

The Contownian

News Magazine

Conemaugh Township Area Middle School / High School March 2017 Volume 79 Number 7

Hoops for Heart Held

Hoops for Heart is an annual basketball tournament held by Conemaugh Township Area Middle School/High School. This year's event was organized by Ms. Tessari, Conemaugh Township's Health and Physical Education teacher. This year the tournament was held on Wednesday, March 22.

The event consisted of ten teams of students and faculty playing three versus three basketball games that lasted fifteen minutes each. Students participating in the event had to raise at least \$50.00 for the event.

"It is a really fun fundraiser that supports a great cause," said Trenton Troxell, a senior at Conemaugh Township and a three year participant in Hoops for Heart.

All money raised benefitted the American Heart Association.

"Annie Get Your Gun" a Success

The Conemaugh Township Area Middle School/High School Instrumental and Vocal Music Departments performed the musical "Annie Get Your Gun" on March 9, 10, and 11 at the CTHS auditorium.

The cast included Maggie Zambanini as Annie Oakley, Kieran Cullen as Frank Butler, Aaron Good as Buffalo Bill Cody, Alexis Buncich as Dolly Tate, Zane Troxell as Tommy Keeler, Kadiya Lingenfelter as Winnie Tate, Jeff Tresnicky as Foster Wilson, Seth Strayer as Charlie Davenport, Ryan Cotchen as Chief Sitting Bull, Mary Kime as Jessie, Isabella Stroschio as Nellie, Abby McGinnis as Little Jackie, Brandon Gindlesperger as Pawnee Bill, Laura Bivens as Mrs. Potter-Porter, Madison Gulish as Mrs. Schuyler Adams, Nick Zakucia as Mac the prop man, Tyler Stumpf as Running Deer, Wyatt Yocum as Eagle Feather, Natalie Kauffman as the Dining Car Waitress, Bryce Maldet as Sleeping Car Porter, and Zane Heinlein as the Messenger.

The Singing Cowboys included Declan Cullen, Brandon Gindlesperger, Ryan Kaltreider, Dalton Meyers, Jakob Petree, Peter Romanow, Jack Stringent, and Nick Zakucia.



Shaun Berzonski goes for a lay-up while Olivia Roman pushes to defend.

The Cowgirls included Gillian Berloff, Laura Bivens, Kiara DiFalco, Jenny Durica, Jackie Honkus, Grace Hostetler, Paige King, Madalyn Malicki, Lexi Mankamyer, Caitlin Osborne, Sara Petree, Hope Safko, Lauren Sprock, and Grace Thomas.

The Showgirls included Jackie Honkus, Grace Hostetler, Paige King, Madalyn Malicki, Lexi Mankamyer, Sara Petree, and Lauren Sprock.

The Rifles included Madison Gulish, Mary Kime, Paige King, and Isabella Stroschio.

The Royalty included Jamie Waters as Queen Victoria, Robert Romanow as the Tsar of Russia, Haley Curry as the Queen of Italy, and Audrey Hoffman as the President of France.

The Chorus included Hannah Brehm, Haley Curry, Thea Eppley, Audrey Hoffman, Lacie Kamler, Hannah Lamkin, Emily Levadnuk, Hayden Lingenfelter, Casadie Miller, Jordan Miller, Taylor Miller, Robert Romanow, Victoria Slagle, Molly Stultz, Taya Thomas, Jamie Waters, Elizabeth Yocum, and Ava Zimmerman.

EDITOR-IN-CHIEF

Students Staying Motivated

As the fourth nine weeks is upon us, students may become masked by a veil of discouragement toward their studies, perhaps due to a longing for the relaxation of summer, the weariness of consistent stress, or a sense of tiredness toward the school routine. Despite the overwhelming urge to simply surrender to this lack of enthusiasm, we must remember to remain vigilant toward our studies by completing all necessary tasks and properly preparing for exams. Perseverance is a key component in achieving one's future goals and creating a sense of self-fulfillment.

A direct by product of this lack of motivation among students is negligence towards grade maintenance. This is truly senseless, as students have already endured three-quarters of the school year. If you have labored assiduously for such a length of time, why not continue to be productive? Why ruin all of your hard work now? Additionally, academics are extremely important, as teachers have impressed upon their pupils on numerous accounts throughout the years. In fact, attaining your dream career or individual success may be dependent on your work ethic and grades; thus, it is extremely important to always strive to do your best. Only you are providing any limitations to yourself. By prospering, you will acquire a sense of self-achievement that goes unrivaled.

By remaining dedicated to their education, students furthermore reduce the stress of future situations and develop excellent character skills. By retaining a higher average grade in a particularly challenging class, students can relax around finals, knowing their passing is not dependent on receiving a certain score. Students may also become more prone to procrastination, a fault for which nearly everyone is guilty of at least once in their lifetime. Avoiding this will also reduce stress and diminish their enthusiasm deficit.

Remember - summer is just around the corner. Use this knowledge to serve as motivation for less enticing endeavors. Do not destroy your previous efforts by simply becoming languid. Use this time to enjoy your high school experience. Despite this, everyone must also find a healthy balance of pleasure and school work. If you have yet to obtain a desirable grade, view this marking period as your last chance to achieve your goals. Use this time to enjoy your high school experience. Do not fall victim to "senioritis!" In the future, you will surely be filled with pride for how you persevered.

The True Definition of Success

Everyone defines a successful life in his own way. Some think money and material items define a successful life; however, the true meaning of a successful life is happiness.

An example of one of the most successful lives, in my opinion, is that of Morrie Schwartz from Tuesdays With Morrie. He seems to have such a good grasp on the meaning of life and the world around him. I would definitely recommend reading this book.

A successful life should be defined by the people who one loves and is loved by. If one has people in his life to care for him, he will be filled with happiness. In order to be happy, one needs others in his life to support him. No one can get through life alone.

The richest people in the world often tend to be the unhappiest. They spend all their lives worrying about how to make money and be ahead of the game, often do not find true love, sometimes do not have close friends, and more often than not cut off from their family. Often, the poorest people in the world tend to be the happiest. They understand the simple things in life - the things that actually matter. Relationships and experiences always trump materialistic things when it comes to their happiness. They feel there is no need to feel obligated to leave a legacy behind.

Additionally, success should also be determined by the amount of happiness an individual experiences throughout his life. Everyone should fill his life with activities he enjoys. Anything appearing harmful towards a person, whether it is a poor relationship or situation, should be eliminated. This is not to say during life we will not experience hardships, but we should try to surround ourselves with as much happiness as possible. Those damaging to our health or well-being should be removed. Furthermore, we must remember to focus on the positive aspects in life, not allowing our mistakes or troubles to define us. This will allow us to also feel successful.

Life is precious and cannot be taken for granted. People must live every day as if it is their last. No one would honestly say he would rather spend his last day here on this planet working all night and day to get the most money out of his day. Most usually picture their last day either spending time with someone or experiencing something incredible. Either way, a successful life is defined as the amount of love and happiness one has in his life. Money cannot buy happiness.

HIGH SCHOOL

March Memories



Sarah Alesantrino pulls up for the shot at the Hoops for Heart tournament.



Maggie Zambanini sings a solo for the musical, "Annie Get Your Gun."



Caleb Maurer focuses on his shot.



"The Cowboys" perform on stage for the musical.



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HIGH SCHOOL

St. Patrick's Day Traditions

Saint Patrick's Day is a common cultural and religious celebration and feast day of the patron Saint Patrick of Ireland. It is celebrated on March 17, which is the date of Saint Patrick's death in 461 AD. Saint Patrick's day was a religious feast that started in the seventeenth century; today it is still celebrated globally and is a day of Irish culture appreciation with many festivals and parades taking place all around the world.

Commonly misunderstood, Saint Patrick was not actually Irish, as he was not actually born in Ireland. His parents were Roman citizens, and Saint Patrick was born in modern-day England. Saint Patrick actually made his first encounter with Ireland in a rough manor, as he was kidnapped by Irish raiders and sold as a slave to Ireland at the age of sixteen. Saint Patrick would spend the next six years in Ireland before escaping and finding his way back to the English monastery where he then spent twelve years becoming closer to God.

"I did not know most of these facts about St. Patrick's Day. It is really interesting there is so much involved with this holiday," explained Kaylee Davis.

Saint Patrick used the shamrock to explain the Holy Trinity. As he spent his time back in Ireland converting Pagans to Christianity, he used the shamrock to give a representation of how the Holy Trinity - the Father, the Son, and the Holy Spirit - could all be separate entities, yet one in the same. Contrary to popular belief, the shamrock is not the symbol of Ireland (the instrumental harp is).

Saint Patrick's Day in America holds a solid political stance for the Irish and has for quite some time. When the Irish originally poured into the United States, they were very discriminated against, as they came in large numbers and were seen as not loyal to the country. As a subsequent reaction, the Irish-Americans built a solid political party and fought for equality. They also succeeded in making Saint Patrick's Day a nationally celebrated holiday as it celebrated their culture, as well as their Catholic religion.

Saint Patrick's Day today is popularly known for being a drinking holiday, although when the holiday originated beer was outlawed in Ireland. Being seen as a strictly religious holiday, by law the bars and pubs were forced to close on Saint Patrick's Day, although in 1970, this law was overturned as Saint Patrick's Day was now seen as an international holiday and not just a religious one.

Saint Patrick's Day could have been named Saint Maewyn's Day, as Saint Patrick was not originally named Patrick. He was given the birth name of Maewyn Succat but changed his name to Patricius when he became a priest. Also, although you may see female leprechaun decorations on Saint Patrick's Day, according to Irish tales there never were any female leprechauns, only males. Finally, your chances of finding a four leaf clover are roughly 1 in 10,000.

Spring Fever

The first day of spring is on March 20. With spring sports starting up again and students getting anxious about the end of school, spring fever is a common diagnosis. The flowers are about to start blooming again, people can go outside, and the birds are chirping. The start of spring is always a very exciting time.

Spring fever is defined as a feeling of restlessness and excitement felt at the beginning of spring.

Cheyenne Weaver, a senior at Conemaugh Township Area Middle School/High School, already has spring fever. She exclaimed, "I cannot wait until the flowers bloom and the sun shines each day!"

With the start of spring comes the end of winter, so there will be no more winter blues. The sun comes out more, which allows people to be in a better mood. Vitamin D is a very important factor in making one's body feel more energized. Sunlight is the number one way to get Vitamin D into the body. Exposing the body to sunlight as much as possible clearly helps one's mood.

Sports also play a huge part with spring fever. Softball, baseball, and track make students feel anxious about getting outside.

The start of spring is a magical time, and getting excited about it is normal. Clearly, spring fever has broken out all over Conemaugh Township.



Alumni of the Month



Michael Cotchen receives the Advertisement Award from Dr. Bouma.

Michael Cotchen graduated from Conemaugh Township Area Middle School/High School in 1984. During his years attending Township, Michael was influenced by Dr. Tighe, the twelfth grade

English teacher at Conemaugh Township at the time.

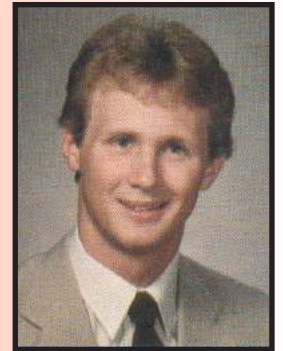
Mr. Cotchen said, "She (Dr. Tighe) taught us how to write effectively and efficiently."

Outside of class Michael said his fondest memories were Friday night football games.

Directly after finishing his high school education, Michael attended the University of Pittsburgh at Johnstown for two years majoring in business management. He then transferred to the University of Pittsburgh main campus to continue his major in business and minor in accounting.

After college graduation, Mr. Cotchen pursued a job in the business field, obtaining a seat as a state employee of Pennsylvania as an auditor.

He currently resides in Davidsville, Pennsylvania with his wife Barbra and their two children, Ryan and Benjamin.



Michael Cotchen

Speech Students Success National Competition

Declan Cullen is a junior at Conemaugh Township Area Middle School/High School. He lives in Davidsville, Pennsylvania with his parents, Kieran and Maxine Cullen. He has participated in speech team for three years.

This was his first year in the "Humorous Interpretive" Category. Before this year, Declan participated in "Prose," "Declaration," and "Duo Dramatic." This year he placed second at Districts and third at Regionals.

Declan stated, "I love the social interactions of speech team. I enjoy seeing my district friends from other schools in the holding rooms."

At the speech team competitions, the different teams from each school arrive and wait in the holding rooms. They then divide into their categories, Declan's being the "Humorous Interpretive" Category, and head to the competition rooms. They then get to present their pieces three times. Next, the judges from each round add up the place scores to figure out the overall places for each category. Finally, awards are distributed.

When asked how he feels about going to nationals, Cullen stated, "I'm really excited to go to Kentucky for nationals in May! I hope to

do well there."

Declan's future plan is to attend the Indiana University of Pennsylvania for either special education or therapy.

State Competition

Kylee Greig is a freshman at Conemaugh Township Area Middle School/High School. She is the daughter of Donald and Tammy Greig and lives with her father in Hollisopple.

Miss Greig participates in the "Persuasive" category for the speech team. Every speech she preforms has to be an original. Kylee placed second at the District competition and made it to States as a freshman.

"It is very nerve wracking at first. You are standing in front of a few people you do not know, and it feels as if everyone is staring at you and judging what you are wearing. Also, I am a freshman competing against people who have been participating in this same category for years" stated Greig.

Mrs. Forgas, speech team advisor, stated, "Kylee is unique and made it all the way to States as a freshman. It is rare for a freshman in her category to accomplish this."

Varsity Baseball

The Conemaugh Township Area Middle School/High School Varsity Baseball Team is returning eleven lettermen including seniors Cameron Banjak, Dylan Drenner, Jake Grosik, and Brandon Stahl; juniors Gage Lewis and Cody Platt; and sophomores Shaun Berzonski, Devin Foster, Bailey Kist, Ethan Leasure, and Jordan Poznanski.

“We are looking forward to a good, competitive season. We are all very competitive and hard working” said senior Cameron Banjak.

The Indians will start off their season on Saturday March 25 against the Shanksville Vikings.

This year, the team is being coached by Sam Zambanini.

Junior High Volleyball

The Conemaugh Township Area Middle School/High School Girls’ Junior High Volleyball Team started their season on March 16. The head coach is Candace Donaldson, former assistant coach of the Varsity Track Team and Varsity Volleyball Team.

Assistant coach Gearheart commented, “We have a lot of enthusiastic, hardworking girls on the team this year.”

The season was moved from the fall to the spring. Head Coach Candace Donaldson said this is because of other schools moving their season to the spring, and a spring season would result in better competition and more games.

“Don’t limit your challenges, challenge your limits,” Coach Donaldson’s responded to her thoughts about the season’s future.

The team has a fairly large roster this year with twenty-six girls.

The team’s seventh graders include Emily Baker, Hannah Davis, Elissa Gearhart, Sarah Hofecker, Lacie Kamler, Natalie Kimmel, Abby Kniss, Kaylee Kolonich, Maggie McCutcheon, Abby McGinnis, Casadie Miller, Leonela Nichols, Miranda Shaffer, Sydney Thomas, Kasandra Wiley, Delanie Wingard, and Ava Zimmerman.

The team’s eighth grade players include Hannah Hartnett, Maciah Holsopple, Kadiya Lingenfelter, Anya Schlabach, Madison Showalter, and Morgan Showalter.

HIGH SCHOOL

Athletes...

Regan Grove is the daughter of Rachel and Mark Grove of Jerome.

Regan has been a member of the Conemaugh Township Area Middle School/High School Varsity Cheerleading squad for one year. She has participated in cheerleading for eight years. Regan has lettered each year and participated in competitive cheerleading. Regan also lettered in Track and Field.



Regan Grove

Academically, Regan has been involved in the NHS organization for three years and on the Honor Roll for five years. Regan also belonged to the Spanish Club and SADD organization for one year.

Regan’s future plan is to attend the Indiana University of Pennsylvania and major in nursing. She also wants to become a member of the Army’s ROTC Nurse Corps.

“We have very strong leadership skills from our eighth graders,” commented Coach Donaldson.

This is Coach Donaldson’s fourth year coaching the junior high volleyball team. The girls’ next game will be March 28 at North Star. The Lady Indians current record is 1 win and 2 losses.

Junior High Track

This year the Conemaugh Township Area Middle School/High School has created a Junior High Track Team for grades 7 and 8. This program was created to help develop the younger athletes who want to participate in track in their later years of high school.

This program allows young athletes to experience events they would like to participate in their varsity track years and they can work on their form for those events, as well. Mrs. Wilson is really excited for this programs as she can gauge how well the track team is going to be in the coming years. Also, it gives her some relief knowing she has so many students still wanting to be a part of this sport.

Track Coach Mrs. Wilson stated, “It relieves some serious weight off of my chest for the next couple of years seeing the amount of students who really want to be

SPORTS

a part of our track program. It honestly makes me so happy knowing this.”

Freshman and Track Athlete Ethan Williams said, “I really wish they would have started this program a couple of years ago so I could have participated in it, but it’s nice to see they are giving the younger kids a chance to practice and understand the events that interest them.”

This program also gives these young athletes a chance to work with the strength and conditioning coach, Joe Shetler. He provides insight and helps the students to become stronger and faster to perform better in the events they will eventually compete in.

Joe Shetler said, “It is great seeing how motivated these young students are in the Weight Room and in their athletic lives. They are putting in tremendous amounts of work, and most of them are seeing serious results. I hope all of these children continue their work after track season and to see them in the Weight Room.”

Varsity Track

The Conemaugh Township Area Middle School/High School Varsity Track season has started. There are 40 girls and 36 boys on the team this year.

A scrimmage meet will be held on March 22 at Conemaugh Township.

The first track meet this year is scheduled for March 29 at Conemaugh Township.

Junior Kody Brotz said, “The team is looking quite solid this year. I expect a pretty decent season from our team and coaches.”

The team is working hard to be competitive with all of the other schools in the area and to hopefully make it to Districts and States later in the season.

Junior John Hostetler said, “I am hoping to make Districts in both the Javelin and Pole Vaulting categories. With all of the hard work I’m putting in this season, I think I will be able to make it and hopefully go even farther.”

The coaches for the team this year are Melissa Wilson, Tom Hiravi, Tracy Durica, and Dave Liska.

March 2017

...of the Month

Nathan Formica is the son of Christopher and Theresa Formica of Davidsville.

Nathan excels athletically. He has participated in track and field for three years at Conemaugh Township Area Middle School/High School.

Academically, Nathan has also been on the Honor Roll for three consecutive years.

Nathan likes to spend his spare time playing video games or listening to and playing music.

Nathan plans on continuing his post-education after graduating from high school. He would like to attend either Slippery Rock or Indiana University of Pennsylvania.



Nathan Formica

Varsity Softball

The Conemaugh Township Area Middle School/High School Varsity Softball Team has high hopes for a great season.

Senior Kara Wozniak commented, “This year I feel our team will be much more focused and focussed than last year. I think we have a lot of potential to go very far.”

The senior softball members this year are Cassey Stevens, Morgan Thomas, Cheyanne Weaver, and Kara Wozniak. The only junior member of the team is Haley Curry. The sophomore members of the team include Josie Blank, Mattie Chapman, Katie College, Amy Daugherty, Carlie Dillion, Abby Hoffman, Emily Hoffman, Taya Kimmel, Paige Krassnoski, Ryanna McCann, and Mackenzie Persio. The freshmen players are Kylee Greig, Brianna Kinsey, Hailey Papcunik, Juliann Patrick, and Hannah Persio.

The girls had a scrimmage scheduled for March 13, but it was canceled due to poor weather.

Their next scrimmage is scheduled for Tuesday March 21.

The team is coached by Jason Hazlett.

One Last Look...

Mini-THON Aids Local Hospital

Conemaugh Township Area Middle School/High School took part in a Mini-THON held that took place at Conemaugh Valley High School. This Mini-THON was twelve hours long from 7:00 PM on March 24 to 7:00 AM on March 25.

The money raised was contributed to the Four Diamonds Fund. The Four Diamonds Fund provides a comprehensive support system for children who are being treated for cancer at Penn State Children's Hospital in Hershey, PA.

Some strategies students used to stay awake throughout the night included keeping moving, stretching often, staying excited, and participating in planned activities. They also kept remembering why they were dancing.

Each participant involved raised at least \$50.00 as part of the requirements. To sponsor a participant for this event, it was encouraged a patron donate at least \$10.00.



Connumach Yearbook Orders Instructions Mailed

Yearbook order post cards were mailed to all MIDDLE SCHOOL, GRADES 6 through 8, and HIGH SCHOOL, GRADES 9 through 12, students' homes in February. MIDDLE SCHOOL STUDENTS, GRADES 6 through 8 - may TEXT HJ19683 to 70934 to receive your school's Direct Link to Buy a Yearbook. Your SCHOOL CODE is 19683. HIGH SCHOOL STUDENTS, GRADES 9 through 12 - may TEXT HJ13159 to 70934 to receive your school's Direct Link to Buy a Yearbook. Your SCHOOL CODE is 13159. BOTH MIDDLE and HIGH SCHOOL STUDENTS may also purchase a yearbook through yearbookordercenter.com with your school code. If you did not receive a yearbook order card or have any questions you may contact the Publications Office at 479-4014. However, you will receive a more rapid reply by addressing any questions to the Herff-Jones Yearbook Ordering Department at 1-(866)-287-3096. No money will be accepted at the school. This is the only chance you will receive to order a yearbook.

Connumach Yearbook Ads and Patrons Now on Sale

Yearbook senior ads, business ads, and patron orders are now available. Forms will be sent to all senior students' homes and are also available from all Journalism I and II students or by contacting the Publications Office at 479-4014. The Deadline for submitting ad and patron forms is May 15. No extensions will be possible.

Telephone Numbers

Administrative Office

Superintendent.....Thomas Kakabar.....479-7575
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 Food Service Director....Adam Thomas.....479-2328
 Director of Curriculum....Stacy Dabbs.....479-7575

Junior/Senior High School 7-12

Principal.....James Foster.....479-4014
 Guidance Counselors..... Kelly Birkhimer and Kara Borsa.....479-7886
 School Nurse.....Cassey DeBiase.....479-2324
 Athletic Director.....Jarod Feathers.....479-4014

School Calendar

The following dates are subject to change

March 29.....Report Cards Issued
 April 8.....ACT Test Date
 April 14-17.....Easter Vacation - No School
 April 17.....School Board Meeting - 7:00PM
 April 26.....Administrative Professionals' Day