VIKING VOYAGER

October 2016









Student of the Month

September Students of the Month

Cheyenne Sacolic, the daughter of Donna Ball and Walter Sacolic, is involved in choir, drama, marching band, volleyball, SADD, Remembering Adam, and Aevidum. Her proudest achievements are babysitting and marital arts. While at school, she enjoys getting to see the other students and teachers. Her future goals are to go into the medical field to work in the trauma unit.

Paige Holland, the daughter of Heather Cooney and Scott Holland, is involved in SADD. Her proudest achievement is placing 3rd with her Patriot's Pen entry last year. She enjoys seeing her friends and learning new stuff. Her future plans are to graduate.

October Students of the Month

Ellie Leyo, the daughter of Cindy and Chaz Leyo, is involved in softball, cheerleading, band, choir, SADD, Pledge Together, FCA, Varsity Club, Tri-M, NHS, Take Pride in America, Aevidum, Student Council, and yearbook. Her proudest achievements are getting Progressland Altoona Mirror, ICC and District 6 all-star 1st team, and All-State all—star 2nd team her junior year. She most enjoys seeing her friends and furthering herself for college. Her future goals are to play softball for a college choice and get a degree in engineering.

Taylor Duclo, the daughter of Faithann and Scott Duclo, is involved in softball. Her proudest achievement is being Student of the Month. She enjoys pretty much everything about school. Her future goals are to go to college and become a graphic designer.

Special points of interest:

- September Students of the Month
- October Students of the Month
- Make up Tips
- Caretaker Duties
- · Hiking Benefits
- Archery Tips

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Travel To Disney



By: Kara Mooney

Traveling with family is the best thing to do. You make lasting memories, go on fun adventures, and take time out of your busy life. A great place for both you and your family to go to is somewhere both kids and adults can enjoy. But a place that would keep both adults and children happy would have to be filled with wonder.

A place that is full of excitement, magic, and wonder is Disney World in Orlando, Florida. People have been

taking their families there for over 40 years. Most people enjoy Disney World all year long, but the best time to go is during the winter months.

This theme park has extraordinary rides and story book themes for many travelers to see. Disney World would make any child or adult jump for excitement. Some even say it makes the adult become a child again.

Disney World is a great place to visit during the winter months, to get away from the cold snowy PA weather and see the beautiful Christmas decorations Disney World has to offer.

During the winter months, Disney World decorates for the Holidays and offers plenty of things to do for the whole family. Magic Kingdom, a theme park at Disney World, has a tree lighting ceremony where many people gather to watch. They also celebrate a Mickey's Very Merry Christmas Party where all kids are welcome. Epcot, another theme park at Disney World, offers a variety of things to do like a Candlelight Processional, World Showcase storytellers, and *Joyful*, A Gospel Celebration of the Season. In Hollywood Studios guests can meet Santa, Goofy Santa, and eat at Minnie's Holiday Dine.

Disney World is a great place for the entire family! Make a trip during the winter months and see the beautiful decorations and visit the fun-filled family events the park has to offer!



Adventures For You!

By: Candice Diehl and Brittany Keith

Adventures and making memories are two ideal things in a person's life that come with many benefits. Taking adventures makes life more exciting, eventful, and memorable, but adventures also benefit the mind and body. For example, going on a hike is an inexpensive and easy way to stay in shape while being able to experience what sights the world around you has to offer. Of course, it is not required in your life, but this article will give you places to visit and examples of how a hiking adventure is something that can be beneficial in life but also fun. Remember, you only live once! So get out and go for a hike!

Are you the type of person that says, "Hey! I want to be adventurous and make memories," but you do not know how to start or even places that you could go? Well, here's a list of perfect, beautiful, natural destinations to experience adventures that are close to home!

- ♦ Bilger's Rocks
- **♦ Thousand Steps**
- ♦ Kinzua Bridge

These are just a few places that you could visit and have make precious memories with loved ones.

Bilger's Rocks, located in Curwensville, PA, is a beautiful natural destination filled with rocks for climbing and hiking. This location is perfect for most ages and families.

Thousand Steps, located in Mapleton, PA, is a perfect place to get exercise with the reward of a beautiful view at the top offering interesting picture oppertunities.

Kinzua Bridge, located in Mt. Jewett, PA, was once a railroad trestle that spanned across the Kinzua River until it collapsed in 2003. This is, yet, another area with a gorgeous sight to see what the world around you has to offer.

Going on adventures such as hiking can leave one with many memories and health benefits. Hiking can help improve balance, strengthen the core, build bone density, boost mood and energy, lower the risk of heart disease, help control weight, and provide a better sleep quality. So, not only are you experiencing the nice views and fresh air while making memories, but you are also benefiting yourself by improving your health!



(Above) Some of the rocks that can easily be climbed upon and hiked up at Bilger's Rock.

(Below) The view on the hike up Thousand Steps.





The Kinzua Bridge, built in 1882, is shown below with beautiful fall trees surrounding it.

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Surviving High School

By: Keneisha Gustafson

In high school you can tell the 7th graders easily from the seniors. It is nothing to be ashamed of though, it has happened to all of us. You can tell who the 7th graders are because they seem to always be running the hallways with all of their books, instead of stopping at their lockers. They are on both sides of the hallways going in both directions and not forming lines, let alone walking on the right side of the hallway.

But there are a few tips and tricks to surviving high school for new junior high school students to fit into the high school routine.

- 1. **DO NOT RUN:** There is enough time between bells to get where you need to be—4 minutes to be exact!
- 2. Get help: This applies to anyone who is struggling in a class, not just junior high students. There are many opportunities after school with different teachers to help you with a variety of subjects. You can also ask your classmates in a study hall, just be sure to take advantage of the extra help! Plus, there is after school tutoring that meets every Tuesday and Thursday

in the high school library after school. (Do not worry if you do not have a ride home after tutoring, elementary bus passes are available.)

- Be prepared: Do not come in to the class and complain you did not have enough time to do your work, but then precede to say you were out with friends the night before.
- 4. **Do not stress:** Your high school years go by faster than they seem. Do not stress about what happened yesterday when it's a new day tomorrow!
- 5. Use the hallway like a road!: Always walk on the right hand side of the hallway and stairwell.



Even though making memories is great, you also have your grades to focus on throughout the school year!



Be studious and take the opportunities offered to you, as tip 2 suggests!

Twins Day? By: Maiya Shaffer

The Twins Day Festival is a festival held annually in the small town of Twinsburg, Ohio. According the Guinness Book of World Records, it is the largest gathering of multiples in the world. In 2015, the theme was "Twinfinity and Beyond!" which was inspired by the 2015 release of Star Wars: The

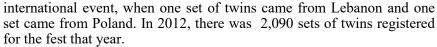
Force Awakens. All that attended were encouraged to wear

costumes based on the year's theme.

Twins Day started in 1976, when a small group of dedicated people planned an event for Twinsburg's participation in the Bicentennial Celebration. There were only 37 sets of twins present. In 1977, a small group was determined to have a second Twins Day Festival.

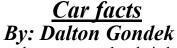


That year 35 vendors showed up, with 38 sets of twins and the annual festival was on its way to being the Twins Day Festival it is today. In 1979, Twins Day became



As of August 1, 2017, the Twins Day Festival will be celebrating its 42st annual festival. During the week long festival there are many ac-

like talent show, volleyball tivities planned races, and much more. There are even contests for twins to enter like most alike and most different. Twins go to the Twins Day festival because it is fun to be a twin, why not celebrate it? Not many people can say that they have somebody that looks just like them.



All cars are made differently than others even under their hood. If you find a used car for \$500 then its more than likely a rust bucket, or a poor quality car. If the car is not a good quality, do not get it, it will more than likely break down on you. If you are at a dealership and are unsure if the car is a quality vehicle, ask

them "show me the car facts?" If they can not present them, then they are not a well trusted dealership.

When you talk to the dealer or the person selling the car ask them questions about how many wrecks the car has been in and how many miles are on it. There are a ton of questions you could ask about the car before you buy it, but make sure your questions are good. So, when you go to buy a car you get all the details you can about it, or it could be a bad buy. Doing research on the internet finding tips and good questions will benefit your car shopping experience.

Now remember when you go to buy your next car ask them. "show me the car facts?"

Or just ask them the most concerned questions you have. Like how the car was treated by its last owner, how many

miles it has, or if it has an "R title" which means it has been previously wrecked, but was fixed.



Your Glendale Viking Football Updates!

By: Lauryn Clarkson









On the late rainy afternoon of September 30th before the Mt. Union football game, the football team was treated to a meal at Hoss's Steakhouse from the Quarterback Club. Even with full happy stomachs they faced a tough loss, final score being 38-6. Douglas Beeny left the game with a torn ACL and Colton Leyo with a concussion. The Vikings never gave up and finished the game strong right by the end zone in the final seconds. Their next game had them host their biggest rivals on the schedule at the Backyard Brawl against Mo-Valley, Friday, October 7th.

The Backyard Brawl may not have finished as the Vikings planned, it was a tough loss, but they fought a good fight. The score was 19-14 going into the 3rd quarter with the Vikings only down by 5. After the half the boys came out very fired up, but not enough to take the lead. The Mo-Valley Knights rallied up the score, and the Vikings didn't have enough time to catch up. The Mo-Valley Knights took the victory with finishing score of 43-14. Viking touchdowns were scored by Bradon Hughes and Jared Schultz, along with Josh Potutschnig for two good extra points! Friday, October 14th the Vikings went on to play against Tussey Mountain as visitors to their neck of the woods.

Tussey Mountain 54 – Glendale 21. Our Vikings had a beautiful start scoring within minutes of the start, but as the game went on it turned ugly.

Jr. High Football

By: Nick Maiocco

The Junior High football team is coached by Mr. Moore and Mr. Magulick. The captains for the Vikings are Colt Bickford, Garret Misiura, and Logan Keith. The Vikings have a record of 0-3. The closest game they have played so far this year was a 16-14 loss against the West Branch Warriors, they fought to the end but still came up short. The most points that the Vikings scored in a game was 24 points, that game was against Claysburg Kimmel. The leading scorers for the Vikings are Cameron Fyock and



Everett on October 18th.

Quarterback Garret Misiura. The Junior High team has yet to win a game, but they still haven't lost hope in a victory. They have lost 3 close games, all by at least 6 points or less. They have 2 games

left to play and are hoping to go and end the season on a good note with a win or two. The Vikings final opponents were Southern Huntington on October 13th and



SALADS

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Steak	\$5.50
Side	\$2.50

SIDES

Breadsticks with sauce		\$3.50
Cheese sticks with sauce		\$3.75
Jalapeno Cheddar Poppers		\$3.50
French Fries		\$2.00
Chicken Nuggets	6 piece	\$3.00
	9 piece	\$4.50
	21 piece	\$9.00
Extra sauce or dressing		\$1.25

SUBS

	6"	12"
Italian	\$3.25	6.50
Ham	\$3.25	\$6.50
Cheese Steak	\$4.00	\$7.00
Pepper Steak	\$4.00	\$7.50
Pizza Steak	\$4.50	\$7.50
Pizza Sub	\$3.25	\$6.50
Chicken Philly	\$4.00	\$7.00
Buffalo Chicken	\$4.00	\$7.50
BBQ Chicken	\$4.50	\$7.50

Toppings: Lettuce, Tomato, Onions, Banana Rings, Pickle, Mayo, Black Olives, Italian Dressing, Mustards, and Ketchup

Cheese: Mozzarella, Provolone, Cheddar

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DELUXE STEAK

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Majorette Updates

By: Makayla Gates

During this year's football season, the GHS Band Front have been working to perfect all four of their routines to this year's marching band show entitled "Queen." This year's team is eighteen members strong; consisting of, two seniors, three juniors, four



sophomores, three freshmen, and six eighth graders. Along with personal achievements, this group has grown so much as a whole. With over half of the majorettes on multiple batons, catching single toss turns, two spins and even three spins! With the color guard throwing doubles and triples into the air, this

group of young performers is growing like wild fire.

Enjoy Your High School Years

By: Joshua Simmers

You think you want to graduate and get out of high school? You might want to think differently. I have always said "I want to graduate," but I feel differently now. Now that I am a senior I regret saying that I want to graduate so quickly. I thought that I would want to graduate and grow up doing adult things, such as working and paying bills. You should just enjoy the easy years in life because it is less stress. Being an adult is complicated compared to being a high schooler, so enjoy it while it lasts. I wish I would have participated in more and spent more time on my grades.



Reality is hitting hard because I have to be an adult soon. Senior year I have to worry about succeeding in and passing my senior project, and for some people they have the stress of getting into college. Senior year is stressful, every year matters much more than it did in the past. Trust me as someone who is at this stage, I know you will want to enjoy high school because growing up is not the fun exciting thing that we all once thought it was going to be.



By: Meghan McClellan

On the sideline, in front of the football players, you can find the Glendale cheerleaders. We girls have worked very hard this summer from dance routines, stunts, cheers, and even tumbling. Every routine we take to heart along with stunts and cheers. We do have fun at practices, but when we stunt we have to take things seriously. Every stunt has a main goal and that is do not drop our flyer. We have five seniors, five juniors, five sophomores and three freshman. The five seniors are Kara Mooney, Ellie Leyo, Meghan McClellan, Meghan Krepps and Kyrsten Kowalczyk. The juniors are Makenzie Lukehart, Riley Gabrielson, Kristen Hewitt and Maiya Shaffer. Sophomores are Aubrey McClellan, Crystal Jasper, Jessica Weld, Raylene Simmers, and Cassidy Hamilton. And finally our freshman are Alaney Vereshack, Breanna Vereshack, and Zoe Raley. We have many dances but my favorites are hip hop and the fight song. With hip hop we tend to get into it and it just makes us laugh and smile all the time. We have a competition for who can drop it the lowest because one part

of the dance we have to get low to the ground, so that part is where we have a little competition. Also, our other favorite dance is the fight song. The reason why it is our favorite is because it gets us going before every game and when we get a touchdown it just makes it even more exciting. We girls will continue to work on our stunts, cheers and dances throughout the year.



Dances: Smoke on the Water, Fight Song, Bad Romance, Cleveland Rocks, Louie, Louie



Cheers:

- We are #1
- Blue and Gold
- Defense get tough
- We are the best
- Spirit let's hear it
- Stomp and shake it

Junior High Volleyball!

By: Amber Matier

I had the chance to interview Coach Stackhouse and Coach Haney about their team and their season. They came up with theses unedited answers.

Going into this season, what is something

good that happened that you weren't expecting?

Coach Stackhouse: "The amount of improvement from the first week of practice. We are pretty young starting 3 seventh graders but we have team competitiveness."

Coach Haney: "Going into the season Coach Stackhouse and I were new to coaching volleyball. We didn't know what to expect competition wise from the junior high level. We expected to be the youngest team since we had eight seventh graders. The biggest shock was realizing that every team we played looked one or two years more physically mature than us. I would say the good thing that has happened is that we have been competitive with teams that looked further along than us (especially watching warm ups). If someone would have said week one we would be competitive and have opportunities to win week in and out, I would have a hard time believing it."

What are your team strengths?

Coach Stackhouse: "Hitting, I just wish we could set better."

Coach Haney: "For A Team: hitting (spiking)— Our ability to hit has been better than most teams we have played. The only issue has been getting a constant set for our hitter to make more plays."

"For B Team: Serving —Our ability to serve has kept us in most of the games we played. They are actually serving a higher percentage than the 'A Team'. They have made drastic improvements from the first couple weeks of practice."

What is your favorite drill?

Coach Stackhouse: "Hitting/Spiking, it is the most aggressive part of the game."

Coach Haney: "Hitting/Spiking lines: I enjoy this the most because it embodies how the team has improved this year. At the beginning of the year we only had two consistent hitters. We had 2 or 3 others that were hit or miss. Now at the end of the season, the girls are consistently getting decent hits. I have been impressed with the 'B Teams' hitting the last few games. We were out hitting the other team and helped them win close games against Bellwood and Claysburg Kimmel."

What about Roster and Positions?

Coach Haney: "We don't have designated positions this year. We have focused on keeping it simple and learning the basics. We have eight 7th graders and four 8th graders."



Interview with Keneisha, Kristen, Raylene, and Katie.

By Joe Spencer

The following were questioned about their current volleyball season. These are their unedited answers.



What are your team strengths?

Keneisha: "Working together as a whole and serving"

Kristen: "NO DRAMA! We all get along and that makes us work more together as a team."

Raylene: "We communicate well during games and get along well as a whole group. We are like on big happy family (:"

Katie: "Talking to my teammates and getting the ball up"

What position/positions do you play?

Keneisha: "Varsity setter"

Kristen: "Outside hitter and middle hitter"

Raylene: "Middle Hitter"

Katie: "Libero"

What is your favorite drill and your least favorite drill?

Keneisha: "Serving warm ups/3 Passers 1 target"

Kristen: "Deadman; Star-drill"

Raylene: "Redshirt-Green shirt/ Star-drill"

Katie: "Queen of the court/three passers one target"

What is the most memorable moment of the season in your opinion?

Keneisha: "Going on a serve streak against Bellwood home game and bringing the score up so our team can fight back"

Kristen: "Getting my first block. I was so surprised!"

Raylene: "First play @ the St. Joe's game after getting a kill... I sprained my ankle."

Katie: "My most memorable moment was the final point of the first game when JV won against Bellwood"

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What it Takes to Become A Caregiver

Being a caregiver may seem like an easy job but it takes a lot of patience and determination to get the job done right. You may think that anyone could be a caregiver, but that's not the case. In order to convince an individual to accept help, you need to be open with your feelings and be honest and direct with them about what they should do to live a healthier, safer life.



What is a Caregiver?

There are different ways someone can become a caregiver, for example watching someone's dog or dogs while they are away. So that their dog does not go insane while its owners are away. Also, by taking care of someone elderly or someone who cannot take care of themselves because they do not have the energy or cannot because of a disability. A caregiver could help them throughout their day so that they will not hurt themselves. Another example of a caretaker is babysitting a child because his or her parents are away.

Caregivers can take their individual to the Adult day services for activities, social interaction, and a supportive atmosphere for seniors and disabled adults. Caregivers might use an adult day care for their individual because they have to go to work and want them to be in proper care and in a safe, friendly environment. Adult day services usually operate during normal business hours five days a week, also some offer additional services during evenings and weekends. People that benefit from adult day services are those with physical or mental disabilities, people who are isolated from society, and those who need personal care assistance.

Caregivers also live a life of their own of course! Caretakers go to their individual's house after they get home from their job to check up on their individual, but caregivers do have time to themselves when they go home or after they are done checking up on their individual. Some caregivers prefer to spend all their time with their individual but not all caregivers have to do that. There is always room for more caregivers in the world.

Requirements to being a Caregiver:

In order to become a caregiver you would need to have six months experience working directly with elders, a GED or high school diploma, basic computer skills, valid drivers license, be drug free, and have the physical ability to complete tasks for the job.

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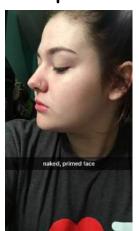
Happy Fall Y'all

(Fall Makeup look by Brandi Weymers)

I'm going to be demonstrating how easily this glamorous fall look can be accomplished in just a few steps using Morphe's Fall into Frost Pallet (\$22.99).

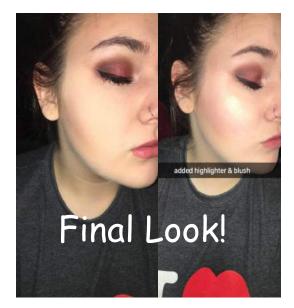
- 1. Begin with your basic routine, using moisturizer and primer. I used Photo Finish Color Correcting Foundation Primer (\$39.00). You will also need to prime your eyelids, I highly recommend using Urban Decay's Eyeshadow Primer Potion (\$20.00) for a flawless finish that will stay all day!
- 2. Using a preferred applicator, apply foundation evenly all over your face and blend down to your neck. I use Fit Me Matte and Pore Less in the shade 112 (\$5.35). I prefer using a damp beauty blender for my foundation, I get the best coverage this way. After you have reached your desired coverage, then concealer can be applied, using the "Triangle" method. (Pictured.) Use a concealer that is slightly lighter than your foundation for a brighter, more awake look under the eyes. I used Forest of the Sea Concealer by Tarte (\$26.00)
- 3. CONTOUR TIME! I use Kat Von D's shade and Light Refillable Pallet to contour my face (\$49). To achieve a slimmer more defined face, follow your cheekbones with a dark bronzer shade. Using a flat slim brush is the easiest to make sure you do not get too much product. I used Subconscious and Shadow Play mixed to get my desired shade. Place the same color on the sides of your forehead, to make a slimmer looking forehead. You also can contour your nose, and typically I do so with two lines down both the sides of my nose. Blending is extremely important, so make sure this is done properly so your makeup does not look over done. With a Kabuki Brush, I blend out my bronzer to destroy all harsh lines. Then I use a Buffer Brush by Luxe because it is dense and does not remove too much product from my face. (532, Round Top Blender)
- 4. Use the shade marked with lips on the left side of the bottom row of the 35F pallet on all over your lid for a base color. I normally use a fluffy blending brush for this. The Sephora Pro Crease Brush works amazingly for max color for the lid and blending.
- 5. Then, get the darker brown marked with lips in the picture to deepen the crease of your eyelid. I find that using a smaller tapered eyeshadow brush is the easiest.
- 6. Next, you will need a transition shade to avoid harsh lines. Using the marked color to the left, I applied this shade next to the dark brown, slightly into the middle of the eyelid.
- 7. FINALLY, you are ready to apply the final color marked with lips in the picture to the left. You will get the most pigmentation from this shade by using your finger to apply this on the lid towards the middle of the eyelid. Put a shimmer in the inner corner to widen the eyes and a dark shade around the outside for a smoky look. (If you want more definition.)
- 8. After you've blended your eyeshadow to the desired look, you can apply eyeliner to make the eyes appear bigger. I use Kat Von D's Tattoo Liner, because I personally prefer a darker bolder wing. (This is optional... eyeliner or no eyeliner, you'll still look perfect!)
- 9. Now, for the last step you can add blush and highlight. Blush is applied to the apples of the cheeks. I use Real Techniques Blush Brush to apply my blush to achieve a blended look to avoid the "flushed" appearance. For this look I used Ulta's Velvet blush, called Majestic (\$9.00). A highlight should be applied down the bridge of the nose and above your blush as well. To evenly apply my high light I use Luxie's 522 tapered highlight brush. To get this look I used my Colour Pop Highlighter, called Flexitarian (\$6.00)

Step One



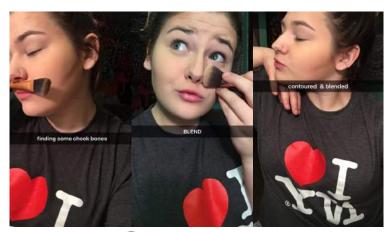
Step Two





Step Three

Triangle method5tep



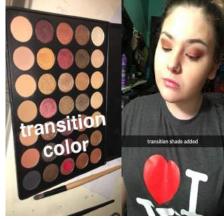


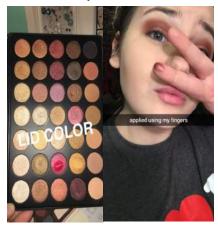
Step Five

Step Six

Step Seven







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Archery

By: Mackenzie Edwards

Archery is a very competitive sport. People all around the world go to sporting events and compete against each other to win money, new bows, and supplies for their bows. What I mean by supplies are new scopes, new quivers, new releases, new arrows, or even a brand new bow.



When a person goes to competitions, he or she competes against the best shooters in the world. If that person is good enough, he or she will then go around the world to competitions to show off skills against other archers in such skills as accuracy in order to selected to prominent archery leagues.

There are different leagues such as: Hoyt, Rally, PSE, etc. It gets really competitive and in-

tense because each archer is trying to be the best out of all of the other shooters that are competing. It is fascinating going to different places and getting to see others equipment and how good everyone is, but it is more than just a competition, it is meeting new people.

From experience, I can tell you what it is like to compete in archery. When you are up there on the line getting ready to pull your bow back you get this feeling as if you



are the only person there. When you are standing up there all you can think about is putting the dot from your scope onto the bullseye. You are thinking about where that arrow is going to go once you hit the trigger on your release. It may go in the center of the target or it may go far to the right or left of it. It is a lot of stress on you when you are standing there holding your arm perfectly still to get that dot exactly right on the center of the target, but once you hit the trigger, it's a load of stress released off of your chest.

I think archery is a passion and you have to want it to be able to do it.