



# The Contownian News Magazine

Conemaugh Township Area Middle School/High School January 2021 Volume 83 Number 3

## ***A New Disease Detector***

*By Regan Mash*

It has recently been discovered that technology can now help detect symptoms of COVID-19. Smartwatches, along with other technologies that measure heart rate and skin temperature, have caught the disease days before symptoms or diagnosis. Specifically, items such as an Apple Watch or Fitbit have been most common in detecting the disease.

Research at Mount Sinai revealed that the Apple Watch can sense changes in a person's heartbeat. Change in a person's heartbeat can signal for COVID-19 up to a week faster than regular testing. Another device such as the Oura Smart Ring has been used to predict up to 76% of infections for people who wear the product. The ring also can detect the virus around three days prior to the patient feeling sick.

These products will help detect the virus earlier and help limit the spread but also have huge safety benefits. Companies like Oura have made deals with professional sports teams, such as the NBA, WNBA, and NASCAR. When the athletes wear these devices, the devices will detect COVID-19 faster, which will help make players aware and potentially limit or stop the spread to an entire team.

Many people are now persuaded into buying new and wearable technology if it means keeping them safer. With everyone still trying to figure the virus out, people must do everything they can to keep themselves and others safe. Rather than waiting for vaccines and other treatments for the virus, this type of technology offers safety now. Another big step forward came when Fitbit introduced a COVID-19 symptom tracking platform. They use wearable devices to track the health and safety of their staff. This type of technology will also help limit the spread in Fitbit companies, for members who purchase this device.

All of these devices have the same end goal. The companies that make them want to provide better health and safety to everyone. Being more aware of symptoms will only end up having positive benefits. It is important to use technology to our advantage, especially during these times.

## ***The First Rollout Of COVID-19 Vaccinations***

*By BriElla Harnett*

On December 14th, 2020, the first rollout of COVID-19 vaccinations were distributed throughout the nation. However, this rollout of vaccinations has gone slower than planned. There have been a series of setbacks that allowed approximately three million people to be the only ones in the United States to get the vaccination before the new year.

The Centers for Disease Control and Prevention published a list of priority groups who should get vaccinated first shortly before the rollouts of the vaccination started. This list specifically said that health care workers and nursing home residents and staff would receive the vaccination first. The next priority group on the list is essential workers, older adults, and people with medical conditions. According to medical experts in the United States, it is predicted that a normal healthy man or woman, who has no underlying conditions, will be able to get the COVID-19 vaccination by the end of March or the beginning of April.

Many people have their own different beliefs and opinions about the COVID-19 vaccine. When Lauren Shaulis, a junior at Conemaugh Township High School, was asked how she felt about the vaccine and if she would be getting it, she had these words to say, "I feel that it is not developed enough and we do not know the side effects, so no, I will not get the vaccine." When another junior at Conemaugh Township High School was asked the same question, she had a similar response. Erica Mull stated, "I feel that the vaccine may have long term side effects that are unknown. The only reason I would get the vaccine is if my mother makes me or if our school says it is a required vaccination."



## EDITOR-IN-CHIEF

### *Senior Project: How It Changed the Decision of Choosing a Profession*

*By Hannah Davis*

This year's senior project has changed in many different ways (the most important one being the ability to shadow). The Class of 2021 did not have the opportunity to see how one's profession is done because of COVID 19. Without being able to do this, it made the decision harder to decide what career path to go into.

COVID restrictions have made it very difficult to do an accurate senior project. In my opinion, shadowing is the biggest part of the project. The interaction and experience that you get while shadowing a certain profession will give you a better perception and understanding of that career choice. Many students shadow various types of professionals because they want to see what their day-to-day life is at their place of work. Without this experience, students are having a hard time deciding a career path they would like to pursue. Many of us are missing out on valuable learning experiences that you can not get with just a phone or Zoom call.

Interviewing over the phone has added more stress because of how impersonable the process is. Normally, with shadowing, people are with that person for at least eight hours a day. Without that time spent with the interviewer, there is no way of telling if the job will be right for a student wanting to pursue that career. Certain jobs have different expectations and without seeing what those are, it might not seem like a big deal now, but might later on when someone is in that career.

All in all, I understand that COVID has complicated things to where there has to be set restrictions in place. If this would happen again, I would like to see a virtual tour of how things look like in a day of any profession or skill. A student could then use this information to a choose the best career for them.

### *Inauguration Day Apparel*

*By Laikyn Hillegas*

January 20, 2021 was Inauguration Day and while the day was all about Joe Biden and Kamala Harris, everyone had eyes on some others. This year for Inauguration Day, everyone showed up looking flawless in their monochrome color outfits. People couldn't get enough of former First Lady, Michelle Obama, showing up and stealing the show. Other notable outfits were worn by First Lady Jill Biden, Madame Vice President Kamala Harris, Jennifer Lawrence, Lady Gaga, Ella Emhoff, and many others. One person who particularly got more attention than anticipated was Bernie Sanders. Bernie showed up to the inauguration wearing a tan winter coat, black slacks, dress shoes, a mask, and his mittens.

Bernie Sanders quickly became the talk of the people once shown at the inauguration in his mittens. Bernie says that his mittens were made by a very nice schoolteacher from Vermont. With Bernie becoming famous for his mittens, the internet did what it does best and that is making jokes and 'memes' of Bernie Sanders sitting with his mail in his mittens.

Although Inauguration Day is traditionally only focused on the President and Vice President swearing into office, this year there were other things people focused in on. Everyone made sure to tune in on fashion choices of the day, making Bernie Sanders the winner of best dressed.



## PHOTO JOURNALISM

### HIGH SCHOOL



**Austin Ricotta and Nick Mader getting into the “new normal” of the school year. Despite these circumstances, students are still excited to return to school.**



**Mya Poznanski stepping up to the foul line, ready to take her shot. Students are more than happy to get back to the sports we love.**



**Kylie Hooper, a member of the Grill Team, prepares student lunches.**

January 2021

# Contownian

News Magazine

Conemaugh Township Area Middle School / High School

Volume 83 Number 3

January 2021

**The Contownian** is published online monthly by the Conemaugh Township Area High School Journalism Class. For advertising information call (814) 479-4014, Extension 3518 or write to 300 West Campus Avenue, Davidsville, PA 15928.

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## HIGH SCHOOL

### *New Year's Resolutions*

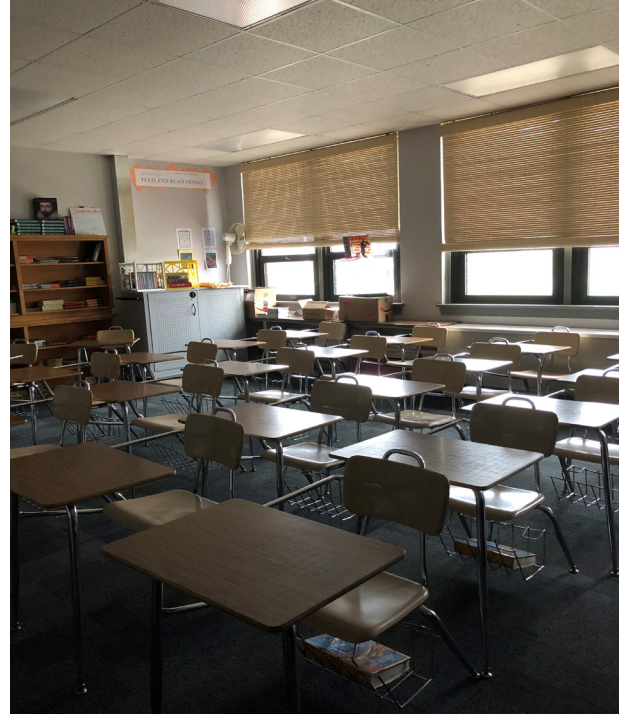
*By Brynlyn Berkey*

As the year 2020 comes to a close and a new year begins its course, many begin to think of ways to set themselves up for success. The way that one may do this is through the use of creating resolutions. Whether it falls into the common category of a new fitness routine or many simply try something new everyday. Every resolution is important to a person in a way that it will improve their lifestyle. There are a few common ones that many seem to follow.

The first common New Year's Resolution includes creating a new fitness routine or any sort of fitness at all. As we jump into the New Year, losing weight is the top resolution for many. Common ideals embrace the statements "exercise more" and "stay fit and healthy" and are something that the majority of the population wishes to achieve. Whether this be joining a gym or simply deciding to go for a mile walk a day, people wish to better incorporate fitness into overall lifestyle from the previous year.

Another common New Year's Resolution is to stop procrastinating. Many struggle with achieving goals through the lack of motivation or the desire to relax and drift through life. Once one gets used to procrastinating, it's difficult to snap out of it. Those that have made it a common occurrence need to put in a lot of work to change this bad habit, and what better motivation to change this bad habit than coming into a new year.

As the new year of 2021 is entered, there is a chance at a new lifestyle. One needs to consider what is important to improve personally and create one's own set of resolutions to improve upon. Whether this be a mental or physical goal it is important as humans to constantly evolve and grow in life. It is up to each individual to dig deep and hold themselves accountable to these resolutions, so that these goals can be achieved.



*Mrs. Stankan's empty classroom during online learning.*

### *Online School*

*By McKensi Statler*

The thoughts of online schooling are dreadful to many students. But for many, this is appearing to be reality. Around this time, all schools are recommended to shut down due to the high spike of COVID-19 cases.

For many seniors, this is supposed to be the time of their lives, and it has turned into nothing but disaster for them. For the seniors of 2020, they had it rough by not having an end of the school year, but for the 2021 seniors, this is an event that seems to be a never-ending issue. There are many things we should be happy for during this time though. We should be thankful for the good times we have had in school. We were blessed with many cherishable years surrounded by our friends and faculty.

Hopefully after this holiday season we will return back to school and enjoy the times that we have left together. It makes us realize the good things we have and we should cherish them while we can.

## SOCIETY

### HIGH SCHOOL

#### *What will going Hybrid be like?*

By Haley Fetterman

On January 19th, the Conemaugh Township School District will finally be going back to in-person learning. But, it will be different. The school has decided, at a recent school board meeting, to alternate between days of on-line and in-person learning, which is considered a hybrid schedule. This means that students with the last names from A-L will alternate going to school every other day with the other half of the students with last names M-Z.

There are many mixed feelings about this entire situation. One of the biggest concerns for students is that they won't be able to see their friends with last names at the opposite end of the alphabet. Hannah Hartnett said, "I am fortunate enough to have most of my friends in the same group as me, but I have sympathy for those who don't." Another issue is that students still hang out over the weekends when school is not in session, regardless of where their last names stand in the alphabet. Carson Huber says, "It personally doesn't make any sense to me because kids are still going to be around who they want to be around. So what's the point of going hybrid?"

Most students feel the same about this situation. Everyone is hoping this doesn't last very long because on-line learning is not healthy for the students or teachers. It is truly hard on everyone.



**Cameron Stumpf adjusts to hybrid learning.**

## *Alumni Of...*



Ashley Brehm of Hooversville, has accomplished many amazing things since graduating from Conemaugh Township in 2007.

After leaving Township, she attended the University of Pittsburgh at Johnstown. She dual majored in Environmental Studies and Geography, along with a Biology minor. Mrs. Brehm is employed in Ligonier at the Markosky Engineering Group. However, this isn't the only exciting thing about her. Not only is she married to Lee Brehm, but he is also a graduate from Conemaugh Township. They are currently running Ridge Top Tree Services together.

When asked who her favorite teacher was, without hesitation, she said Dr. DiBartola. She explained, "Not only did he push me to my limits during basketball season, but he also encouraged us to push ourselves to our limits in everyday life."

In high school Ashley was always on some sort of field; she really enjoyed playing basketball and was the goalie for the girls' soccer team. She stated that her favorite memory of high school was, "winning the D5 AA championship in basketball with teammates I played sports with my entire life."

***The Month***



## Is Drew Brees Retiring?

By Tyler Poznanski

On last Sunday, January 17, the NFL held its greatest playoff matchup yet. Two of the greatest quarterbacks of this generation faced head to head with a trip to the NFC Championship on the line. Super Bowl champions, Tom Brady and Drew Brees, went head to head to see who would come away with the win. This matchup was so crucial and legendary, primarily because this could be the last time these two greats would be on the field together competing against one another.

New Orleans Saints quarterback, Drew Brees, possibly took his last snap of his amazingly remarkable career Sunday night in his hometown. Brees has not yet stated if he is retiring or not, but it is most likely that his twenty-season career is officially over. He came into the league in 2001, drafted by the San Diego Chargers. He played with the Chargers from 2001-2005, until a serious collarbone break left his career in jeopardy. Drew Brees was told, "You will never be able to throw a ball again or play the sport you have played your whole life ever again." However, Brees beat the odds and was traded to the New Orleans Saints, where he led them to a Super Bowl win in 2009, and started his brilliance on and off the field.

Drew Brees has many record-breaking and historic stats among quarterbacks in the NFL. Brees ranks #1 in career passing yards, #2 in career passing touchdowns, #1 in career completions, and #1 in career completion percentage. He has changed the face of the game and without him in the league, the NFL will be changed forever. Lastly, Drew off the field, is happily married and has four kids. Whether Brees is in a uniform or not, he will always have such an impact on the game of football. Cam Stumpf stated, "I love football and without Brees there, the game will never be the same again."

## Athletes of...

Madalyn Malicki is the daughter of Mark and Lisa Malicki. She lives in Hollsopple, Pennsylvania. Madalyn participates in Girls Varsity Soccer. She is a two-year letterman in soccer and one-year letterman in track and field. Madalyn, along with her teammates, won Westpac two years in a row and won the District 5 championship. When asked about her senior season, Madalyn stated, "Even though I had a few setbacks at the start of the season, I really enjoyed it. I loved watching my teammates, as well as myself, improve on and off the field."



Madalyn also excels in academics, being on the honor roll and a National Honor Society inductee. During school, she is a part of the student council, where she is the secretary, she is in the rotary club, musical, and a part scholastic quiz team. Outside of school, Madalyn works at SEADS Garden Center. After graduating, she plans to attend a four-year college to study horticulture.

## The Month

Tyler Poznanski is the son of Stephen and Gina Poznanski of Johnstown. He is outstanding athletically and academically. Athletically, Tyler participates in football, basketball, and baseball at Conemaugh Township Area High School and has been captain of each team. He is currently a four-year letterman in football and is part of the All-Academic Gold team for football. Tyler is also a four-year letterman in basketball and has made Westpac and the Second Team All-Somerset County team for basketball. He is also a four-year letterman in baseball. When asked his favorite sports memory, he said, "Winning the D5 championship back to back years for baseball and just hanging with my teammates."



Academically, Tyler is a part of the National Honors Society and has been on the Honor roll since the sixth grade. Outside of school, he is also a member of his church and is constantly giving back to the people in the community.

Tyler's future plan is to attend the University of Pittsburgh, where he will major in physical therapy.

## SPORTS

### *Winter Sports Begin*

*By Ben Cotchen*

On December 10th, 2021, Governor Wolf announced that there would be a temporary stoppage in high school winter sports, due to ongoing coronavirus concerns in Pennsylvania. After a three-week delay, Wolf announced that high school winter sports were allowed to resume on January 4th, 2021. This means our Indians sports teams have officially began practicing and are now preparing for each sports' upcoming season.

The girls' and boys' basketball teams look forward to having success on the court this season. The boys look to build off of last year, where they qualified for the District V playoffs, but were defeated by North Star in the semifinals. The team brings back three returning starters, including seniors Cameron Stumpf and Tyler Poznanski, and junior Jackson Byer. The girls also qualified for the District V playoffs last season, however they were also defeated by North Star in the quarter finals. They bring back a few returning key players, such as sophomores Mya Poznanski, Emilee Roman, and Hannah Swank. Returning upperclassmen are senior Chloe Shaulis and junior Mya Nanna. This team looks very promising, and will strive to be a winning group on the court.

The wrestling team faced many challenges during last year's season. However, the team is not focused on last year, but rather focused on this upcoming season. It could look a lot different on the mat for the Indians. An increase in the number of wrestlers on the roster could prove to be very helpful this year.

Finally, the Rifle Team looks to build on their success last season and take it even further. The Indians had a very strong season that led them to be WestPAC champions. The team lost a heartbreaker in the league championship match, but that serves as motivation for this year's team. Junior Ruby Korenoski says "I'm looking forward to starting up the season. I think we have a lot of younger kids with lots of potential, and some upperclassmen with potential to break records."



***Jackson Byer defends the ball handler in a conference game against Windber.***

### *Quarantined Teams*

*By Ben Cotchen*

The varsity boys and girls basketball teams each had their season paused last week when two athletes tested positive for the coronavirus. This week, members of both the girls' and boys' team were to quarantine temporarily, and were not allowed to attend school for safety reasons.

Originally, the teams were scheduled to open up their seasons this week. However, the recent events have changed that. The girls will now open up their season on Monday, January 25th against Portage. The boys will open up their season on Tuesday, January 26th against Conemaugh Valley.

When asked about his thoughts on the sudden pause in their season, junior boys' basketball player Jackson Byer said, "This came as a shock. It's obviously kind of frustrating when things like this happen, but all we really want is a great and healthy season. Quarantining isn't fun, but at least it will decrease the chances of the virus being spread." This is obviously not an ideal situation for our basketball teams, but they look forward to the start of their season and care most about the health and safety of their teammates.



***Hannah Swank dribbles the ball in a home game against Blacklick Valley.***



## *Celebrating The New Year Around the World*

*By Sasha Tarabrin*

New Year's as we know it is celebrated on the night of December 31st to January 1st. At midnight on January 1st, people often throw big parties and celebrate ringing in the new year with loved ones. However, many different cultures have their own specific New Year's traditions.

In Russian Orthodox culture, they celebrate New Year's just like us on the 1st, but they also celebrate what they call the "Old New Year" on January 14th - this celebration is spent with family and kept small. On this day, Russian people will reflect on the past year and make new resolutions for them and their families. Like our New Year's, they celebrate with large parties, dinners, gifts, and fireworks.

Chinese New Year is celebrated a bit later and longer than we're used to. It ranges from January 21st to February 20th but is held mainly on February 5th. It is also called the Spring Festival as it marks the end of the cold Winter months. In Chinese culture, the Spring Festival was originally dedicated to praying to their gods and ancestors for a good harvest season. On Chinese New Year's Eve, it is tradition for families to burn fake paper money and gold bars in remembrance of their deceased loved ones.

Whether you're setting off fireworks, making resolutions, having a party, or burning paper money, ringing in the new year is something almost everyone around the world participates in. Next year, adopt some of these different traditions into your family's celebrations.



## Senior Yearbook Photo Deadline Set

Casual senior portraits for the "Senior Section" of the yearbook are due no later than March 17, 2021. NO EXCEPTIONS WILL BE MADE NOR ANY PICTURES ACCEPTED AFTER MARCH 17, 2021!

## Telephone Numbers

### *Administrative Office*

Superintendent.....Thomas Kakabar.....479-7575  
Business Manager.....Regina Rembold.....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  
Guidance Counselors.....Kelly Birkhimer and Kara Duplin...479-7886  
School Nurse.....Cassey DeBiase.....479-2324  
Athletic Director.....Jarod Feathers.....479-4014

## School Calendar

The following dates are subject to change:

February 5.....Noon Dismissal  
February 12.....One Hour Early Dismissal  
February 15.....No School/ President's Day  
February 19.....One Hour Early Dismissal  
February 26.....One Hour Early Dismissal



# Coming in February

**News**

Bella June Chesnutwood, Shawna Spangler, Noah Stultz, Garret Jacobs, Gracyn Bittner

**Sports**

Rocco Hagan, Vayda Korenoski, Colton Shippey, Dakota Titus, Ethan Coulter

**Features**

Elanor Luscher, Ember Seymour, Micheala Gindlesperger, Rylan Hille-gass, Dylan Tercek, Jason Vandiford

**Society**

Charlotte Worst, Addison Lasure, Donovan Dadura, Rydell Walylko, Emily Purdy, Landyn Robinson