

The Contownian

News Magazine

Conemaugh Township Area Middle School / High School October 2013 Volume 76 Number 2

Red Ribbon Week

Crazy costumes and fun themes are not the only things that come along with Red Ribbon Week. Students get to learn about drug awareness and how dangerous drugs can be. They also get to learn all of many values while having fun at the same time.

On Monday of Theme Week, the theme was "Opposite Day," when students could dress as the opposite gender or in any article of clothing worn the opposite way. Tuesday was "Superhero Day," while Wednesday was "Disney Character Day." Thursday was "Costume Day" and Friday was "Wear Red Day." This week was not only for the wearing of crazy costumes and outfits, Red Ribbon Week was held to teach drug awareness to students across the country and to ensure all students in American schools learned the dangers of getting involved with drugs.



Seniors Zoe Stumpo and Megan Boyer and junior Angela Blank serve ice cream toppings to David Strayer.

"It is a fun way to remind students to say 'no' to drugs," said junior Jackie Bassett.

Red Ribbon Week was a way to inform students it is okay to say "no" to drugs and the side effects of drugs are not worth it. Red Ribbon Week occurs every year in October.

Fighting Breast Cancer with a Pink Out

The Serving Our Neighbors Club had great success in its effort to raise money for and awareness of breast cancer through the "Pink Out" event it sponsored.

Students from the Conemaugh Township Area Middle School/ High School football teams, Student Council, and the "Serving Our Neighbors Club" raised \$2,500.00 for patient needs in the Johnstown Breast Care Center at the Conemaugh Health Center. Proceeds were raised from the sale of T-shirts that were worn in support of breast cancer awareness both in school and at the Homecoming "Pink Out" game.

In regards to this event, Susan Saylor-Stahl commented on the school's Facebook page, "Great job by all the CT students, faculty, administrators, and parents who participated in the Pink Out...a great effort for a great cause!"

Alex Stahl served as chairman of this SON Club event. Mr. Sechrengost is the SON Club advisor.



EDITOR-IN-CHIEF

Danger Behind the Wheel

T There is no denying the cell phone is now a part of our daily lives, every student depends on it to get through his day. When however, do, students take using this instrument's texting capability combined with driving too far? If you cannot keep your phone in your pocket or bag while you drive, then you have no business being behind the wheel. In my opinion, if you have your phone anywhere in your sight, it does and will tempt you to use it while you drive. Do humanity a favor and just wait until you stop driving to send a text or make a call. If it is that important then pull off of the side of the road and do what you have to do.

Experts say a person who texts while he drives is over four times more likely to get into a crash than someone who is not. There are already many cases of such teen driving car crashes. Now take that number and multiply it times four - it is astronomical!

Whenever you turn on the news almost every week you see at least one car crash involving texting and driving or some other form of distracted driving. In today's day and age, having a smart phone is a double edged sword. It can be used for business, school, and other things, but it can also be a distraction. Most of the things that pop up on our phones are trivial like a text or score update. Neither of these is worth your life or someone else's.

Clearly, texting and driving is an easy fix; simply do not do it! Just leave your phone in your pocket or in a purse. It takes much more effort to jam your hand into your pocket and try to pull it out, or open your purse and move all of your things around just to find your phone. It is much easier just to ignore the tri-tone and keep on driving. Your text can wait until you stop or are at your destination. There are few things in life that are so important.

Please, student drivers of the world, put your phones away while you drive. You can look at them all you want when you arrive at your destination. Do all the other drivers a favor and keep your eyes on the road and not on your phone. We would prefer not to die or be in a dangerous car accident just because you decided to look at your phone for an insignificant reason.

Growing Up

"Maybe when you are older," are four distinct words that many may easily recall from childhood, are all too familiar with, and were none too happy to hear. This short phrase instills the idea in peoples' minds that

growing up is "the thing to do".

As children, we normally view growing up as something good and associate it with positive things such as freedom and independence. A world that has been previously shaded with gray areas, closed to us by the mere fact of our age has been eradicated and replaced by the devastatingly colored world of adulthood. Unbeknownst to many and not appreciated until it is too late, as even though adulthood brings about freedom, there is that loss of the childhood innocence many take for granted.

When we are young, adults have the very damaging habit of reinforcing the concept to children they can do or be anything they want when they grow up. Parents and teachers alike tell us we can all do anything. We are set up from the start for a life of deluded thinking and false expectations of reality; we are born with this invisible shield adults build up around us. When we are young our dreams and wishes are not so different from our realities, imaginations run wild, and we have not a care in the world.

Yet, as time goes on, reality begins to wear away at our invisible shields created by our parents and maintained by our childish delusions and whims. We soon figure out there will always be someone out there smarter, prettier, stronger, luckier, richer, or plain and simply just better out there.

It is also that same aforementioned loss of innocence that exposes us to the inherent evils of this world. We discover the hard way people are not always who they appear to be. We learn the line between good and evil is not always consistently so definite; the good guys are not always those in capes and everyone wears a mask.

I do not accredit the change we see in people over the years as solely due to "growing up." I see it more as the consequence of growing up. People harden themselves to adapt to the world. That instinct we are born with to trust others fades and is replaced by a stronger instinct to survive.

Growing up does not just mean staying up until all hours or being able to take the car out for a night on the town. It means exposure to all the colors of life - including the gray shades in between.

HIGH SCHOOL

Autumn Leaves, Memories Remain



Marla Aurandt and Jeff Calihan pose for a picture as the homecoming court is announced.

Katelyn Oleskey dribbles the ball down the court while playing against the Ligoner Valley Rams.



Morgan Dressick does her part in painting a sign for the bonfire.

Danielle Wetrz and Zoe Stumpo enjoy eating with their fellow zombies at the Halloween lunch.



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HIGH SCHOOL

Simplify Studying

Do you study in front of the television or with your phone by your side? Do you struggle finding concentration? Are your grades slipping despite how hard you think you are studying? You might be studying the wrong way and using the wrong techniques. Here are some tips to help you change the way you study and to hopefully bring results.

First, think about what attitude you have while studying. By thinking positively, you can remind yourself of what you are capable of doing, which can motivate you to study harder. If you keep telling yourself that there is no way you will complete this successfully, you will find it hard to get your homework and studying done.

Another good habit to get into is writing all of your assignments down. Keeping organized and jotting down what the assignment is, what class it is for, and when it is due, you will be less likely to forget things at school or to do them altogether.

Establish a place at home that can be your homework and study space. This should be a place with minimal distractions such as televisions or places family members are always walking through. This will keep you concentrated for longer periods of time and help you get your assignments done quickly.

It is easy for most people to procrastinate and put things off. That is why most of the time we are stuck doing assignments the night or hour before they are due. By doing this, things could go wrong, leaving you no time to fix them. It also causes you to rush doing your work, which can decrease the quality of your work.

Following these tips and techniques will hopefully improve the way you study, which can lead to better grades. Remember to think positively, stay organized, pick a place that is distraction free, and get assignments done ahead of time and you will be on the road to better grades.

Style Savings

\$50.00 for one sweater? Are you wondering how students keep up with the latest fashion but are also not burning a hole in their pockets? Many students are forced to put together creative outfits for an everyday look with the wardrobe they already have.

Style is constantly changing and our society encourages students to keep up with it. However, paying high prices

is just not realistic. Students in high school seem to care about what they look like but also want it to be affordable. With the right attitude and mind set, this is possible.

Keeping up with the latest fashion is not hard to do! Be open minded and look in your local thrift shops. Putting a cute scarf with an old sweater or throwing on a statement necklace can change one's whole look! Wearing the same outfit with different accessories switches it up and bring creativity to your style!

Junior at Conemaugh Township Area Middle School/High School, Tayllor Lehman, stated, "I don't like to shop in the Galleria because going thrift shopping is much more fun! Everything is one of kind and unique and you can get five times as much for your money!"

Putting together outfits on a budget can be easy. If you are into style and saving some money, use some of these tips and hopefully your look will be a success!

Halloween Celebrations

The last week of October at Conemaugh Township Area Middle School/High School is when the students can show their inner monster. Every year on October 31 during school, the students dress up in their favorite Halloween costumes. Whether it is a pretty princess or scary goblin, the students always have fun showing off their creative costumes to teachers and fellow classmates.

Not only do the students dress up on this day, they also have a lunch full of fright prepared by the Grill Team. As the students get their lunch, they can look around and see the cafeteria decorated with a Halloween theme.

When asked about the Halloween lunch, Junior, Brittany Garrety stated, "I love the lunch theme that the school uses."

The Grill Team also gets the students into the Halloween spirit by dressing up in masks and giving them a little spook. At the end of lunch, the students are judged by their fellow classmates to see who has the all-time best Halloween costume. The team always has some kind of awesome prize for the winners to look forward to.

When the students then get dismissed from school, they go home and get ready for a night full of fun and Trick-or-Treating.

November

"Alumni of the Month"

After she graduated from Conemaugh Township in 2012, Abigail Cable lived in Pietermaritzburg, South Africa for one year through Mennonite Mission Network's voluntary service program, Radical Journey. She volunteered in a Zulu township, Mpophomeni, at an HIV/AIDS organization called Masi-bumbane which is Zulu for "We Stand United." Abby worked as a child and youth care worker with children who were infected or affected by AIDS. They also did regular school and family checkups on these children. She also got the chance to travel to places such as Johannesburg, Mthatha, and Cape Town. Living in SA for this past year was absolutely life changing, and she hopes to return there to live or work for a few years after she graduates from college. Abby returned home in July of 2013 and has been enjoying her time attending Eastern Mennonite University. Abigail now lives in Harrisonburg, Virginia. She is majoring in Peace building and Development and minoring in Youth Ministry.



Abigail's favorite teacher in high school was Mrs. Stankan. Abby said Mrs. Stankan took the time to know her students not only on an academic level, but on a personal level as well. And that Abby noticed that she truly cared about whom each of her students was as a person. Abby said that Mrs. Stankan is incredibly passionate about what she teaches and that shows through her actions, and that she's definitely one of the most loving teachers I've ever had.



Abigail Cable as a senior at Conemaugh Township High School.

When asked to tell about her fondest memory from high school, Abby knew exactly what to say. Her fondest memory from CTHS was when the Class of 2012 pulled their senior prank. Aside from caution taping the whole entire school, they also parked our cars in the teacher's parking lot. "The teachers were in an uproar; we have never seen them get so upset over the fact that they would have to walk a little farther than usual for one day. It was absolutely hilarious."

A Township Tradition

Homecoming week was celebrated October 7th through October 11th. All week a theme was assigned to a day. Monday was pink day to show support for breast cancer, Tuesday was camouflage day, Wednesday was grade pride day where each grade was supposed to wear a specific color that student council assigned them, Thursday was decade day, and Friday was red and black day to show support for our school.



Jared Pavlosky and Ashley Fitzpatrick pose as Homecoming king and queen.

On October 11th the homecoming game was played against Homer Center. Homecoming court was announced at half time and the king and queen were crowned. The homecoming king and queen were Jared Pavlosky and Ashley Fitzpatrick. Other members of court included Jeff Callihan, Russell Grunza, Luke Meyers, Eric Naugle, and Kody Ofsanko as princes and Marla Aurandt, Beth Brenchak, Carley Bonk, Zoe Stumpo, and Danielle Wertz as princesses. Congratulations to all the Homecoming Court members as well as Jared and Ashley on being crowned king and queen.



The Indians and cheerleaders make their way to the football game during the Homecoming Parade.

HIGH SCHOOL

Golf Season Wrap Up

The Conemaugh Township Area Middle School/High School Varsity Golf Team finished with a successful season. It won the WestPAC Tournament, Inner County Conference, and District V Tournament. The Team finished with an undefeated regular season with twelve wins.

After winning Districts, the team competed in a close fought match against the Central Cambria Red Devils. The Indians came up on top with senior Luke Varner sinking a twenty foot putt to win with a score of 328-329. Christian Yoder was co-medalist with a score of 77.

The golf team next competed in the state championships held at the Heritage Hills Resort. The team finished with an overall score of 359. The tribe finished in sixth place in the PIAA State Championships. Individual scores for the Indians were Luke Varner 86, Evan Steeves 88, Christan Yoder 91, Austin Speigle 94, and Andrea Mori 108.

Varsity Girls' Soccer

The Conemaugh Township Area Middle School/High School Girls' Varsity Soccer Team kept up the fire winning its next three games against the Lady Rams of Ligonier Valley, the Lady Mountaineers of Berlin Brothersvalley, and the Lady Ramblers of Windber. The final scores for these games were 5-0, 2-0, and 4-0, respectively.

Breaking this four game streak were the rival Lady Cougars of North Star. The Indians held their own, only losing by one goal, making the final score 2-3.

Next the Lady Indians took on the Lady Rockets of Rockwood. The game was intense, but neither side seemed to be able to gain the upper hand, resulting in the game ending after two periods of overtime with a score of 1-1.

The Lady Indians played the Lady Mountain Lions of Altoona next, putting away a win of 4-0.

The Lady Indians then kept up their momentum, defeating the Lady Cougars of North Star 4-1. Later that same week the Lady Indians defeated the Lady Lions of Chestnut Ridge with a final score of 4-1.

The Lady Indians' started off with their first playoff game with a victory over the Rockwood Rockets with a score of 7-1. In the next playoff game, the team took on McConnellsburg and came away with another victory with a

score of 2-0, advancing them to the District V game. The Indians then took on North Star where it was a very exciting game that went into overtime. The Lady Indians' went to the shootout and won in seven sets, making the final score of 3-2. This victory was the fourth straight District V title in a row for the ladies. They hope to make a run into the state playoffs.

Volleyball

The Conemaugh Township Area Middle School/High School Girls' Varsity Volleyball Team started off its season against the Mustangs at Portage. The Indians fell behind with a 3-1 loss.

The Indians next game was against the Ferndale Yellow Jackets. They played hard but had a loss of 3-0. Another home game for the Indians was against the Cougars of North Star. The girls fell behind with a 3-0 loss.

Next, the Indians traveled to Salisbury Elk Lick. They played a good game and came close with a loss of 3-2. Rockwood was the Indians' next opponent. They played a great game and had their first win with a score of 3-0. The Indians had another home game against Shanksville Stoneycreek. The Indians experienced another loss, 3-1.

The Indian Volleyball Team finished with an overall record of 1 and 15.

Varsity Football

The Conemaugh Township Area Middle School/High School Boys' Varsity Football Team played its fifth game scoring its first victory of the season against the Blacklick Valley Vikings with a final score of 40-6.

In their sixth game, the Indians were beaten by the Windber Ramblers with a final score of 42-35.

The Tribe next took on the Yellow Jackets of Ferndale and had a big win with a score of 40-12.

The Tribe then played the Portage Mustangs, where it came up short with a score of 49-13.

The Indians played their last regular season game at North Star winning 10-0. This ended their season with a 3-7 record.

SPORTS

FALL SPORTS MOVE AHEAD

Varsity Boys' Soccer

The Conemaugh Township Area Middle School/High School Boys' Varsity Soccer Team ended its 2013 soccer season with 12 wins and 1 loss so far on the season.

The Indians then traveled to Richland's field where they stopped the Rams dead in their tracks. The boys managed another win with a score of 2 to 0.

The Indians then pulled off another victory when the Ligonier Valley Rams came to Township's soccer field where Richland was defeated with a score of 6 to 1.

The Mountaineers of Berlin next traveled to the Indians' home field where they lost with a score of 4 to 0. The Indians then went to Rockwood where they blasted the Rockets out of their way with a the got a 7-0 victory.

The Lions of United then traveled to Conemaugh Township and were shut down by the Indians who won by a score of 8-0.

The Indians then faced one of their biggest rivals in soccer, the North Star Cougars. The boys fell short of a goal in the first half, but they fought back to score two goals in the second half with some big saves coming from goalie

Jeffrey Callihan. They sent the Cougars back to North Star with a 2 to 1 win.

The Rockets next traveled to Conemaugh Township to face the Indians for a second time this season. The Rockets got the jump on the Indians in the beginning, but in the end the boys were victorious with a score of 3 to 1.

Windber then faced the Indians once again and came up short when the boys took out the Ramblers for a second time with a score of 3 to 2.

So far this season, the Indians are ranked third in their district and are looking to advance into the playoffs at the end of their season.

The Indians went on to play in an exciting first District V playoff game held at Conemaugh Township Area Middle School/High School where sophomore Barry Blank scored the game winning goal in overtime.

Finally, the Indians played against the North Star Cougars in the semi-final game of the District V playoffs but came up short with a score of 1-0.

Athletes of the Month



Zoe Stumpo

Zoe is a four year Volleyball Letterman and is also a member of the Roxbury Volleyball Team.

Outside of school, Zoe enjoys writing her own music and playing the piano. She is an employee at Little Sprinkles and attends the St. Claire Church.

Her future plans are to attend the Indiana University of Pennsylvania to major in art and music, after which she hopes to work with up and coming music.

Zoe Marcellina Stumpo is the daughter of Neysa and Jude Stumpo of Johnstown.

Zoe is involved in the Student Council, Ski Club, and Spanish Club. She is the Vice President of the Students against Destructive Decisions/ Teens against Tobacco Use organization. In addition, Zoe participates in the Musical and District Jazz and County Choruses.

Bailey William Roberts is the son of Becky and Patrick Roberts. They currently reside in Thomas Mills.

Bailey is a senior this 2013-2014 school year at Conemaugh Township Area Middle School/High School. Bailey is a four year member of the Varsity Football Team. His positions on the team include offensive and defensive tackle.



Bailey Roberts

Outside of school Bailey hunts and fishes. When he is not busy with these past times, he likes spending time with his friends and family.

Upon graduating from high school, Bailey plans on attending college at the University of Indiana and then transferring to the University of Pittsburgh Main Campus for Engineering.

Senior Yearbook Photo Deadline Set

Formal senior portraits for the "Senior Section" of the yearbook are due no later than Wednesday, November 27, 2013. You will be called to the Publications Office during Homeroom Period during the weeks of November 4-27 to approve your yearbook selection. If you are planning on substituting a picture of your own, you will be made aware at this time of any substitutions that will be accepted. Students not photographed by this time will be photographed by a staff photographer. NO EXCEPTIONS WILL BE MADE NOR ANY PICTURES ACCEPTED AFTER NOVEMBER 27, 2013.

Yearbooks Available

The 2012-2013 Connumach and Conemaugh Yearbooks have arrived and are presently being distributed. There are Extra books that are available for purchase. The cost is \$75.00 and \$45.00, respectively. They may be purchased with a check or money order made out to "Conemaugh Township Area High School" and are available in the Publications Office or by calling 479-4014.

Telephone Numbers

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Middle/High School 6-12

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Guidance Counselors.....Nancy D'Alimonte and Kelly Birkhimer...479-7886
School Nurse.....Cassey DeBiase.....479-2324
Athletic Director.....James Foster.....479-4014

School Calendar

The following dates are subject to change

October 29.....End of First Nine Weeks
November 2.....Eastern Standard Time Begins
November 5.....Report Cards Issued
November 8.....Early Dismissal - 1 Hour
November 11.....Veteran's Day Vacation - No School
November 12...Parent Conference Day - No School for Students
November 19.....ASVAB Test
November 27.....Early Dismissal - 1 Hour
November 28-29.....Thanksgiving Vacation - No School
December 2.....First Day Deer Season - No School

One Last Look...

More than Just a Football Game

Have you ever been to a Friday night football game? Well, it is not all skull bashing and bones cracking. If you close your eyes and listen you will be able to hear a little slice of Americana. The marching band is a classic American tradition.

Everyone has seen a marching band, but few truly know what goes into making the spectacle we all see at halftime. It takes months' worth of blood, sweat, and tears, all starting in the summer. The directors of the band select music and assemble a program for the band to perform. The music can be anything from "Top 40" pop to symphonic classics, but in the end it all must be coordinated with a visual program. The visual program consists of a series of forms the band makes on the field called "drill," and choreographed guard dances or moves that go along with the music. The goal for every band is to perform to the best of its ability.

Along with football games, some bands also compete. The Conemaugh Township Area Middle School/ High School "Class and Taste" Marching Band competes every Saturday. They travel to local high schools to put on their show. Typically, the band creates shows that are much more intricate and difficult than a normal halftime show. It focuses on precision and excellence while utilizing a difficult musical repertoire. After the band performs, it receives a score for its performance and is ranked against other bands according to its size. These competitions are great motivators for bands to work their very hardest.

Marching bands are iconic. Whether you are cheering at a competition or sitting in the stands on a Friday night, you will be guaranteed pure entertainment.



The members of the marching band enjoy their time at the football game.