Musical Cast Awaits Performance

The Conemaugh Township Area Middle School/High School Instrumental and Vocal Music Departments are in the process of producing their annual musical, “Fiddler on the Roof.”

David Saylor plays Tevye, the main character. His daughters consist of Bethany Brenchak, Zoe Stumpo, Gabrielle Williams, Bryanna Oakley, and Hannah Thomas. The story centers on Tevye, the father of five daughters and his attempts to maintain his family and Jewish religious traditions while outside influences invade upon their lives. He must cope both with the strong-willed actions of his three older daughters - each one’s choice of husband moves further away from the customs of his faith.

Mrs. Suzette Gardenhour directs both the orchestra and is the codirector alongside Ms. Mari Grace Lingenfelter. The choreographer is Sharon Wissinger. The sets are built by Mr. Dick Gardenhour along with his crew of voluntary students and parents from Conemaugh Township.

David Saylor, a junior, stated, “I am incredibly excited for this year’s show to debut and can’t wait to see it on stage.”

The production will be held at the Conemaugh Township Area High School auditorium on April 3, 4, and 5. Tickets are $8.00 in advance and $9.00 at the door.

Speech Team Advances

The week of March 4 and 5, students from the Conemaugh Township Area Middle School/High School competed in the Regional Forensics Competition held at Saint Francis University. Those who competed included David Saylor, Lean Sprock, Eric Kmett, Pepper Frick, and Alicia Little.

David Saylor participated in the “Informative” category and competed against twenty-two other high school students in his category. He advanced to the finals and placed fourth out of six. Leah Sprock participated in the “Persuasive” category, while Eric Kmett took part in the “Commentary” division. Pepper Frick competed in the “Prose” classification, while Alicia Little did the same in the “Humorous” section. Alicia made it to the semi-finals.

Leah Sprock, a junior, stated, “We all did well this year. I’m so excited to see what happens next year.”

On March 28 and 29, Leah Sprock competed in the “Impromptu” category. Eric Kmett went on to the state level of competition in the “Commentary” Division.
You are What You Eat

Around the world growth hormones are given to animals, in order to grow faster, therefore producing more meat for consumers at a faster rate. Steroid hormones are usually released into the animal from a pellet that is put under the skin of the ear. The ears of the animals are thrown away at slaughter. Similar growth hormones also increase milk production in animals. While dairy and meat products depend on these growth hormones for profit, there is a negative side effect for humans.

Hormones are chemicals that are produced naturally in the bodies of all animals, including humans. They are chemical messages released into the blood by hormone producing organisms that travel to and affect different parts of the body. Hormones are produced in small amounts, controlling important body functions such as growth, development, and reproduction.

Early puberty may be an effect of growth hormones in meat and dairy products. Girls around the world are developing very early and beginning their menstrual cycle at an early age. It is difficult to determine the specific impact growth hormones in food have on young women's development. These growth hormones being added to meat and dairy products are considered to be a type of steroid hormone. Thus, girls experience puberty prematurely. This increasingly raises the risk for breast cancer due to an abnormal balance of hormones in the human body. Not only does it affect the growth development for young girls, but also breast cancer, thyroid disease, obesity, diabetes, Endometriosis, uterine fibroids, infertility, and immune related diseases such as allergies can all certainly be at risk.

There are six different kinds of steroid hormones that are currently approved by FDA for use in food production in the United States: estradiol, progesterone, testosterone, zeranol, trenbolone acetate, and melengestrol acetate. Estradiol and progesterone are natural female sex hormones; testosterone is the natural male sex hormone; zeranol, trenbolone acetate, and melengestrol acetate are synthetic growth promoters (hormone-like chemicals that can make animals grow faster).

To avoid these added growth hormones, eat low fat meats and dairy products. Shop for dairy products labeled “rBGH-free,” which means they were produced without the use of the recombinant bovine growth hormone. Also look for the “certified organic” label when possible. Avoid pesticide hormones. Peel your own fruits and vegetables, especially if they have been waxed, or wash them with a vegetable wash or diluted vinegar to remove surface pesticide residues.

As Americans, we can only hope those in power of regulating the laws concerning what goes into the foods we eat will support stronger efforts to keep synthetic hormones out of our food supply.

The Luck of the Irish

March 17 marked the day for Irish supporters everywhere. St. Patrick’s Day is a day to celebrate and rejoice for Ireland and how far the Irish have come in society.

Whether or not you like the color green, St. Patrick’s Day can be for everyone. No matter where you are in the world, there is always time to wear a little green or take a little time to celebrate this holiday. This day is not about drinking or stuffing your face with food like all the other holidays. It is about appreciating another culture for all of its quirks and charms. The Irish culture is a spectacularly unique one, and we should take the time to celebrate it.

Everyone’s opinion is different. You can like the fact there is a day to celebrate a heritage or you can hate the fact the day is just for the Irish. It is your right to express your thoughts and feelings, but you should appreciate the fact it is another holiday to celebrate and be happy for.

You can celebrate this holiday in many ways. If you are Irish you can get together with your family and appreciate each other. Also, you can take this time to learn about your own background and reminisce to family members about old family stories. You could also get together with friends and wear green, make foods with green food coloring, and watch a classic Irish movie like the Disney Channel's movie, “The Luck of the Irish.”

St. Patrick’s Day provides countless opportunities to have a great time in both your home and community. It is celebrated throughout the world by all varieties of people, Irish or not. There is no reason why you cannot join with the international community and wear a little green on March 17.
March Mayhem

Kassidy Wilson plays great defense in the Junior High Basketball game against Salisbury.

Brianna Kinsey asks a question during sixth grade math class.

Eli Wenger enjoys learning about math on Pi Day.

The teams that participated in the “Hoops for Heart” fund raiser get together for a formal portrait.
Senioritis Strikes Early

Are you a senior? Do you ever find yourself in class gazing out the window daydreaming contently, only to be jerked back into reality by a teacher, or find yourself studying for hours and stop and say to yourself “What’s the point?” and just give up. Well, if any of these situations or ones like them apply to you, you may have “senioritis.”

A nationwide epidemic that lasts a nine month season, senioritis, infects countless numbers of teens across the United States every single year. It is the bane of teachers and the source of countless jokes and excuses of seniors in high schools everywhere. According to urbandictionary.com, senioritis usually sets in midway through a student’s senior year, but can appear at any time during the school year. Usually, self-diagnosed symptoms include an extreme decrease in effort in the student’s classes, homework, and increased amounts of accepting responsibility. Symptoms can even appear in the way a person dresses - sweat pants, athletic shorts, and t-shirts can become one’s daily attire. Currently, the only known cure for senioritis is graduation, which may or may not be hindered by a student’s drop in GPA.

So what do you do if you have contracted this college threatening disease? First of all recognize senioritis is first and foremost a mental issue. The only way to get yourself out of this academic rut is to commit yourself to staying dedicated as a student. Keep reminding yourself that although sometimes staying up until two in the morning to study for that big test or finish that paper may seem utterly pointless, you will feel better about getting it over with. If you find yourself overwhelmed and succumbing to senioritis, hold out and remind yourself graduation is just around the corner.

Getting Over Your Fears

Public Speaking is commonly feared by some high school students. Yet, by taking this class this fear starts to go away because of how much you find yourself doing it.

High school public speaking is a recommended class taken by many students heading to college. College based public speaking classes are harder, as you have to speak in front of many students whom you do not know at all. It is more comfortable when to get experience with public speaking in high school as you know all of the people in the classroom. It is nice to have familiar faces looking back at you.

The number one reason for a fear of public speaking is because speakers are afraid of being embarrassed. When you speak you might have some personal habits that you do not feel comfortable with. These habits could make you feel uncomfortable and embarrassed. Having any student laugh at you when you are already nervous can create anxiety.

My advice would be to take Public Speaking in high school while you still can so you can eventually get better at speaking and maybe your fear will disappear. Also, in the future you may have to speak in front of many people. This will help you do so without stress.

Putting Off Procrastination

Procrastination is a habit almost every student experiences. It is one of the most stressful high school situations a student can experience, but is very easy to fix.

One fix would be to make a schedule and set dates and deadlines for yourself so you do not get caught up in doing everything on one day. Plan out your week. This will help you organized and could reduce your stress levels.

Another possible solution is to do your homework as soon as you get it. There is plenty of time for you to get your work done throughout the day. These times include classes where you find yourself with extra time, lunch time, and Homeroom period.

There are many ways to stop procrastination. As a student you just have to take the initiative to stop wasting your time and create a little more time to do your school work. You will find your stress level will go down tremendously when you get your work done before its deadline. You also will feel better about getting it over with.
Patrick Berzonski is a graduate of 1991 from Conemaugh Township Area Middle School/High School.

After graduating from Conemaugh Township, Patrick went on to graduate from Clarion University with a B.S. in Secondary Education Social Studies in 1996.

While he was a student at Conemaugh Township, Patrick made many memories. His fondest were, “Wrestling in the PIAA State Tournament at the Hershey Park Arena and playing baseball at the various venues after winning his team’s third straight District V title. All of these were great experiences along the way.

Patrick stated, “Being a teenager and attending Conemaugh Township was a great deal of fun and very insightful. I was fortunate enough to have great teachers and great friends to surround myself with.”

Some of the several outstanding teachers Patrick was blessed to have included Mike DeBiase who made math exciting and made it make sense...all of it! Another was Barry Horne who inspired him with his knowledge of and passion for history.

Patrick said, “His ability to transfer this knowledge to his students in a style similar to what I experienced in my college years was very beneficial. I am grateful for his inspiration which helped me in fulfilling a personal goal of becoming a teacher at CT.”

Patrick stated, “Life is tough.” It is a message he will pass on to his current students and also to his own children.

Shortly before graduating from Clarion Patrick was married to his high school sweetheart, Angie Saylor. Many said they were foolish for marrying so young and poor.

“It felt right then and has only gotten better since,” said Patrick.

Patrick and Angie have two children, Erin and Shaun, and a relationship with one another that he would not trade for anything.

This year, the high school held its annual “Hoops for Heart” Tournament on Wednesday, March 19, with donations adding up to a little over $6,200.00, and the amount is still rising.

After the day’s events of games, the winner of the tournament was the undefeated three on three team of Jeff Callihan, Jake Formica, Kody Ofsanko, Bruno Rosa, and Austin Speigle. Although they were the team that won the tournament, there was another group that was recognized for raising $1,000.00. This group consisted of Isaac Callihan, who brought in the highest student donation of $675.00 alone, Russell Grunza, Luke Meyers, Bailey Roberts, and Eli Wenger.

Over the years, the Conemaugh Township Area Middle School/High School has raised a total of $83,850.00 under planner Ms. Pepoy for the American Heart Association.

Senior Bruno Rosa drives the ball past Lucas Bailey

Lenten Season Here

This year, Easter is held on Sunday, April 20. Before Easter, there is a practice every year that starts on Ash Wednesday and ends the day before Easter Sunday, which is called Lent. Lent is the season of penance and prayer before Easter Sunday. This year, Lent began on Wednesday, March 5 and will end on Sunday, April 20.

The practice of Lent is a forty-day period of people fasting and praying. Although there are forty days during this period, there are actually forty-six days from Ash Wednesday to Holy Saturday. During Lent, people give up eating meat on Fridays, eat in smaller portions, or do not eat in between meals at all.
**Athletes of the Month**

**Katelyn Oleskey** is the daughter of Mary Reckner and John Oleskey of Hollsopple.

Katelyn is a one year girls’ basketball, one year boys’ varsity basketball statistician, four year track, and three year soccer letter winner, as well as a three year WestPAC All Star. She also earned the soccer “Certificate of Achievement” for four years. Katelyn is a member of the Santa Fe Classic, as well.

Katelyn has been a class officer and a member of the Principal’s Cabinet, National Honor Society, and Grill Team since her sophomore year. She is also an active member on the Connnumach/Conemaugh/Contownian staff, serving as the Ads Manager, and News Editor.

Katelyn’s future plan is to attend Robert Morris University with a major in accounting.

**Zachary Svencer** is the son of Richard Svencer and Melanie Oswalt of Hollsopple.

Zachary has lettered for two years in varsity football and varsity wrestling. In football he was selected to play Defensive End in the Ken Lantzy Finest 40 All-Star Game held at the Trojan Stadium in Johnstown.

In his free time, Zachary likes to play the drums, hang out with his friends and play video games. Zachary also enjoys weight lifting and listening to music.

Zachary’s future plan is to attend Waynesburg University and Major in Nursing. While at Waynesburg, he will play football for the Yellow Jackets.
SPORTS

The college basketball season closes, the NCAA Division I Tournament begins. The hype surrounding this has truly been amazing. People all across the country fill out brackets, attempting to fill them out perfectly. Warren Buffet has promised $1,000,000,000.00 if a person fills out a bracket perfectly. The odds of filling out a perfect bracket are 1 in 9,223,372,036,854,775,808.

The Conemaugh Township Area Middle School/High School Varsity Track Team is ready to start another hopeful season this year. Although the team has not had much success in the past, it is looking to improve.

The team is returning twelve senior and will no doubt be looked to for leadership.

Junior Christian Faranda commented on the season stating, “We all work hard every day at practice. We try to do our best and improve always.”

Coach Melissa Wilson returns as the head coach this year.

The team’s first meet will be March 26 at the Meyersdale Area High school.

“March Madness” 2014 Ends

As the college basketball season closes, the NCAA Division I Tournament begins. The hype surrounding this has truly been amazing. People all across the country fill out brackets, attempting to fill them out perfectly. Warren Buffet has promised $1,000,000,000.00 if a person fills out a bracket perfectly. The odds of filling out a perfect bracket are 1 in 9,223,372,036,854,775,808.

Wisconsin’s Frank Kaminsky looks to advance the ball down the court, as a Michigan State player defends.

You have a better chance of being struck my lightning while under water and at the same time being eaten by a bear, scientists speculate.

The four number one seeds in each of the four brackets are Florida, Wichita State, Arizona, and Virginia. They are all top rated teams. Wichita State came into the tournament 34-0, with no losses in the regular season. However, its streak ended after its first round win against Cal Poly - It lost a close game against the Wildcats of Kentucky.

The four rounds have been played already with the remaining teams in the “Sweet Sixteen.” The games in the Southern Bracket are Florida vs UCLA and Dayton vs Stanford. In the Eastern bracket the games are Virginia vs Michigan State and Iowa State vs the University of Connecticut. In the Western bracket is Arizona vs San Diego State and Baylor vs Wisconsin. Finally, in the Midwest Bracket Kentucky vs Louisville and Tennessee vs Michigan.

Florida and Arizona are the favorites to win the tournament, but Wisconsin, Michigan State, and Louisville all have excellent chances to make a run deep into the tournament “Final Four” or even the championship game.

The Louisville Cardinals won the championship in 2013 and look to defend their title in 2014. The “Madness” will continue all throughout March with the Final Four games being held April 5-6 in Dallas, Texas.

March 2014
**One Last Look...**

**MathCounts Makes Its Mark**

The MathCounts competition was held at the University of Pittsburgh at Johnstown on February 15. There were fifteen different schools and approximately 110 students, all from Blair, Somerset, Bedford and Cambria Counties. The Conemaugh Township team placed second. Jared Herbert placed third overall individually and advanced to the State Competition.

Team members include Jared Herbert, Natalie Kauffman, Maggie Telenko, and Erin Berzonski, along with Declan Cullen as an individual competitor. School participants that did not compete were Lauren Sprock, Keyran Hostetler, and Brady Doyle.

Jared Herbert competed at the state competition on March 8 in Harrisburg. He competed against 150 of the best and brightest students in grades six through eight from Pennsylvania.

MathCounts is a nationwide program and series of competitions designed to stimulate students’ interest and achievement in mathematics. MathCounts questions are written with the seventh and eighth grade curriculum in mind. Many problems are designed to challenge and accelerate students. It is sponsored by the National Society of Professional Engineers and several other organizations.