



— September 2022 —



VALLEY'S VOICES

Homecoming Schedule Announced! by Olivia Clark

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CALEB DOLINSKY
HAILEY FYOCK
AUBREE HIMES
AVA MAHAN
KAI WILLS

Monday, September 26: Adam Sandler Day

Tuesday, September 27: Jersey Day

Wednesday, September 28: Bikers vs. Surfers

Thursday, September 29: Tacky Tourist/Lifeguard

Homecoming Parade and Bonfire: 6 pm
Concessions by Alumni Association

Friday, September 30: Blue and White Day
Pep Rally during Activity Period in the gym

Saturday, October 1: Homecoming Football Game
1 pm - Queen crowned at halftime -

Homecoming Dance CV Cafeteria 7-10 pm
- King crowned at 6:45 prior to dance -

AVA ASKS

by Ava Mahan

Do you think you're good at trivia? Well, your trivia master, Ava, is here to test your ability. This month's trivia focuses on our school, CVHS. Here are some questions you probably never asked. Think you know the answers? Check out the last page!

How many lockers are in the school?

How many steps are in each staircase?

How many lunch tables are in the cafeteria?

How many seats are in the auditorium?

How many doors are in the school?

Who Are We?

by Lauryn Carns



The 2021-2022 school year was the first year for Valley's Voices. The staff published a digital monthly issue and a full-color printed Senior Edition for the Class of 2022. With a larger and mostly new staff this year, we hope to achieve the same success and continue to make Valley's Voices a form in which our students' achievements and talents can be showcased. Who is the Blue Staff?

Look at the following questions and answers and find out more about the people behind this publication.

Who Are We?

Devin Blair - Junior

What's your favorite soda?

"I don't like soda."

What is the coolest thing you did this summer?

"Went to a concert"

Blue or White?

"White"

Lauryn Carns - Senior

What's your favorite soda?

"Grape soda"

What is the coolest thing you did this summer?

"Went to the beach"

Blue or White?

"Blue"

Eniksre Cashaw - Senior

What's your favorite soda?

"Orange soda"

What is the coolest thing you did this summer?

"Went to New York"

Blue or White?

"White"

Olivia Clark - Junior

What's your favorite soda?

"Dr. Pepper"

What is the coolest thing you did this summer?

"Got my driver's license"

Blue or White?

"White"

Caleb Dolinsky - Junior

What's your favorite soda?

"Orange Crush"

What is the coolest thing you did this summer?

"I rode quads."

Blue or White?

"Blue"

Hailey Fyock - Senior

What's your favorite soda?

"Dr. Pepper"

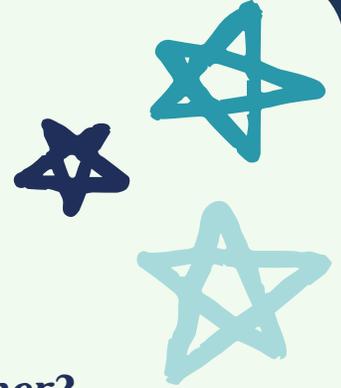
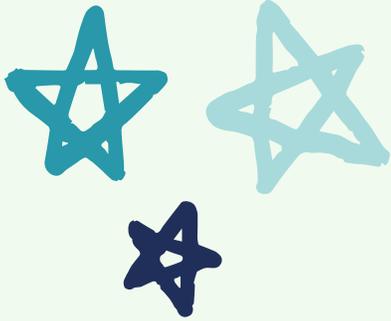
What is the coolest thing you did this summer?

"Went to a Kid Laroi concert"

Blue or White?

"Blue"

Who Are We?



Aubree Himes - Junior

What's your favorite soda?

"Root Beer"

What is the coolest thing you did this summer?

"Re-watched all the Sponge Bob episodes"

"Blue or White?"

"Blue"

Ava Manhan - Junior

What's your favorite soda?

"Dr. Pepper"

What is the coolest thing you did this summer?

"Going on vacation"

Blue or White?

"Blue"

Kai Wills - Junior

What's your favorite soda?

"Nitro Vanilla Pepsi"

What is the coolest thing you did this summer?

"I got my very first tattoo this summer!"

Blue or White?

"Blue"

7th Grade Interviews

BY: HAILEY FYOCK

A new school year means another batch of seventh graders are now part of our high school community. Seventh grade is full of change and new opportunities.

Here are some thoughts from the **Class of 2028**.

Aiden Blair

What is the biggest difference between high school and elementary school?

“More classes”

How have your first few weeks been?

“Good”



Logan Wainwright

What is the biggest difference between high school and elementary school?

“The elementary has air conditioning.”

How have your first few weeks been?

“Hot”

Gwen Masser

What is the biggest difference between high school and elementary school?

“There’s more freedom at the high school.”

How have your first few weeks been?

“They’ve been good.”



Abbie Savering

What is the biggest difference between high school and elementary school?

“There are more opportunities here.”

How have your first few weeks been?

“Pretty good”



Meet the New Teachers!

A new school year usually means new schedules, new lockers, and new homerooms. But this year also includes many new teachers! Valley's Voices has come together to introduce some of these new faces and find out more about them!

Dr. Goodrich and Mr. Mowry - Kai Wills

Ms. Hubbard and Mr. Vickroy - Caleb Dolinsky

Mr. Harshbarger and Mr. Rhoades - Devin Blair



Dr. Goodrich

Room: 202

Subject(s): Intro to Foreign Language, Spanish I, Spanish II, and Spanish III

What college(s) did you attend?

"First, I went to IUP for my Bachelor of Science, specializing in Spanish education, then I went to the University of Scranton for my Master of Education, and lastly I went to Liberty University for my Doctorate (ADD)." Dr. Goodrich started her schooling in 2000 and finished in 2020 with several breaks in between colleges/years!

What made you want to teach this subject(s)?

"I loved to teach. My mom said pick something else, I tried a bunch of different fields, but went back to teaching. My 5th grade teacher had candy in her desk and the idea of being able to have candy at work was awesome."

How are you handling the environment of CVHS so far this year?

"Pretty well. I like it a lot. The students are good, for the most part. I really like the small school and getting to see families. My last school was in Punxsutawney, which was a little bigger than CV. I have taught in Pennsylvania, Virginia, Rhode Island, and Ohio when moving for my husband's career." Dr. Goodrich's husband was active duty in the United States Navy before they came to Johnstown. They moved quite often.

Do you have any pets; if so, what are their names?

"Yes! I have a golden doodle, Milo, and another, Archie. He isn't very well behaved because he is just a puppy. We also have a jack russell terrier named Bella, she isn't that well behaved either. Even though she is small, she is definitely the alpha dog in the house! Also, each of my kids have a leopard gecko."

What kind of car do you drive?

"A Honda Pilot" (In which Dr. Goodrich packed all ten members of her family to travel!)

Do you listen to music and sing in the shower; if yes, what is your favorite shower song/album?

"Yes, I listen to music, but I do not sing. I usually listen to Encanto or 80s 90s rock!"

Dr. Goodrich also mentioned that she is mom to a 13 year old (Hello Paul!), 11 year old, and 8 year old who all attend CV. Her husband is now in the Navy Reserves after being on active duty for many years!



Mr. Mowry

Room: Art

Subject(s): Art 8, Art 1, Digital Art & Design, Advanced 2D & 3D Art, and Art Portfolio

What college(s) did you attend?

"I went to the Art Institute of Pittsburgh for industrial design, Point Park University for applied art, and Indiana University of Pennsylvania for art education. It took me a total of eight years."

What made you want to teach this subject(s)?

"I was good at art, but I didn't want to go to Hollywood. Teaching is better." Mr. Mowry explained that his first degree in industrial design could have taken him to Hollywood to be a special effects artist for movies and TV shows!

How are you handling the environment of CVHS so far this year?

"The environment is the same as any other school I taught at. The only difference is the ages of my students. First, I taught at Shade School District for grades K-12. Then, I taught in Maryland at a middle school. Now, I'm here at Conemaugh Valley teaching high school students. Honestly, I much prefer teaching high school."

Do you have any pets; if so, what are their names?

"I have five (pets). I have a dog named Tucker and four cats named Sophie, Artie, Lily, and Little John."

What kind of car do you drive?

"I drive a Subaru Outback."

Do you listen to music and sing in the shower; if yes, what is your favorite shower song/album?

"Yes I do! I don't listen to anything in particular, it's just whatever earworm pops into my head!"



Ms. Hubbard

Room: Gym

Subject(s): Junior and Senior High Physical Education and Health

What college(s) did you attend?

"I went to IUP, originally in the dietetics program, and then I transferred to SRU (Slippery Rock University) for Health & PE."

What made you want to teach this subject(s)?

"I have always enjoyed being active and playing a variety of sports. In school, I loved learning about nutrition and human anatomy and physiology. I wanted to share my passion for health and wellness with the youth in our community, so I chose to get my degree in Health and Physical Education."

How are you handling the environment of CVHS so far this year?

"Great. I've enjoyed getting to know the students and staff. Everyone has been helpful and has a great attitude. I am looking forward to the rest of the school year."

Do you have any pets; if so, what are their names and ages?

- Two dogs
- 1 Boxer (Peppa, 7 yrs old)
- 1 Vizsla (Sage, 9 yrs old)

What kind of car do you drive?

"One that fits the whole family, dogs included!"

Do you listen to music and sing in the shower; if yes, what is your favorite shower song/album?

"I always have music on! I love a variety of music. Portugal The Man is my favorite band. I love all their albums, but In the Mountain in The Cloud is my favorite."



Mr. Vickroy

Room: 107

Subject(s): English, Literature and Research 7, English 9 and English 12

What college(s) did you attend?

"I went to the University of Pittsburgh in 2019 for secondary education."

What made you want to teach this subject(s)?

"I've always loved both history and the ability to explore human emotions through history!"

How are you handling the environment of CVHS so far this year?

"I love the environment! I love CV so far, It has good students and staff."

Do you have any pets; if so, what are their names and ages?

"I have Cleo, a dog who is seven years old; a cat named Razmataz who is three years old, and a cat named Abraham Lincoln who is about four years old."

What kind of car do you drive?

"A red Subaru Impreza"

Do you listen to music and sing in the shower; if yes, what is your favorite shower song/album?

"No songs, but I do love to listen to podcasts in the shower."



Mr. Harshbarger

Room: Gym

Subject(s): Junior and Senior High Physical Education and Health

What college(s) did you attend?

"I attended Lock Haven University for four years."

How are you handling the environment of CVHS so far this year?

"This year has been both challenging and rewarding so far, I am very excited for what the school year has to offer and the quality experience I will gain along the way."

Do you have any pets; if so, what are their names and ages?

"I have three yorkies at the moment. Zayda and Maggie will be two in November and Tootsie is three years old."

What kind of car do you drive?

"I drive a silver 2009 Hyundai Sonata."

Do you listen to music and sing in the shower; if yes, what is your favorite shower song/album?

"I don't listen to music very often and when I do it's in the car. I am more of a modern rap listener."



Mr. Rhoades

Room: 115 (The Jacoby Room)

Subject(s): Civics, PA History, Geography, American History III, and History of Sports

What college(s) did you attend?

"I went to IUP for both of my degrees. I studied social studies education and special education."

What made you want to teach this subject(s)?

"History has always been my favorite subject and I wanted to work in the history field. Teaching seemed to be the best fit."

How are you handling the environment of CVHS so far this year?

"Well, I missed the first full week due to Covid so I'm not handling it too well, but I am excited to be here and continue to work with all the other staff and students."

Do you have any pets; if so, what are their names and ages?

"I have two pets! One dog is named Liberty, and she is a year old. One cat is named Stumpy, and he is three years old."

What kind of car do you drive?

"I drive a 2007 Audi Hatchback."

Do you listen to music and sing in the shower; if yes, what is your favorite shower song/album?

"I'm mostly a podcast guy. I love the sports podcast Pardon My Take. But you can catch me listening to Modern Baseball or Mom Jeans here and there. I love all of their songs!"

LIV'S LUNCHBOX

An After-School Snack Program

The Conemaugh Valley and Ferndale cheerleaders have teamed up to start a snack program for students involved in after school activities. They are asking for your help!

You can bring donated items to every home football game or drop them off at the high school office.

Suggested Items to Donate:

- water
- Gatorade
- Capri Sun pouches
- Spaghettios
- protein bars
- Chef Boyardee microwave cups
- juice
- Slim Jims
- nuts / trailmix
- Rice Krispie treats
- Pop Tarts
- mac and cheese microwave cups
- applesauce/fruit cups
- granola bars
- soup

www.thelivredfoundation.org

By: Aubree
Himes

Himes' Hits



What the heck is up EVERYBODY? It's ya girl AUBREE HIMES BACK AT IT AGAIN. This is what I'd like to call Himes' Hits. This is where I am going to break down THE HOTTEST hits and the artists who created them. For my first hit Let's KICK IT BACK to the REAL OLD SCHOOL.

WHAT UP BEETHOVEN FANS?

Let's see how much you really know about this famous composer. Ludwig van Beethoven was born in 1770 and is most famous for "Für Elise", "Moonlight Sonata", and "Symphony No. 5". Many people know that Beethoven was deaf. Despite his deafness, Beethoven became one of the most famous composers of all time.

Here are some things you may not know about MY BOY BEETHOVEN. He suffered from many life-long illnesses such as a distressed bowel, rheumatism, skin disorders, a variety of infections, and liver disease.

In fact, an autopsy performed after his death in 1827 revealed cirrhosis of the liver due to large amounts of wine and possibly a case of hepatitis.

Can you believe Beethoven was arrested? After a night of partying, he was mistaken for a passed out homeless person and was arrested, WHICH IS NOT COOL MY GUY. Depressed and feeling isolated about his deafness, Beethoven had mentioned in a letter that it was his music that kept him from taking his own life.

What was Beethoven's favorite food? It was mac n cheese. Yes, the delicious consistency between the mac and the cheese HMMM GOOD. He most definitely liked coffee. He reportedly used 60 coffee beans per cup. Not 59, not 61, 60 COFFEE BEANS!!! EYES WIDE OPEN MAN!!

WELL THAT'S A WRAP ON MY HOME SLICE LUDWIG. CATCH ME ON THE FLIP SIDE IN THE NOVEMBER ISSUE. PEACE OUT☺

Clothes Drive

by Caleb Dolinsky

Last year, junior Evan Heinlein was tasked with donating all of the cereal that had been found in his locker as a consequence from Mr. Miller. Evan donated the contraband food to our own elementary school.

After this experience of giving to others, Evan became inspired. He along with Ben Partsch, Caleb Dolinsky, and our guidance counselor, Ms. Bergman, decided to organize a clothing drive. Heinlein's Hand Me Ups began during the last month of school, so the group was not sure what to expect. Thanks to all of those who donated, we got a total of 367 pounds of clothing made available to other students who might be able to use them.



We collected 367 pounds of clothes!!!

This year we hope to get twice that much! In order to do that, we are asking everyone to bring in their gently used clothing. As we get ready to go into the fall/winter, now is a good time to bring in any clothes you don't wear anymore. We will have a box set up in various places for you to donate clothing items.

- short sleeve shirts
- long sleeve shirts
- pants
- jeans
- shorts
- hoodies
- winter jackets
- gloves
- new socks
- new underwear (have to be in the package still)
- shoes that haven't been worn

We really hope everyone will help. Ask your family and friends too!

Answers to Ava Asks

How many lockers are in the school?

288

How many steps are in each staircase?

17

How many lunch tables are in the cafeteria?

22

How many seats are in the auditorium?

747

How many doors are in the school?

237