



Thomahawk Under New Management

By Elanor Luscher

A local hot spot, the Thomahawk has been open for many years and is a very popular restaurant in Davidsville, especially for students of Conemaugh Township. They are known for their delicious food, easy access, and affordability. Recently, the Thomahawk was sold and is now under new management. This was a huge change for the community, so news spread quickly. Brian and Joelle Hadix are currently the new owners of the Thomahawk, as well as the owners of Tony's Subs in Roxbury. They decided to thankfully keep all of the employees, the menu, and the name.

One of the employees, Daniel Vanfossen, has been working there for a month. He is a student at Township and his job there includes washing dishes as well as making sandwiches to sell. He also runs the register to take orders. He has met the owners and considers them to be very kind people. The only change that has been made as of yet is that they are no longer selling Thomas brand meats. The owner himself and his wife, the co-owner, are making minimal changes and they are adjusting to owning multiple businesses and running a newly acquired local staple in a new community. They are new to Davidsville as well, so many locals have been very welcoming in their new journey to the town. Mr. and Mrs. Hadix have been keeping up to date with their Facebook with new posts every once in a while. Recently, they have put out an announcement that they are hiring new part-time employees. It is good to see that they quickly picked up where the previous owner left off, continuing to bring great food, a good atmosphere, and more jobs to this small community.

It looks like the new owners are adapting quickly and that everyone is so welcoming to them as well. Hopefully they will thrive while running the Thomahawk and everyone in Davidsville will continue to be just as welcoming in the future.

Drought Reveals Historic Bridge in Somerset County

By Elanor Luscher

As of recently, Somerset County has been experiencing a drought, causing the water to recede. During this drought, an entire bridge was uncovered in the Youghiogheny River Lake. This bridge is believed to be about 200 years old and hasn't been walked on in decades. Since summer, the River Lake has been dropping about half a foot each day, which is why the bridge is now visible. For safety measures, the bridge is currently not open for the public and likely won't be open again until the drought is over and the lake returns. However, this is still considered an exciting event because this bridge hasn't been visible since the late 1990's. Many reports have been made on the bridge because of how quickly news spread. The reason why this is so important is because this bridge is known as the "great crossings" bridge. Although the bridge itself is closed off to foot traffic, visitors still have gone to look at the bridge. The bridge has had over 14,000 visitors since November 1st, and the number continues to rise today.

One of the most notorious things on this bridge is the way it is constructed with the three arches. There was a point in time when the entire bridge was intact and actually went all the way across the river, but after years of being entirely submerged, it breaks off about halfway through. Historically, there used to be a town there called Somerfield, but many years ago it was flooded by a dam break. After that, the water receded over time and eventually people became interested in these historic ruins. Since the bridge used to be longer, it was very helpful during its prime. They used it to cross the river for jobs, important crossings, and for the beauty of the town. It was and still is known as very well built, even though it is partially underwater. Considering how old it is and how they built bridges back then, it still remains impressive that it hasn't fallen or receded in any way. During its time, it was a highly important bridge and will forever be remembered as long as it stands.

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Contownian News Magazine

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BellaJune
Chesnutwood reading.



David Alwine playing in
6th grade band.



Madison Thomas and Hailey Zellam
hard at work in lab technology.



Brennan Lohr breaks through the
Rambler defense during playoffs!



Justin and Megan
Armstrong
enjoying the pep
rally.

Little Contownian
members
brainstorm during
a monthly
meeting.



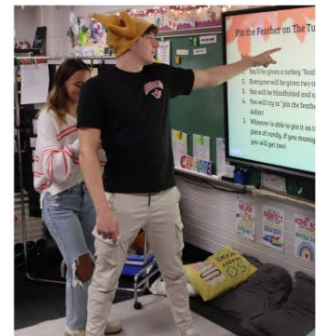
Taylor Jarvis
reading to some of
our elementary
students.



The girls varsity
soccer team in
their last team
huddle of the
season.



Cooper Valentine
taking notes in class.



Aidan Burnworth in the
Thanksgiving spirit!

Spanish Club

By Addison Lasure

Spanish Club is just one of many clubs offered here at Conemaugh Township. The Spanish Club's focus is to apply what is being taught in class to real life by learning about Spanish culture and celebrating Spanish holidays.

This month, the Spanish Club celebrated Thanksgiving and Dia De Los Muertos, or Day of the Dead, by studying and researching Spanish customs and making a presentation for the kids at the elementary school. Then, they will teach the younger classes at the elementary school about these Spanish customs and traditions with activities and crafts. "Being able to show the younger generation what we are learning and studying up here is a really cool opportunity," says Averie Seibert, a sophomore member of Spanish Club. The Spanish Club also does projects for the community, as well. This December, they plan to revive their candy-gram project, where students and teachers can buy candy canes and have them delivered to another student or teacher of their choice. The Spanish Club plans to donate half of their proceeds to charity. Another activity that the Spanish Club partakes in is their annual field trip to El Jalisco, a local Mexican restaurant. This activity will take place at the end of the school year for all Spanish Club members. Spanish Club is a great club for those who enjoy learning about other cultures and traditions and those who want to apply their knowledge of the language to real life. It is also a good club to join if you enjoy working with and teaching younger kids about what you are learning. Overall, if any of these activities appeal to you, Spanish Club may be for you!

Alumni of the Month



Alexandria (Lexie) Deabenderfer, maiden name Wiley, is an alumna who graduated from CT in 2018. After she graduated, she attended the Indiana University of Pennsylvania to study Science Education. It's there where she met her current husband, Henry. In 2021, she graduated from IUP and Lexie and Henry got married.

Over that summer, she and her husband moved to North Carolina, where she now has her two dogs, Dusty and Daisy.

She is currently working as a high school biology teacher at Western Guilford High School. While teaching, she has had the opportunity to be an assistant coach for volleyball & the advisor of National Honors Society. Last year, she earned a teaching award for going above and beyond for the needs of her school and students.

Her current achievements really reflect back to her time at CT, with her many activities during school. She was a part of Bible Club, the CT Contownian Staff, Europe Club, and Rotary Interact. Her life had a few ups and downs, but she centered herself and pushed through it. Now, she couldn't be happier. Congratulations on all of your accomplishments, Lexie!



12 Interacts of Kindness

By Connor Hawkins

The 12 Interacts of Kindness is a month-long series of activities headed by Township's Rotary Interact Club. In the month of November, there is an act of kindness to commemorate different groups. One of the advisors, Ms. Lingenfelter, said "The Rotary Interact Club is about service over self. The 12 Interacts of Kindness is the perfect way to model said motto."

The idea behind the 12 Interacts of Kindness is similar to the "12 days of Christmas" song, though the 12 Interacts of Kindness correlate with the 12 days before Thanksgiving break. The club made Veterans Day cards on the 11th and some members even performed for the veterans. They then decorated Laurel View with Christmas decorations on the day that follows. On the 14th, members organized and assisted at a blood drive that was held in the school gymnasium. On the 22nd, some of the members will be made cookies and gave them to first responders. And, that is only a third of all the events that they had planned!

The 12 Interacts of Kindness does wonders for lots of the members in this community and it will help honor some of the veterans who have selflessly served this country.

Student Council Veteran's Day Cards

By Addison Lasure

On November 11th, Americans all over the world celebrated our veterans with Veterans Day festivities and celebrations. This year, the Senior High Student Council wrote letters and made cards for Veterans Day to thank the soldiers for their service and bravery. Their goal was to help encourage our soldiers and lift their spirits while they may be away from home.

The Senior High Student Council advisor, Meribeth DeBarto, assigned this project to all high school members. Their jobs were to write encouraging letters to our soldiers expressing our gratitude and appreciation for their service, sacrifice, and dedication. They were encouraged to draw pictures, talk about themselves, and make their cards and letters very colorful and creative. When the letters were completed, they were sent to our troops who may be stationed away from home through the Hugs for Soldiers program. Hugs for Soldiers takes letters and cards from all over the country and gets them to U.S. troops worldwide. "I think that writing these letters is a great way to encourage our troops and it's really cool that we are able to do this for them," says Katie Wiley, a senior member of Student Council. Ms. DeBarto shared, "Being the wife of a veteran, I know how meaningful it is to them to receive this support."

Our soldiers have dedicated and sacrificed their lives for our country, so being able to take part in encouraging them and lifting their spirits is so important and a really great opportunity. As citizens of this country, it's our responsibility to make sure that our soldiers and veterans are properly thanked and that they know that they are appreciated.

Musical Announcement

By Maya Denault

This year's Conemaugh Township musical was announced on November 1st. The 2024-2025 CT Musical is Disney's *High School Musical*. This is a musical about two high school students, Troy and Gabriella, who are discovering their passion for singing while navigating very different social circles. Throughout the musical, they face obstacles and stereotypes, as Troy is a captain of the basketball team and Gabriella is a member of the academic club. The

duo breaks all of the traditional roles of their social circles when trying out to be leads in their school's musical.

In this musical, there are five female leads and five male leads, along with five speaking roles. The five female leads in order are Gabriella Montez, Sharpay Evans, Taylor Mckessie, Kelsi Nielsen, and Martha Cox. The five male leads in order are Troy Bolton, Ryan Evans, Chad Danforth, Zeke Bakylor, and Jason Cross. The five speaking roles in order are Ms. Darbus, Coach Bolton, Taira Gold, Jimmie Zara, and Danny Dion.

The musical department is very excited for this year and expects a great turn out. Charlotte Worst stated, "This is going to be a lot of work to get it up and running to our standards, but it will be worth it in the end."



Kopp's Kids and Garman's Gang

Contributions by Jeremiah Elliott and Zane Bier

On October 31st, 2024, our MDS and lifeskills classes attended a Halloween event at Windber Recreation Park. The activities included trunk-or-treat, pumpkin painting, face painting, caramel apples, and a hayride. We also got to dress up in Halloween costumes. This event brought local students with special needs together for a day of fun and inclusiveness. Members of the Windber High School student body volunteered their time to make this event a success! This is the second event held by Windber High School for classrooms of students with special needs. Our students had a blast!



Is Black Friday Even Worth It? Cyber Monday Instead?

By Braylin Petree

Black Friday occurs the day after Thanksgiving is celebrated in the US. This year, it falls on Friday, November 29th, 2024. Cyber Monday is on the following Monday, December 2nd. Much of our shopping is now done online and is one of the front runners when it comes to Black Friday sales, hosting thousands of discounts over the shopping event. Since shops started extending their hours into Thanksgiving, it's now common to begin seeing Black Friday deals advertised a few weeks earlier than the event, even into early November.

Cyber Monday first started when retailers noticed a spike in online orders on the Monday following Thanksgiving. The theory was that people “window-shopped” over the Black Friday weekend before making their purchases online. Due to this, retailers extended Black Friday discounts to encourage online shopping after the event. Traditionally, Cyber Monday is a chance for retailers to give deeper discounts on some products already reduced during the Black Friday sales.

Keep in mind, that is always a bit of a gamble to take, as by the time Monday comes around, some of these might have already sold out. Cyber Monday deals are as good as Black Friday ones and may be even better.

When Should Your Christmas Tree Be Put Up?

By Hannah James

It is finally inching towards the Christmas season and one of the biggest Christmas debates is being brought up. Some people put their tree up early, some late, and some don't put a tree up at all. So, the question is, when should you put up your Christmas tree?

Christmas is a very special time of year when people spend time with their loved ones. There are often presents, an array of food, and houses filled with Christmas decorations surrounding the tree. Now the tree can be a very controversial topic, because nobody knows exactly when you should actually put it up and decorate it, there's

no specific day. In my opinion, I think it should be put up within a week after Thanksgiving.

There are a couple different reasons why I think that the week after Thanksgiving is the right time to put up the tree. My main reason is because people tend to overlook Thanksgiving and jump right into Christmas, when we should focus on being thankful during Thanksgiving. This is kind of ironic considering Thanksgiving is all about giving thanks. The other reason I think that you should put it up within a week after Thanksgiving is because it gives you a chance to really appreciate the Christmas spirit without overkilling it.

Should the Voting Age Change?

By Addison Lasure

The election, the voting process, and voter turnout has been a hot topic with this month's presidential election. The voting age we use today was set on July 1st, 1971 when it was ratified as the 26th amendment of the Constitution. The idea behind this set voting age was that if a person is old enough to enlist or be drafted into the military and fight in wars, they are old enough to vote for the person leading the country for which they are fighting.

In debating whether or not to change the voting age, I believe that we should not change it. 18 is a great age to start voting for many reasons. Most 18-year-olds are finishing their last year, or are already finished with high school. They are at the age where they start forming their own opinions, thinking for themselves, and deciding on their own morals and beliefs. Also, many people don't get the opportunity to vote right at 18 depending on the difference between their birthday and election day. Many people may not be able to vote in a presidential election for the first time until they're 21. This means that if the voting age was still 21, many people wouldn't be able to vote for the first time until they are 24.

Everyone has their own opinion regarding what the voting age should be and there are many good arguments going either way. This solution has worked well for the country for 53 years and reflecting on this month's presidential election, it was important that a new generation of voters helped decide on the new leader of our country for the next four years.

Best Macy's Thanksgiving Day Parade Floats

By Hannah James

Every year, the Macy's Thanksgiving Day Parade is held in New York on Thanksgiving. Millions of people attend the parade in person each year and even more people watch from the comfort of their homes. It's a huge parade that has tons of floats with massive balloons. Since there have been so many floats, here are the top 17 according to Architectural Digest:

1. Felix the Cat
2. Eddie Cantor
3. Mickey Mouse
4. Spaceman
5. Underdog
6. Snoopy
7. Kermit the Frog
8. Paddington Bear
9. Barney
10. Tom Otterness's Humpty Dumpty
11. Jeff Koons's Rabbit
12. Keith Harington's Figure with a Heart
13. Kaikai and Kiki by Takashi Murakami
14. Tim Burton's B.
15. KAWS Companion
16. Friends With You Cloud
17. Yayoi Kusama's Love Flies Up to the Sky

Each of these floats are unique, and they display the creativity and talent of their creators. They also bring joy to people who watch the parade. Which one was your favorite?

Managing Your Stress

By Braylin Petree

As the days get shorter and darker, managing stress from school, college applications, and even seasonal depression can get more and more difficult to handle. Over recent years, people have struggled with various stressful situations: the pandemic, work-life balance and the rising cost of living. As a result, almost everyone has experienced higher stress levels, which given the circumstances, is natural.

Stress is the body's natural response to pressure. This

pressure can be from any life situation or event and the response can be physical or emotional. Even positive events can cause stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being.

In conclusion, understanding that stress is natural serves as an important reminder to figure out ways that help you manage it before you let it takeover your life.

Best Colors to Wear to the Christmas Dance

By Taylor Jarvis

When it comes to a Christmas dance, picking the right colors can really make you stand out. Colors can be bold, eye-catching, and give you that holiday feel without even needing to add extra details or accessories. Below is a popular list of dress colors for the Christmas dance:

1. White Sparkle
2. Deep Rich Red
3. Velvet Green
4. Forest Green
5. Silver
6. Light Blue
7. Gold

There are many elegant styles to choose from to have the perfect color of dress for Christmas. It can be between choosing a more modern and classic look or something different and outstanding. Whatever it is, you want to feel confident and beautiful in what you're wearing. Adding simple finishing touches, like earrings and the right heels, can help to pull it all together!



Russell Wilson vs. Justin Fields

By Liam Richardson

The Pittsburgh Steelers are off to a great start this season, currently sitting at the top of their division with a record of 8-2. Leading the way have been two new QBs, who have seen roughly equal time and are both impressive. Comparing Russell Wilson to Justin Fields, the experience and performance put Wilson over Fields as the better quarterback.

Russell Wilson has been one of the better players in the NFL for well over a decade. He's known to have a very high football IQ, quick decision-making, and leadership qualities that have earned him two Super Bowl appearances, including one victory. His efficiency and ability to protect the football, while still being dynamic in both pass and run capabilities, will give him the upper hand on Fields. He has earned multiple Pro Bowl selections and MVP considerations through the years as well. Meanwhile, Justin Fields is a young talent who is exciting to watch, but has a lot of things to learn at the same time. He does lack leadership and consistency, which defines Wilson. He has shown his athleticism many times, especially his ability to extend plays and run around in and out of the pocket. His passing game has been inconsistent in terms of accuracy, reading defenses, and dealing with pressure. He still needs to learn how to carry his team through tough games, and improve his decision-making when under stressful situations, which has often led to turnovers. Fields's youth and inexperience continue to show, and while he has the raw talent to perhaps come through in the future, he hasn't reached the same consistency and leadership as Wilson, and of course will never reach Wilson's "moonball."

Overall, Wilson is the more well-rounded player with experience and success, making him the better quarterback between the two in this comparison. His skills at both the passing and rushing game, along with a high football IQ and the ability to lead his team, gives him the edge. Fields may have the athletic upside, but Wilson's leadership and dependability provide security to the Steelers, and a skill most young quarterbacks like Fields strive to have.



Volleyball Season Recap

By Ava Byer

The Conemaugh Township girls varsity volleyball team ended their season on October 30th. They had an overall record of 19-5 for the season, and ended the campaign as the District V runners up.

The girls had to face many challenges with injuries and illnesses throughout the year, but had a very successful season. Freshman Sarah Swank contributed to the team's success by leading the team in kills, hitting percentage, total aces, and total blocks. Swank totaled 269 kills with a .345 hitting percentage, totaled 43 aces, and had 41 blocks this season. Senior Ava Byer led the team in total digs and assists. She totaled 235 digs and 250 assists this season. Senior Brianna Shetler led the team in receptions with 320 on the year. The girls made it to the Heritage Conference semifinals and also advanced to the district championship. They worked hard all season and it definitely showed out on the court. When senior Brianna Shetler was asked about the season and what advice she would give to the underclassman, she said, "We had a young team this year, but everyone stepped up and played their part. It wasn't the outcome we would have wanted, but I am so thankful for making it to where we got and for the friendships I have made throughout my whole volleyball career at Township. One thing I would say to the young girls is that volleyball is a very mental game, but you need to enjoy it and go out on the court and give your best effort every game."

The Conemaugh Township girls varsity volleyball team had a successful season and were able to overcome all the adversity that came their way. They worked hard this year and are continuing to work for next season.

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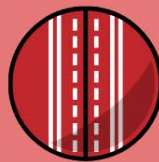
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Alex Boring is the daughter of Stephanie and Joseph Boring of Hollisopple. She is a senior and a Conemaugh Township student athlete who left a lasting impression on her coaches and teaching staff. Alex Boring has participated in golf and rifle throughout her high school career. She lettered every year in her three-year rifle career, as well as every year in her four-year golf career. Boring's major accomplishments in each of those seasons included being a four-time District V champion, a two-year Heritage Conference champion, and a three-time state qualifier. Her coach Mr. Charles Lesko said that "Alex is

by definition a true student athlete. She has improved in golf every year that she has played, and that is really quite an admirable feat that more young student athletes should strive to attain. As a teammate, she was wonderful. She accepted any role within the team, [and] always did it with a positive outlook and a great deal of sportsmanship." After high school, Alex plans to pursue a four-year degree online as a biology major, in hopes of becoming a biology teacher someday. A quote that Alex likes to live by is "success depends almost entirely on how effective you learn to manage the game's two ultimate adversaries: the course and yourself." Alex has left a good mark on our school's history, and surely set an example for younger athletes who look up to her.



Jeremiah Elliott is the son of Aaron and Jessica Elliott. He lives with his parents, two brothers, and one sister in Davidsville. Jeremiah will be a senior member of the bocce ball team this upcoming season. He has been a part of the team since he was in 10th grade. Jeremiah also has skills outside of bocce ball, however. He enjoys making videos and movies on his own at home on his iPad. He created a CT favorite with his recreation of the Pixar short, "Geri's Game". In his free time, Jeremiah also enjoys singing and spending time with his family. Jeremiah has many

favorites. His favorite quote is "Story Of My Life", and his favorite bible verse is Jeremiah 29:11. Jeremiah's favorite thing to say is "LOL." After he graduates in the spring, he plans on going to Vo-Tech and joining the Apartment Program.



Liam Payne's Death

By Kaydence Forish

As I'm sure many of you have heard that Liam Payne, former member of the popular music band, One Direction, sadly passed away on October 16th. Liam fell from a third story balcony at a hotel in Buenos Aires. After many examinations and investigations, new information has been shared with the public.

Liam was only 31 years-old when he fell from the balcony. It was unclear whether the fall was intentional or accidental. A toxicology report stated that Liam had cocaine in his system at the time of his fall. Forensic experts confirmed that Liam did, in fact, die from the fall of the balcony rather than the cocaine, and no one else had been involved. The autopsy report indicated that he died from trauma and multiple instances of internal and external bleeding. Investigators found multiple broken objects and furniture along with narcotics in the hotel room.

After the sad passing of Liam, many were affected by his death such as his family, friends, his little boy, and even fans. In Liam's honor, his first posthumous single, "Do No Wrong", will be released on Friday November 1st.

Peanut the Squirrel Taken and Euthanized

By Marly Teeter

On October 30th, the State Department of Environmental Conservation took the social media star squirrel named Peanut and Fred the racoon from Mark Longo's home in upstate New York. They took the animals because they supposedly had rabies. They euthanized both the animals and then learned afterwards that they tested negative. Obviously, the media is not happy about what happened to these famous pets.

Peanut's fame started about seven years ago due to his mother getting hit by a car on a TikTok video. Longo said he was finally in the middle of filling out paperwork to get Peanut certified to be an educational animal. He also said that the negative rabies tests didn't come as a surprise. He had been living with him for seven years already, and he stated he wasn't "foaming at the mouth". People on social media, especially TikTok, want a good reason from the DEC as to why they randomly took away his animals.

tests came back negative, the Department of Environmental Conservation said in a statement that there was an internal investigation and they were going to review policies and procedures.

In conclusion, many people are upset by the decision to put down both of these animals. They were well-loved and had one of the best care takers. We will all remember and miss Peanut and Fred and the joy they brought to viewers.

Menendez Brothers' Trial

By Izzy Gunby

The Menendez brothers, Lyle and Erik Menendez, are two brothers who were sexually assaulted by their father. This led to them murdering their parents, causing the brothers to receive life sentences. Later in 2024, their case gained notoriety when Netflix made a series based on their cases known as "Monsters." People all over social media shared their opinions on the case and how they thought the brothers should be freed. All the discussion over the case caused the LA district attorney to reopen the case, leading to new evidence found.

The district attorney's office has considered the brother's behavior. The brothers have participated in victim impact programs, as well as workshops and events, along with creating multiple programs to help those in need around them. There is now evidence from their case proving they were sexually assaulted many times before they killed their parents, not just once. The brothers' lawyers are working on an appeal stating how the sexual assault caused them to be mentally unstable and not able to think through their actions.

The brother's lawyers have been working on the case since October 25th, 2024. One of the brothers' lawyers said, "I believe before Thanksgiving, they will be home." As of now the Menendez brothers' retrial is still uncertain, but even the slightest bit of evidence can easily change their outcome. The Menendez brothers are hoping to be released from prison and be able to spend Thanksgiving with their family for the first time in three decades.

Rapper Young Thug Released After Pleading Guilty

By Izzy Gunby

Rapper Young Thug, or Jeffery Williams, has been jailed since his arrest in May 2022, due to his participation in a street gang. Protestors accused the rapper of leading a criminal street gang that committed murder and other violent crimes in Atlanta, Georgia. Later, on October 31st, 2024, Young Thug entered a plea deal agreeing to 15 years of parole.

During the October 31st sentencing, Assistant District Attorney Adriane Love claimed Young Thug as the main figure in the illegal acts, including allegations of murder, and rap lyrics promoting violence. Protestors claimed that Young Thug's label YSL, Young Stoner Life Records, also stood for Young Slime Life, an illegal street gang run in Atlanta. Young Thug pleaded to six charges, one count of participation in criminal street gang activity, three counts of violating the Georgia Controlled Substances Act, one count of firearm possession during commission of a felony, and one count of possession of a machine gun.

Young Thug also has to perform 100 hours of community service for each year of parole. He is also not allowed to have any communication with any gang members. As Young Thug serves his parole and community service, he is currently working on new music with Future, Travis Scott, and Lil Baby. His plea deal shows that Young Thug is willing to change his past ways for his freedom.

A lot of his fans are upset by his actions that he has committed, but are excited to hear some new music releases. Even though he has been out of the spotlight due to his legal matters, a lot of his fans are looking forward to a new album about these experiences.

Artist of the Month



Katie Wiley is November's Artist of the Month and a senior at Conemaugh Township High School. Katie is a four-sport athlete; she plays soccer, basketball, cheer, and track. Katie lives in Hooversville, PA, with her parents Liz and Wayne Wiley.

Katie is in Art II with Mrs. Spengler. Katie enjoys drawing, painting, and using clay. She loves being able to use art as a form of therapy for when times get stressful. Katie's favorite projects she has done are her pottery gnome, color block painting, and ink grid drawing. Katie says she gets her art skills from her family. She loves making things for her brother since it brightens both of their days when she makes things for him. Katie's favorite quote is "Do what you love, love what you do."

Katie is very kind to her fellow classmates and has a great work ethic. Bob Ross inspires Katie in art and to live her life to the fullest. Katie plans on attending UPJ for early childhood education when she graduates.

Musician of the Month



November's Musician of the Month is Jaylynn Moyer, a senior here at CT. With a successful and astounding high school musical career, she very well deserves this award. Her dedication to the craft is nothing to make light of.

With five, almost six, years of musical experience, she's ahead of the game when it comes to theatrics. She was raised in Johnstown by her mother, Danielle Moyer, to strive for what she dreams of, leading to her hopes of nursing and theatre. She's a part of County Chorus and District Chorus, landing in the top twenty for both of her 11th and 12th grade years.

Her future plans are to attend a two year college for her Associates Degree in nursing. She then plans to work while getting her Bachelors Degree in nursing online. Jaylynn shared a quote that she likes to live by: "Where words fail, music speaks. Music makes us feel so much deeper into our souls."



Can You Scare Yourself To Death?

By Kennedy Lehman

So, is it possible for you to be scared to death? Well, we sometimes use the phrase, “That scared me to death!” while watching a scary movie. Even though that is just a phrase we say, the answer is yes, you can literally be scared to death! It’s not very common, but does happen. This death is known as “voodoo death.” According to Britannic, “The risk of death from fear or another strong emotion is greater for individuals with pre-existing heart conditions, but people who are perfectly healthy in all other respects can also fall victim.” You can be scared to death from a natural disaster, sporting event, or an attack. There are all types of different ways you can be scared to death, but what happens to your body while you are scared?

Fear can have some extreme effects on humans. When our body views something as a threat, it can go into a fight or flight response. During this, our body has an increased heart rate, anxiety, perspiration, and increased blood glucose levels. The nervous system in our body gets stimulated and it releases hormones. These hormones can include adrenaline. Adrenaline is toxic to the heart, the liver, the kidneys, and the lungs. According to Britannic, it states, “Scientists claim that what causes sudden death out of fear in particular is the chemical’s damage to the heart, since this is the only organ that, upon being affected, could cause sudden death.” Adrenaline opens up the calcium, which goes to the heart. This causes ventricular fibrillation. Ventricular fibrillation is an irregular heartbeat. This causes the organ to stop pumping blood. When this happens, the person dies unless they get treated immediately. This happens to people who have heart conditions, but this can also happen to people who don’t have heart problems.

Even though this happens, it is very rare. The percentage of this happening is about 10%. Even though this is rare, here are some ways to calm yourself down so you don’t die. Close your eyes for 10 seconds. If you need more time that is fine as well. This will help relieve your stress. Another technique you can do is just breathing. There is a breathing exercise called box breathing. What you do is you hold your breath for four seconds. Then you exhale for four seconds. You can do this as many times as you need until you feel like you are under control. This helps calm your nervous system. According to webmd.com, “Box breathing is a simple but powerful relaxation technique that can help return your breathing pattern to a relaxed rhythm. It can clear and calm your mind, improving your focus.”

There are also other breathing techniques out there like the 4-7-8 breathing. Another thing that can help calm you down is if you have a friend or family member there. Those are some techniques you can use in this situation. There are very few stories from people dying from fear, but if you experience something scary do these techniques.

Veterans Day and Its History

By Csenge Szabo

Veterans Day is a federal holiday with the purpose of honoring every person who has served honorably in the military, either in wartime or peacetime. Veterans Day annually occurs on November 11th, which provides any affected veterans with a paid day off, as well as some public schools giving students this day off.

According to The U.S. Department of Veterans Affairs, Veterans Day originated in 1918 where the fighting ceased in World War I when an armistice went into effect on the eleventh hour of the eleventh day of the eleventh month. The U.S. Department of Veterans Affairs said, “That is why a combined color guard representing all military services executes “Present Arms” at the tomb. This is the nation’s tribute to its war dead symbolized by the laying of a presidential wreath.” Veterans Day was originally called Armistice Day, but was later changed when U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. President Wilson once said in November 1919, “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...” An unknown World War I American Soldier was buried in Arlington National Cemetery. This place became the focal point of remembrance for America’s veterans, according to the City of Montgomery.

Veterans Day is important to recognize and celebrate by giving special recognition to the people that honor America with their patriotism, willingness to serve, and sacrifice for the common good. These people have devoted their lives to make America a better, and safer place for citizens.



Little Contownian

School Year Self-Care

By Amiyah Cortese

Taking care of yourself is the most important thing to do for your mental health. You can improve your mental health by taking a day for yourself and yourself only. You may notice a positive difference in your mood by doing this. Sometimes, you may notice you're losing energy and motivation to get anything done. Many people take the time one or two times a week to take care of themselves as a way to relieve stress, depression, and anxiety.

Warm showers or baths are a really great way of releasing extra tension in our bodies. You could add bubbles, shower steamers, or lavender scents, which all help relieve stress. Depression, anxiety, and stress play major roles in being unmotivated.

Getting enough sleep is also very important for your mental health. Making sure you are getting the proper amount of sleep can help you feel more refreshed and motivated throughout your day. People ages 11-13 should get anywhere from 9-13 hours of sleep each night, while people ages 14-18 should get 8-10 hours. Sleep is an important regime in self-care. Lack of sleep could also be a cause of your anxiety and depression. Sleep is an important factor in our mental and physical health, so make sure you take the amount of sleep you get seriously.

Everybody hates homework, but there could be really good outcomes from it! Completing your homework means you have more time to yourself to do things you really enjoy. Homework sometimes consumes most of our night, but that's completely okay. Remembering to do your homework can help you to understand the lessons you are learning better.

Here is a quote to keep in mind when you are lacking motivation and you are really feeling down: "Having motivation makes today hard and tomorrow easy." Keeping this in mind can help you to feel more motivated, to make tomorrow easier for yourself. Mental health is so important, and many middle and high school students sometimes forget that it is okay and normal to need self-care and take care of themselves. Remembering to take care of yourself can benefit you, and the people around you!

How Thanksgiving Began

By Dorian Irizarry

On October 3rd, 1863, Abraham Lincoln made a proclamation during the Civil War that a national day of thanksgiving would be celebrated on Thursday, November 26th. Every president has made the same announcement each following year. Thanksgiving is now a national holiday honoring the early settlers and Native Americans who came together to have a feast and the holiday is celebrated on the last Thursday in November.

During the fall of 1621, over 90 Native Americans from the Wampanoag tribe joined with 52 English people at what is now Plymouth, Massachusetts. They met with the settlers to celebrate a good harvest.

Thanksgiving was a celebration where Native Americans shared their way of life with others. Long before settlers arrived, Native tribes have previously lived this way and celebrated the fall harvest and all of the crops that Mother Earth gave. The first meal with the settlers would be known as Thanksgiving. The reason we eat turkey is because it was a popular source of protein. Turkeys were native to the area and were larger than chickens, ducks, and geese, making them affordable. There are only two documents that reference the original Thanksgiving meal. These documents imply the feast included meat like deer and different kinds of wild bird. They also brought lots of seafood such as cod and bass.

They also brought flint with them. This is a kind of rock that they used to make arrowheads. Corn from that fall's crop was also brought in, and the settlers made bread and porridge out of it. Eating is not the only thing they did. They played ball games, sang together, and danced. They had fun enjoying the company of their new friends and creating a holiday for centuries to come.





Academic Calendar/ Upcoming Events

- December 2.....Deer Season Vacation
- December 4-5.....County Band at CTHS
- December 13.....Act 80 Early Dismissal
12:00 Middle/High School
12:30 Elementary
- December 9.....Junior High Winter
Band and Chorus Concert
- December 16.....Senior High Winter
Band and Chorus Concert
- December 20.....1 Hour Early Dismissal
- December 23-31.....Teacher In-Service

Telephone Numbers

Administrative Numbers

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

Middle/High School

- 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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DAILY NEWS

WEEKLY NEWS

STUDENT FEATURES

SPORTS UPDATES

Winter

Across

2. sport played on ice
3. thin ice crystals
6. ride down hill in snow
9. winter activity on mountain
11. hats and _____
12. huge snowstorm
13. used to remove snow

Down

1. keeps your neck warm
2. warm winter drink
4. day of school in winter
5. wood-burning heater
7. thrown in a winter fight
8. never the same pattern; fall from sky
9. has a carrot nose
10. ice house

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