



The Contownian News Magazine

Conemaugh Township Area Middle School/High School November Volume 86 Number 3

Advancing Technology at CT

By Alison Matera

The USDA recently awarded Conemaugh Township a large sum of money. This grant is for rural schools, so many schools were not eligible to apply. It is a one million dollar grant for technology purposes and is a matching grant, which means our school has to match 15%. This financial award is primarily to be used for distance learning and telemedicine.

Our school plans on using the money for new technology and training. Some of this technology that we will be seeing in the future includes: new interact boards, laptops for teachers, projectors, and telemedicine carts. A large part of the money that we will receive will be spent on renovating the auditorium. The remodel will show new projectors, screens and microphones. This will open new doors for teaching and learning to large groups of students. The auditorium upgrades will allow the school to welcome speakers and experts for training programs, will offer zoom field trips, and will facilitate live interactions.

Another essential object our school will get is a portable telemedicine cart for our nurse. This kit often looks like a briefcase or larger medical kit. Telemedicine carts have some of the new technology for medical needs, which are helpful in emergencies. This cart allows a person's healthcare provider to help in cases of emergency without an in-person visit. Not only can this cart allow a person to contact a healthcare worker, but is also equipped with tools to help in case of emergencies. These tools include a pulse oximeter, glucometer, thermometer, blood pressure monitor and an EKG.

The main purpose of this grant was to focus on mental health, telemedicine, and helping rural schools get new technology. Mr. Foster said, "We have done some great things and when we have new tools to enhance what we are already doing, you can only make it better." The district has big plans for this grant, and it's fantastic to see all of the hard work that was put into this process pay off!

Scholastic Quiz Team

By Alison Matera

Scholastic quiz team is a fun and interesting club at Conemaugh Township. This club involves both the middle and high school students. The club encourages everyone to learn about new topics and it also shows the successes of the students' knowledge.

Scholastic quiz team is basically a big game of *Jeopardy* in competition form. It is set up using a *Jeopardy* format and has a buzzer system for when the students get their final answer to a question. The students prepare and practice throughout the school year by getting together and having fun practices competing against one another. The students in this club will study general academic topics that are provided for them. Conemaugh Township students will take part in a national tournament, which is held later on in the year.

There is an open participation to all interested students, which allows the sixth graders to participate with the junior high students. However, the sixth graders will not be able to compete until seventh grade, and only practice and prepare until then.



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PHOTO JOURNALISM

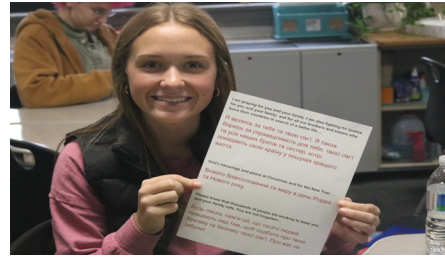
MIDDLE/HIGH SCHOOL



Gia Bambino singing in County Chorus



Kaitlyn Wiley showing thanks



Izzy Slezak working on holdiy cards



Ashlyn Fetterman gaining the ball at the D5 game



This year's Volleyball Marathon Participants



Colton Lehman taking a shot at the state playoff game



Daniel Turley playing for the pep rally



Colbi Hunsberger showing CT Spirit



Some of our Socktober volunteers

Izzy Slezak and Mayce Kordell at the pep rally



Rotary Interact Club helping out at the blood drive



Addison Miller, Taylor Jarvis, and Sophia Stango supporting their teammates

SOCIETY

Blockout Cancer for Chloe

By Lindsay Knieriem

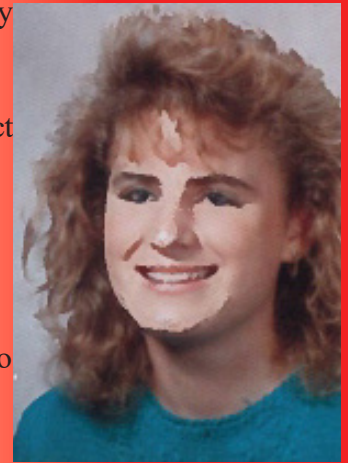
On November 16th, the Conemaugh Township SADD Club ran the 8th annual volleyball marathon. With 13 teams consisting of 9-12 graders, a teacher's team, and our senior SADD club members, a day of fun was had, all done to support a very special cause. The fundraiser name for this year's tournament was "Chloe's Crusade," a heartwarming fund towards a local 2-year-old girl in our community who is battling spindle cell neoplasm, a form of cancer. In a WJAC interview, Geneve Buckham, or Mrs. Buckham, Co-Advisor of SADD club said, "We love to be able to teach them something that is school related, but it also is a way to give back and teach them how important it is to give back, not only to our community but to people in the world."

On the evening of November 16th, we hosted the annual teachers versus seniors game with seniors capturing the title this year. A basket raffle was held, containing 30 baskets, all of which were donated by people from our community. Lastly, the school had a Township favorite over the past few years, the "Save it or Shave it Contest." Male teachers and staff including Mr. Kramer, Mr. Nanassy, Mr. Berzonski, Mr. Adams, Mr. Studer, Mr. Zambanini, and Mr. Phillippi, all representing the high school, then Mr. Waltermire from the elementary school were all a part. Students would bring in money and donate to the teacher whose beard they would like to save. The teacher with the most money would be "saved" from shaving with all others must shave. Mr. Kramer won once again, raising over 800 dollars alone to go towards Chloe and her fight. With a little surprise, Chloe's dad, Doug Croyle's, beard was also shaved. Chloe attended Thursday night, swarmed with Indian support and love. The total amount raised was \$6,210!



Alumni of the Month...

Kimberly Scheponik, formerly known as Kimberly Wiley, graduated from Conemaugh Township Area School District in 1990. After high school, Kimberly attended Indiana University of Pennsylvania to study Business Information Systems. She graduated college in 1994 and went on to work for CTC where she met her husband Kris.



Kimberly enjoyed her years at Conemaugh Township. She is glad to have so many great memories. While at Township, she played volleyball and participated in various clubs and student government. She was a part of the Contownian staff and loved hanging out in the newspaper staff room during her senior year as well as being the homecoming queen. Kimberly's favorite teachers and mentors were Mr. Horn and Mr. Andolina. She said, "I didn't realize then how much those years would mean to me later in life. You learn so much more than academics in high school and it goes by way too quickly!"

In 1997, Kimberly Scheponik packed up their things and headed to Minneapolis, Minnesota where Kris was offered a job at Seagate. Kimberly found a job at Automatic Data Processing as a Sr. Systems Implementation Consultant. "I am so thankful for the opportunity to move to a new place and find my way in a large city," she stated. A little while



after moving, Kris and Kimberly had their first child, Jacob, in 2000. Throughout the following years their family began to grow. Sarah was born in 2003, Jenna in 2004, and their youngest, Luke, in 2005.

After all their kids were born, they finally settled in Summerfield, North Carolina. They enjoy spending time together doing activities like camping, skiing, traveling, and fly fishing in their free time.



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Historic Season for Boys Soccer

By Ava Byer

The Conemaugh Township boys soccer team had a great season, going 19-2-2 with their last loss coming in the first round of 1A state playoffs. The boys played as a team every game and really worked hard to get to where they did. The boys won the Heritage Conference and the District V championship.

The captains of the boys soccer team, Dylan Giffin, Max Malicki, and Colton Lehman, showed their leadership on the field this year. The boys started their season off well, but after they suffered their first loss to McConnellsburg, they switched up their lineup. The new lineup had Jackson Sotosky in goal, and had four shutouts the next four consecutive games. Junior Jackson Sotosky talks about his change of position: “I just do my best wherever I am placed, and I want to do what is best for the team.” This new lineup made them unstoppable. They won the Heritage Championship against West Shamokin and were undefeated. They made it to the playoffs for districts and then made it to the championship at Somerset against Fannett Metal and won in overtime 1-0 with a goal from Max Malicki. The boys wrapped up their season in the first round of state playoffs by losing a tough game with a score of 1-0.

The Conemaugh Township boys soccer team worked very hard and had a very successful season. They finished the season with a record of 19-2-2. Their accomplishments made school history and memories that will be remembered forever.

Girls District V Soccer Champs

By Jenna Brenneman

On Wednesday, November 1st, 2023, the girls varsity soccer team claimed the District V title against Windber. Both teams traveled to Somerset, a neutral field. After a tough battle back and forth, the Indians won the game 3-2. Captain Ashlyn Fetterman led the team with two goals, followed by Izzy Slezak with one.

Matty Mauzy provided all three assists. Township opened the score with the first goal and maintained a 1-0 lead going into halftime. Windber, however, evened the game up in the second half, making the game 1-all. The Indians proceeded to extend their lead to 3-1 with Windber following just behind making the final score 3-2. Conemaugh Township’s girls soccer team was able to capture the District V title for the first time since 2019.

When Fetterman was interviewed after the game, she stated, “I am so proud of this team. We have worked so hard this season and we knew Windber was going to be to be a tough opponent, but in the end, we were able to take the win and achieve one of our biggest goals this season, which was winning District V.” The team moved onto the first round of states against Riverview on Tuesday November 7th, though they unfortunately fell after a tough battle. The ladies provided their fans with a thrilling season!

Winter Sport Previews

By Jon Updyke

With fall sports coming to an end, winter sports are right around the corner. Our winter sports are looking to have lots of success this season. The sports for this winter are boys basketball, girls basketball, wrestling, and rifle.

The boys basketball team finished with a record of 19-8 and finished second in the conference last year. The team later snuck into the playoffs and ended up winning their third district championship in a row. The girls basketball team finished with a 14-13 record. They made it to the playoffs, but got knocked out in the first round. The wrestling team is led by seniors Colten Huffman and Tristen Hawkins. When asked about the upcoming season, Tristen said, “I feel good. We all feel good and are excited to start it up again.” Rifle will look to have another great season as the had many wins a year ago. Junior Alex Boring said, “I love our team and I am excited for what this season has in store for us.”

All of the sports teams will look to have a better year than before as they all feel they are ready to win some championships in the new conference. Most teams will start to compete in December.

SPORTS

Athletes...

Max Malicki is the son of Mark and Lisa Malicki of Hollsopple. He is involved in many clubs and activities both inside and outside of school and is also academically strong. Max is a four-year letterman for the varsity soccer team. Max fearlessly led his team as captain. He was part of the Somerset Country All County first and second team. Max is a three-time WestPAC Conference all-star. He has won back-to-back conference championships and led his team to win the Division V Championship. He was also a Santa Fund athlete.



Max Malicki is the senior class president, and he has held this position respectively for three years. He is part of the senior high student council, National Honor Society, and is an inductee of

N.T.H.S (National Technical Honors Society) for sports medicine. Some of his other clubs include Spanish club, Rotary, and Gifted. He was also a part of the 2023 homecoming court.

Max enjoys hunting, fishing, lifting, specifically at Black Iron, hanging out with friends, and watching movies. After school, Max would like to attend a four year university to major in exercise physiology. He would also like to pursue a minor in business in hopes to someday open his own gym. Max's favorite quote is, "You can't climb the ladder of success with your hands in your pockets."

GO ET!

... of the Month

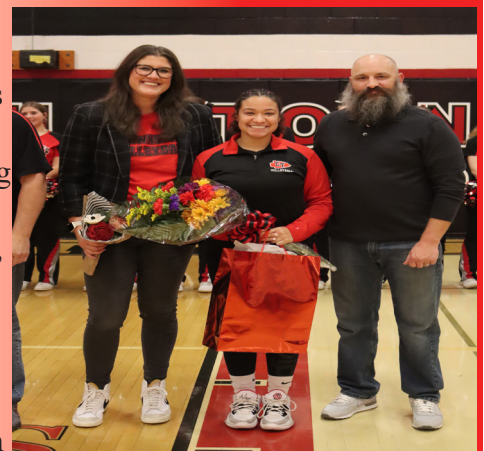
Asia Zwick is the daughter of Heather and Daniel Hudy. Asia is a member of the varsity volleyball team and track and field team. She has been playing volleyball for four years and is a one-year letterman. She was a part of two District V titles and



one WestPAC championship for volleyball. Asia has been a member of the track and field team for three years and plans to run track again this year. She has been a three-year letterman and a part of two WestPAC Championships. Her four 4x1 team was district champions and won second place at states in 2022.

Outside of sports, Asia is a member of the S.A.D.D. Club (Students Against Destructive Decisions), F.C.A. (Fellowship of Christian Athletes), and is an inductee of N.T.H.S (National Technical Honors Society) for sports medicine.

In her spare time, she enjoys working out, napping, reading the Bible, playing Block Blast, watching Tik-Tok, and eating at Chili's, McDonald's, and Applebee's with her friends. Her



favorite quote is, "What doesn't kill you makes you stronger." After graduating from high school, Asia plans on attending a four-year college, where she will major in business/communications to be a sports broadcaster or get a degree in kinesiology to be a college athletic trainee.



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Veterans Day

By Matalyn Mauzy

Veterans Day is a federal holiday that is celebrated on November 11th. This holiday is memorialized to honor men and women in the United States Armed Forces and the anniversary of the end of World War I. Veterans Day got its origins when World War I came to an end on the 11th hour of 11th day in the 11th month of 1918.

In the United States, every Veterans Day, a wreath-laying ceremony at the Tomb of the Unknown Soldier in Arlington National Cemetery occurs. Many parades and celebrations are also held to honor our veterans. For example, the Veterans Day Parade is the largest parade to honor this holiday, and this annual parade is sponsored by the United War Veterans Council in New York City. Other common ways to celebrate Veterans Day is to write a letter thanking a veteran or just donating to an organization that supports the veterans.

Veterans Day is always on November 11th, regardless of what day it lands on. The restoration of the observance of Veterans Day to November 11 helps focus attention on the important purpose of Veterans Day. It is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. John F. Kennedy once said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

Daylight Savings Time

By Asia Zwick

Many people overlook daylight savings time until it comes to an end. When the idea was proposed to a scientific society in New Zealand in 1895, it was panned for being pointless and overly complicated. Two decades later, daylight saving time would begin its spread across the industrialized world. In 1916, Germany made daylight savings time the law, and soon after many countries followed. Daylight savings time is classified as the practice of advancing clocks during warmer months so that darkness falls at a later clock time.

WORLD NEWS

In 2023, daylight savings time ranged from Sunday, March 12th, to Sunday, November 5th. In November, Americans turn clocks ahead and lose an hour of sleep. On the second Sunday in March, happening around 2:00 A.M. and ending on the first Sunday of November, the clocks turn back and everyone gains an hour at 2:00 A.M. Surveys from the American Academy of Sleep Medicine have found that about 63% of Americans would prefer to eliminate daylight savings time, and 55% experience tiredness following the switch. Senior Maxwell Malicki states, "Personally, I enjoy when daylight savings time ends, because when it gets darker in the winter sooner, it allows me to sleep better and feel fully recovered."

In conclusion, daylight savings time can be seen as either a great thing or a not so great thing physically and emotionally. It is a topic that is sensitive to some, as many experts have come out and claimed that being on misaligned time can have negative health consequences. On the brighter side, many people can fall asleep earlier and feel well rested in the

War in Israel

By Matalyn Mauzy

Israel has faced an almost endless conflict with Gaza over the years. Much of this conflicting be attributed to Hamas. Hamas is Palestine's militant group which recently, this year, launched more than 3,500 rockets toward Israel. Soon after, Israel responded with strikes against the Gaza Strip and have been in battle ever since.

As of four days ago, multiple news broadcasters announced the death of 1,400 Israelis and 229 individualas still being held captive. Israel responded with airstrikes, however troops, along with tanks, covered the ground taking out the Islamic militant group. According to *PBS NewsHour*; "Israel's ground troops were advancing toward Gaza City as diplomatic efforts intensified for at least a brief pause in the fighting in Gaza's deadliest war." This specific conflict has been going on for weeks, causing trouble and destruction for citizens, especially those traveling in and out of the country.

These wars will continue to happen because Hamas will not stop until Israel is defeated. Both entities want just as much revenge on the other, causing an endless war. This war has taken out so much on the innocent people of both sides. Both citizens of Gaza and Israel are facing a terrifying situation and horrifying destruction.

Thanksgiving Traditions

By Kendra Huber

When the month of November tumbles around and the crisp fall air permeates, everyone thinks of fall festivities and reflects on Halloween, but what is the true history of Thanksgiving? When this time comes around, not everyone knows or understands the history of Thanksgiving.

Thanksgiving is a day filled with food, football, and family. Coming together with loved ones to celebrate history is something that only comes around once a year. Turkey is not only something eaten in the United States. It is also an international tradition for many cultures. Not only is turkey eaten on Thanksgiving, but also daily. Another holiday tradition is the Macy's Thanksgiving Day Parade. The first Macy's Parade was held in 1924. Many children and adults all over the nation wake up early on Thanksgiving morning to watch the floats and performers that fill the streets of NYC.

In conclusion, Thanksgiving is filled with many meaningful traditions. From food to sports, Thanksgiving is a holiday with lots of meaning.

Thanksgiving Conversations

By Braylin Petree

Topics of conversation can vary greatly at the Thanksgiving table. Some of the best conversations include what you are thankful for, what achievements you accomplished recently, and fond memories. Some of the undesirable conversations are politics, body appearance, grades, and religion.

The conversations you have at the table could make or break the day. For example, a good conversation to have at the Thanksgiving table is going around and asking everyone what they are thankful for during this time of year. Also, bring up funny and nice memories for everyone to reminisce about, this topic could be talked about for a long time so you wouldn't have to think about what to talk about next. Some unsavory conversations to have are grades and accomplishments. Some people find this topic unfavorable because they aren't proud of their grades.

FEATURES

Another poor conversation choice is politics. If your family has all different opinions like mine, this could lead to high emotions before they even begin eating.

Every point of good or bad conversation will vary from family to family depending on your family's opinions. These conversation ideas are some you should talk about or avoid before sitting down at the Thanksgiving table this year.

Best Thanksgiving Foods

By Alexa Gardenhour

Usually when the month of November comes around, people are already ready for the Christmas season. Most people celebrate Thanksgiving for a day, and don't celebrate days leading up to it, like Christmas. This is hard to believe considering Thanksgiving is an important and meaningful holiday. This holiday gives friends and families the opportunity to gather around, give thanks, and eat a lot of food! Some of the best Thanksgiving foods associated with the holiday are listed below:

1. Turkey
2. Mashed Potatoes and Gravy
3. Green Beans
4. Sweet Potatoes
5. Stuffing
6. Corn
7. Cranberry Sauce
8. Pumpkin Pie
9. Pumpkin Cheesecake
10. Apple Pie



Macy's Thanksgiving Day Parade

By Luke Haight

Since 1924, the Macy's Thanksgiving Day Parade has been America's opening-day to the holiday season each year. More than 50 million TV viewers tune in, and 3.5 million people in New York attend the event in Manhattan along the West 77th Street and Central Park West to Macy's Herald Square. The history of this parade goes back many years. Originally known as the Macy's Christmas Parade, the event was started by Macy's employees and featured animals from the Central Park Zoo. Employees and professional entertainers dressed up in unique costumes to march from 145th Street in Harlem to Macy's flagship store on 34th street. The first Macy's Parade that ever took place was such a great success that Macy's declared it an annual event. More than 250,000 people attended the first parade. In 1927, the parade's signature giant balloons made their debut. The first ever balloon in the Macy's Day Parade was Felix the cat. The Parade continued to grow and thrive throughout the 1930's, with crowds of more than 1 million people gathered in the city. The Macy's Day Parade continues to grow in popularity, and the number of viewers each and every year during the holiday season.



Black Friday Best Sales

By Marly Teeter

Every year, people get up extremely early and wait outside stores in long lines for the best sales on Black Friday. But, how are you supposed to know which stores are really going to be worth the wait this year? Here's a list of the best sales this upcoming Black Friday:

1. Walmart- cheap TVs, air fryers and toys
2. Amazon- 50% off TVs, AirPods and clothing
3. Apple- AirPods Pro, Apple Watch and iPad
4. Best Buy- up to \$800 off 4k TVs, laptops & head-phones
5. Lowes- up to \$800 off major appliances
6. Macy's- 60% off clothing, jewelry, boots and gift ideas
7. Target- 40% off furniture, TVs, clothing and appliances
8. Nordstrom- 30% off Nike, Levis, Skims, Adidas
9. Bed Bath & Beyond- 65% off sitewide + free shipping
10. Nectar- mattress deals starting at \$359

If you're looking for any new home decor and furniture this year, these sales will be your best bet to find the best gifts on Black Friday.

Festive Thanksgiving Events

By Kaydence Forish

Time to get festive with the upcoming holidays! Why only stick around for the Christmas events when you, your family, and friends can enjoy the events happening on Thanksgiving? Enjoy all of the holidays and don't waste a single second being bored and alone for Thanksgiving.

Be active this fall and spend your time on a run or a walk at Stackhouse Park for the Turkey Trot. The walk through the park is two miles long. This event takes place on November 23rd at 7:30. If running and walking isn't your thing, enjoy time at the War Memorial and watch our Johnstown Tomahawks play against the Rochester Jr. Americans on November 24th at 7:30 p.m.

Make Thanksgiving break worthwhile and spend time doing things to stay active and entertained. Don't waste away your break sitting at home doing nothing when you can make the most of this time off!

POP CULTURE

The Marvels Movie Overview

By Marly Teeter

In November, there are lots of entertaining movies coming out to add to your must see list. Some of these include the new *Hunger Games* movie, *Thanksgiving*, *Good Burger 2*, and *The Marvels*. *The Marvels* is another movie based on the *Marvel Comics*. On November 10th, you can go see this brand new movie in theaters.

The Marvels has a net budget of about \$219.8 million dollars, so there must be some crazy scenes throughout it. Some of the characters include Prince Yan played by Park Seo-joon, Carol Danvers by Brie Larson, and Ms. Marvel by Iman Vellani. There are many other great actors included in the production of the movie. Some of the description of the movie stated, "Carol Danvers, aka Captain Marvel, has reclaimed her identity from the tyrannical Kree and taken revenge on the Supreme Intelligence. When her duties send her to an anomalous wormhole linked to a Kree revolutionary, her powers become entangled with two other superheroes to form the Marvels." The movie seems like it's going to have some major plot twists and have you almost jumping out of your seat.

If you're not busy on November 10th, I'd suggest you go see what this new movie is going to be all about. I think all 105 minutes of it will be worth it in the end for an evening you won't regret.



Musician of the Month

Sophia Stango, a senior at Conemaugh Township, is the daughter of Amy Mackanick and the late Stephen Stango. She lives with her mother and brother in Davidsville, PA. Sophia is a member of chorus and the concert band at her high school and plays the clarinet.

Some of Sophia's best accomplishments are getting the 3rd chair in district choir her sophomore year, and 5th chair in district choir, 1st chair in district jazz, and making it to regional choir, all which were in her junior year. She has also been a part of her high school's musical for five years. Outside of school, she sings on a worship team at Bridge to Life and also sings at social events with her voice coach Denise Baldwin.



After high school, Sophia hopes to attend college for speech language pathology. She wants to work with younger kids throughout different schools. One quote that is inspiring to Sophia is "Let everything you do be done in love."

Artist of the Month

Mea Rouser, a senior at Conemaugh Township, is the daughter of Bill and Amy Rouser. She lives with both of her parents in Johnstown, PA. She is a student in the Art IV class.

Mea has a very unique take on her artwork. She leans more towards realistic pieces of art, such as painting photos or landscapes exactly how the picture is taken. Her art work has been displayed in school showcases and conference rooms. The world around Mea is what inspires her work the most. She believes the world itself is a work of art, so she likes to capture its beauty in her paintings.

After high school, Mea plans to attend Vet Tech Institute in July for an associates degree to become a veterinary technician, and to further her schooling for DVM. One of Mea's favorite quotes is "I found I could say things with colors and shapes that I couldn't say any other way-things I had no words for."





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When is the Right Time to Put up Your Christmas Tree?

By Lilly Oakes

As the holidays round the corner, people begin to take down Halloween decorations and begin to decorate for Christmas. Many people debate when they should put up their holiday decorations. Everyone has their own opinions on the matter, but it all depends on your plans for this holiday season.

The ultimate best time to put up your Christmas tree would be mid-way through November. At this time of the year, Halloween is over, fall is turning into winter, and Christmas begins to turn into a lifestyle. December is the month of Christmas. Everyone wants their Christmas decorations and mindset to be at its peak all through this month of happiness. If you have your Christmas tree already up, every time you come home, you come home to the warmth and happiness of Christmas. This could, however, become a problem. If you host Thanksgiving at your house, Christmas could be a distraction, or space-taker, for your family dinner. If you are hosting Thanksgiving at your house, the best time to put up your Christmas tree would be after your long day of shopping and cleaning on Black Friday, or the weekend to follow.

As we can see there is no “right” time to put up your Christmas tree. There is no real solution to the long lasting debate. It is all based on your personal preference, and how you spend your holiday season. Personally, the best time to decorate is the middle of November through December, but it is all up to you. When would you like to get into the holiday spirit?

November 2023

Staff Editorials

Turkey vs. Ham

By Larry Weaver

Every year during Thanksgiving, families clash about what meat to cook. When families decide on serving ham, silverware will most likely be thrown by toddlers due to the horrendous taste that explodes into one's mouth. However, when turkey is served, families tend to get along better and are much happier due to the overabundance of amazingness that fills the taste buds.

Turkey is the best meat option at Thanksgiving for many reasons. To start, turkey is richer than ham in protein, vitamins, phosphorus, copper, and magnesium. Turkey is also cheaper than ham, which makes other great sides at the Thanksgiving table affordable. Lastly, turkey mixes better with the usual sides you would get on Thanksgiving. Therefore, turkey is the better alternative, no doubt.

In conclusion, turkey is most definitely the best meat choice at Thanksgiving dinner. It reduces family feuds, creates a better atmosphere for watching football, and calms all of the children down to a bearable point. Who wouldn't want a nutritious turkey along with great sides and a delicious pie of your choice?



happy thanksgiving

JUNIOR HIGH

All About Thanksgiving

By Julianna Sodano

Thanksgiving falls on November 23, 2023. The Thanksgiving holiday was first inspired by a 1621 harvest feast shared between the Wampanoag and the English colonists known as the Pilgrims. They celebrated Thanksgiving to give thanks to God. Also, on October 3, 1863, president Abraham Lincoln made Thanksgiving a national holiday. This month, be sure to celebrate this holiday to give thanks to the people you love and support.



How to Deal with Stress

By Jaxson Crum

Stress is a state of worry or mental tension caused by a difficult situation. Stress can happen if you have a huge thing coming up, such as a test, sports game, or anything else important. I know it is hard sometimes, so here are some ways to deal with your stress.

1. Deep breathing
2. Calm down (grounding)
3. Pause and do something you enjoy
4. Take a break (from technology, work, etc.)
5. Hang out with family/friends
6. Talk about it to someone
7. Listen to music
8. Get some sleep
9. Exercise or meditate
10. Eat and drink enough

While these suggestions aren't always a solution for one's stress, there are simple ways to try to deal with it. For me, deep breathing is the most effective way that I can calm myself down when I am stressed. I hope that these ideas can help you, too.

4.

Junior High Football Wrap-Up

By James Polonia

The Conemaugh Township Indians junior high football team finished their season going 8-0. Their historic season showed the true potential of this powerhouse team.

Grayson Studer led the Indians as their quarterback. They also had a great offensive line up with Gabe Valentine leading them on. At their last game of the season, the Indians smashed the Marion Center Stingers at home.

They had the monsters of the run Reed and Bryce Conn doing some heavy work



against Marion Center. Reed Conn even had an interception and got the ball down into the redzone of the Stingers. The Indians played great with an ending score of 48-27. Matthew Desort, as the Indians kicker, did amazing at the kicker position for his first year. Everyone on the team played really well this season.

The 8th graders had an incredible last season on the junior high football team. We all wish them good luck when they head to the varsity team to play. We hope the 7th graders and incoming 6th graders have a great next season on the junior high team. We thank all the coaches, players, cheerleaders, and everyone who participated in the football season. No one could have done it without you guys.





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Academic Calendar

December 8.....Act 80 Early Dismissal
12:00 Middle/High School
12:25 Elementary

December 22.....One Hour Early Dismissal

December 25-29.....Christmas Vacation

Upcoming Events

December 4 and 7 from 8:00-2:30.....SADD Students help at Santa Shop

December 4 at 7.....Senior High Band and Choir Winter Concert

December 6 at 7.....Middle School Band and Choir Winter Concert

December 7-12.....Music Students Travel to Disney

December 16 from 7:00-10:00 pm....Christmas Dance

December 21 at 7:50 am.....TSA Mario Cart Fundraising Event

MERRY CHRISTMAS



YEARBOOK ORDERING

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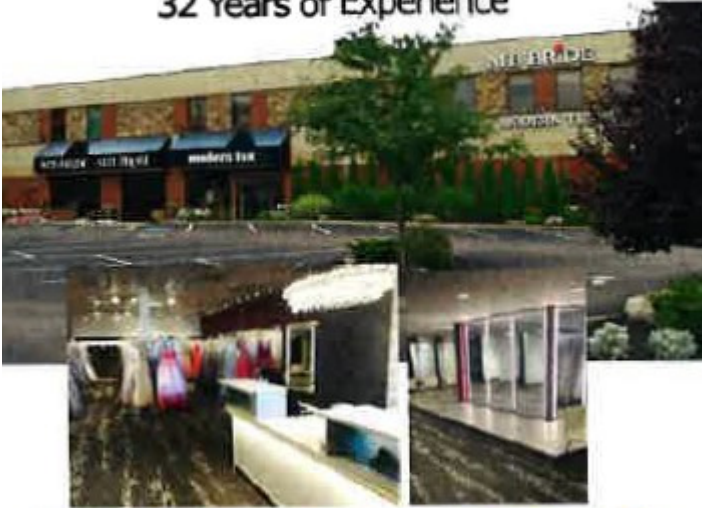
Superintendent.....Nicole Dull.....479-7575
Business Manager.....Brandon Studer.....479-7431
Food Service Director.....Adam Thomas.....479-2328
Director of Curriculum.....Stacy Dabbs.....479-7575

Middle/High School 6-12

Principal.....James Foster.....479-4014
Vice Principal/Athletic Director...Jarod Feathers.....479-4014
HS Guidance Counselor.....Kara Duplin.....479-7886
MS Guidance Counselor.....Kellie Hankinson.....479-7886
School Nurse.....Cassey DeBiase.....479-2324



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