

# PITCHFORK

## CSHS END OF THE YEAR EDITION



Here they are today...look inside this edition for a blast from the past!

### 2022 Seniors Have So Much to Say

ALIX HILBURN

Well, it's that time again folks, time to say goodbye to this year's seniors. So, in honor of them I, once again, sent out a Google Form survey to learn a little bit more about them before they leave! The survey consisted of 13 key questions which were all answered by 16 special seniors (and thank you very much for your participation!). But that's beside the point! Let's get into it, shall we?

- **What are you most known for?**
  - "Running, being sick all the time, and 'being a girl boss at sports'." Well to be fair **Elizabeth Kline**, you did give the competition a run for their money!
  - "Inappropriate jokes." Very nice **Adrian Peterman**, very nice.
  - "Taxidermy." **Kaitlyn Massung**, I must say that is a first.

Of course, these are just a few that really stuck out.

- **If you could have any superpower, what would it be? (Off topic but just as important as the rest of the questions.)**
  - "To be musically inclined. I love playing piano but I am terrible at it, let alone understanding it." Very different from the rest of the answers but that would be pretty cool **Gracie Thayer**.
  - **Anonymous** said, "A healing factor and regeneration like Deadpool and Wolverine." Very cool and logical.
  - **Byanca Stancliff** came up with, "The power to heal people that are sick." Very noble if I do say so myself!

The rest of the answers consisted of your generics: flying, invisibility, and the ability to communicate with animals.

- **Something you've always wanted to do?**
  - "Go on a backpacking trip in the mountains with friends." Sounds exciting **Brock Cunningham**!
  - **Tristan Blank** wants to, "Go to every MLB ballpark." Good luck!
  - **Anonymous** says they'd like to "[Go] deep sea fishing."

Others confessed how they'd like to go skydiving, travel the world, and even go on a fly-fishing trip in Alaska (shoutout to **Dayton Ridgeway**) *Continued on pg. 2*

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### Cambridge Cares ...A Lot!

HALEY JARDINA

"No one cares how much you know until they know how much you care" – **President Theodore Roosevelt**. Cambridge Springs High School as the educational center of our town, would often be noted for imparting knowledge on the students of the future. However, on Friday, May 20th, they were known for how much they care.

At about 8:30 a.m. the entire student body and staff of CSHS poured out of the doors of the school like a colony of ants on a mission. What was their mission? They were sent on a coordinated mission to various locations all over town with one direction, "Dig in and make our town beautiful." Groups of students were sent all over town to places such as the playground, yard cleanup, Stine Fields & the carnival grounds, CSHS bathroom painting, Cambridge Cemetery, street cleaning, CSHS Softball Field, Riverside Golf Course, Marcy Park, Jardina Bird Houses, Ace Hardware, Treasured Memories, Tony Jardina trail creation, handicap area clean up, Wall Mural, Methodist Church yard work, Brink Fields, and one of the neediest places, Springs Manor. Over the years the old nursing home became overgrown, messy, and overall, looking forgotten. CSHS sent out our students to fix that. By the end of the day, after long hours of hard work, the Manor was in a much better condition than before with it being trimmed, mowed, swept, and more.

Some students may ask why we clean up the town when people won't even notice? But they did notice, such as Mrs. Walsh; Mrs. Walsh is a resident here in Cambridge Springs and is also the elementary art teacher. Mrs. Walsh reached out to CSHS about the extravagant event and said, "I do not know who the organizers were at the high school level for Cambridge Cares Day, but I had to reach out and say a huge THANK YOU!!

*Continued on pg. 2*



# Cambridge Cares...continued

As I walked home past the old nursing home and noticed all of the work done there it brought a huge smile to my face. Everything was mowed, trimmed, tidied and edged in a way that has not happened for years. Being someone who lives close by and sees the decline of that once majestic place on a daily basis, it was really heartwarming to see our students get together and create such a positive change in our community.

Thank you to everyone who contributed, donated, supported and/or participated! I hope this remains something our students can participate in on a yearly basis into perpetuity. I ran into several high school students on my way home and asked them how they spent the day and if they enjoyed the work. The smiles, sunshine evident on their faces and dirt under their fingernails would have said enough; but their enthusiasm in telling me how much fun it was and how gratifying it was to see the change they created was huge!! Kudos to the CSHS/CSES students who came together and made our community a little bit neater, tidier and a happier place to be."

After the morning work location, at around noon, students began to head back up to the school for lunch, as they fueled up and prepared to go on their next adventure to give back to the town. After a few more long hours, every person headed back up to the school where they would get to relax, listen to some music, and even get a special treat! Students were rewarded with either some ice cream from our local ice cream shop, The Sweet Anchor, or a slushie from Kona Ice, Slayton family-owned. As mayor Randy Gorske once said, "We're no longer a SPA town. And in some ways, we're still trying to re-identify ourselves." A day of coming together such as Cambridge Cares, gives everyone ownership in creating the new SPA.



## Senior Survey...continued

### Anything you wish you did?

- **Elizabeth Kline** wishes she'd "Joined gymnastics when I was like five because I can't even do a cartwheel :("Same though Elizabeth, I feel your pain.
- **Anonymous** wanted to "Be a part of more things." Don't worry, you still have college and/or the rest of your life!
- And **Dayton Ridgeway** wishes he had "gotten to ride my moped around all day on anything but a backpack day." You're definitely not the only one who wishes you were able to.

Other answers were about doing better/paying more attention in school and the like.

### • Worst school-day of your life?

- "It was 7th grade in Mrs. Kissell's class and we were all taking a test. I sneezed and a massive snot rocket came jetting out of my nose and it was all over my face. I went to clean my face up, hand cupped over my snot, and finally got to the tissue box. It was a major relief when I got that all dealt with but when I walked back to my desk there was a little surprise. To my horror there was a snot glob hanging off of my desk suspended in all its glory and I quickly scooped it up with my hands and dumped it into the trash can in shame. I'm not sure if anyone saw me, but if they did, they probably still think I'm gross." Thank you, **Morgan Shaffer**, for that very...detailed story. My worst day of my life is now today when I read this!
- **Olivia Martinez** said, "Kindergarten when Mrs. Kingsley said Hunter did a better job at cutting out his train than I did." First off, how dare he!? And second off...I had her too!
- And lastly, **Brock Cunningham**, "Kindergarten: my card was moved to red. There may have been a slight mental breakdown." A *slight* mental breakdown you say?

Again, this year a lot of the other answers consisted of the infamous 'I don't know' and being sick.

### • Are you ready to leave? Why or why not?

- "Yes, mostly. I will miss my friends and teachers but I'm excited to embark on a new chapter in life." Very well put by **Chloe Vella**, good luck!
- **Jasmine Peterson** said, "Yes, I'm ready to start working towards my education for my future career." Very studious and mature of you!
- "I'm ready to not be here anymore but I'm more not ready to be an adult." Yeah, that seems to be the general consensus of the school **Adrian Peterman**.

Many people are excited but nervous to leave high school and to all of you I wish good luck!

### • Fun fact? (about you or anything else)

- **Anonymous** said, "My favorite fun fact is that a bear that fought with Poland in World War II was promoted to the rank of a corporal, his name was Wojtek the Soldier Bear." Wow, now you see people, that is a fun fact!
- "I am a slight Star Wars nerd." Really **Brock Cunningham**? Again with the "slight"?
- "I LOVE pickles." SAME **Chloe Vella**! BUT only dill.

Other fun facts included a mother named Honesty, a father that was friends with Tony Hawk, and an anonymous pet groomer!

### • Advice to the younger grades?

- **Destiny Valimont** says, "To work hard and never give up on your life."
- "Sacrifice your time to be kind to someone and always push yourself out of your comfort zone to do so. You'll regret it one day if you don't." Well said **Gracie Thayer**.
- "Cherish every memory because it goes by fast." This lovely sentiment is by **Chloe Vella**.

The rest of the responses were similar saying to not wish your life away and to remember that you don't need to be popular just have fun. **Continued on pg. 17**



Highlights of the 2021-2022 School Year

AUDREY BULLOCK



The homecoming assembly was held on the football field this year. We had multiple talented people put on a show, and student representatives to talk about fall sports. Later, the homecoming football game ended with a score of 14-8, the win unfortunately going to Cochranton. The homecoming dance was held outside for the first time ever beside the football field on October 2nd. This was due to COVID restrictions at the time. Although a little chilly, students kept warm by dancing and having fun with their friends. The homecoming queen this year was Makenzie Yanc, and the homecoming king was Vance Jones. The prince was Kaiden Boozer, and the



This year, the leadership council and student senate were able to organize a Powder Puff football game on Friday, October 23rd, under the lights at the football field. The senior and junior girls participated, with the help of some sophomore and freshman recruits. Alongside the girls playing football, there was a fabulous group of cheerleaders that took over the sidelines for the game. The senior team took home a victory that night, and the Powder Puff game will continue to be an annual event.



On Thursday December 16th, 11 new members were inducted into the National Honor Society. The National Honor Society (NHS) is a nationwide organization for high school students in grades 10-12. The foundations of the NHS are based on four things which are leadership, scholarship, service, and character. Students must show leadership and character by setting good examples for their peers and possible coworkers. Scholarship means students must have a minimum of certain grades. Students must also participate in community service. The requirements for service have dropped since COVID started. Students were previously required 50 hours of service and now it has been reduced to 25 hours. Students who are included are Abby Miller, Ethan Counassee, Ben Lieb, Makenzie Yanc, Hailee Rodgers, Emily Boylan, Laura Bidwell, Maddie Knight, Maddie Dragosavac, Finley Rauscher and Cameron Doubet.



Cambridge Springs has a school-wide goal each year to provide 3 tons of non-perishable food to help feed the community and provide Christmas spirit over the holiday season. Food is collected for a full week, and on Friday, the Student Senate/ Leadership Council spends the day organizing, weighing, separating, and packaging the food. The next morning, a group of dedicated students arrives at the school at 8 AM and helps distribute the boxes to families in the community. This year, the school (with help from our community) exceeded the goal, with a total of over 8000 lbs (4 tons!) of food. To encourage students to bring in more, we held a competition, and the grade level that supplied the most weight in food had the first choice in what activities to participate in during Winter Fest.



As we entered into the holiday season, students showed their Christmas cheer by dressing up for a total of eight spirit week days, including plaid, Christmas, pajamas, ugly sweaters, and more. Our Bag 3 Ton goal was met, and Winterfest was held as an incentive the last day before break. Students chose their afternoon activities, including candy cane making, dungeon ball, Christmas cookie making, and more. It was a great start to our winter break!



This winter, CSHS had the first pep rally in a while! Winter sports were announced, and the cheerleaders put on their dance routine for the school that they had been working on. Afterwards, there was a teachers vs. seniors relay event that ended with the teachers winning! We hope to have seasonal pep rallies next year!





Because of COVID (does it surprise you at this point?), the drama club hasn't been able to hold a spring play for a few school years. This year, the drama club took back the stage with the production of 'Cooking Can Be Murder'. This play was a murder mystery featuring seven suspicious suspects and an arrogant man who was murdered. A clever detective solved the mystery, and the murderer ending up being someone nobody expected! The drama club plans to put on more plays in the future.



Because of COVID, we haven't been able to hold grades 7-12 together at a formal dance in a while. However, this winter, a Valentine's Formal was held in the high school gym! Students enjoyed a night of dancing with their dates and friends. The dance was Sadie Hawkins themed, which means that girls were supposed to ask guys out!



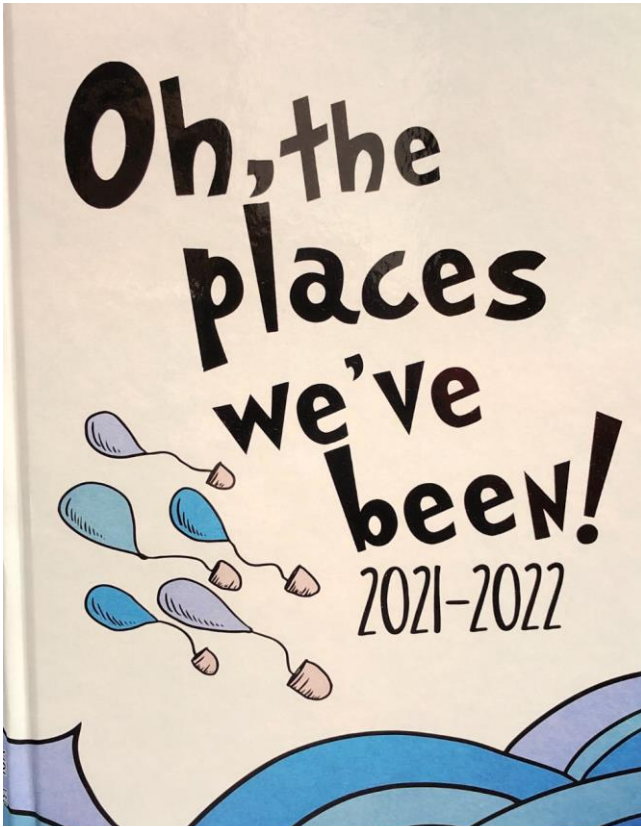
Prom was held in the Kelly Ballroom this year on May 13, and students were able to leave school early to get prepared for the big night! Students began to show up around 5 PM at the golf course to take pictures, followed by a delicious dinner served at 6 PM. The ballroom was fabulously decorated, and so was an outside area for students to hangout at. This year's prom king and queen were Brock Cunningham and Chloe Vella, and the prince and princess were Morgan Tucci and Gracie Thayer. Following prom was prom till dawn, which was also a blast! Students stayed in the school until 5 AM, competing in various tournaments, eating tons of food, and winning cool prizes!



The junior high leadership council decided to bring the first ever Jr. High Fall & Spring Formals to the school this year! This was largely because of homecoming being limited to Sr. High this fall. Students that attended these dances said they liked the beginning of a new tradition, and it made them feel more included in the school.



Cambridge Cares came back this year! On May 20, every student was grouped to go to various places around Cambridge Springs and help the community. Some students went to the historical society, painted the bathrooms, helped with landscaping around the school, and more. Students also helped out at local homes, doing things like pulling weeds and mulching. The day was a huge success, and the community looks improved because of the students' hard work! At the end of the day, everyone got the chance to eat Kona Ice or ice cream from the Sweet Anchor.



Want to see more fun pictures from this school year? Check out this year's yearbook! If you didn't order one, just borrow a friend's!



# CSHS Student Summer Spotlights:

What are our students doing this summer? Let's catch up!

HAYLEA THOMPSON

As summer approaches, sleeping in, going on vacation, spending time with family, etc. all start to creep up on us! During the summer it can at times become harder to keep up with our peers here at CSHS because everyone gets so busy, so let's take a look at what our friends at CSHS are going to be up to!



**Bridget Bullock—Current seventh grader, upcoming eighth grader:** “This summer I am really looking forward to going to Maine for two weeks!”



**Dale Smith—Current seventh grader, upcoming eighth grader:** “Right after school lets out, I plan on having a party for me and all my friends so that we can have a fun get-together before the long summer break.”



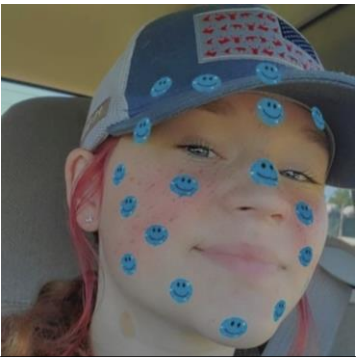
**Dani Ridgeway—Current eighth grader, upcoming freshman:** “I’m hoping to go to West Virginia, and also go camping. For the most part I’ll probably just work at the Sweet Anchor and sleep in when I don't have work!”



**Amara Vella—Current eighth grader, upcoming freshman:** “I’m going to be going on vacation to New York City, as well as New Jersey, which I’m super excited about! I also plan to dance throughout the summer as well. I’m also definitely looking forward to not having to wake up early for school, and no school work!”



**Riley Zimmerman—Current freshman, upcoming sophomore:** “My summer plans consist of barrel racing, trading my 4-H pig, working, and going on vacation. I also plan on having fun by camping and having lots of fires.”



**Martha Boylan—Current freshman, upcoming sophomore:** “I plan to go to camp and work most of the summer. Also, to just hang out with friends and family, and have fires!”



**Laura Wallace—Current sophomore, upcoming junior:** “This summer my family and I may be taking a vacation to Niagara Falls. Other than that, I plan on sleeping in, being outside, and spending time with my family and my dog Rowdy!”



**Audrey Bullock—Current sophomore, upcoming junior:** “I’m looking forward to getting our pontoon boat out and getting it on the water to spend time with my family, and fishing!”



**Brandon Webster—Current junior, upcoming senior:** “My family and I enjoy going to the Eriez-Speedway to watch races, which we typically go to around once a week. I’m also very excited to go to Florida to visit my mom, and work for my uncle who owns his own construction business.”



**Brooke Richardson—Current junior, upcoming senior:** “I plan on going camping, hanging out with my boyfriend Jackson, working a lot to make that bread haha, tanning, having beach days, photo shoots of course, and hanging out with family and friends! I also plan on going to Yellowstone in September.”



**Braislee Byrne—Current senior:** “I plan on just having fun this summer and finding new and different things to do with friends from high school, and also new friends that I will begin to meet through college. I’ll be moving into my dorm at Allegheny College in August.”



**Jackson Carrico—Current senior:** “I plan on spending the summer by working and spending time with my beautiful girlfriend, Brooke. Then I plan to go to college to wrestle at Pitt Bradford and get my business management degree.”



# Prom: It Really was a Night to Remember!

HAYLEA THOMPSON

The CSHS prom was held on May 13, 2022, in the Kelly Ballroom at The Riverside Golf Course. As of this school year it was to be a junior/senior prom, with the addition of freshman and sophomores who were invited by a junior/senior. On the day of prom, students attending had the opportunity to leave school at eleven o'clock after a short meeting with teachers who organized prom, as well as the junior class officers.

After doors opened at six o'clock, students were able to fill up the ballroom, as well as find their table where they were seated. Dinner was then served to students, which included a salad bar, pasta bar, steak, chicken, as well as various different desserts and snacks! After dinner had concluded, the dance floor was officially open! After a few hours, the prom court was introduced and crowned. Congratulations to Morgan Tucci and Gracie Thayer on winning Prom Prince and Princess, and congratulations to Brock Cunningham and Chloe Vella on winning Prom King and Queen!

After prom was over, which concluded at approximately ten o'clock, students had the choice of coming back to Cambridge Springs High School to attend Prom Til' Dawn. This was heavily encouraged, because Prom Til' Dawn is a safe way for prom attendees to continue their night of fun.

Prom Til' Dawn ended at five o'clock AM for students. While attending, students had unlimited snacks and drinks free of charge, and multiple activities to partake in! There were tournaments like cornhole and euchre, and winners of games and tournaments received prizes that made staying up all night totally worth it.

With prom season now being over, CSHS gives a big thanks to Mrs. Mumford, Mrs. Frantz, other teachers and staff, and all the junior class officers who made the amazing night possible for our students!





# College Applications: All Your Questions Answered!

HAILEE RODGERS

Applying to college can be a very daunting task for any student, especially if you’re not quite sure what to expect or how to go about it. I have compiled a list of common questions when it comes to applying to college, and hopefully these answers will help make the process easier for you.

## What should I expect when applying for college?

Applying for college is a long process that cannot be done in a few hours. It will take several weeks to complete. It is very important that you make a list of colleges that you believe you would be well-suited for before applying. This process should start as soon as possible to make sure that you have plenty of time to make important decisions. Spring of your junior year would be a great time to start. While looking at colleges, check if they offer what you are interested in pursuing as a major and if the program is well known at that college or university. After narrowing down your options, try to visit these universities to get a feel for the campus. The more you visit the colleges and talk to the people attending and working there, the better you will understand how campus life operates and decide if you are a good fit for that college.

## What do colleges and universities look for in my application?

Colleges often look for students that are the best fit for their institution. This is judged in various ways such as student academics, extracurricular activities, maturity and many other quality characteristics one may possess. Obviously, academics are a huge part of the acceptance process, however, knowing that a student will thrive at the college is just as important. Another key attribute that colleges look for in an applicant is whether you are respected by your teachers and peers. Colleges do not solely accept only the students with the best high school grades, but look at whether or not they will fit in and be an integral part of the university’s community.

## How should I deal with writing an essay and/or a portfolio in addition to my application?

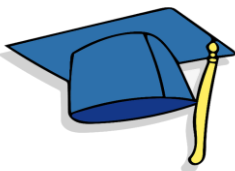
Oftentimes colleges require an essay or a portfolio in order to better understand the student applicant beyond their transcript grades. An application does not list everything that you have participated in, nor your true potential to excel in desired areas. Essays and portfolios are great tools to help showcase your skills and personality to the administrators. Colleges want to get to know you as a person, not just the classes you took in high school and how well you performed. You are the future of the university and they want someone who will represent their school with pride.

## What is the biggest challenge I will undergo when I am applying to college?

One of the most common challenges for students when they are applying for college is the overwhelming amount of information they are learning, and how to keep it all straight. It may help if you develop a plan and an organizer to keep all the information you gather from various colleges orderly. It is also very important that you understand exactly what you are looking for when searching for the perfect college in order to lessen the stress of the enormous amounts of information you will acquire. It may help to have a checklist of all the features or characteristics you would like in a college, so you can easily eliminate colleges when they don’t check enough of the boxes on your checklist.

## What should I look for in a college?

When you are looking at colleges, there are important factors to take into consideration. First, make sure they hold the major that you are wanting to pursue. Secondly, check their post-graduation employment rates, starting salaries of graduates, and internships that are for your field of study. Another consideration is the size of the college. If you work better in larger class sizes, then a larger university may be in your best interest. However, if you enjoy smaller class sizes with a smaller teacher to student ratio, then I would recommend smaller universities. If you wish to attend a college in a specific location, then try to search for universities that are in or near your desired location.




**DID YOU KNOW?**  
More women go to college than men. Women take up about 60% of college populations, and men take up about 40%.


## What is one of the biggest mistakes that comes with applying for college that I could encounter?

One of the hardest things to do is to stay on top of the application process. Many colleges have different application deadline dates and requirements, so it is very important to keep everything straight and in line. Staying organized is one of the keys to a successful application process. Try making an organized schedule that lists when each of your applications are due and all the requirements in order to apply to each desired college or university.


Applying for college should be an exciting adventure, and keeping a low stress level is key. College should be a fun and lively experience, and should prepare you for life and success after graduation. There is a college fit for everyone, you just have to find it! Good luck, and I wish you much success in this endeavor!




**Land-Grant Schools:**  
These schools focus on the teaching of practical agriculture, science, military science and engineering.




**Private Colleges:**  
Rely on mainly tuition, fees and private sources of funding




**Public Colleges/Universities:**  
Offer lower tuition for in-state residents than private schools because they're subsidized by state funding.



**Community College:**  
Offer two-year associate degrees that prepare students to transfer to a four-year college to earn a bachelor's degree.



**Liberal Arts Colleges:**  
Offer broad base of courses in the liberal arts, which includes areas such as literature, history, languages, mathematics, and life sciences.



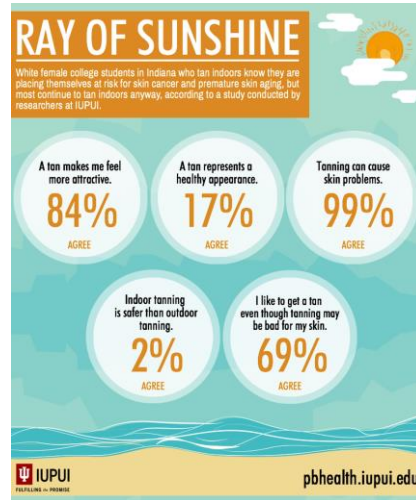
**Vocational-Technical and Career Colleges:**  
Offer specialized training in a particular industry or career such as culinary arts, firefighting, dental hygiene, and medical-records technology.

# That Golden Glow...What are the Risks?

LAURA BIDWELL

Summer is right around the corner, which means the sun is coming back out! Some people are desperate to get a summer glow. But sadly, it can be bad for you. I know I know, who doesn’t love being tan? But UV rays can do a lot more damage than you think. Those UV rays can cause Melanoma, which is a type of skin cancer. Laying out in the sun can increase your risk for developing skin cancer, even with the use of sunscreen. Melanoma is the second most common cancer in females ages 15-29.

Contrary to what you may think, artificial tanning is actually worse for your skin than laying out in the sun. The use of tanning beds gives out greater doses of UV rays than the midday tropical sun. In fact, more than 419,000 cases of skin cancer in the U.S. each year are linked to indoor tanning. What can you do to get a tan for summer? There is no guaranteed safe way to do it using UV rays, but there are plenty of lotions, serums, and sprays to get a nice glowy look for summer—the safe way.



DANGER! Avoid at all costs!



# How to Create Balance this Summer:

## How can you balance both work and your social life?

MAKENZIE YANC

Just picture this, school is almost out and you’re sitting in class, you look out the window and you see the sun beating down on the world outside. All you can think about is summer. You recall High School Musical 2 when they were just about to get out of school for the year, “...summer, summer, summer, summer.” You're waiting for the moment when you have no more responsibilities, but then you start to think of what all summer entails: summer jobs, sports, hanging out with friends, and vacations. But with all of these events going on how do you balance everything?

According to <https://everyday-reading.com/plan-for-summer/>, you should make a calendar or a to-do list for summer. A calendar doesn't just keep you organized; it also shows you when you have things going on so you can better plan your days. Along with a calendar, a to-do list is very helpful as well; write down every morning what you want to accomplish that day and check things off as you go. Balancing work and summer fun is very important. You don't want to be stuck working all summer, especially at this age, because when you get older than you don't really have a summer.

My advice is to enjoy it while you can before you get to the point where you work all the time. Last summer I made the mistake of taking on too many things. I played summer basketball, mowed lawns, babysat, and I barely got to spend any time with my friends. When its summer, sometimes playing sports feels like another job, as you have to go to practices and tournaments all summer. I know that’s how I felt, and I didn’t manage my time very well. I should have made a list or had a calendar so I could have managed my time a little better. Although working during the summer is a great way to make money, don’t let work define your summer like I did. Some things you could do so you’re not just working this summer include: Bike rides, walks, hikes, going to the beach, watching sunsets/sunrises, stargazing, picnics, getting ice cream, drive-in movies, concerts, and fairs!

Just remember, some work for summer is okay, but don’t let it take over your summer. This is your time to do what you want before you get locked down with a real-world job. Take my advice, don't over schedule yourself because then you'll be tired out and not enjoy your summer. Make a to-do list, and put things on your calendar to keep you organized. Just remember it's better to balance your life with work and summer fun activities then to solely focus on work.

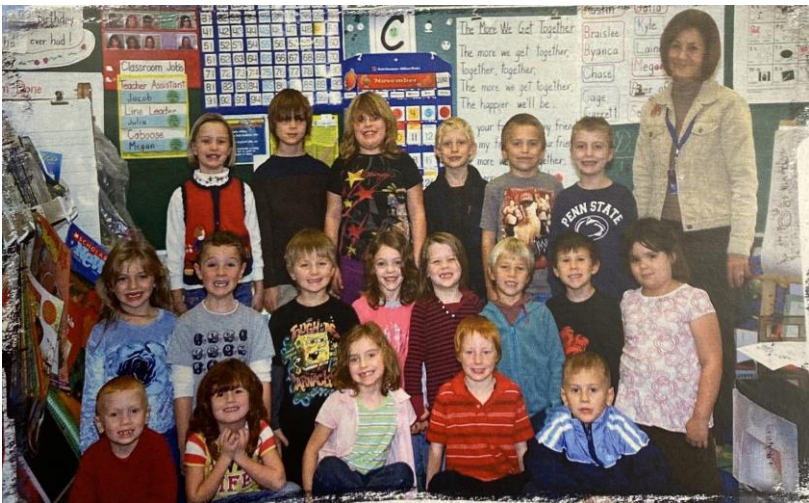


A great way to keep your summer plans organized is with a calendar!

## Seniors in First Grade? Let’s go Back in Time!



Mrs. Smith’s first grade class: Kyle Banik, Andrew Bingham, Emily Bliss, Emma Cannata, Moira Connell, Colby Deets, Olivia Martinez, Taylor Matteson, Jacob Miller, Jordan Miller, Zachary Nichols, Luke Peterman, Jubilee-Lila Shaffer, Adam Stanley, Evan Stellato, Jacob Thornton, Kole Troutman, Destiny Valimont, Chloe Vella



Mrs. Maziarz’ first grade class: Jaden Barnett, Julia Bartosek, Ian Bond, Laine Boylan, Braislee Byrne, Serenity Cooper, Gage Devore, Chase Eaglen, Garrett Hodak, Kyle Huya, Andrew Johnson, Austin Luktish, Anne Meszaros, Jacob Moyer, Adrian Peterman, Megan Richardson, River Romeo-Reiting, Taylor Smith, Byanca Stancliff



Mrs. Leandro’s first grade class: Aly Acosta-reyes, Avery Ah Wong, Chase Beck, Josh Brenneman, Erica Davis, Angelina Dolan, Blake Furry, Aubrey Klemm, Elizabeth Kline, Camdyn Maynard, Jasmine Proper, Dayton Ridgeway, Morgan Shaffer, Zachary Simcheck, Hunter Spaid, Robin Spieker, Morgan Tucci, Chloe Willey



Mrs. Shaffer’s first grade class: Bryce Devaul, Logan Dodson, Jordynn Farrington, Randi Finch, Savhannah Gamble, William Haregsin, Ethan Humes, Isaac Johnson, Avery Lundin, Sierra Maske, Kaitlyn Massung, Jackson Mumford, Sean Nelson, Abbie Schultz, Trenton Smith, Gracie Thayer, Nathan Walker, Daniel Weber, Madison Yanc



# ‘Fun in the Sun’

## Why YOU Should Spend More Time Outside this Summer!

HAILEE RODGERS

It’s more than just ‘fun in the sun.’ Why is spending time outside important?

I am sure you know that spending time outside is good for you, but do you really understand why and how you can benefit from it? Many studies have shown that being outside benefits you physically, mentally, and emotionally. Here are ten reasons why you should spend more time outside this summer.

**Your Stress Level Will Decrease-** There are many ways to help reduce stress, and going for a walk outside is one of them. This causes a reduction of cortisol in the blood which ultimately decreases stress and anxiety. Walking outside also helps decrease blood pressure and aids in a stabilized heart rate.

**The Sun Gives Your Body Vitamin D-** Because only certain foods contain this essential vitamin, there is no better source than the sun to receive vitamin D. This vitamin helps to fight depression, cancer, cardiovascular disease, Alzheimer’s, and brittle bones among other conditions with a regular dose of sun.

**You’ll Sleep Better-** If you are having trouble sleeping at night, make it a top priority to spend thirty minutes to an hour outside in the sunlight. You should notice a vast improvement in your sleep patterns. This is due to your body’s natural rhythms since they are largely dependent on sunlight.

**Your Energy Level Will Increase-** Spending time in nature is proven to increase your energy level. In fact, 90% of people reported that their energy levels increased after spending time outdoors.

**The Sun Gives Your Eyes A Chance to Recover-** Spending large amounts of time inside and looking at things in close proximity, can cause eye strain. Children who spend a lot of time indoors are more likely to develop nearsightedness since their distance vision never gets a chance to fully develop. Spending time outdoors, gives your eyes a chance to relax and recover from eye strains.

**There Is Less Pollution-** Despite the fact that people say outside air is contaminated, inside air is much more contaminated with pollutants than outside air. The California Air Resources Board estimates that indoor pollution levels are 25-62% higher than outdoor levels. So, give your lungs a break from contaminated air and go outside.

**Your Stress Levels Will Decrease-** One of the best ways to decrease stress and anxiety is to go for a walk outside because this reduces cortisol in the blood. This also can help contribute to a decrease in blood pressure and also helps stabilize your heart rate.

**Your Inflammation Levels Drop-** Inflammation at very high levels can cause chronic diseases and disorders. However, we are now learning that in addition to boosting immunity, spending time outside can boost the production of anti-cancer proteins.

**Your Immune System Will Benefit-** Walking through the forest and nature can actually boost your immune system tremendously. When you inhale phytoncides from trees, your body actually increases the activity of killer cells. These cells help to destroy pathogens and boost immunity for the future.

**Your Brain Will Love It-** A recent study from the University of Michigan found a 20% improvement in short-term memory after participants walked in the park. The amount of sunlight taken in each day can boost your body’s serotonin levels (your body’s “happy” hormone), so get outside!

There are so many other benefits of being outside, but those are ten of the best benefits of sunlight. So, if you are debating whether or not to spend some time outside, don’t hesitate and go outside. It will do you nothing but good. Enjoy those sunny days, because before long it will be snowy and cold!



The summer sun is finally here, so get outside and enjoy it!

# Boosting Your Confidence for Summer:

## How to Become the ‘New You’

MADDIE MAST

Do you want to improve yourself? There are many times in my life when I have wanted to improve. Change is hard; it always is for so many different reasons. I have changed quite a lot in just a few years. Some people want to change the way their body looks, or how they look completely, or just the way they act. With me it was both, all I wanted was to be the best version of myself and I still do. I’m not there yet. I mean, of course I’m not. Changing takes so much time and effort, and you have to be willing to do what needs to be done, to pick yourself up when it matters most, or else you could become your number one enemy.

The person you want to be is always hard to figure out. Trying to get to know yourself is important. If you want to improve or change, you need to look at yourself in the mirror and not judge, but that isn’t easy. In my opinion, you need to learn to love yourself now with every lovely ‘flaw’. If you can’t love who you are now, how are you going to love yourself when you ‘change’? Whether you lose weight or stop acting out to others, you still aren’t going to be the “new you” without learning to love yourself. That’s my number one rule. Another thing you need to learn is how to reach out for help. You may think it’s better alone, but it’s not I promise. Find someone you trust, or get in touch with a therapist. Of course, you should still learn what you want personally and don’t let others make decisions for you. Getting advice and support from other people helps many people going through trouble.

Next, learn how you should treat others. Treating people with respect is always important. If you treat someone horribly, how do you think they are going to treat you? That’s my experience, every time I was horrible to someone, they were horrible to me, but I’ve also been in the opposite situation. Many, many times I have been treated unfairly and completely disrespected when I did nothing to harm those people. I would even ask why, “Did I do something to hurt you?”, “Did I do something wrong?” Yet those people decided, I wasn’t good enough for them and that’s it. Being treated like this is a way people start to think they are not enough. What I want to tell you is when you are being treated like this, then leave. No ands, ifs, or what’s about it; this treatment can hurt you deeply, and won’t allow you to change the way you want to. Learning to let go of what others did to you is probably one of the hardest parts of improving yourself. You need to tell yourself you are in charge of your life, and that you are amazing. Learning your worth is so important. It’s important because it affects so many things you do. Whether you realize it or not, it helps you gain confidence, helps you realize what you want to do for yourself, and so much more. Tell yourself you’re beautiful, amazing, or handsome every morning and see where it takes you with self-love.

One more thing I’d like to say is don’t be too hard on yourself. You need to learn, however long it takes is how long it takes. Give yourself time and please don’t rush it. Self-love and improving, whatever you want for yourself, is always worth that wait. Before you know it, you’ll be the “new you”.



Spring Sports Wrap-Up:  
Laura Bidwell, Hailee Rodgers, Makenzie Yanc



The Blue Devils took on Fort Leboeuf for a fierce battle on Thursday May 5th. The Devils were victorious winning all three sets, 28-26, 25-18, and lastly 25-22. Congratulations on the big win! (Photo from @the\_devils\_den)



On Monday May 16th, the Blue Devils faced the Farrell Steelers. The Devils won all three sets and won the match 3-0. The sets included, 25-18, 25-21, 25-15. Way to go Devils! (Photo from @the\_devils\_den)



On May 16th, the Boys Volleyball team celebrated senior night. Jackson Mumford is the only senior on the volleyball team. His favorite memory was freshman year when the team won the Meadville tournament the morning after prom. Jackson plans to go to Grove City college for electrical engineering. When asked what he will miss the most about volleyball he responded, "I'll miss all my teammates I guess." Congratulations and good luck Jackson! (Photo from @the\_devils\_den)



The boys volleyball season has come to an end with a match that was held on Thursday, May 18th. The match was against the Saegertown Panthers at the Meadville gymnasium. The Devils unfortunately lost all of the sets, 25-2, 25-19, and lastly 25-13. (Photo from @the\_devils\_den)



On April 28th the baseball team played Saegertown. The Devils started with three runs during the top of the first inning. Brock Cunningham hit a double and hit Bryce Kania home. Brady Jardina got Brock to third and he was able to score. Jardina scored on a passed ball which made it a three-run game. Saegertown responded by adding three runs and tying the game at the bottom of the second. They also added two more runs in the third inning, and eight runs in the bottom of the fourth. The game ended in the fifth inning with Saegertown winning 13-3. (Photo from @csbluedevis\_baseball)



On May 5th the Devils faced the Saegertown Panthers at home. The boys had three hits, two from Brock Cunningham and a double from Nate Held. Alex Doubet pitched six innings and allowed seven hits, five runs, two walks, and striking out two. Owen Riley pitched the final inning and only allowed one hit. Unfortunately, the Devils fell to the Panthers 5-0. (Photo from @csbluedevis\_baseball)



On May 23rd, the baseball team played Lakeview in the District 10 Class 2A quarterfinals. The Devils' offense went three up, three down in five of seven innings. In the top of the fourth inning Bryce Kania was hit by a pitch to leadoff. He stole second base and advanced to third on a ground out. He was stranded on third base after the next two batters were struck out. This was their best chance to score. The Blue Devils had two hits, one from Brock Cunningham and one from Brady Jardina. Sadly, Cambridge lost 7-0 which meant this was their last game. Congrats to seniors Brock Cunningham and Nate Held on their season. This is also the final game for the baseball team's coaches. Head coach, Brad Wheeler, and assistant coach, Wally Cunningham, will both be resigning. (Photo from @csbluedevis\_baseball)



The Blue Devils played Iroquois at home for senior night. Our two seniors this year are Brock Cunningham and Nathan Held. Iroquois had one run in the first inning. Cambridge had 4 runs in the second inning, two runs in the fifth, and three runs in the sixth. That brought the final score to 1-9 with The Devils taking the win. (Photo from @csbluedevis\_baseball)



On May 25th, the Blue Devils softball team headed to Allegheny College for the second round of District Playoffs. They received a first round bye because the team they were seeded to play opted out. This matchup featured the number one seed, the Saegertown Panthers. The game was scoreless until the 5th inning, when Saegertown put up two runs. Despite the fact that the Devils were putting the ball in play, they couldn't find the gaps to score the much-needed runs. The defense, however, held strong for the sixth and seventh inning holding the Panthers scoreless. The Devils fell to the Panthers 2-0 to finish their season. The Devils fought hard all season long, and made many memories together. Coach Mumford says, "This entire season, we've had a lot of injuries and we've had to battle through those. I'm really proud of my girls for battling through those." With the closing of the season, the softball team will be losing seniors Taylor Smith, Abbie Schultz, Aly Acosta Reyes, and MaKenzi Lewis. Coach Mumford had this to say about the seniors; "The seniors mean a lot. They've given us tireless amounts of effort and great attitudes and we're gonna miss them." The seniors will be greatly missed, but will go on to accomplish many amazing things after high school! Congratulations to the softball team on a great season! (Photo from the Meadville Tribune)



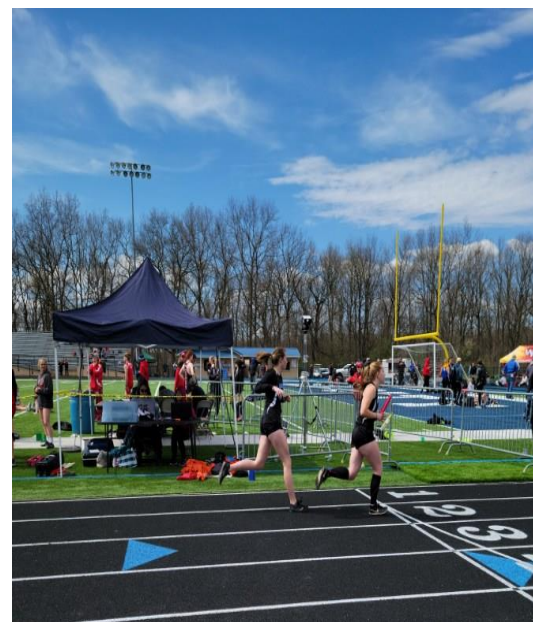
Spring Sports Wrap-Up:  
Laura Bidwell, Hailee Rodgers, Makenzie Yanc



The track team traveled to Oil City on May 7th. Josh Simpson PRd in his heat of the 200-meter dash. Josh ran a 24.47. Josh also PRd in the 400 meters with a time of 54.77. Devin Laniewicz ran his PR of 1:05.42 as well. Corbin Lehner PRd and qualified for districts in the 800-meter run. He ran 2:08.68. Also with PRs in the 800 are Devin (2:34.59) and Penny Lehner (3:19.81). Corbin PRd in the 1600-meter finishing in a time of 5:01.58. !  
(Photo from @the\_devils\_den)



Track had a Meadville tri-meet May 10th. In the 100-meter dash, Josh Simpson PRd with a time of 11.94. Josh also PRd in the 400 meters with a time of 53.3. Corbin Lehner PRd in the 1600 meter run also. His time was 4:55.05. The girls 4x4 ran a time of 4:53.07 and Elizabeth Kline PRd in that as she ran a 1:05.



The track team had their last Meadville tri-meet on May 16th. The girls 4x4 unfortunately fell short in qualifying for districts. The girls improved their time, running a 4:51.66 though. Corbin Lehner PRd in the 1600 m and ran a 4:51.23.

SENIOR ATHLETES  
REMEMBER

The class of 2022’s final days of high school are coming to a close. In their years of school here at Cambridge Springs, many of them have made great achievements in the sports that they play. Here are some of our graduating seniors' favorite memories in their sports.

- Nate Held-** “Winning the region in basketball in back-to-back years were my favorite memories.”
- Garrett Hodak-** “One of my favorite memories was beating the crap out of the guys at Kennedy Catholic during football.”
- Elizabeth Kline-** “My favorite sports memory was going to states in 10th grade for XC.”

- Maddie Yanc-** “Definitely winning D-10 in basketball and soccer in the same year.”
- Abbie Shultz-** “My favorite memory is monkeying around with my friends.”

- Adrian Peterman-** “Going to the pond during XC.”
- Jackson Mumford-** “Favorite memory was in volleyball when we won the Meadville tournament while on 90 minutes of sleep because Prom til Dawn was the night before.”
- Hunter Spaid-** “My favorite memory was going to states as a team for cross country my sophomore year.”

- Aly Acosta Reyes-** “My favorite memory would be stealing hit balls from Taylor because she would get mad.”
- Congrats to this year's seniors and all they’ve done. We’ll miss you!



CSHS Chelsea Wilson  
Wrestles at National  
Tournament

“While at Virginia Beach, our team had our ups and downs. All in all, we finished 8th out of ten teams and I personally had a record of 3-6. A lot of the girls I went up against last weekend were either girls I had previously wrestled or those who had more experience than I do. It's still my first-year wrestling so just making it to another national tournament was an amazing achievement and I'm very grateful for the opportunities given to me by my coaches, Andrew Dylon of Union City and Kane Patron of Cambridge Springs. I hope to continue wrestling with them for the rest of my time in high school. This year I couldn't have asked for a better team or environment to start a sport in. I consider the coaches and other girls as family and cannot wait to grow and learn with them as we go.”  
--Chelsea Wilson



EDITORIAL: Toiletry Troubles Trivial?

ALIX HILBURN

More than likely you have noticed or at least heard of the great tissue shortage throughout the school. Now I don't know about you, but for me at least this is a great inconvenience. After all, allergy season is here and I would rather not be a sneezy mess. Some people might think that it isn't the school's responsibility to supply us and the classrooms with tissues...but isn't it?

We come here to learn, socialize, and grow (and we both know that that first one isn't even our choice.) So, the least they could do is provide us with basic sanitary needs. And yes, that does include tissues, along with working faucets (I'm looking at you cold side of the sink closest to the window in the downstairs main female restroom), soap/hand sanitizer, toilet paper, paper towels, and lastly tampons/pads. Come on people, you have to admit that having these basic toiletries would definitely be nice.

Of course, people may argue that you can simply bring those in yourselves, but let's face it, some of us lack the money and resources to buy tissue boxes, feminine products, and other essential toiletries. Some of us might fully rely on the school for these basic needs, and since the school is all about helping people, shouldn't this be a priority? And no, I do not mean feminine products only in the nurse's office. Let's face it ladies, we've all forgotten a pad or tampon before and had to do the walk of shame (or more so waddle) to the nurse's office. The only thing going through your head is 'Please don't leak, please don't leak, please don't leak...' and so on. But what if the products were in the restrooms? And not only the female restrooms but the gender neutral one as well. Easy access would not only save the traffic in the nurse's office but it could also save face. Why stop there? Why not keep tissue boxes in all the restrooms? Come on, almost all of us have cried in the restroom in school (whether it be due to migraines or idiots).

I believe that it is part of the school's responsibility to provide us with tissues, tampons, and toiletries for free. That's right, no rusty boxes in the bathrooms that take a dollar's worth of quarters for no product to come out, no bathroom runs for toilet paper for tissues, and no more wildly flailing your hands due to no paper towels. Maybe more ideas could come from this reform. Why not have a small reserve of deodorant in the locker rooms? Or throw away combs? Ok that might be pushing it a bit far but seriously, at the very least get decent quality tampons, tissues, pads, and toilet paper! Maybe not the best but we definitely can afford something other than the cheap cardboard and tissue paper that they give us. (Seriously the tissues are see-through, the tampons are cardboard, the pads are bulky and itchy, and the toilet paper? The only thing it does is spread the mess you're trying to clean up, seriously it has no absorption.) But I think you get the point... We deserve to receive our mandatory education in a place that fully and freely caters to our basic sanitary needs.



Summer Self-Care: More than Sunscreen

AUDREY BULLOCK

Have you ever heard of seasonal depression? This is a real, legit thing— SAD (Seasonal Affective Disorder) is a disorder in which symptoms occur at the same time every year. Symptoms include loneliness, hopelessness, sadness, social withdrawal, and fatigue. While this feeling is most associated with winter, there are some people who get down and depressed in the summertime. You may think that's crazy! It's summer, we're off school, and we get to hang out with our friends! However, for some people, summer is not as fun. This could be because school was their 'escape' from their home life, or they don't have a big friend group to hang out with every day. Even if you have trouble facing your summer-life, there are some ways you can take care of yourself to ensure you have a decent summer vacation.

First off (this may sound cheesy), spend time outside. You've probably heard this from every adult ever and got extremely annoyed, but being on your phone 24/7 does nothing for your mental health. When it's summer and the sun is out, take advantage! Go outside and take a walk, ride your bike, or pick flowers to press. You can read outside, go to the dollar store and buy food to eat outside, etc. You get the point— any time you spend outside is good for your body and your mental health. If you have family troubles, going outside can be an escape for you. If you can't stand being in your messy room, go on a walk to clear your head so that when you come back, you might have the motivation to clean it. Being outside is also good for your physical body. According to [www.fs.usda.gov](http://www.fs.usda.gov), "Studies also show that being outside in nature is relaxing, reducing our stress, cortisol levels, muscle tension and heart rates – all of which are risk factors for cardiovascular disease."

You should also remember that everybody is a beach body. It's very difficult for teenagers who may be insecure to have fun when they are focusing on how they look. If you are insecure and want to make a change, then do it! Results won't happen overnight, but doing something to make you feel better about your body will help your mental health. Drink more water, eat three meals a day, wash your face and body, treat your skin to lotion, and exercise. All of these things will make you feel human, which will improve your mental health drastically. Of course, further action can also be taken to take care of yourself, like going to therapy as needed. Remember that asking for help shows courage, not weakness, and you deserve to have a happy, healthy, safe summer.





A Year in Review: Around the World!

MADORA MELNICK



On August 2nd, the 2021 Olympics started in Tokyo with the United States winning 1st with a total of 113 medals, China winning 2nd with a total of 88 medals, and the hosts, Japan winning 3rd with a total of 58 medals overall.



On September 17th, Netflix drama "Squid Game" premiered, created by Hwang Dong-hyuk. This show stars a bunch of money hungry competitors competing in kids games with deadly stakes!



Coming off of enabling the first-ever “public transportation” to space, on October 24, Elon Musk made 25 billion dollars in one day, making him the richest person ever according to Forbes Magazine. Hertz announces he’s buying 100,000 electric vehicles making the Tesla stock soar.



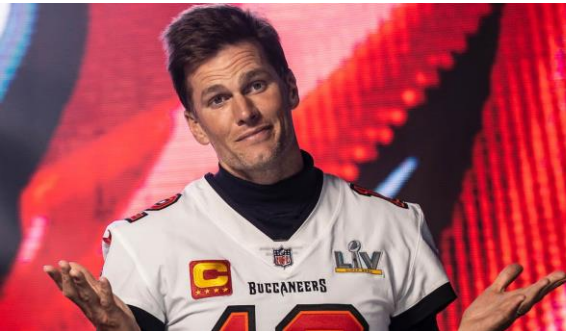
November 12th, Taylor Swift released her re-recorded album ‘Red (Taylor’s Version)’ and released her short film “All Too Well”. This album features 30 songs, some new and some old.



December 13th, Spider-Man No Way Home starring Zendaya and Tom Holland premiered in Los Angeles. Spider-Man, no longer able to keep his normal life as Peter Parker separate from his hero life, must learn how it truly feels to be Spider-Man.



January 3rd, Apple becomes the first US company to be worth \$3 trillion in value.



February 1st, Tom Brady announces his retirement on social media Tuesday morning after his 22-year career, finishing it with a record of 7 Super Bowl titles--only to UN-retire and play for the Tampa Bay Buccaneers.



March 1st, US President Joe Biden says, "Six days ago, Russia's Vladimir Putin sought to shake the foundations of the free world thinking he could make it bend to his menacing ways," he said. "But he badly miscalculated."



April 3rd the 64th Grammy Awards were held in the MGM Grand Garden Arena in Las Vegas and Olivia Rodrigo won three awards one being ‘Best New Artist’.



May 14th, 18-year-old gunman, Payton S. Gendron, kills 10 people and wounds three at a Tops supermarket in east Buffalo, New York, in a racially motivated attack. Sadly, more horror erupted on May 24th in a beyond tragic shooting at Robb Elementary School in Texas, killing twenty-one, including two teachers and nineteen students. Peace should be all our business.

JUNE:  
What will it hold for us in 2022? Graduations, good-byes and new beginnings for sure and hope for a future of PEACE.





# Mrs. Koper Reflects on Her First Year as a Blue Devil

RAEGAN HIGGINS

It's year wrap-up time! Last year, Mrs. Koper had just been introduced to our school as our principal. So, this year I wanted to share with you all how she felt about fully being in our school family now. We asked her to reflect on her first year as a Blue Devil.

"My first year at CSHS has been amazing. The students, faculty, staff, families, and community are the absolute best part. Everyone has been very welcoming and made me instantly feel at home," said Mrs. Koper.

Mrs. Koper came into our school not knowing our students and the majority of our staff. Like last year in our newspaper, I had the great opportunity to interview her. We learned that she had started teaching in 2002 with Erie Public School and that she taught ELA. Pretty cool right? She explained that most recently though, she came to CSHS after being the Assistant Principal at Saegertown. One point she was clear to make was that her door was always open for the students.

"With change comes the uneasiness of the unknown. We have worked together as a team to implement several changes in the building with operations and both teacher and student expectations. Expectations must be clear and consistent, so everyone knows what is expected of them."

I believe our school did accept and took Mrs. Koper in with a warm welcome, even though we were all struggling with COVID-19 and its dread. All of us have grown more comfortable with seeing Mrs. Koper stopping by in classes to check up on how our students and teachers are doing.

"I have worked hard to get to know students, teachers, coaches, and families this year. I have enjoyed getting to know everyone and continue to learn more every day. Listening to and learning about students and families helps me to understand what is important to them. This information gives us a focus on the future direction and vision for the building.

We have also brought some fun back to the building since the pandemic. Bringing back traditions and smiles to students' faces has been very exciting. Special events on campus such as Homecoming, Bag 3 Ton, Prom, Cambridge Cares, and Prom Til' Dawn are just a few. These special events wouldn't be as amazing as they are without the support of our wonderful community. Students were able to make wonderful memories to last a lifetime."

Just the thought of all of the changes that we all went through due to COVID-19 is shocking. As we may have thought school would not be as fun, but this year has proven it wrong with Mrs. Koper bringing back the beloved activities we all missed such as Cambridge Cares and Prom Til' Dawn.

"As mentioned last year I wanted everyone to know my door is always open and I welcome feedback and suggestions. CSHS is our school, and it will take everyone to make it the best place it can be."  
– Mrs. Koper

Thank you so much Mrs. Koper, we at CSHS are glad that you came to our school.



# Alumni Give Advice to the 2022 Graduating Class

MADORA MELNICK

It is June, and wow did this year go by so fast! All of our Cambridge Springs graduates are getting ready to go out into the world and start their new journey after high school! Likely some have questions or are still trying to figure out some things. If that's so, here's the article for you. I have interviewed some previous Cambridge graduates, and here's what they have to say about their experience after high school, and just some friendly advice to help kick start your life on the right path.

I had the pleasure to interview Jacob Wright, our very own Mr. Wright's son, and he definitely had some helpful words of encouragement. When asked 'How did you decide on your final college?' He said, "When I was looking for which college I wanted to attend, I knew that I wanted to leave my hometown so that I could meet new people and just experience a new environment. It was also important to me that the school I chose had a good program for what I wanted to major in. I always wanted to live in the city but did not want to be too far from so I chose to go to school in Pittsburgh, I had my choices down to Duquesne University and the University of Pittsburgh. I went to Duquesne for a year but did not really like it so I transferred to Pitt and I love it and so that is where I have been going to school now and plan to graduate from."

Thinking about how life is going to be different as an adult or wondering what the hardest part will be? Here's what Jacob has to say; "There is a lot more stuff to pay for and balancing time for school, work, your social and personal life can get hard at times also."

Transitioning from high school to college is a scary path, and that's okay! Jacob was asked what his words of wisdom would be to the graduating seniors, and he responded saying, "Throughout high school, everyone is and has been on the same path for years but after you graduate, that changes. Don't let yourself compare your progress to others after graduation, in the real world everyone progresses differently and at different times and that's perfectly okay."

Continued on pg. 15





Alumni's Advice...continued

I also got the opportunity to interview Rachel Swanson, who has had a wonderful experience with college as well. We asked her, "As you probably know, going into life after high school is scary for most people, what would you say as words of wisdom for these people or maybe something that helped you transition into the world?" Rachel states, "Plain and simple don't put so much pressure on yourself to have it figured out and do NOT compare yourself to other people's lifestyle or academic plans. I'm going into my junior year and just recently declared a major after switching my plans three separate times. You are going to learn and grow more than you're prepared for in a short amount of time so focus on doing what is best for you and your future self. Consciously taking life one day at a time and being mindful of my decisions has helped me not get too anxious or overwhelmed when considering my future."

Continuing to answer the next question; anything you wish you would have known before graduating? She says, "I knew transitioning into life after high school would be challenging, but I wish I would have known just how many internal and external changes would take place. Your independence changes, friends change, environments change, your relationships with your parents change, and your perspectives, attitudes, and mindset about yourself and the world also change. I wish I would have been told to embrace the natural changes that will inevitably occur. Change is uncomfortable and confusing at times but is so vital to your success in the real world." When being asked if she wishes she would have taken a gap year she states, "Absolutely, especially graduating in the heart of the pandemic. Truthfully, I think transitioning from high school academics to much more rigorous college material has influenced burnout. I don't regret starting college right out of high school but if I had to do it over again, I would have at least taken the fall semester off to mentally rest and save money."

After reading all these words of wisdom from some CSHS graduates that have 'been there, and done that,' take a step back and think about how their lives are vs how you would like your life to turn out! And also remember that The Pitchfork and these two wonderful Cambridge graduates are rooting for you.

The History of Memorial Day:  
Honoring Our Veterans

MADDIE MAST

Memorial Day, a traditional American holiday when we honor the soldiers who sacrificed their lives for us and this country. How did it start? Where did this idea come from?

This holiday which was originally called 'Decoration Day' first came a few years after the Civil War and it became an official federal holiday in 1971. The early tradition was to decorate graves with flowers, wreaths, and flags. During the first celebration, the former Union General and sitting Ohio Congressman, James Garfield, made a speech at Arlington National Cemetery. Later on, after the speech, about 5,000 people helped to decorate the graves of about 20,000 passed soldiers. Now it is made sure to be celebrated there each year. That's how we got to know our Memorial Day.

Another means of honoring our veterans is through the national monuments in Washington D.C. The Vietnam Veterans Memorial which is also known as the "Wall That Heals," was created to show us all the names of the soldiers who died in Vietnam. Recently near us in Erie PA, a replica was brought to our area to celebrate Memorial Day. The wall has over 58,200 Americans who died in the war. It's a 3-quarter sized replica of the memorial. It was at the Zem Zem Shrine in Erie for Memorial Day weekend.

Brummagem from Meadville, visited the permanent Memorial in Washington D.C. He doesn't think he can visit the one put here because of how emotional it makes him. The replica has visited more than just here in Erie, many replicas like itself are taken all over the country for others to visit during Memorial Day. Of course, it isn't permanent, but if you went to visit it while it was here, you could see all the names on the wall of the people who died in the tragic war.



GRADS GONE WILD...for sure! Class of 2022 aimed to 'leave their mark' on CSHS with the self-proclaimed, "best prank ever"!

Photo from Mrs. Mumford.

Grads Gone WILD!

HALEY JARDINA

Ever want to leave your mark? You could be as simple as a 'Senior Skip Day' or maybe as extreme as the senior prank in Full House! If you've never watched that show, in the 1995 episode called, "Up on the Roof," D.J. (played by Candace Cameron Bure), lifts her principal's car onto the roof of the school using a crane. Now I'm definitely not telling you to lift the principal's car onto the roof of the school, but more so an event that will be remembered.

One class that is recently remembered is the class of 2021. This class is 'notable' by the cards they had spread around the school saying "Class of 2021." Though they didn't do anything all that extravagant, they did something for people to remember them. I always remember seeing the cards everywhere, once and a while I'll find a new one and they always make me laugh and smile about how I'd like to be remembered one day too when I graduate.

You could even be like Jo Jo Miller. He's probably done many other things to make himself memorable, but one thing I know I'll remember is the time we had 'anything but a backpack day' for spirit week. Instead of bringing a backpack, Jo Jo brought a couch! Yes, a couch! So, it doesn't even have to be for when you graduate, just things you did along the year for people to remember you.

I also spoke to a graduate from Cambridge, Adam Jardina, class of 1998. One thing Adam did for his senior year was to start a tradition of playing the song, "School's out for the Summer," on the last day of his senior year. Adam was the Student Senate President back in 1998. Since then, every class uses one song of their choice to send the seniors out. Rumor has it that the only way Adam was able to start this tradition though was by locking the principal out of his office to play the song! Thank you, Adam, for that tradition! Do you plan on doing anything for people to remember you?



# Penncrest Hi-Q Competition: Are you ‘smarter than a fifth grader’?

AUDREY BULLOCK

Are you good at trivia and memorizing random facts? If so, you should consider joining the Hi-Q team next year! The Hi-Q team practices for the Penncrest Hi-Q competition, which is held in the spring each year. Cambridge Springs, Maplewood, and Saegertown get together in a formal fashion (literally—everyone is told to dress ‘business casual’) and hold a competition similarly structured to ‘Jeopardy!’, a TV show you’ve definitely seen before.

This year, the Hi-Q competition was held on May 26 at 7:00 PM in the CSHS auditorium. I interviewed sophomore, Parker Schmidt, about the competition the night before. When asked about his confidence regarding the outcome of the competition the next day, he responded by saying he had no doubts that their team would come out victorious. In fact, he said it would be a ‘blowout’. He also noted that each person might have a category of trivia that they are best at, and his would be sports. “Any time a sports question was asked at practice, everyone immediately looked at me.”

I also spoke to another Hi-Q participant, Brock Cunningham, who also participated last year. Brock says he was “pretty confident” in what the outcome of the competition would be, because he, like others, had been catching up on Jeopardy, which got him “in the mindset”. He said that the questions covered a

broader spectrum of knowledge compared to last year’s questions, which he enjoyed and agreed it made the competition more interesting. Brock says that the Hi-Q competition, and being on the team in general, is a fun experience that he recommends and wishes he knew about sooner in high school.

Mrs. Astor ran Hi-Q this year. She told me some information about the practices, which consisted mainly of “playing trivial pursuit, Kahoots, and practicing trivia from books and last year’s questions”. Also, some of the students made watching Jeopardy part of their nightly routine to prepare themselves, and broaden their trivial knowledge. Mrs. Astor said that “[her] students were hard workers and would try their best”, which is all she could ask of them.

If playing trivia games and being on a miniature version of Jeopardy sounds like fun to you, you should consider joining Hi-Q next year. Numbers are scarce, so the more the merrier! CSHS is full of smart students who would do wonderfully at the competition. Hi-Q is open to students in grades 9-12. This year, Cambridge Springs took second place to Maplewood. Maybe in the future, we can grab a first-place win!



**Math Options 2022:** Carley Locke, Diana Robinson, Cameron Gillialand, Jayden Newell, Kenda Boozer, & Mackenzie Mulligan

## Math Options: Opportunities for Young Women

HALEY JARDINA

You may or may not have heard about Math Options. Math Options is a yearly event where students from all over the region, head to Penn State Behrend, to give learn and to experience more careers in math for the future. Previously it has been a way for young lady’s to be introduced into the STEM fields, but as of 2022 it was opened up for young men too.

For the past 11 years, Mr. Mumau has had the opportunity to take a small group of young ladies to this event. Though Mr. Mumau has only been in the event for 11 of the previous years, this event has been going on for the past 26 years. There are 3 different challenges: building a boat to float and hold pennies, build a bridge out of uncooked spaghetti noodles and Q&A with three college females in the STEM program.

The first challenge was the girls’ favorite; the goal was to build a bridge out of only 25 pieces of spaghetti, a hot glue gun, clear tape, and some parameters were also given. Once they made their bridge, they were able to test out how strong the bridge was by attaching a string-held cup to the bottom of the bridge, and see how strong it was by putting quarters in the cup one at a time. Out of the 4 groups that were at this year’s event, Mr. Mumau’s group won with 190 quarters! Congratulations Blue Devils!

The second challenge was a more theoretical lecture on on different bases, such as base 10 (which we commonly use), base 2 (for computers) and bases 5, 7, and so on. After the presentation the girls had lunch and then a career fair with a ‘Crime Scene’ where the groups of young ladies got to test the different types of ‘Blood.’

The third challenge was coding with the challenge of creating a code that would move something from point A to point B. They also had to put in a code in a computer to get the machine to do the cup stacking game.

The last part of the event was the Q&A with Caroline Upham who is majoring in Interdisciplinary Business with Engineering, Olivia Wright who’s in Mechanical Engineering, and Sydney Brooks who’s also in Mechanical Engineering. This was actually the first year for the Q&A with actual college students able to share their experiences in their career paths.

After a long day at Mathoptions, the girls finally got to go home with not only an amazing experience, but also some goodies too!



# Staying Stylish this Summer

MADDIE MAST

Are you serious about really getting into the fashion world this summer? If so, read these tips and fashion trends to help you get started! We have ideas for men and women!

## Women-

### Colors and Prints

- Inspired by the color of the year, shades and hues of purple are the hottest topic when it comes to the brighter colors, pastels like pink, yellow, blue, and green also work.
- Patterns and prints are also very fashionable, even being seen on the runway recently, artistic patterns that are bold and also watercolor florals are being seen.

### Cottagecore

- Things like crochet, eyelet, and lace are for the cottage core trend, look for garden florals, like teensy daisies and hand-painted dandelion prints. Color examples would-be sage, peach, lavender, or just white, also long dresses seem to fit this aesthetic. Sandals are recommended, and even woven sun hats are an option.

### Fringing details

- Tassels, crochet, and baggier looking, or kind of a slouchy look would fit best. These types of tops will give a very bohemian feel and are best with chunky sandals.
- Some things to wear would be maxi dresses, a long-line dress with tassels, crochet tops that are open-knit with more fringe at the bottom, and beach bags with fringe with a baggier look to them.

### The 2000's

- Finally, a turn of the century clothing is back, bringing the early 2000s back. This brings double denim, satin joggers, and chokers back.
- The best things to wear would be faded denim or stonewashed though darker shades work too, slinky satin mainly in pink or any bold color, and ¾-length boots which would work best with either midi dresses or over top of your jeans.



## Men-

### Outer shirt

- Take a button-up and pair it with some accessories also with a simple pair of pants, or just jean shorts. The shirt can be plain, striped, or polka dot, all up to you.

### Plaid

- For a more casual look use plaid, style it with a pair of cotton pants, jeans, or shorts, and pair with a nice shoe, for a nice dinner casual look.

### Surf shorts & sweat shorts

- Surf shorts are very stylish for men and they come in so many different patterns, you can wear them for more than the beach. They are breathable and can be matched with just a plain colored tee.
- Sweat shorts are one of the best shorts for summer, they are perfect for running and the gym or even just casual wear, and can be paired with just about any shirt/button up

### Bermuda shorts

- From last summer they are bringing back the Bermuda shorts, these can match with a nice loose button-down long sleeve with a nice pair of sandals. They are said to be iconic and desirable.

Hopefully you enjoyed these fashion tips and that they help you through the summer to find your style!



# Senior Survey...continued

- What are you going to do as soon as you graduate? (Whether it be school/vacation plans or something as simple as going swimming...literally anything.)**
  - Destiny Valimont** says she's going "To go to New York with my friends and explore what's out in the adult world." Sounds fun!
  - "I'm going to Vegas!!!" Have a blast, **Gracie Thayer**!
  - Byanca Stancliff** replied with, "I plan on sleeping in and working." Honestly? Same!

Everyone else either replied with working or vacation plans, good luck and have fun!

- Something you can thank the school for giving you? (Whether it be relationships, knowledge, migraines, etc.)**
  - Jasmine Peterson** thanks school for 'sleep deprivation'. Don't we all?
  - Anonymous** got right to the point with this one, "Diploma". Very nice.
  - "Thanks for the teacher that never gave up on me even when I was about to give up on myself." Said **Tristan Blank**. Very true, thank you to all the teachers!

Other answers consisted of thanking the school for the friends, memories, and knowledge that the teachers bestowed on the classes.

- What will you miss most? (Literally anything)**
  - Gracie Thayer** will miss "How a group of people can be so close and have so much fun in the worst place on earth. And of course, all the funny pranks. Also, school Plays!"
  - Olivia Martinez** will miss.... "Aubrey." Short, sweet, and to the point.
  - Anonymous** said, "I will definitely miss the teachers and staff as they made a great impact on my life, like Mr. Werkmeister and Mrs. Baker."

The rest of the responses were about friends, teachers, sports, and school dances.

- Favorite Memory?**
  - Jasmine Peterson's** favorite memory was, "Being football cheer captain!"
  - Gracie Thayer's** favorite memory was "When my friend Katie put a stuffed soft-mounted (look it up) fox in the locker room. We scared all the girls that walked in, it was hilarious. Also, all the school plays haha!" I can only thank you that I never saw it!
  - And lastly, **Anonymous** says, "When Mrs. Campbell let us have fun Friday!"

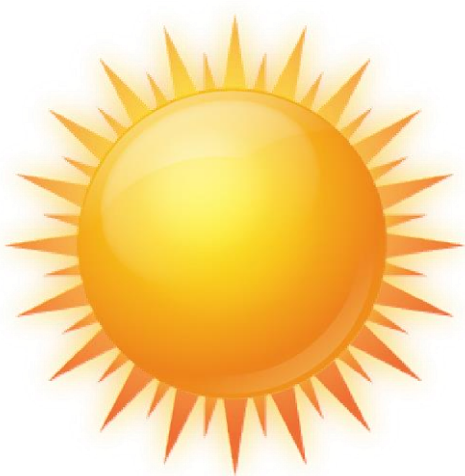
Everyone else mentioned the dances, prom, prom till dawn, football games, and the like.

So, as you can see, we have a very unique group of seniors. Next year will definitely be different without them! I'd like to thank all 16 of you for responding to the survey and a special thanks to the 8 people who gave me a 10/10 on my interview! All of the others are generous except the one person you gave me a 5, you know who you are. Anyways! Have a great summer, good luck, and be proud, be blue!



# Summer Story Contest: Congratulations to our winner, Katy Hillius!

This month, the Pitchfork hosted a writing contest. We have held these in the past, but this one was the first competition this school year! Students were asked to write a story or a poem that had something to do with summer. Here are the submissions that made it into the Pitchfork!



## The Joys of Summer By Katy Hillius

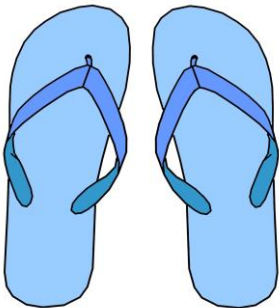


When winter fades, day by day  
The spring comes in with much to say  
When summer comes the world awakes  
When the bugs, birds, and snakes  
Come out to play  
The critters we may not always enjoy, just here to stay  
Days at the beach and ocean waves  
Make up the beauties of summer we wish to save  
Through photographs and memories  
The great joys of summer live on in our legacies

## Summer By Konner Astor

The sun is yellow  
The sky is blue  
The grass is green  
The trees are down  
The beach is hot  
The sand is as hot as an oven  
The air is hot  
As you walk along the sand  
As you feel the pillowy soft feeling of the sand  
You think of summer  
The stories you had  
And wish you could pause time for just a minute  
But soon summer ends

## Fun In the Sun By William Marceau IV



Games to be won  
Water balloons and pool time  
Lemonade and baseball games  
Playing in the sand  
Summer is upon the land  
School's gone with possibilities endless  
A bad time to be friendless  
So have some fun in the sun  
All worries are gone  
Grab your shovels and flip flops  
And practice those bellyflops  
Because summer is here  
A time of cheer  
Right here.

## Pressure? By Alix Hilburn

Summer, the time where new things come to light and celebrate. A time to relax, enjoy, and have fun. That's all I ever wanted, but this year... When you turn 16 people expect a lot more from you than before. They expect you to get your permit then license, a summer job, start thinking about college...all of which is so overwhelming! Of course, that was last summer, the stakes are raised when you turn 17. You are expected to already be driving and working and you definitely are expected to have a good grasp on your future. But what if that's not what I want? Let's be honest, I don't exactly want to grow up. I'm not ready to drive or work, and next year I'll be encouraged to vote on things? Yeah right! I can barely decide what ice cream flavor to have less decide who should run the country! But that's just it, no one really asks and cares if you're ready or not. They just expect excitement but that's not how it's going to go. This summer, as cliché as it can be, will be the summer of me. And that doesn't mean getting my license or going to parties, etc. It means that this summer, I am finally going to figure out what I want to do. Not what I'm expected to do, not what my parents want me to do. I am going to do what's best for me, which, at the moment, is absolutely nothing. After all its summer, right? So, no pressure.

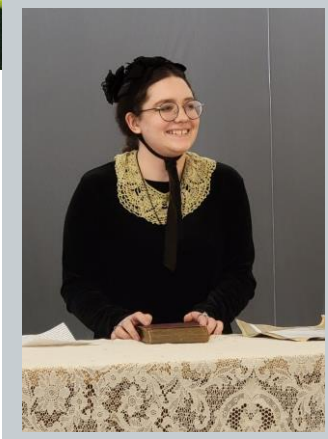
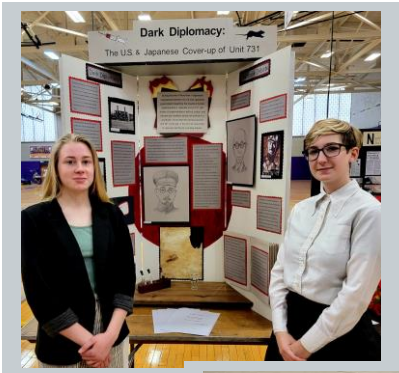
# HISTORY DAY Final Tour Remembered

MS. THOMPSON & MR. WERKMEISTER,  
Advisors

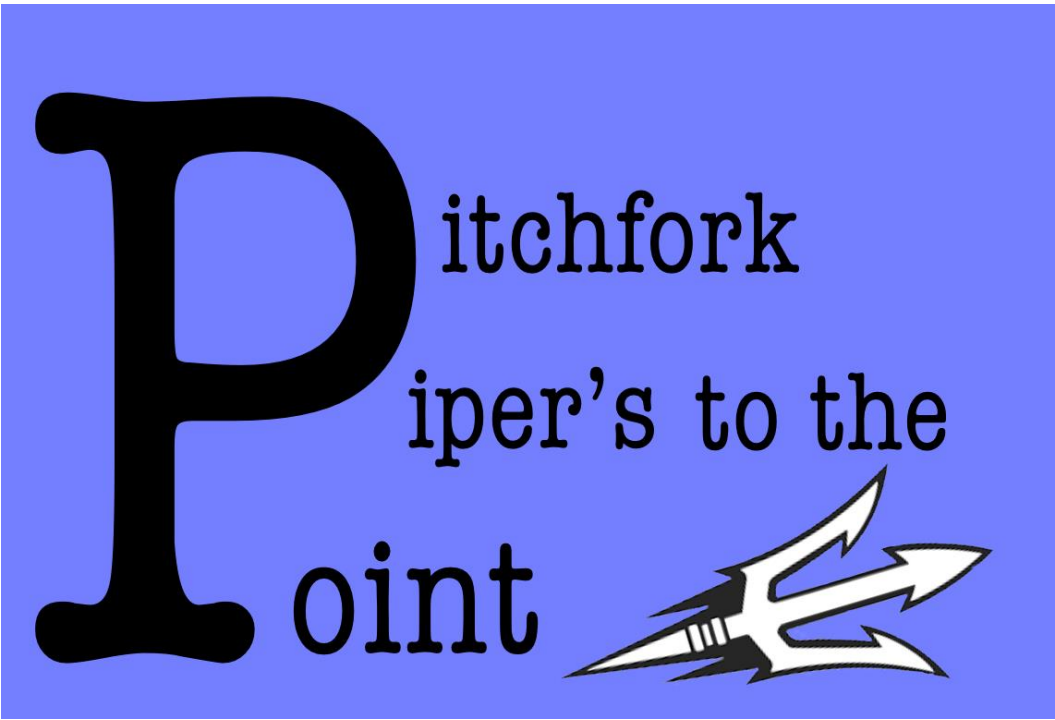
The first weekend in May, four CSHS students traveled to Scranton, PA to compete at the state level competition for National History Day. The state contest was held at the University of Scranton, and was preceded by competition at the regional level at Westminster College. This competition was the culmination of months of research and preparation. Their project was viewed by hundreds of spectators, and students defended their research to a panel of judges from the academic community. Ava Greenawalt and Isobel Yasenchack competed in the Senior Group Exhibit category and Payton Ayers competed in the Senior Individual exhibit category. Katy Hillius competed in the Junior performance category, with a monologue as Susan B Anthony. Only the top two competitors plus an alternate from each category advance to the national level. While we are not advancing, the girls presented impressive projects and represented our small school extremely well at the state level. Congratulations to these fine scholars!



History Day:  
Mr. Werkmeister, Ava Greenawalt,  
Payton Ayers, Isobel Yasenchack,,  
Katy Hllius, & Ms. Thompson







Hello Cambridge Springs! I am Pitchfork Piper and this is the last issue of the year! Sad, I know, but true. So here is the last batch of questions and answers. It was an honor helping and answering your questions, have an amazing summer!

Dear Pitchfork Piper,

Any tips on how to calm down after a stressful situation?

Dear Possessed with Stress,

First, as cliché as it is, take a breath. This feeling is temporary, remember that. Everything will be ok. I recommend, if possible, to take a step back, maybe do a different activity. If not simply close your eyes, count to ten, imagine your favorite thing, then try and get back to the task. I know this probably doesn't sound very helpful but just try it. Other options could be to change the temperature of your body, by this I mean; put on/take off a sweater, go outside, have a warm drink, or simply put an ice cube in your mouth. The sudden change in temperature can sometimes snap you out of your distressed state. Whatever you do, just remember, people have your back! (And school ends in like less than a week so I promise you can make it till then!)

Dear Pitchfork Piper,

My old friend group kind of dumped me, well I guess they just moved on and left me in the dust. I have a way better friend group now but it still hurts seeing them do things that we had planned to do together only less than a year ago. What sucks even more is I got replaced with the one person I can't stand. I know it sounds pathetic but I need advice.

Dear Forgotten Friend,

I know the feeling but, in the end, it (sadly) is time to move on. I mean you could try to become friends with them again but is it really worth it? If they moved on so fast then what's the point? What's to say they won't just do it again? I know it hurts a lot but you'll later find out it was for the best. People who trade you for the next pretty face aren't worth it. Those who are? They're the ones who stick with you through thick and thin. The ones who no matter how different from you they may be, will always care for you and continue to be there. It sucks but maybe it'll be for the best.

Dear Pitchfork Piper,

Y'all got any anime recommendations? Asking for a friend.

Dear Anime Anonymity,

Respectfully? No.

Dear Pitchfork Piper,

What are some ideas for what to do in the summer? My family wants to go on a short vacation and we're trying to decide where to go.

Dear Vacation Destination,

Some close/simple ideas include going camping, to Niagara Falls, an amusement park, or simply to the Pittsburgh or Cleveland Zoo! Anything you come up with is sure to be fun so don't stress! Good luck!

Dear Pitchfork Piper,

How stressful is it being on the Pitchfork staff?

Dear Pitchfork Ponderer,

Yes and no, it all depends on what article you pick, your interest, and whether or not you're having a bad week! It's fun but is definitely a bit stressful at times!

Dear Pitchfork Piper,

All my life I wanted to be a nurse but now that I'm graduating, I'm not so sure any more... My parents were set on having a medical student as their daughter and I don't want to disappoint them.... what should I do?

Dear Not so Nurse,

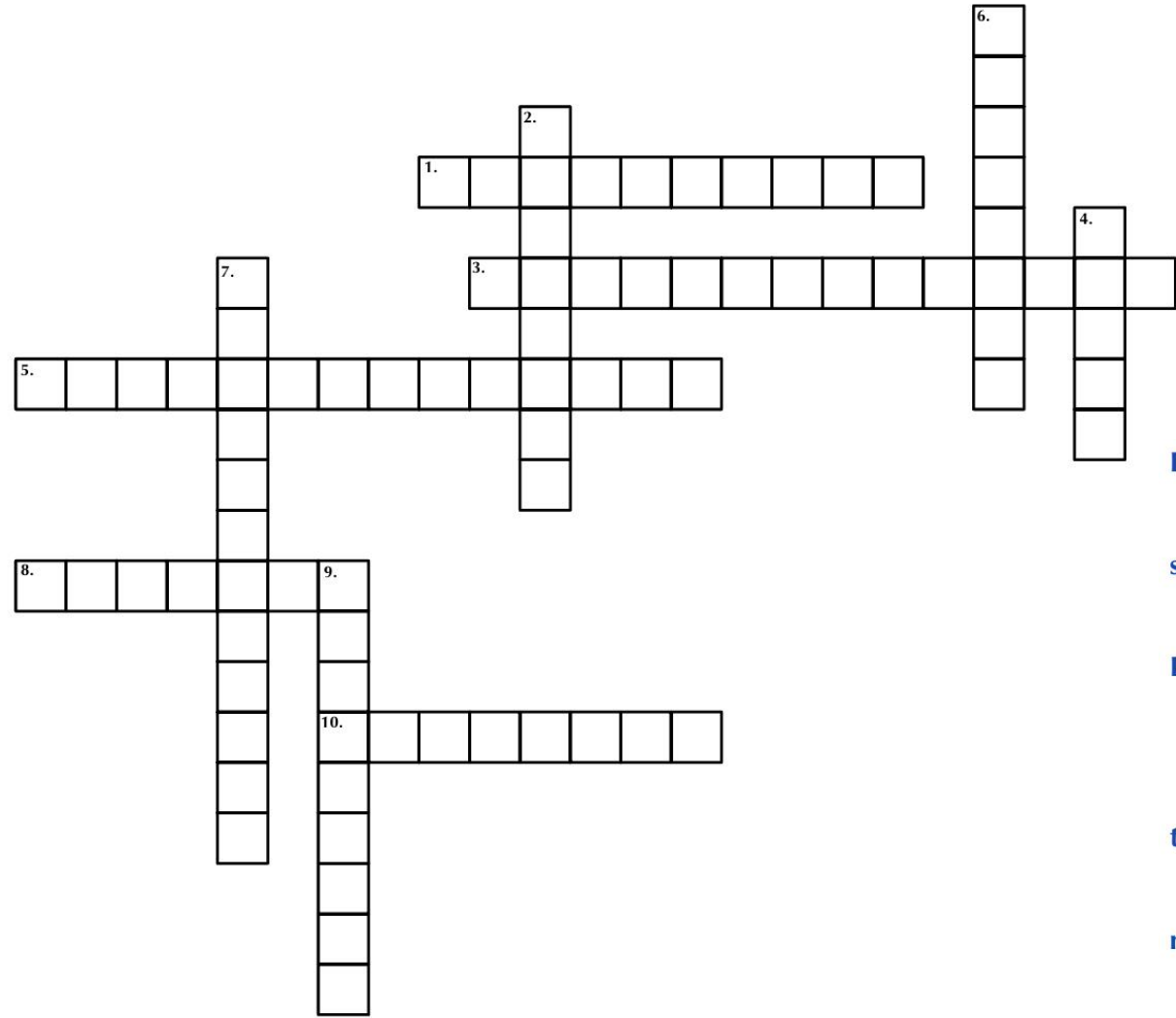
First off, it's ok. Indecision is a part of life. I would just talk to your parents. I'm sure they'll understand. Besides, as long as the choices you make are good for you, I'm sure they'll support you. After all, they love you, not the job.

And lastly, some free (mandatory/cliché) advice. Have fun, be careful, don't do stupid things (seriously, there's enough idiocy in the world without some high schoolers adding to it), make good choices, live life to the fullest, etc. etc. Anyways it was an honor to help and I'll be here next fall for anything you need!



PITCHFORK Activity Page

The Pitchfork Cross Word



- Across:
- 1. What the seniors are looking forward to at the end of the year!
  - 3. The day in the year when all students go out and help the Cambridge Community!
  - 5. What ALL of us are looking forward to during June-August!
  - 8. Pretty colors you can watch across the sky on clear summer nights!
  - 10. Put your swimsuits on...it's to to go \_\_\_\_\_!

- Down:
- 2. A lot of our peers will be going on these trips during the summer!
  - 4. A common place to swim and tan during the summer, LOTS of sand!
  - 6. An excited sport upcoming for the next school year!
  - 7. A team who puts in work to make routines to cheer on the boys in the fall!
  - 9. Make sure to put this on...sun poisoning and sun burn is no fun, be safe!

The Pitchfork Word UN-Scramble

- eujn: \_\_\_\_\_
- inorses: \_\_\_\_\_
- ituarognda: \_\_\_\_\_
- remusm: \_\_\_\_\_
- uertuf Insap: \_\_\_\_\_
- egllco: \_\_\_\_\_
- mimngiws: \_\_\_\_\_
- ogdo kluc: \_\_\_\_\_ !
- cebah: \_\_\_\_\_

Jokes!

- How can you tell that the ocean is friendly?  
A: It waves!
- Why don't mummies go on summer vacation?  
A: Because they are afraid to relax and unwind!
- What school should you go to if you want to learn how to make ice-cream?  
A: Sundae school!
- Why do bananas use sunscreen?  
A: Because they peel!
- Why doesn't the sun go to college?  
A: It already has a million degrees!
- Why did the M&M want to graduate college so bad?  
A: Because he wanted to be a Smarty!
- What do you call a tube with a Masters degree?  
A: A graduated cylinder!

ANSWER KEY:

WORD UN-SCRAMBLE

- Seniors
- Graduation
- Summer
- Future Plans
- College
- Swimming
- Good Luck!
- Beach

CROSS WORD

- 1. Graduation
- 2. Vacation
- 3. Cambridge Cares
- 4. Beach
- 5. Summer Vacation
- 6. Football
- 7. Cheerleading
- 8. Sunsets
- 9. Sunscreen
- 10. Swimming





# UNSENT MESSAGES



Hunter Z,  
you are a  
good friend.



Gracie Thayer:  
You are literally  
stunning!



Lynx is a  
cool cat.



Cameron  
Doubet has  
sweet hair.



To Elliott:  
Thanks for  
being an  
amazing  
friend.



Sayonara Suckers!  
  
-A Senior





STAFF OF THE PITCHFORK

THIRD YEAR STAFF

JAMIE COREY

FIRST YEAR STAFF

HAILEE RODGERS

MADDIE MAST

MAKENZIE YANC

MADORA MELNICK

HALEY JARDINA

LAURA BIDWELL

SECOND YEAR STAFF

ALIX HILBURN

AUDREY BULLOCK

HAYLEA THOMPSON

RAEGAN HIGGINS

*“Out with the  
old, in with the  
NEW”*

**And here they  
come!! 6<sup>th</sup>  
Graders all set  
and ready to be  
the next class  
to enter CSHS!**



**The 6th graders learning how things roll here at  
CSHS!**