ty intern employed at Green Circle Growers; Joel Miller, Industrial Electricity intern employed at Nordson Corporation; Cory Smith, Computerized Design and Drafting intern employed at Rifco; Lauren Smyth, Marketing & Management intern employed at Aries Style Salon.



Melanie Dove, owner of The Child Garden, and summer intern Megan Kudela

Need an afternoon out?  
Need a little fun?

Come join us for Boy Scout Troop 450's  
**ONE STOP HOLIDAY  
SHOPPING  
SPECIAL EVENT!!!**

Shop from your favorite home party  
consultants ~ all at one location.

**Saturday, November 5th**

**1:00pm ~ 4:00pm**

**Firelands Elementary School  
10779 Vermilion Road, Oberlin**

Avon, Bonnie's European Bracelets, BeautiControl~Spas by  
Marsha, Longaberger, Mary Kay, Pampered Chef, Over the  
Shoulder Handbags, Scentsy, Silpada, Simply Yours, Stampin'  
Up, Tastefully Simple, Thirty-One, Willow House

**Snacks & Door Prizes**

Orders not directly shipped to you will be available for  
pick up on Tuesday, December 6, 2011 from  
6:00 pm to 7:30pm

### **South Amherst Middle School Class Trips and Fundraisers**

The class trips for the 2011-2012 school year are in the final phases of planning. The 8th grade will be going on a 3-day trip to Philadelphia, the 7th grade will be taking a day trip to Put-N-Bay, and the 6th grade will be camping for 3 days at Beulah Beach in Vermilion. Once dates have been confirmed and details are finalized, students will begin to get information regarding their specific trip.

To help defer the cost of these trips, SAMS Student Council will be sponsoring a number of fundraisers to aide the students in reducing the cost of their trips. Each of these fundraisers will have all proceeds go directly on to an individual student's account. Specific flyers will be coming home with the students with details from each sale.

#### **The scheduled sales are**

October 10-21 ~ Butter Braid Sale (Fall)  
November 7-18 ~ Cookie Dough & Candle Sale  
December 5-16 ~ Gourmet Candy Sale  
February 13-24 ~ Butter Braid Sale (Spring)

Please contact Ellen Gundersen at:

[egundersen@firelandsschools.org](mailto:egundersen@firelandsschools.org)

If you have any questions.

## **SPORTS UPDATE**

### **Firelands Golf Team**

A HUGE congratulations to the varsity boys golf team and Coach Sean Silvasy as they won the PAC Conference Golf Tournament last Thursday at Grey Hawk Golf Club.

Eric Lawson led the way with a 78, followed by Matt Baker's 80, Caleb Petersen's 86, and Mitch Hildebrant's 101. The 345 total bested all of the other conference teams.

The Tournament win earned the team enough conference points to take 2nd place overall in the PAC. Congratulations to the team on a great season. Great job guys!

### **High School Fall Sports Records**

High School Football: 7-0 (1<sup>st</sup> Place in PAC)  
Junior Varsity Football: 2-5  
Varsity Boys Soccer: 5-7-3 (Hosting Sectional Game)  
Varsity Girls Soccer: 10-5-0  
Varsity Volleyball: 13-9 (Winning record 1<sup>st</sup> time in 7 years)  
Junior Varsity Volleyball 11-10

### **South Amherst Fall Sports Records**

8<sup>th</sup> Grade Football 5-1  
7<sup>th</sup> Grade Football 5-0  
8<sup>th</sup> Grade Volleyball 11-3  
7<sup>th</sup> Grade Volleyball 7-6

November Express will have season summaries of each team!

### **WINTER ATHLETICS AT FIRELANDS**

#### **LOCAL SCHOOLS**

#### **Eligibility & Other Info**

To participate in the winter sports season, an athlete must turn in a completed physical exam form, an emergency medical form, and an insurance waiver before they begin practice. Also, the athlete must be academically eligible by passing five credits the 1<sup>st</sup> quarter at the high school and SAMS athletes passing five of their classes. Progress book is updated regularly and a great resource to check your child's current academic standings.

#### **Winter Sports offered at the High School**

Boys Basketball: Coach Steve Lias  
Girls Basketball: Coach David Kudela  
Wrestling: Coach TBA  
Bowling: Coach Ken Davis  
Dance Team: Coach Brittney Goodwin  
Cheerleading: Coach Brittney Goodwin

#### **Winter sports offered at the Middle School**

7<sup>th</sup> Grade Boys Basketball: Coach Mike Kearns  
8<sup>th</sup> Grade Boys Basketball: Coach Ty Grude  
7<sup>th</sup> Grade Girls Basketball: Coach Phil Rawlings  
8<sup>th</sup> Grade Girls Basketball: Coach Brianna Hartman  
Wrestling: Coach TBA  
Cheerleading: Coach Lauren Hammond

With the winter sports season soon arriving, please check the local newspapers and the school webpage at [www.firelandsschools.org](http://www.firelandsschools.org) for exact times and dates. Schedules are subject to change! Finally, student-athletes, please listen to the morning announcements in your building for more details.

**(Sports Update continued on page 10)**

## **FOOD FOR AMERICA**

On October 11, 2011, from 10:00 a.m. to 1:00 p.m., the FFA programs of Firelands, Wellington, and Lorain County JVS will host a program called Food For America at Lorain



County Fairgrounds in Wellington, Ohio. Food For America is a nationwide program that began in 1970 to educate students about where food comes from. The program is directed toward third and fourth graders. We will use interactive displays to engage students and provide them with knowledge of the agricultural industry. The displays will

include many examples of animals, plants and farm tractors. We will teach to state standards which makes the program relevant to students. This program was planned & will be operated by high school students!

Please feel free to join us if you are interested. Feel free to contact me if you have any questions.

Shanna Finnegan, Firelands High School, Agricultural Educator/  
FFA Advisor

10643 Vermilion Road, Oberlin, Ohio 44074, Phone: 440-965-4255





7th Grade Football Players Celebrate a Game Winning Touchdown vs. Wellington

## COMMUNITY CALENDAR

### OCTOBER

- 24 FES -Market Day Pickup at FES - 5:30 - 6:30 p.m.
- 25 FHS - Choir Concert at FHS - 7 p.m.
- 27 FHS - Band Concert @ FHS - 7 p.m.
- 28 FES - Red Ribbon Parties - 2:40 p.m.
- 28 Boys Varsity Football @ Brookside - 7:00 p.m.

### NOVEMBER

- 1 FES - PTG Meeting – 7 p.m. in Teacher Lunchroom
- 2 \*\*\*\* End of 1st Grading Period \*\*\*\*
- 8 FES - Report Cards Sent Home
- 8 SAMS - Student Council Food Drive
- 9 SAMS - Fabulous Falcon Breakfast
- 12 FHS – Band Booster Craft Fair at FHS – 9:00 a.m.
- 14 Board of Education Meeting - 7:00 p.m.
- 15 SAMS - PTG Meeting - 7:00 p.m.
- 15 FHS - Grades 9-12 - Conferences - 3:30 – 8 p.m.
- 16 SAMS – Band Concert – 7:00 p.m.
- 21 FES - Market Day Pickup - 5:30 – 6:30 p.m.
- 21 FHS - Band Boosters Meeting @ FHS - 7:00 p.m.
- 23 **NON – INSTRUCTIONAL DAY – NO SCHOOL**
- 24/25 **THANKSGIVING DAY – NO SCHOOL**

## FHS ART EXHIBITION



Jordan Penkava, Cydnie Kelley and Becky Myers display some of the FHS work for the Midway Mall Exhibition

The Lorain County Midway Mall High School Art Exhibition invites all public and private high school art departments in the county to enter work for this annual show. The exhibition is posted on display panels in the center area of the Midway Mall in Elyria from Mon. Oct. 17 through Monday Oct. 31. This year Firelands High School participates with a group of 10 students from grades 9-12. Freshmen Demi Dovin, Rebecca Jackson and sophomore Jordan Penkava are displaying pen and ink work in the “Zentangle” style. Sophomores Ryan Cairns and Becky Myers are displaying colored pencil abstract compositions. Juniors Jenna Fuhrman and Lindsey Kasper are displaying self-portrait linocuts completed last spring. Juniors Cheyanne Bray and Erika Hornyak and senior Cydnie Kelley have acrylic landscapes painted “en plein air” from last June on display. The students are competing for “School excellence” and “Best in Show”.

## LUNCH MENUS

FIRELANDS ELEMENTARY SCHOOL	SOUTH AMHERST MIDDLE SCHOOL	FIRELANDS HIGH SCHOOL
Regular Lunch \$2.10—Milk included with all meals	Regular Lunch \$2.35—Milk included with all meals	Regular Lunch \$2.50—Milk included with all meals
<p align="center"><b>NOVEMBER 1 - NOVEMBER 4</b></p> <p><b>TUESDAY</b> - Domino's Pizza Or school pizza, Vegetable, Fruit, Tray treat</p> <p><b>WEDNESDAY</b> - Cheese Quesadilla, Baby carrots w/dip, Fresh fruit</p> <p><b>THURSDAY</b> - Taco Salad, Lettuce &amp; cheese, Chilled pineapple tidbits, Tortilla chips</p> <p><b>FRIDAY</b> - Baked chicken nuggets, Malibu blend veggies, Peach cup, Soft Pretzel</p>	<p align="center"><b>NOVEMBER 1 - NOVEMBER 4</b></p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Cookie</p> <p><b>WEDNESDAY</b> - Egg &amp; cheese on a buttermilk biscuit Or Cook's choice, Cheesy Potatoes, Fruit, Orange Juice</p> <p><b>THURSDAY</b> - Creamed chicken &amp; biscuits Or Chicken nuggets / roll, Peas &amp; carrots, Fresh fruit</p> <p><b>FRIDAY</b> - Cheese Quesadilla Or Chicken soft taco, w/ lettuce &amp; cheese, Malibu blend vegetables, Mandarin oranges</p>	<p align="center"><b>NOVEMBER 1 - NOVEMBER 4</b></p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Dessert</p> <p><b>WEDNESDAY</b> - General Tso's chicken, Stir fry vegetables, Mandarin oranges, Seasoned rice, Fortune cookie</p> <p><b>THURSDAY</b> - Peppro /cheese Stromboli, Or Cheeseburger/wg bun, Malibu blend vegetable, Fresh fruit</p> <p><b>FRIDAY</b> - Chicken parmesan w/spaghetti Or Spaghetti w/meatballs, Tossed salad w/carrots &amp; spinach / whole grain roll, Peaches</p>
<p align="center"><b>NOVEMBER 7 - NOVEMBER 11</b></p> <p><b>MONDAY</b> - Mini corn dogs, Broccoli w/ cheese, Mandarin Oranges</p> <p><b>TUESDAY</b> - Domino's Pizza Or school pizza, Vegetable, Fruit, Tray treat</p> <p><b>WEDNESDAY</b> - Hamburger w/bun, Celery sticks w/ranch, Strawberry cup</p> <p><b>THURSDAY</b> - Cheese stuffed breadsticks, Green Beans, Fresh Fruit, Seasoned Rice</p> <p><b>FRIDAY</b> - Baked Chicken Strips, Oven baked fries, Peaches Whole grain roll</p>	<p align="center"><b>NOVEMBER 7 - NOVEMBER 11</b></p> <p><b>MONDAY</b> - Hot dog w/bun Or Kielbasa w/bun, Baked beans, Peaches, Fritos</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Tray Treat</p> <p><b>WEDNESDAY</b> - Taco salad Or Soft taco, Lettuce &amp; cheese, Applesauce, Tortilla chips, Whole grain roll</p> <p><b>THURSDAY</b> - Chicken Strips w/roll or Chicken patty w/ bun, Parsley Potatoes, Fresh Fruit, Pudding</p> <p><b>FRIDAY</b> - Macaroni &amp; Cheese Or Rib a que w/bun, Malibu blend Vegetables, Mandarin oranges, Breadstick</p>	<p align="center"><b>NOVEMBER 7 - NOVEMBER 11</b></p> <p><b>MONDAY</b> - Breaded pork chop Or Salisbury steak, Whipped potatoes &amp; gravy, Green beans, Fruit / roll</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Cookie</p> <p><b>WEDNESDAY</b> - Chicken Strips w/roll, Chicken patty w/ bun, Parsley Potatoes, Applesauce</p> <p><b>THURSDAY</b> - Pasta Bar Or Meatball sub, Tossed Salad w/ carrots &amp; spinach, Fresh fruit, Whole grain roll</p> <p><b>FRIDAY</b> - Taco salad Or Soft taco, Lettuce &amp; cheese, Peaches, Tortilla chips / roll</p>
<p align="center"><b>NOVEMBER 14 - NOVEMBER 18</b></p> <p><b>MONDAY</b> - Hot dog w/bun, Baked Beans, Peaches</p> <p><b>TUESDAY</b> - Domino's Pizza Or school pizza, Vegetable, Fruit, Tray treat</p> <p><b>WEDNESDAY</b> - Toasted cheese sandwich, Tomato soup / crackers, Seasoned peas, Fresh fruit</p> <p><b>THURSDAY</b> - Soft taco w/ meat, Lettuce &amp; cheese, Pears Pudding</p> <p><b>FRIDAY</b> - Baked chicken fries, Oven baked tots, Chilled pineapple tidbits, Whole grain roll</p>	<p align="center"><b>NOVEMBER 14 - NOVEMBER 18</b></p> <p><b>MONDAY</b> - Ham &amp; Cheese w/bun, Chicken noodle soup, W/crackers, Peas &amp; carrots, Peaches</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Cookie</p> <p><b>WEDNESDAY</b> - Falcon double burger W/bun, lettuce, cheese &amp; sauce, Baked fries, Pears</p> <p><b>THURSDAY</b> - Mashed potato bowl... popcorn chicken... potatoes, corn, cheese, gravy, Whole grain roll, Fresh fruit</p> <p><b>FRIDAY</b> - Cheese stuffed breadsticks Or Beef Ravioli w/wg roll, Tossed salad w/carrots &amp; spinach, Mandarin oranges</p>	<p align="center"><b>NOVEMBER 14 - NOVEMBER 18</b></p> <p><b>MONDAY</b> - Falcon double burger w/cheese, ranch, lettuce or Cheese quesadilla, Green beans w/carrots, Mandarin oranges</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Dessert</p> <p><b>WEDNESDAY</b> - Chicken club sandwich Or Steak ~n~cheese, Malibu blend veggies, Applesauce</p> <p><b>THURSDAY</b> - Turkey Gravy Or Chicken nuggets, Whipped potatoes or Sweet potatoes, Seasoned Corn, Whole grain roll, Fresh fruit</p> <p><b>FRIDAY</b> - Cheese stuffed breadsticks Or Rib a que w/bun, Tossed salad w/carrots &amp; spinach, Fresh fruit</p>
<p align="center"><b>NOVEMBER 21 - NOVEMBER 25</b></p> <p><b>MONDAY</b> - Sausage links, French toast sticks, Cheesy potatoes, Orange juice cup</p> <p><b>TUESDAY</b> - Domino's Pizza Or school pizza, Vegetable, Fruit, Tray treat</p> <p><b>WEDNESDAY - THANKSGIVING BREAK</b></p> <p><b>THURSDAY - THANKSGIVING BREAK</b></p> <p><b>FRIDAY - THANKSGIVING BREAK</b></p>	<p align="center"><b>NOVEMBER 21 - NOVEMBER 25</b></p> <p><b>MONDAY</b> - Chicken Parmesan Or Chicken patty w/ bun, Pasta w/sauce, Italian blend vegetables, Peaches, Whole grain roll</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Tray Treat</p> <p><b>WEDNESDAY - THANKSGIVING BREAK</b></p> <p><b>THURSDAY - THANKSGIVING BREAK</b></p> <p><b>FRIDAY - THANKSGIVING BREAK</b></p>	<p align="center"><b>NOVEMBER 21 - NOVEMBER 25</b></p> <p><b>MONDAY</b> - Beef hot dog w/bun Or Kielbasa w/bun Baked beans, Pears</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Cookie</p> <p><b>WEDNESDAY - THANKSGIVING BREAK</b></p> <p><b>THURSDAY - THANKSGIVING BREAK</b></p> <p><b>FRIDAY - THANKSGIVING BREAK</b></p>
<p align="center"><b>NOVEMBER 28 - NOVEMBER 30</b></p> <p><b>MONDAY</b> - Egg &amp; Cheese biscuit sandwich, Hashbrown potato, Mandarin oranges</p> <p><b>TUESDAY</b> - Domino's Pizza Or school pizza, Vegetable, Fruit, Tray treat</p> <p><b>WEDNESDAY</b> - Chicken Parmesan w/ spaghetti &amp; sauce, Green beans, Pears, Breadstick</p>	<p align="center"><b>NOVEMBER 28 - NOVEMBER 30</b></p> <p><b>MONDAY</b> - BBQ pulled pork w/bun Or Whole grain corn dog, Baked beans, Peaches, Fritos</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Tray Treat</p> <p><b>WEDNESDAY</b> - Grilled chicken alfredo Or Grilled chicken w/bun, Tossed salad w/carrots &amp; spinach, Pears, Whole grain roll</p>	<p align="center"><b>NOVEMBER 28 - NOVEMBER 30</b></p> <p><b>MONDAY</b> - Sausage w/french toast sticks Or Egg &amp; Cheese on a buttermilk biscuit, Cheesy potatoes, Orange juice cup</p> <p><b>TUESDAY</b> - Domino's pizza Or Stuffed crust pizza, Vegetable, Fruit, Dessert</p> <p><b>WEDNESDAY</b> - Chicken alfredo... Chicken patty over pasta w/alfredo sauce, Or Chicken patty /bun, Glazed carrots / mixed fruit, Whole grain roll</p>

**FIRELANDS ATHLETIC BOOSTER CLUB****A NIGHT OF COMEDY  
Food, Fun and Laughter**Featuring  
**Mary Faktor's Comedy Show****Saturday November 5, 2011**German's Villa  
3330 Liberty Ave  
Vermilion, Ohio 44089Food & Fun at 6:00pm/  
Laughter starts at 8:30pm**Tickets: \$30.00**

Must be 21 years or older

Raffles

lol

Did you  
hear the  
one.....Why do  
Men...?

50/50

Ha Ha

See a Firelands Athlete or Booster Member for tickets

Or contact Mike OKeefe 440-670-6469/

michael091@centurytel.net

**SPORTS UPDATE (continued)****POSITION STATEMENT AND  
RECOMMENDATIONS FOR THE USE  
OF ENERGY DRINKS BY  
YOUNG ATHLETES**National Federation of State High School  
Associations (NFHS)  
Sports Medicine Advisory Committee  
(SMAC)

Background: Energy drinks have become increasingly popular among adolescents and young adults in recent years. In 2006, nearly 500 new brands were introduced to the market place, and over 7 million adolescents reported that they had consumed an energy drink. These beverages are particularly popular among young athletes who see the consumption of energy drinks as a quick and easy way to maximize athletic and academic performance.

**The NFHS Sports Medicine Advisory Committee's position on energy drinks:**

The NFHS SMAC strongly recommends that:  
1) Water and appropriate sports drinks should be used for rehydration as outlined in the NFHS Document "Position Statement and

Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness."

- 2) Energy drinks should not be used for hydration.
- 3) Information about the absence of benefit and the presence of potential risk associated with energy drinks should be widely shared among all individuals who interact with young athletes.
- 4) Energy drinks should not be consumed by athletes who are dehydrated.
- 5) Energy drinks should not be consumed without prior medical approval, by athletes taking over the counter or prescription medications.

**WARNING:** There is no regulatory control over energy drinks, thus their content and purity cannot be insured. This may lead to adverse side-effects, potentially harmful interactions with prescription medications (particularly stimulant medications used to treat ADHD), or positive drug tests.

**Frequently Asked Questions****What is an energy drink?**

- An energy drink is a beverage marketed to both athletes and the general public as a quick and easy means of relieving fatigue and

improving performance. In addition to water, nearly all energy drinks contain carbohydrates and caffeine as their main ingredients. The carbohydrates provide nutrient energy while the caffeine acts as a stimulant to the central nervous system.

**What are the differences between an energy drink and a sports drink?**

- Sports drinks are designed to provide rehydration during or after athletic activity. While contents vary, most sports drinks contain a 6-8% carbohydrate solution and a mixture of electrolytes. The carbohydrate and electrolyte concentrations are formulated to allow maximal absorption of the fluid by the gastrointestinal tract.
- Energy drinks contain a higher concentration of carbohydrate (usually 9-10%), and thus a larger number of calories than sports drinks. They also contain high amounts of caffeine and, in some cases, other nutritional supplements. Energy drinks are not designed to re-hydrate athletes during activity and should not be used in such circumstances.

**What ingredients are found in energy drinks?**

- **Carbohydrates-** Most energy drinks have from 18g to 25 g of carbohydrate per 8 ounces. The high carbohydrate concentration will impede absorption of fluid in the gastrointestinal tract.
- **Caffeine-** Nearly all energy drinks contain some amount of "natural" or synthetic caffeine. The caffeine concentration may range from the equivalent to an 8 ounce cup of coffee (85mg) to more than twice that amount.

□ **Herbs-** Many energy drinks include herbal forms of caffeine such as guarana seeds, kola nuts, and Yerba mate leaves, in addition to synthetic caffeine. The "performance enhancing" effects and health benefits of other herbs like Astragalus, Echinacea, Ginko biloba, ginseng, and countless other herbs have not been well established by scientific studies.

□ **Vitamins-** Athletes with even reasonably good diets should be assured that they are not at risk for vitamin deficiency and do not need supplementation. There is no evidence to suggest that vitamin supplementation improves athletic performance. Female athletes may benefit from iron and calcium supple-

mentation, but these are more easily and inexpensively obtained in pill form rather than energy drinks.

□ **Protein and amino acids-** Only a small amount of protein is used as fuel for exercise. Carbohydrates are utilized as the primary fuel source. No scientific evidence exists to support claims that amino acids enhance athletic performance. Protein, and the amino acids which compose it, are available less expensively in food.

□ **Other ingredients-** With the hundreds of energy drink brands that are available, the potential ingredients which they may contain are virtually unlimited. Possible additions include pyruvate, creatine, carnitine, medium-chain triglycerides, and even oxygen. What are the possible effects of using energy drinks?

□ **Central nervous system-** Caffeine often has the effect of making a person feel "energized." Studies have shown some performance-enhancing benefits from caffeine at high doses (6mg/kg of body weight). Such high doses of caffeine may produce light headedness, tremor, impaired sleep and difficulty with fine motor control, and may exceed drug testing caffeine thresholds.

□ **Gastrointestinal system** - The high concentrations of carbohydrates found in energy drinks may delay gastric emptying, resulting in a feeling of being bloated. Abdominal cramping may also occur. Both carbohydrates and caffeine in the high concentrations found in most energy

drinks can cause diarrhea.

□ **Dehydration-** Energy drinks should not be used for the purposes of hydration or rehydration. The high carbohydrate concentration results in slow absorption from the gastrointestinal tract and may cause diarrhea. Caffeine acts as a diuretic and, therefore, results in increased fluid loss.

□ **Positive drug tests-** Like all nutritional supplements, there is little or no regulatory oversight of energy drinks. The purity of the products cannot be assured and it is possible that they may contain banned substances.



**AVON**  
KITCHEN • CABINET  
**OUTLET**  
www.avonkitchencabinetoutlet.com  
37313 Detroit Road  
Avon, Ohio 44011

Sterks Catering  
All Occasion Parties  
Reservations:  
**(440) 967-0028**  
www.sterks catering.com

## Sugar Ridge Stoneworks

"Inscribe It In Stone"  
Address Stones, Memorial Walkways,  
Garden Art,  
Pet Memorials  
Birmingham, Ohio  
Call for Hours or an Appointment  
**440-965-5958 or Visit us at**



David Brand with Officers Mettler and Kasper

### College & Career Readiness

You have probably heard the phrase, "College & Career Readiness" from politicians, students, or teachers. It is a focus of Firelands as well as the Ohio Department of Education. Our goal is to have every student graduate from Firelands ready for the college of their choice, their desired career, and life. Many efforts are being made K-12 at Firelands to assure this goal is met.

One of the projects that we have undertaken is participating in various pre-ACT assessments to measure how our students are performing and how to help them achieve their goals. Through grant funding, every 8<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grader took a Pre-ACT Assessment relevant to their grade level. This will allow us to audit our curriculum, teaching, learning, and encourage students to strive for their dreams. We do not expect 100% of our students to attend a Four Year College, but we want them to be prepared for that option, if that is their choice.

### College and Career Planning Tips for Families

As parents, we want our children to have a bright, successful future. In a world that changes quickly, it can be a challenge to understand the ways we can help our children prepare for college and a career. Below are some general tips for helping your child plan for college and/or a career.

#### Start Early

Helping your child think and talk about going to college or what kind of career they want to explore at a young age helps communicate your belief and expectation that they will be successful. **Research has shown that parents' expectations for their children, regardless of their own job or educational attainment, are some of the most powerful influences in whether a student pursues higher education.** You can also never start saving too early for their education. Student loans are okay, and they will pay for themselves.

#### Talk with Your Child's Guidance Counselor

The guidance counselor at your child's school is usually the school's main resource person on college and career planning. They will be able to provide you and your child with information on colleges and career colleges, college entrance tests, academic summer camps and other programs and services that may be available to your child.

#### Talk with Your Child's Teachers

As our children enter middle and high school, we may find it even more challenging to find out from them how they're doing in school. Often, young adults who are struggling may be reluctant to discuss these issues. High achieving students that need more of a challenge may not communicate this to parents. By talking with your child's teacher, you can find out whether they need more support or excel in a certain subject. When you know what he or she needs, you can advocate for resources on behalf of your child.

#### Encourage your Child & Talk to your Child

A simple way to do this is to talk to your child about their interests and spend some time together researching related careers. Make it a game to see how many related jobs each of you can think of. Academic

summer camps are another great way to help inspire your child. These camps are focused on a wide range of topics and are available across the state. Many camps offer scholarships or financial assistance. Attending camp can be a great way for your child to explore an interest in depth or get a taste of what college is like.

### Get Involved in your Child's Learning

Parents and families can be involved in their high school students' education by helping them plan for college or a career. Teens can be overwhelmed during the college application process or when they are making plans for their life after graduation. Parents can help their teen by working with them to make a calendar of college and financial aid application deadlines.

Your child has a bright future ahead of them, and as a team – family, student, and school – we can help your child exceed their dreams! Do not allow poor choices as a youngster effect the rest of their lives.

### Wavier Day Success!

September 23rd was a very successful day of Professional Development and growth for our entire staff. Dr. Michael Sawyers, Deputy State Superintendent started off the day with a presentation regarding the impending changes coming from the Ohio Department of Education. With a new State Superintendent, many changes are on the way and it was a privilege to hear about the changes in curriculum and accountability measures directly from the second ranking person at ODE. The faculty then worked on starting the process of learning how the new standards differ from the current standards. The faculty also worked on the District's Response to Intervention procedures. They ended the day with discussing methods of receiving more feedback on their instruction and for instructional growth. The staff evaluations were extremely high and included many great comments about our District's Vision and preparation with practical Professional Development. FYI - The State of Ohio has adopted National Standards and a new more in-depth accountability system that schools will be held accountable to in 2014-15. Firelands has a great plan to become prepared for those significant changes that Deputy State Superintendent Sawyers was extremely impressed with.

### OASSA Presentation

Superintendent Ring and David Brand were honored to present the use of Data Teams to improve student achievement and the culture of the school at the 2011 Fall Ohio Association of Secondary School Administrators. They were privileged to have the highest attended breakout session! Many schools have asked for more information and have contacted us to observe our Data Team Meetings/Process. "We were proud to represent the Firelands Community and all of the people who made our growth possible," said David Brand.

### Case Study

Zmak Creative Research (A Research Firm in California) saw Firelands Local Schools' amazing growth in student achievement. They conducted and published a Case Study on Firelands. Because of our

connection with Acuity, McGraw-Hill also bought the case study to publish. Firelands is becoming a model school, not just in Ohio!

### Leadership Award

David Brand has been honored with being recognized as one of Strathmore's Who's Who among Professional Leaders for 2011. This is a great honor that shows the dedication of the students and faculty at Firelands. "This is not an individual award, it is a reflection of Firelands as a whole," stated David Brand.

### SAMS NOTES

#### Career Day at SAMS!

October 13<sup>th</sup> was Career Day at SAMS for our 8<sup>th</sup> Graders. The students took a career/interest assessment and heard from various speakers. The students were able to pick three of their interest. The students learned a great deal from each speaker, especially the hard work and dedication it takes to become successful in any career. Special thanks to the speakers who volunteered their time to make an impact on our students and their futures –  
Dr. Battig – Veterinarian  
Chad Burnworth – IT  
Jeanne Carlock – Social Worker  
Andy Doane - IT  
Keith Grabowski – College Football Coach  
K-9 Officer Kasper - Sheriff  
Kiera Manion-Fischer – News Reporter  
Dr. Matus – Former County Coroner  
Officer Mettler – Sherriff  
Brian Mowry – IT  
Special Agent Simonovich – FBI  
Jim Smith – Chef  
Rick Thrasher – Firefighter  
Officer Zsebik – Sherriff  
Thank you also goes out to the 8<sup>th</sup> grade staff that put this wonderful day together!

### Parent/Teacher Conferences

Thank you to the many parents/guardians who took the time to meet with their child's teachers. The attendance was great and your patience was greatly appreciated. Conferences are a great time to work together as a team to help your child reach even greater success. But parents do not need to wait for the scheduled parent-teacher conference dates to meet with their child's teacher if they have concerns. Parents can request a conference when needed and set up a convenient time and place to meet. Please call SAMS or email the teacher if you have any concerns. We are here to help your child!

The first quarter is coming to an end quickly. November 2<sup>nd</sup> is the last day of the first quarter. Please use Progress Book to stay up to date with your child's performance. The sooner issues are addressed, the more likely success will occur.

*It is not enough to be the best, when you have the ability to be GREAT!*

**DARE to be GREAT!**

Dave Brand, Principal



Lindsey N. takes out Mr. Brand with the self defense skills learned from the FBI!



**Support the Firelands Board of Education and help us to maintain the Firelands Express! ADS ARE ONLY \$200 A YEAR!**

**Contact the Firelands Board Office at 440/965-5821 or [ExpressNews@firelandsschools.org](mailto:ExpressNews@firelandsschools.org)**

**1979—2011**  
**32 YEARS OF SERVICE**  
 VAUGHN'S AUTO REPAIR & 24 Hour Towing  
**440/986-5125**

**HOLKENBORG EQUIPMENT CO.**  
 9513 U.S. Hwy. 250 N. Milan, OH 44846  
 Toys, Clothing, Gifts, Tractors, Mowers, Gators  
**419-626-6640**

"Your John Deere Destination"  
 Authorized John Deere Dealer



**LIGHTHOUSE INSURANCE AGENCY, LLC**  
*Serving All Your Insurance Needs*

- Auto
- Home
- Life
- Business

**440-984-3463**  
 187 Park Avenue • Amherst, OH 44001  
 Brian Mastellone, President



**Matthew A. Stempowski**  
 Firelands Grad 1989

**GENERAL FAMILY DENTISTRY**  
 Early morning & evening appointments  
 New Patients Welcome!  
**(440) 233-4155**  
 5311 Leavitt Road, Suite 201, Lorain



**Farm Credit Services**  
 OF MID-AMERICA

Specializing in Country Living Financing For:

- Homesites • Farmland
- Homes • Equipment
- Construction • Operating

**Brittany Nemeth**  
 Financial Services Officer  
[bnemeth@e-farmercredit.com](mailto:bnemeth@e-farmercredit.com)  
 1-800-454-2072/530 S. Main St., Oberlin

**FIRELANDS FARM, INC.**

All natural grain fed freezer beef  
 Sold by half or quarter  
**Ron Baumann, Owner**  
**440/653-7189**

**HENRIETTA U.M.C.**  
 "Please! Pray For Our Children & Our Nation"  
 52148 S.R. 113 (Telegraph Rd)  
**440-965-7781**  
Worship Services:  
 9:00a.m. & 11:00a.m.  
Sunday School: 9:45a.m.

**Firelands Elementary PTG**  
 Meetings held on the 1st Tuesday of the Month.  
**"Working Hard for Our Kids"**

**Firelands Board of Education**

President:  
**Dwayne Becker**  
 440-965-7854

Vice President:  
**Courtney Ortnier**  
 440-839-1935

Jane Battig  
 440-965-5505

Ken Kudela:  
 440-965-9714

Dan Pycraft:  
 440-774-2310

**REGISTER NOW!**  
 Fall Pre-School & Summer Programs at  
 Firelands Community Day School  
 11970 Vermilion Road, Oberlin  
**440/965-7677 (Monday-Friday)**  
 Ages: 18 months – 12 years  
 Pre-School: 9:00 a.m. – 11:45 a.m.  
 Daycare 6:15 a.m. – 5:30 p.m.

**Apple Hill**

Bulk Food, Spices, Baking Supplies, Candy, Nuts, Dried Fruit, Apples, Bulk Chocolate, Cider. Custom Made Gift & Fruit Baskets  
 School Tours—Sept. & October  
**440/965-7077**

**BETTCHER Industries, Inc.**

*An Active Member of the Community.*

**Cedarside Animal Hospital**  
 12220 Gore-Orphanage Road Wakeman, OH  
 Phone: 440/965-4660

Jane Bradford-Battig, D.V.M.  
 Leonard R. Battig, D.V.M.

**South Amherst Middle School PTG Meetings held on the 3rd Tuesday of the month**  
**"Support Our Kids"**

**Piggy's Main Street Market**  
 Ohio Lottery Headquarters  
 136 East Main Street South Amherst  
**440/986-7482**

**FATHER & SON Septic Services**

Septic & Aeration Tanks Cleaned, Installed, and Repaired. Backhoe Work and Plumbing.  
 Residential & Commercial  
 Henrietta Township, OH  
**(440) 965-5800**  
**(440) 986-6006**

The Communities we serve: Amherst, Amherst Township, Birmingham, Brownhelm Township, Camden Township, Florence Township, Henrietta Township, Kipton Village, New Russia Township, South Amherst Village, Vermilion and Vermilion Township.

You may view this issue on line at:  
**[www.firelandsschools.org](http://www.firelandsschools.org)**