

The Wildcat Crier

February Issue 2018



High School Happenings!

by Madi Jarnot

Varsity swimming began during November. **The boys' team** has a **winning record** this season. Many new **freshmen**, such as Nathan Welch and Isaac Richardson, are already **shining** on the team. **Jessica Stevenson**, also **broke the backstroke millennium record by 5 seconds** this season. **Varsity bowling** for boys and girls has started. The **boys' team** had an outstanding season last year in which they **qualified for WPIAL Regionals**.

Seniors **Jessica Stevenson** and **Seth Fuller** performed in **PMEA's District Band** with students from other schools on **January 12th**. **Taylor Getsy**, **Makenzie Rucker**, **Mary Protheroe**, **Mackenzie Switzer**, and **Brooke Bannister** performed in **PMEA's District Chorus** at the high school along with 186 students from other schools on **Friday, January 26th**.

This year, teachers at **Logan Elementary and the high school** have collaborated to make a new **child development program** for high school seniors. Selected students will help elementary teachers in the classroom with **projects, crafts and assignments**. At the end of each semester, students teach the class their **own lesson** and **create assignments** for them.

STEM Club is a group of students who gather to do **projects and competitions**. **Guest speakers** occasionally come in and talk about their **careers**, such as **coding**. This new club is hosted by **Mrs. Spallone** and **Ms. Sippey**.

The **National Honor Society** hosted the winter blood drive on **January 9th**. During this drive, **24 units** of blood were collected, which can save up to **72 lives**.

The **musical department** will be performing ***Once on This Island*** on **April 12th, 13th, and 14th**. Their annual **spaghetti dinner** fundraiser will be on **February 25th** at **Broadway Alliance Church**.

The **varsity girls' basketball team** was **undefeated** this season, and **Amani Johnson** reached **2000 points!** Congratulations!



The **varsity boys basketball team** has **won their section** for the first time since **1967!** Congrats, boys!

Editor-in-Chief
Abby Delisi

Assistant Editor
Madi Jarnot

Staff
Aona Williams
Haley Novak
Riley Nedz
Tyler Getsy

Photographer
Trevor Ulichnie

Sponsor
Mrs. Chenot

BOOK IT FORWARD!



Tomorrow is the last day to bring in your new or gently used books for the "Book it Forward" book drive!



Trevor Meets World

by Trevor Ulichnie

Through most of my high school career, I've been single. Dating has always been one of those things I struggled with. I looked at my friends and wondered what having a girlfriend could be like. Nothing seemed to work for me, not even posting my selfies in the halls! One day, when discussing my troubles in journalism, my dearest friend Riley Nedz offered me a crash course in love.

Riley taught me how to "finesse." First and foremost, it is important to make sure that the girl you're interested in doesn't have a boyfriend. I've learned this one the hard way a few times. Riley has told me you have to be "sweet, like kind and caring." I've also learned through practice that winking is not recommended. Riley told me to "look for a second, but not too long, and look away when she notices you." It sounded pretty legit to me!

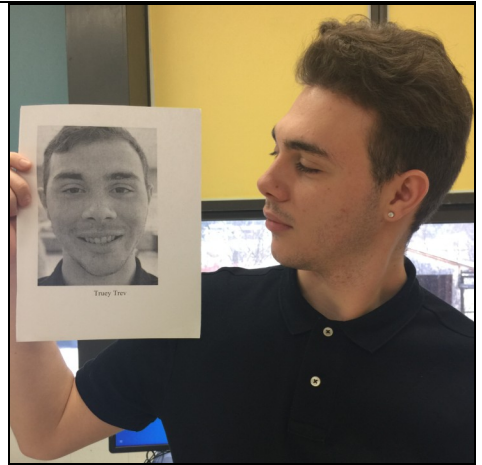
I was pretty concerned about the whole "talking" thing, but Riley reassured me that it's easy. All he told me to do was get her phone number. Riley says that if she doesn't have a phone she's "probably too young, or antisocial." When asking her out, keep it simple and to the point. So like a, "Hey beautiful, would you like to go a movie?" I'm not really sure what to do if the girl says no.

Next, I asked Riley how to make sure you don't mess up the date. This is the serious part. Riley says to "think of the questions she could ask you and their answers." I needed to work on my interview skills. If she isn't good at keeping up conversation in person, the date can get awkward really fast. Riley advised me to keep the conversation going but, if all else fails, leave. I'm not really sure you're supposed to walk out like that, but Riley knows what he's doing.

I promised Riley I'd put his advice into effect the next day. It was time for me to spread my wings and take this into the real world. However, we ran into a little roadblock. My girl doesn't like the movies! We weren't at the serious Yokoso stage yet, so I had no idea where to take her. Riley's idea was perfect: the bowling alley!

My other dearest friend and bowler Tyler Getsy heard I was going to attempt a bowling date. He asked right away if I even knew how to bowl. I told him when I use bumpers, I can bowl a 90! Tyler kept asking if I really thought a 90 was good, and then I got worried. He told me he was going to show me the way and make me a true G.O.A.T. I received tips from a future D1 bowler!

My date went absolutely wonderful as I took my previously learned tips from Tyler and Riley and put them into effect. I didn't use bumpers and bowled an amazing 150! With my date somewhat impressed by that accomplishment the rest of the night went smooth. Between Riley's love expertise and Tyler's bowling knowledge, the night was a success! And I'm positive that a second date is already in order, and we're going to...THE BOWLING ALLEY!



Trevor wonders why he thought the advertisement was a good idea. (But he still has signed copies available!)

by Tyler Getsy

1) Don't look at the pins.

A bowling mistake everyone makes is looking at the pins, but the easiest thing to do is to throw the ball at the arrows. Looking at the pins will make you lose focus.

2) Try to hook the bowling ball.

Spinning or "hooking" the ball is making the ball spin toward the pins. It will also make you smoother, more efficient, and will increase the pin carry.

3) Find the ball that fits your hand the best.

You don't want a ball that's too heavy or uncomfortable. That can ruin your whole day, and your scores will drop. Find a ball that fits you the best.

4) Make sure you pay attention to your starting position.

Make sure you're throwing the first ball of every frame (called your strike shot) from the same starting position. This will improve your accuracy.

5) Have good timing.

Each step of your foot should match up with a specific part of your arm swing and release. Get the timing right and you're off to a good start.



Trevor was a pro on his date! She's more than impressed with his bowling skills, all thanks to Tyler. Photo courtesy of Tyler Getsy.

THE BOWLING ALLEY!

Gumpher's Big Break

by Trevor Ulichnie

East Allegheny senior and parkour enthusiast Christian Gumpher received some very exciting news! One of his Instagram (@gumpher7) videos showing him perform his amazingly acrobatic parkour stunts was sponsored by "LaunchPad Entertainment," also known as LPE360.

LaunchPad Entertainment is a website that sponsors and shares viral internet videos. They paid him \$150 for his video!



Christian's Instagram page has garnered attention from students and businesses in town. Photos and videos of him performing stunts, like the one above, can be found on Christian's Instagram, @gumpher7.

Christian Gumpher was "shocked and confused" when he was contacted by the company via Instagram DM for permission to use the video, mostly because he stated that, "The video really wasn't that hard."

Not only did LPE360 sponsor his video, but Altimate Air Trampoline Park and Steel City Parkour also sponsor Christian. Steel City Parkour is a gym located in Export, PA that specializes in parkour training, gymnastics, and obstacle courses. He doesn't get paid by either of those places, but he is allowed to enter both venues free of charge and gives them publicity by wearing their merchandise around town. For students who are interested in getting into the world of parkour, Christian says, "Train every single day." Gumpher, like everyone else, had to start somewhere.

Christian started his parkour journey sophomore year of high school. At a point in his life where his main goal was to take over the family business, "Gumpher Electric," he found his way into the world of parkour. He started doing parkour to get himself into shape and never thought it "would've gotten this big."

Like any other sport, there are unfortunately injuries suffered. Christian suffered a shoulder separation his junior year of high school and said it was one of his worst injuries. That didn't stop him as he got back out there and continued his journey.

"You can't be afraid," says Christian, "Getting hurt for me is used as motivation to try again."

And try again he has, and he continues to amaze the world with his stunts and tricks. So work hard, never give up, and someday you can end up being like the parkour enthusiast, Christian Gumpher!

Freshmen Swim into Our Hearts

by Haley D. Novak

For a lot of students, freshmen year can be a stressful point in life. Imagine all the stress of classes and social life, then add on waking up at 6 AM for swim practice. East Allegheny's freshmen seem to handle all that with no problems.

Felicia Englert dedicates herself to swimming while maintaining her 4.0 Grade Point Average. Being in all honors classes can be difficult on its own, but Felicia is perfectly fine balancing school and swim. While it may seem to come easily to Felicia, she does face some challenges. She works hard to bring down her times and beating her own personal record, but this is all worth it for her because she says it has made her a better swimmer.

Autumn Christner says that one of the most challenging aspects of being on the team is having the right mentality. To keep her in the right head space, her coaches constantly remind her of that. Autumn also receives encouragement from the inspiring seniors that are on the team.

Maintaining grades isn't even the hardest part for some team members. Sometimes the most difficult obstacle is something that can't be controlled.

In the beginning of the year, doing his best was difficult for Nathan Welch. He caught mononucleosis. He had to spend a month at home and could not attend their practices or even come to school. This caused him to lose a lot of his strength. Now 5 months later, with hours of hard training and support from his team, Nathan is back in the water and better than ever.

Being on the team has also been a positive experience for Isaac Richardson. In the beginning of the season, getting back into "swimmer shape" was difficult for Isaac, but once again, the team was standing behind him and encouraging him. Isaac says that being on the team has built some of the strongest friendships for him, and that he'll never forget the friends he has made.

Not only does Nick Stevenson have his teammates on his side, but he has his older sister Jess Stevenson to support him. Nick looks up to Jess because of her commitment. Nick shows his commitment to the team by going to every practice. This includes their morning practices. Waking up that early is something that most people would be reluctant to do. However, Nick diligently swims laps and does the sets his coach tells him to. He says that after practice he feels accomplished and refreshed to start his day.

The freshmen on this year's swim team are a group of hardworking and strong students. The amount of positivity that radiates from each and every one of them is what makes them such a cohesive team. While waving goodbye to the seniors they enjoy so greatly, the school can feel confident that the future of the swim team is as bright as can be.

Dating Violence

by Aona Williams and Abby Delisi

Signs

<ul style="list-style-type: none">• Shows extreme jealousy of your friends and time spent away• Keeps you or discourages you from seeing friends or family members• Insults, demeans, or shames you with put-downs• Looks at you or acts in ways that scare you• Controls who you see, where you go, or what you do• Destroys your property or threatens to hurt or kill your pets• Intimidates you with guns, knives, or other weapons• Pressures you to use drugs or alcohol• Forbids you from eating or sleeping	<ul style="list-style-type: none">• Prevents you from calling the police or seeking medical attention• Abandons you in unfamiliar places• Drives recklessly or dangerously when you are in the car with them• Unwanted kissing or touching• Keeps someone from protecting themselves from sexually transmitted infections (STIs) or pregnancy• Pressuring or forcing someone to have sex or perform sexual acts• Uses sexual insults toward someone• Tells you that you can never do anything right <p>Sources: loveisrespect.org and thehotline.org</p>
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How to Leave

<ul style="list-style-type: none">• Realize this behavior is wrong.• Talk to an adult, friend, or family member that you trust.• Create a *safety plan.• Consider getting a restraining order.• Do not accept or make excuses for your partner's abusive behavior.	<ul style="list-style-type: none">• Remember that abuse is never your fault. <p>*Every situation is different. This is a general plan, but for a more personal plan, reach out to a local organization. If you're in immediate danger, reach out to the police.</p> <p>Source: loveisrespect.org</p>
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**LOVE
IS NOT
ABUSE**

How to Approach a Friend

Dating violence is an unspoken epidemic, that's being acknowledged due to the #MeToo and Times Up movements and survivors' stories. If you're worried that your friend might be in an abusive situation, approach them using tips from Danielle, an advocate from the Women's Center & Shelter of Greater Pittsburgh.

How to approach a friend:

- Be nonjudgmental
- Come from a compassionate place.
- Use "I statements." For example, you can say: "I have noticed that you don't hang out with us as often, is everything okay?" or, "I have felt uncomfortable with some of your partner's behaviors. What do you think about them?"
- Do not place the blame on your friend or talk badly about their partner.
- Continually validate your friend.
- Acknowledge that leaving a relationship is oftentimes harder than it seems.

Resources

Pennsylvania Coalition Against Domestic Violence:

Call 717-545-6400 OR 800-932-4632

Website: www.pcadv.org

Love is Respect:

Call 1-866-331-9474,

Text "loveis" to 22522

Website: loveisrespect.org

The National Domestic Violence Hotline:

Call 1-800-799-7233 (SAFE)

Website: thehotline.org



Picture from: prudencecrandall.org