

The Contownian

News Magazine

Conemaugh Township Area Middle School / High School January 2017 Volume 79 Number 5

Township Alumnus Named Assistant Principal/Athletic Director

Jarod Feathers is the new Assistant Principal at Conemaugh Township Area Middle School/High School.

Mr. Feathers graduated from Conemaugh Township Area High School. He then attended the California University of Pennsylvania to receive his undergraduate degree in Elementary Education.

Before becoming the assistant principal, Mr. Feathers worked at Conemaugh Township Elementary School as a fifth grade teacher. He then decided he would like to become the assistant principal because he wanted to give back to the school. He wants everyone to enjoy Township as much as he did when he was in school here.

Mr. Feathers stated, "Everyone works together to make CT the best school possible. It is a T.E.A.M., 'Together Everyone Achieves More,' effort."

He considers his greatest strength in the workplace to be the relationship he has with both the students and the teachers.

Jarod currently lives in Davidsville, Pennsylvania with his wife, Jackie, and two daughters, Jayla and Jacey.



Mr. Jarod Feathers

Speech Team Kicks Off Season

The Conemaugh Township Area Middle School/High School's Speech Team is an organization in which students compete in competitions around the state. Members of the Speech Team compete in different categories such as "Extemporaneous," "Commentary," "Informative," and many others.



A few members of the Speech Team pose before heading out to their meet.

This year's Speech Team is returning six experienced members including Madison Gulish, Mason Gulish, Paige King, Hope Safko, Melissa Sleasman, and Nicholas Zakucia. The team recently competed in the December meet, where Jacquelyn Honkus, a new member, placed first and Nicholas Zakucia placed third.

The team's next meet is January 20 at Blacklick Valley Junior/Senior High School.

Veteran member Nicholas Zakucia stated, "It has been a great year so far. A lot of team members have been placing in their categories and we are looking forward to Nationals.

Mrs. Jennifer Swiokla and Mrs. Jodi Forgas, teachers at Conemaugh Township, are the advisors of the Speech Team.

EDITOR-IN-CHIEF

Disconnect to Connect

Put down the phone and strike up a conversation. Today's society seems to be driven wholly by social media networking. While this form of connection effectively unifies the entire world on a single platform, thereby aiding to diminish cultural barriers, we have begun to neglect the sense of camaraderie that arises from the regularity of standard, human interaction. This can be damaging to not only the mental health of individuals, but also to the delicate balance of society's dependence. Clearly, such effects may only be remedied by daily doses of regular conversations.

Social media sites have induced a form of global addiction. People, specifically teens, are drawn to such networks for their false advertisements of connection and acceptance, both of which we internally crave now more than ever as we continue to distance ourselves from actual social interaction. Most begin the day by immediately updating their social media profiles. Researchers have even formulated the Berge Facebook Addiction Scale in an attempt to gauge the world's obsession. Two-thirds of people surveyed reported feeling anxious if prevented from checking their accounts. However, this sacrifice of in-person interactions has caused us to turn to these sites for this sense of connection thereby fueling our addiction. Yet, in actuality, by increasing our use of social media we further distance ourselves from the connections we desire.

Additionally, we must question the authenticity of relationships contrived through social media. You may have 3,000 friends, but how many of these have you actually held a real-life conversation with or even met in person? How many of these can you actually call your friends? We must further recognize the dangers posed by being in close communication with individuals you have never met in person.

Frequently, individuals post and comment explicitly with the intent of expressing the depths of their connections with online individuals. Yet, if you have to post of your love, devotion, or similar feelings, rather than actually interacting with an individual, this undermines your message. If we lack the ability to speak to individuals, instead posting information for the world to see, how pure are our feelings? Are these messages true or simply a veil of false "happiness" we feel compelled to uphold in the eyes of our "friends" from whom we draw

comparisons.

The issue is not social media. These networks effectively connect us on a global scale. Our current condition is a direct product of addiction. When will we realize we cannot garner the greatest skills of interaction and the gift of companionship through virtual communication, but rather by speaking to one another, thereby forging deep-rooted relationships?

The Necessity of Cell Phones

Technology has impacted human lives drastically in some good and bad ways. With each passing day, new inventions are being created that aid and simplify life. Cell phones are one of these inventions. There are certainly many benefits for having a cell phone, but there are also negatives. They clearly have a very strong impact on people today.

With modern life, cell phones are a necessity. Not only are you kept in close contact with your family, they are also a source of entertainment. However, when cell phones are given to children, problems can occur. Children tend to spend too much time on their phones. They have become too reliant on their cell phones and do not know how to properly function without them. On average a person with a phone checks it over 150 times a day. This is most likely higher in children with phones because of texting. Many teens have no feeling to put their phone away and converse with their families in person.

However, phones are also very useful to the children of today's society because they can serve as wonderful tools, even in emergency situations. Help is only a few clicks away with a cell phone. Parents can always know where their children are and if anything is currently wrong with them. They allow for close communication between parent and child to ensure safety.

Cell phones assuredly have become a major tool today. A cell phone is a very useful thing when used properly. Children should be encouraged to have a cell phone; however, too much reliance on one for a child can become very harmful. Young people can become too dependent on them and not properly function without them. Perhaps by setting time limits on their use, children would understand that they are for limited use and not dependency. This is a decision that needs to be made by the parents of children who use cell phones.

PHOTO JOURNALISM

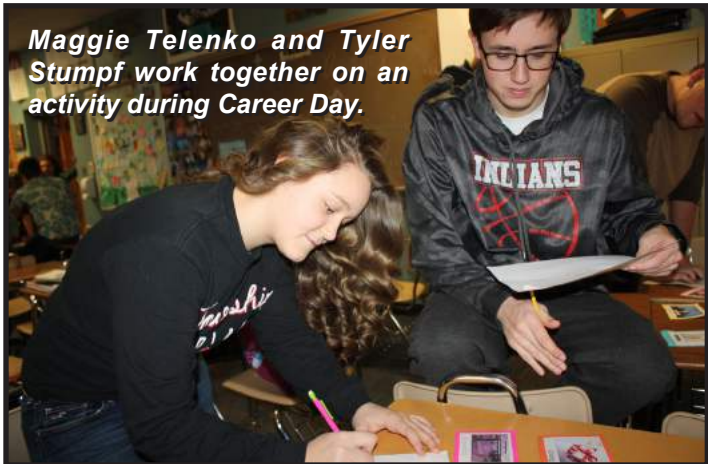
HIGH SCHOOL

Joyous January

Ryan Cotchen dribbles by a Windber defender.



Nathaniel Thomas fights hard for a win against North Star.



Maggie Telenko and Tyler Stumpf work together on an activity during Career Day.



Chloe Shaulis looks to pass at the Shanksville game.



Mr. Feathers works in his office as the new vice principal.

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The Contownian does not necessarily reflect the views, opinions, and policies of the Conemaugh Township Area Middle School/High School and its administration.

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HIGH SCHOOL

Keeping Resolutions

It is that time of year again - time to make your New Year's resolution. This year will it be to go to the gym more often, give up candy, go for a run in the morning, or even walk your dog more? Whatever it is, maybe it will become a habit and become a part of your daily lifestyle.

A New Year's resolution is when a person resolves to change an undesired trait or behavior. New Year's resolutions are the perfect opportunity for all those who have failed to start making the changes they said they would make next week, next month, or perhaps when at winter start.

It is hard to keep yourself on track with your New Year's resolutions, so here are some tips to keep you going. First, you have to make it a concrete image in your mind. Make it part of your daily life, almost like drinking coffee every morning or taking a shower. Second, you have to put something of value on the line. Say, if you do not stick to your resolution for a day, then you do not get to watch your favorite television show that night or go to your favorite fast food restaurant. Third, you have to bundle all of your temptations. If you like to read or if you have a night full of studying, but you have to go to the gym, take your book or your study materials and read while you are on the treadmill or the exercise bike.

In many cases, New Year's resolutions are unsuccessful. However, the good news is if you do not succeed, there is always another "fresh start" coming on the calendar to try it again next year.

Driving During the Holidays

Drunk driving has always been a very serious issue. Every day in America, twenty-eight people die as a result of drunk driving. This number only rises when the holidays come around.

During Christmas and New Year's, two to three times more people die in alcohol-related crashes compared to a regular day. The next holiday coming up related to a lot of drunk driving would be St. Patrick's Day. This holiday alone is the worst holiday for drunk driving. Two out of five of all deaths in crashes between 2006 and 2010 involved a drunk driver during the St. Patrick's Day holiday.

If on the roads, stay safe and watch out for drunk drivers. Make sure to drive responsibly.

Many people take the pledge to not drink and drive. It helps keep the roads safer and results in less accidents.

Alexandra Lonas, a senior from Conemaugh Township, promised, "I will not drink and drive because I refuse to put myself or anyone else in danger."

Drunk Driving is like any other crime of disobeying the law. When reaction times are slower due to alcohol, this can result in not hitting the brakes fast enough and ultimately risking a life. Your life is not worth it; do not drink and drive!

Winter Reading

Winter is a great time to catch up on reading. It is a warm way to pass the time and escape the bitter cold reality you are currently living in.

When reading during a cold spell, it may help to escape with a book about summer fun. This will increase your anticipation about the months ahead when you will not be trapped in your house getting cabin fever and seasonal depression. However, it could have the opposite effect, so read about the summer during the winter months in moderation.

It is also fun to read about winter situations and imagine being in them, rather than your current situation.

Reading during the winter time is always a great escape. It is strongly encouraged for everyone.

Barnsandnoble.com has the latest books for all of your winter reading needs.



Students Dress for a Cause

During the Christmas holiday season, some of the girls participated in "Dressember." Dressember is when Township's girls wear dresses for ten days in December to raise money for Mom's House, which provides safe, secure, and totally free childcare to low-income single parents wishing to continue their education.

"This is just the second year Conemaugh Township has participated in Dressember. I hope we continue to do it," said junior participant Maggie Telenko.

Seven of the students who participated in Dressember raised a total of \$450.00. It was presented to Mom's House before Christmas Break. Many others also donated financially to show their support.

"It was not always easy to pick out a dress to wear every day, but I am happy I raised the money. The money all went to a really great cause!" exclaimed senior participant Jamie Waters.

Candy Grams

The Conemaugh Township Area Middle School/ High School Senior High Student Council sold candy grams to be purchased by teachers and students to be delivered to their friends.

Each candy gram was sold for one dollar. The money made was contributed to the Senior High Student Council Activities Fund to pay for things such as Homecoming and the Powder Puff football game.

Miss Edsall, Senior High Student Council Advisor, stated, "Candy Grams were something students loved buying for one another when I was in school. As a teacher, it was nice to see my students buying them for one another and getting excited when they received one. This year was a slow start, as it was something new to the students, but we hope to have a better sale of Candy Grams in the future!"

The Candy Grams sale will be held again next year.

Alumni of the Month

Stacia Engler, formerly known as Stacia Haines, is a graduate of the Conemaugh Township Area Middle School/High School "Class of 1989." After graduating from Township, Stacia continued her promising basketball career at Juniata College while also earning a Bachelor's Degree in Elementary Education. After earning her Master's Degree in Special Education at the Indiana University of Pennsylvania, she spent the next seven years teaching Special Education at Virginia Beach.

Stacia married an Army Judge Advocate General attorney, Gregg Engler, and has since lived in various areas of America over the past fifteen years. During these moves, Stacia continued to teach at elementary schools in various states including Virginia, North Carolina, Pennsylvania, and Colorado.

Stacia's husband, Gregg, is currently an Army Colonel and the Staff Judge Advocate at Fort Carson, located in Colorado Springs, Colorado, where the Engler family currently reside.



Stacia Engler

After teaching Special Education in Colorado Springs for a brief amount of time, and having almost twenty years of teaching under her belt, Stacia decided to shift her career. She is currently enjoying her position in retail sales at the famous Broadmoor Resort in Colorado Springs. According to Stacia, Gregg and she are already planning a move to their next duty station for next summer in Carlisle, Pennsylvania at the Army War College. Even through all the years of moving from city to city, and state to state, Stacia has loved every second of being an Army wife.

"Army life has certainly been an adventure for me!" she exclaimed.

When asked who her favorite teachers from high school were, Stacia said there were so many favorites she could not pick just one, but they would have to include Mr. Andolina, Mr. Cable, Mr. Debiase, and Miss Pepoy.

"These Township teachers were always supportive of my athletics and made my high school classes entertaining and interesting!"



Stacia Engler with her husband, Gregg, and family.

HIGH SCHOOL

Varsity Boys' Basketball



Trent Troxell dribbles down court at the Blacklick Valley game followed closely by Devin Foster.

The Conemaugh Township Area Middle School/High School Varsity Boys' Basketball Team played a home game against Windber on January 9. Windber took an 11-4 lead out of the tip.

The second quarter was a little different, though. Led by Ryan Cotchen, the Tribe came back to take a 21-17 lead.

In the third quarter, the Indians played a strong team defense and kept the lead heading into the fourth quarter. The score was then 37-36.

Despite strong play on the boards from Tyler Curry in the fourth quarter, Windber made a run and took the win with a final score of 59-45.

On January 11 the Tribe next hosted the Blue Jays of Conemaugh Valley. The Blue Jays jumped out to an early 15-6 lead in the first quarter.

The Indians then had a strong effort on the boards in the second quarter. Despite their effort, though, Conemaugh Valley pulled ahead raising the score to 33-14.

Out of the half, the Tribe had a strong showing from Jake Grosik but still continued to fall behind. Conemaugh Valley went on to take the score to 48-21.

The Indians finally went on a run in the fourth quarter, but it was too little too late. The final score was 56-43 in favor of Conemaugh Valley.

Varsity Girls' Basketball

The Conemaugh Township Area Middle School/High School Varsity Girls' Basketball Team participated in the Richland Holiday Tournament on December 27 and 28.

The first game resulted in a bitter loss to Richland with a score of 34-40.

The second game, however, ended in a victory against Conemaugh Valley. The final score was Conemaugh Township 52, Conemaugh Valley 40.

The girl's first game of the New Year played on January 2 against Central Cambria resulted in a hard loss. The score was Central Cambria 73 to Conemaugh Township's 40.

The girls then traveled to Salisbury on January 4. Their journey was well worth it with a 63-12 victory over the Elks.

"I am very proud of how we are working together as a team this season. Everyone has significantly contributed in the weightroom and on the practice court. We are playing well as we enter the post-season. Coach Pioli and Coach Byer have done a great job preparing all of the teams members to play successfully. I really believe we have a great shot at making it into the playoffs," stated Sarah Alesantrino.

Athletes...

Emily Waterhouse is the daughter of Jenny and Jesse Waterhouse of Hollsopple.

Emily is athletically involved at Conemaugh Township Area Middle School/High School. Emily is a Cheerleader for her senior year. She has also lettered in soccer and wrestling as a statistics.

Academically, Emily is a member of the Girls' Club. She is also the president of the Township Buddies Club. Emily is also on the Honor Roll.



Emily Waterhouse

In her spare time, Emily loves to spend time with her little sister and grandmother. She also loves to shop.

Emily future plan is to attend the Indiana University of Pennsylvania where she hopes to major in Business.

SPORTS

Rifle

The Conemaugh Township Area Middle School/High School Varsity Rifle Team beat the Salisbury Elks by a score of 1400 to 1044 on December 16.

On December 21 the Indians then took on and defeated Turkeyfoot. The final score was 1403 to 1067.

The Tribe faced off next against Northern Cambria on January 5. The Indians beat the Colts by a score of 1394 to 1176.

"As a whole, the team is shooting very well this season and has potential to break the school record that we set earlier this season of 1403. We're excited for the back half of the season to start, and remain undefeated," stated junior Annie Tomb.

The top five shooters were Kaitlyn Garrety who shot a score of 282, Olivia Marisa who hit 282, Seth Strayer who achieved a 281, Annie Tomb who scored a 276, and Lauren Sprock who shot a 273.

Senior Seth Strayer said, "I was happy with how my team shot. It was a little hard shooting as this range is very narrow, but we all pulled together and shot well to defeat Northern Cambria."

...of the Month

Brandon Stahl is the son of Ben and Jennifer Stahl.

Brandon excels in sports at Conemaugh Township Area Middle School/High School. He participates in baseball, football, and wrestling. His favorite sport is wrestling. It has taught him he has to work hard for what he wants.

Brandon has participated in wrestling since he was a child. He has lettered four years in this sport. He has received Somerset County "Honorable Mention" in both his freshman and sophomore years. He was also named a Somerset County All Star. This year his goal is to have a chance to wrestle in the state tournament.

Academically, Brandon is a member of the Ski Club.

After high school, Brandon plans to enlist in the United States Navy so he may help to protect his country.



Brandon Stahl

Varsity Wrestling



Nathaniel Thomas faces off against his Berlin opponent.

The Conemaugh Township Area Middle School/High School Varsity Boys' Wrestling Team took on Berlin on December 13. Township lost in a close battle by a final score of 33-36.

"Our team has wrestled really well, and individually we are really good. We just don't have enough people on the team to be competitive at team meets," stated junior wrestler, Gage Lewis.

The Tribe next participated in the Sheetz Tournament where its players competed individually on December 16 and 17. All the boys fought hard in this tournament, but only Brandon Stahl was able to place in eighth place at this major tournament.

The team then traveled to Hyndman on December 20. In a disappointing match against the Hornets, the Indians lost 25-51.

Next, the Indians took on the North Star Cougars at home on January 5. The match was disappointing for the team, as it lost 9-72.

Due to bad weather conditions on January 10, the match against the Portage Mustangs was cancelled.

"Our season was filled with more adversity, overcoming many injuries and the loss of much needed contestants, than any other season. As in previous years, we have a small team, and as a result are unable to secure wins at our meets. Although victory has not been tasted, individually we've excelled beyond our highest expectations," stated Nathaniel Thomas.

A Special Thank You

January is School Board Appreciation Month. In this light, we would like to recognize the Conemaugh Township Area School District Board of Directors for everything they do: Mr. Gregory M. Christofes, Dr. Rocco M. Mantini, Mrs. Susan Saylor-Stahl, Mr. Earl E. Sleek, II, Mrs. Lori R. Sotosky, Mr. David S. Strayer, Mrs. Michelle G. Stumpf, Mr. Alan W. Tresnick, and Mrs. Christine R. Troxell.

Connumach Yearbook Order Forms to be Mailed

Yearbook order forms will be mailed to all students' homes the beginning of February. Senior High and Middle School yearbooks may be ordered by visiting [Herff Jones yearbookordercenter.com](http://HerffJonesYearbookOrderCenter.com) or by calling 1-866-287-3096. Yearbooks may only be purchased in this manner. NO MONEY WILL BE ACCEPTED AT THE SCHOOL. Yearbook questions may be addressed to the Publications Office at 479-4014 or Herff-Jones Yearbook Ordering Department at 1-866-287-3096.

Telephone Numbers

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Superintendent.....Thomas Kakabar.....479-7575
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Food Service Director....Adam Thomas.....479-2328
Director of Curriculum....Stacy Dabbs.....479-4014

Middle School/High School 6-12

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

School Calendar

The following dates are subject to change

February 11.....ACT Test Date
February 13.....School Board Meeting - 7:00PM

One Last Look...

District Chorus Held

District chorus was held on January 11-13 at Bedford Area High School.


The participants from Conemaugh Township Area Middle School/High School included seniors Alexis Buncich-Soprano 2, Maggie Zambanini-Alto 2, and Wyatt Yocum-Tenor 1; juniors Mary Kime-Alto 1 and Brandon Gindlesperger-Bass1; and sophomores Jake Petree-Tenor 1, Kieran Cullen-Tenor 1, and Dalton Meyers-Bass 1.


The pieces performed were the "Bells of Rhymney," "Domine Fil Unigenite," "Wana Baraka," "Boogie Woogie Bugle Boy," "Bright Morning Stars," "Song of Exaltation," "Daniel, Daniel Servant of the Lord," "Ka Waiata Ki a Maria," and "Ecce Quomodo Moritur Justus."

"Our students have been working hard for months on their music, and I'm anxious to see who will advance to Regionals," stated Mrs. Lingenfelter, Conemaugh Township's chorus director.

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