

The Chieftain

Cuyahoga Heights High School

October 1, 2016

Hall of Fame Inducts New Members

By Jaron Moriarity

On September 2nd, eight of our own Cuyahoga Heights Redskins alumni got inducted into the Cuyahoga Heights Athletic Hall of Fame.

The induction ceremony was held at Harry's Steakhouse in Independence, Ohio. It was catered with great food and the setup was tremendous.

The inductees included great student athletes of the past from our great school. These inductees were Michael Broski, Amy Esther Gaudio, Julie Wyman Intihar, Thomas A. KeKelis III, Joseph Kocab, Brian Prucha, Jeremy Smith, and Shane V. Triscari.

It was an honor for all of the inductees to be selected into the Hall of Fame. This is what Jeremy Smith had to say about being one of the eight athletes inducted into the Hall of Fame:

"It is something you do not dream about as a student athlete in high school, but after graduating I realized how great of an honor it truly is and I'm glad to be a part of it."

Also, when asked about what advice to give future and current athletes, Mr. Smith said, "Take pride in your work, and always give it your all." This quote describes not just Jeremy, but the entire Hall of Fame class of 2016. All of the inductees were and still are great role models to their school and communities.

The entire induction class of 2016 was and always will be great role models, and one of the inductees that will forever be a role model on and off the field is Brian Prucha. When asked what

it means to be inducted into the Hall of Fame, Brian said "It is an absolute honor to be inducted, and it was great to see and talk to all of the inductees and coaches again."

Prucha also advised current students to "not take your years for granted, they are some of the best years you'll ever have".

The inductees were not the only ones enjoying the ceremony. Senior Class President Jasmine Adkins was "honored" to be a speaker at the award ceremony. According to Adkins, "It is an honor to speak at his event and it is inspiring to see how Cuyahoga Heights athletes have grown, much like I hope to do myself."

Adkins was not the only current student athlete to speak at this honorable event. Senior Vice President Nicholas Pallini also had the honor to speak at the award ceremony. Pallini said of the opportunity to be at the Athletic Hall of Fame ceremony, "It was really an honor, and I feel privileged to speak at such an iconic event as the Hall of Fame inductions."

Pallini and Adkins were also accompanied by Senior Class Treasurer Jonathan Hopkins and Senior Class Secretary Hannah Michalski as representatives of our great school.

The Cuyahoga Heights Athletic Hall of Fame Inductions overall were a great time. Old athletes got to speak and converse with old friends and coaches. And let us not forget about all the great food. This event was a great time for our newest members to the Hall of Fame family.



Photo by Jaron Moriarity

The 2016 inductees show off their well-deserved awards after the HoF Induction.

ACT and SAT News

By Meghan Davis

With ACT and SAT testing dates nearing, some students find themselves unsure about how to prepare. This past summer, select Cuyahoga Heights staff members helped students prepare for the ACT through free workshops offered at the high school. Mrs. Douglas aids prospective test takers by sharing her knowledge with students on how and when to take these tests.

"The ACT should be the totality of what you've learned up to a certain point in your school career," explained Douglas. She even says taking your first ACT without preparation is a good way to see just what you know

and get more comfortable with the test. Then, take the test again after additional preparation.

Neena Allen, a senior at Cuyahoga Heights, did this, as did most other students. Aside from this first test without preparation, there are multiple ways to prepare for the ACT.

The most common methods usually are online, such as the OhioMeansJobs.com 'College and Career Readiness Tools for HS Students' page, KhanAcademy.com, and ACT or SAT Question of the Day apps, and ACT or SAT physical workbooks (the school has a few you may be able to borrow). You can also check

out the ACT.org or collegeboard.org website for the SAT. Some students seek ACT tutors, but this is only necessary if you're remiss in class or school duties and need intense preparation.

The SAT is more subject specific and less commonly taken at our school. In comparison to the ACT, which almost 90% of Cuyahoga Heights students take, is only taken by about 10%. Preparation is similar, but focus is only on a certain subject.

The next ACT registration deadline is November 4, 2016 for the December 10, 2016 test date.



Photo by Emily Foote

Positive Behavioral Interventions and supports have been posted around all CHS school hallways and classrooms.

PBIS at CHS

New Initiative Rewards Positive Behavior at School

By Madison Pazez

In schools today, it seems that kids are always getting punished for bad behavior and never awarded for their good behavior. This year at Cuyahoga Heights, this won't be the case anymore. A program called PBIS is being implemented to reward good students at our school. PBIS stands for positive behavioral interventions and supports, and it is a framework for assisting the school staff in organizing behavioral interventions that enhances student behavior.

For more information on this program, I interviewed Ms. Neville, a member of the PBIS committee. According to her, PBIS is "a way of

insuring that we provide students and their parents with feedback and generate data on student behavior." She stated that PBIS is a state mandate, but regardless the staff still values the program and are excited that it is coming to our school.

I also interviewed Ms. Meffe, another member of the PBIS committee.

"Often the same students are awarded over and over for various awards. With PBIS we will make sure to recognize all students" she says. "Through Heights student recognition, staff can easily tell students and their parents that their good choices are noticed."

When I asked Mrs. Meffe who is going to be involved, she told me that all staff and students in the middle and high school will be a part of the program.

"All teachers will nominate at least one student per week for the Heights Student of the Week drawing." Also, the winners will be invited to a catered lunch, she says.

Even the elementary school is involved. They are receiving tickets and prizes for their good behavior. PBIS is going to bring back some excitement to Cuyahoga Heights, and reward the well-deserving students for their good deeds around the school.



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Examining Traditions



Henley Taylor
Columnist

Tradition has always perplexed me.

It's evident why we disavow certain traditions, yet absurd why we condone others. Most of us find traditions like Indian baby throwing or self cremation

repulsive and wrong, and are saddened to hear about the building of bone houses or animal fighting. Most of us don't appreciate arranged marriages or ones where the bride is forced to cry throughout, and are confused by stories of festivals devoted to feeding monkeys or throwing baby teeth on roofs.

Strange as these all may seem, I'd encourage everyone to examine their own traditions; you may find some even stranger ones. For starters, once a year our whole country eagerly awaits a large rodent to predict the weather for us: Groundhog Day. In Autumn, many people gather to watch large machines fling gourds across fields: Punkin Chunkin. When we attend sporting events, it's not enough to simply sit and watch the game, we have to get there hours earlier to wait in the parking lot: Tailgating.

This is only the start of things, for we have Presidential turkey pardons, Trick-or-Treating, Black Friday, the Tooth Fairy, throwing rice on newlyweds, and a giant rabbit who delivers eggs. Now these are all harmless enough, but what happens when tradition impedes progress?

What happens when racial slurs are still used by sports teams out of "tradition"? What happens when institutionalized hazing is overlooked because of "tradition"? What happens when religion is used to persecute others in accordance with "traditional" values? Tradition can keep us grounded in dated thought, simply because it's how it's always been.

Our school has many interesting traditions, from the football team wearing the cheerleaders' uniforms to girls wearing a guy's football jersey the day of a game. We've had traditions that exist no longer, in recent memory there's now no longer any paper run-throughs and "Senior Servants" have been left behind completely. "Steal Your Heart" days were left in the dust a while ago, and you hardly ever see varsity jackets worn anymore.

Now it's impossible to write off a tradition as bad or good -- it's a wholly individual thing -- but I will say it's been interesting seeing traditions being broken. I've witnessed people finding out-of-the-box ways of doing old fashioned tasks, such as asking a date to a dance, guys wearing other guys' football jerseys, and freshman not being forced to do everything for the upperclassmen. On the whole I've seen things start to evolve around Cuyahoga Heights, and I'd say it's a good thing.

Granted there are still some iffy happenings around school, but in a few years I'd gather that there won't be any more "gender swap" spirit days or "Scalp 'Em!" cheerleader cheers. I'd say that our school is headed towards a more progressive take on tradition, but in the meantime I'd urge everyone to look in on our own strange traditions and ask "Why?"

I mean, why do we promote home invasion when the burglar is an overweight bearded man who's trying to get stuff to kids?

New Dress Code for '16

Gender neutrality a focus of this year's updates

By Emily Foote

The gender neutral dress code is a new addition to this year's rules and regulations. Like the old dress code, it instructs students on what clothing is acceptable for school; the only difference is that the new code applies to both boys and girls. Parts of the dress code no longer only apply to one gender, thus creating a more fair and equal dress code among students.

I sat down with Mr. Burich and asked him what prompted these dress code changes. He said that every year the administration evaluates the student handbook and adds changes following the legal up to date standards. Last January he attended a legal up to date conference that expressed the importance of having a gender neutral dress code, eventually prompting a change. He also said that the other dress code was too large, so they needed to tighten things up and ultimately reflect legal requirements.

"The way students dress affects the learning environment" says Mr. Burich. With this new dress code it keeps order within the school while still being extremely flexible for self expression among students. So far the response has been positive according to Mr. Burich, since it was formed by a committee of parents, students and faculty there has been no objections so far.

I asked Neena Allen what her take on the change was and if she believed it to be either a positive or negative change. She replied by saying, "I believe the new dress code to be a big step in the right direction. It not only affects our school positively, it sets a good example for other schools to follow." Also that "the



The CHHS dress code no longer lists differences for boys and girls.

LGBTQ+ youth can now be more comfortable identifying themselves."

I also asked how some other people felt about the previous dress code. Compared to the new one, would they believe the old to be a bit sexist or unfair? Matt Harris had said "I had no issue with the previous dress code. I do think that the dress code was specifically targeting females however, by making the new dress code gender neutral it removes the unfair targeting that was apart of the old dress code." Kayla Haag said that the old dress code targeted the "short and form fitting" styles commonly marketed to

girls today, compared to the "loose fitting and longer" styles marketed to boys.

Today the importance of equality is stressed throughout society, from the workplace to school, and people are working together towards true gender equality. Schools have begun to stress the importance of a gender neutral dress code. With the new dress code, rules apply to everyone equally and fairly.

To sum it up, Veronica Terrigno said "why should your gender limit what you're allowed to wear?"

Pulp: a Heights Student Obsession

By Emily Germann

A small campus smoothie bar originating at Kent State University has made a major come up in the past few years.

Opening its 16th location on August 1, 2016, Pulp Juice and Smoothie Bar in Independence, Ohio already brings in "well over 100 customers a day" according to Rich Hazlett, owner of Pulp in Independence.

In order to ensure the use of unperished fruits while also managing low prices, frozen fruits are used in all of their smoothies. If having over 30 different smoothie choices isn't specialized enough for you, you can add a scoop of an enhancer. There are enhancers for dif-

ferent things such as energy, stress eliminator, fat burner, etc. When asked whether or not the enhancers actually worked, Hazlett, said, "Regular basis users claim they have worked, but you can't order a vitamin enhancer in your smoothie once and expect it to work".

Wheatgrass is also an option at Pulp, which has caught the attention of many customers. A one oz. shot is equivalent to two pounds of leafy greens, which contain 92 minerals needed in your body.

However, it's not just the fun enhancers that make Pulp so enjoyable. Senior Neena Allen



says, "Elite 8 is my favorite drink and I love the easy access."

Not only is it the new hot spot for it's delicious smoothies, but it's conveniently close.

Hazlett says the next store will be opening in Parma sometime in the upcoming year.

Student Group Spotlight: FCA

By Anthony Baraona



FCA is more than what you think.

This group extends way beyond Cuyahoga Heights. It is a national organization that has been around for sixty or more years. To join, you just need to attend the meetings on Fridays during lunch.

I sat down with Mr. D'Orazio in order to find out more about this student led group. According to him, the reason FCA was started was due to the fact that athletes are very influential, and they can help to spread the gospel.

Mr. D'Orazio also wanted to make it clear that this group is non-denominational, as to include plenty of people.

While this group has been around for a long time, it came to Cuyahoga Heights in the 90's. The middle school group joined later, about ten years ago. They meet during lunch on Fridays in the band room, and the middle school meets in Mrs. Waynerka's.

If you decide to go, make yourself comfortable, sit by someone you know, or make a new

friend. Then you can expect to begin with a prayer. Don't be afraid to mention something important you want to pray for, or to bring up a pressing topic on your mind, religious or not, and discuss it with your peers. This is a good way to enhance your faith and get to know more about classmates and teachers alike.

Aside from weekly meetings, FCA also hosts the Huddle Showdown. This is an annual event that takes place in the Cuyahoga Heights gymnasiums. Other schools are invited to attend, and somewhere between 8-17 schools usually show up, according to Mr. D'Orazio. Throughout the course of the day, there are several activities to compete in. These events, unlike the weekly meetings, are more sports based. For those who enjoy these activities, it is a great way to reach out to other communities and groups with your beliefs, according to Matt Harris. So don't forget to attend the next upcoming meeting.

Talking Fantasy Football with Mr. Rademaker

By Lucas D'Orazio

It's that time of the year again everybody. The NFL season is just beginning and every teenage boy to grown man is buzzing about fantasy football talk. Great trades they made, draft steals they got, lineup conundrums they have, and who this year's breakout stars will be.

So to get this season started I sat down with local fantasy football fanatic our own Mr. James Rademaker. Mr. Rademaker told me he is in two different leagues this year and is very excited for this upcoming season.

I asked him who some of his favorite draft picks he got were and he replied that he got promising rookie out of

Ohio State Ezekiel Elliott in the second round. This is a solid pick, as even though he is unproven in the NFL he was one of the top backs in college and is running behind possibly the best offensive line in the league in the cowboys front five.

He also said he was quite happy to snag Greg Olsen in the sixth round. The tight end out of Carolina was seventeenth in the league last year in receiving yards, and second among tight ends behind only Rob Gronkowski. He hauled in 77 catches for 1,104 yards and 7 touchdowns in his 2015 campaign, and with a hot team like the Carolina Panthers he only looks to improve this year.

I then inquired to Mr. Rademaker who this year's biggest busts will be. One name that stuck out to him was Matt Ryan. Ryan finished 2015 with 4,591 yards through the air and 21 touchdowns, but a looming statistic is the 16 interceptions he tossed this past year. Ryan and the Falcons got off to a hot start last year starting 6-1 and looking great. Atlanta then proceeded to drop 7 of their last 9 games, finishing with a record of 8 and 8.

Ryan's bellcow running back from this past year is also considered to be a bust in Rademaker's mind as he stated the Devontae Freeman will not be as impactful on the offense as he was this past year. Freeman finished fourth in yards last year with 1,061 and 11 touchdowns. Coming into this past season though he was a nobody and not many opponents were game planning him to have big games.

Good luck, have fun, and remember, in the words of the great Vince Lombardi, "Winning isn't everything... It's the only thing."

Lucas D'Orazio

Rademaker also said Eddie Lacy would again have a bad year. Lacy finished 20th in the league last year in yards with 758 and just 3 touchdowns.

On the opposite end of the spectrum I asked who would have their breakout year this year, to which Mr. Rademaker responded with

Carolina wide receiver Kelvin Benjamin. Benjamin's 2015 year was drastically cut short as he tore his ACL before the season even started. At 6'5" 245 pounds, the third year man out of Florida State is a physical beast, too big to be guarded by an NFL corner.

Finally, I asked Mr. Rademaker about lineup management. The 'flex' position is often times controversial to people. Do I use a running back? Do I use a receiver? What if I have two good tight ends? Rademaker recommends a solid receiver in your flex position. He believes in the passing league that is the NFL today, a wide out is the best option for the most points possible. But he does state that it mostly depends on your own personal roster.

Hopefully Mr. Rademaker's fantasy football insight will help all of you to a successful fantasy season this year. Good luck, have fun, and remember, in the words of the great Vince Lombardi, "Winning isn't everything... It's the only thing."



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Volleyball: Tough Schedule, High Hopes

By Matthew Harris

It would be difficult to overstate the importance of reaching their goals for the Lady Redskins volleyball team.

Although their current record of 3-5 might not stand out as superior, they do hold themselves to a high expectation which will lead to success in the long run.

Team captains Mary Lasky and Morgan Sweeney help facilitate their team's success every day. "Major keys we focus on are communication and focusing hard at practice," Sweeney said.

"If we get better everyday, who knows what we can accomplish."

Practice makes perfect, and if that is the case this team is on the road to being perfect. With a veteran roster this team

knows how to play with each other considering they have been doing it for years. The starting lineup is filled with four

seniors who have all played volleyball since 7th grade.

"Team chemistry is a big part of who we are as a team on and off the court. Whether it is in the classroom or on the court, we support and help each other." Lasky reported.

They will need to be on their top

performance all season playing in the Chagrin Valley Conference. With multiple above .500 teams, the Lady Redskins schedule is anything but easy. The Lady Redskins are hardworking determined and prepared to have a great season.



Ripcho Studios

The 2016 senior varsity girls volleyball team

Golf Season Excitement

By Tyler Hughes

The game of golf has been around for many centuries. Over the years it has begun to attract more and more people. High School golf is a sport that is highly competitive for some schools around Northeast Ohio. Here at Cuyahoga Heights our golf team has made a reputation for producing many of the best amateur golfers in the state.

The Varsity Golf team is coached by Mr. Zappala and consists of senior Nate Schroeder, senior Nicholas Pallini, senior Chris Mortensen, junior Alex Dean, junior Austin McDonald, and sophomore Justin Lambert.

After being asked about this season, Mr. Zappala was very enthusiastic about it. When interviewed about how he felt the golf season was going he stated that "Success is not measured off of wins and losses but measured off of the time and work the athletes put in everyday to get better at the game of golf." With that being said he also indicated that two individuals have stood out to him and those individuals are senior Nathan Schroeder and junior Alex Dean, who is the team's number one. Mr. Zappala goals for the rest of the season are to help each of the individuals reach their full potential in the game. When asked what his favorite part about coaching he

said he "loves working with the kids and loves everything golf has to offer."

Alex Dean is a member of the golf team who says his season has been fun and enjoys what the game of golf has to offer. Dean says that his approach before each match is to stay focused and do what he has to do to help the team. When asked who his favorite professional golfer is he responded by saying Jordan Spieth who is a former number one golfer in the Official World Golf Rankings and a two-time major winner.

The Golf team is looking for a strong finish as the post season is approaching.



Ripcho Studios

The 2016 boys golf team with coach Mr. Zappala

Going the Distance with CHHS Cross Country

By Austin McDonald

Cross country is a unique sport which is definitely not for everybody.

Talk to any long distance runner and they'll tell you it is not something you just join without having a purpose. Whether it is trying to get into shape for another sport or because you love the competition, or even if it is just to feel good about yourself, cross country involves a special breed.

When Mr. Robinson was asked about what makes coaching this sport so special, he stated that he loves that he gets to know each one of his runners on a personal level and that he gets to, "feel pain with them" as a group.

Individually, the team has a definite standout in senior, Gianni Rosa. As this issue went to editing, Gianni recorded a personal record of 17 minutes and 11 seconds. Gianni says that his goals for this season are to make states or to be an All-Ohio athlete. He also made it clear that he loves that the whole team works together to accomplish one goal. The team's postseason starts on the 15th of October as they travel to Hawken to compete in the Chagrin Valley Conference Championship. Hopefully everything goes well as the team finishes off another great season.

Football Season Kicks Off With 3-0 Record

By Breana D'Ambrosi

The Cuyahoga Heights Redskins started football season on August 26nd. The first game was against Keystone and we won 35-13 .

Their second game was against New London on September 2nd. They obliterated the other team 48-6.

The third game of the season was on September 9th. They played at Springfield where they crushed them 45-21.

Due to the team's recent success, the Redskins are expected to have an excellent season. Fans say that the boys are very hardworking and play well together. Also, the team has a powerful offense and a solid defense. There are many experienced players that can help the new players.

Joey Stefanko described the major goals for the team this season. The seniors have set three major goals for themselves this year. The boys hope to go undefeated in the regular season



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The 2016 Cuyahoga Heights High School football team

(10-0). They also want to win the conference games (CVC). Lastly, they would like to make it the furthest in the finals of any reskin football team in school history.

Coach Martin declared that the boys will continue to work hard to

remain undefeated and achieve their goals. He plans to have them continue to practice skills, fundamentals, and gameplans. The redskins also trade film with their opponents and watch their previous games on "Hudl".

Don't Miss Corn Roast

By Veronica Terrigno

The smell of freshly cooked corn, the pop-crackle of the fireworks, the whirring of the tractor's engine, the whinnying of the ponies with the smile of fun-loving children on their backs. All sights, sounds, and smells you can see if you come to the annual Cuyahoga Heights Corn Roast in Bacci Park on Saturday, October 8.

This event is free and the only thing that you need to pay for is the food and drinks, which are can be bought with \$1 tickets sold at the front.

Activities such as face painting and a magician will begin as early as 4:00 PM. Live music will be playing throughout the day from various country singers and your very own CHS Drumline.

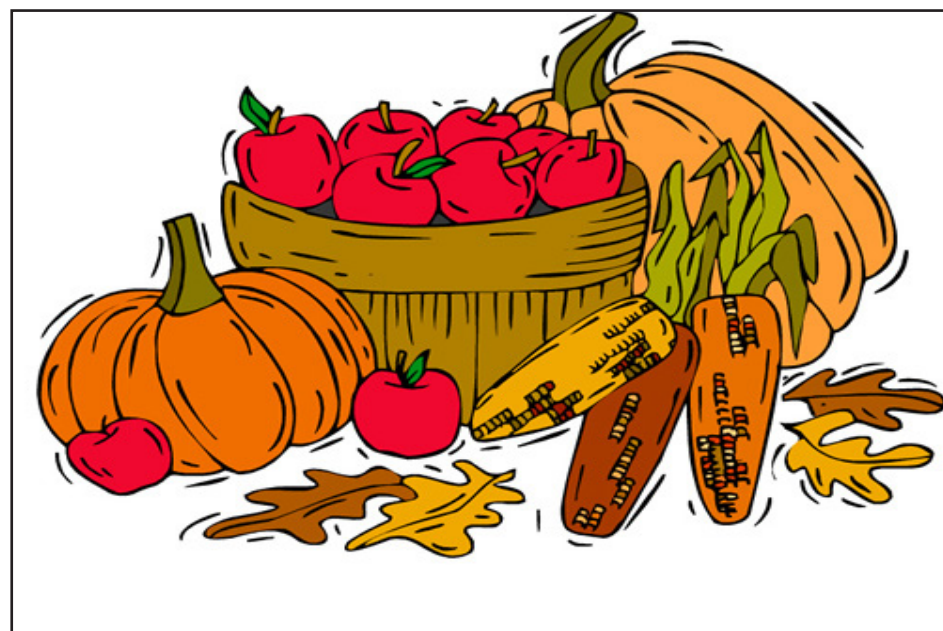
After going on the hayride and decorating your pumpkin, you might get somewhat tired, so go refuel with a hot dog, chili, or corn, corn, and corn. Then, you can end your night of fun with fireworks at dusk and a keepsake from the photobooth. So come on down to the Bacci Park on October 8 for a night of fun and corn.

Ideas for Fall Fun

By Abigail Morrow

Pumpkin Spice, Sweaters, Football, and cold weather are some of the best things of fall. During fall many people like to attend football games. Our school has football games, usually on fridays. Farms and pumpkin patches are fun places to visit during the fall. Mapleside Farms, is one in particular that is fun and has many activities, that are perfect for fall. Mapleside Farms is a 122 acre fruit farm and apple orchard. Their seasonal attractions are the jump park, concerts,

fall festivals, and zombie paintball. Mapleside farms is a perfect family attraction, and has something for everyone. Many people love to go to haunted houses. If you enjoy haunted houses, Spooky Ranch might be a place for you. Spooky Ranch, selected as a must see Haunt by Haunted Attraction magazine in 2015, has haunted houses, hayrides and festivals. Another fun fall attraction is the Cuyahoga Heights Cornroast. At the Cornroast there is food, hayrides, pumpkin painting, fireworks , and more. Many people enjoy this event. All of these attractions and events can make a perfect fall day and create many memories, don't miss out on checking them out.



New Teacher Profile: Mr. Dipert

By Justin Lambert

"Extremely enthusiastic and excited to be here," is how Mr. Young describes our new teacher Mr. Dipert. The replacement for Mr. Degirolamo who is now in Mrs. Siley's old room said he "feels like this is [his] home," and plans to stay here. The new teacher has also described Cuyahoga Heights as being a "notch above the rest" when compared to the other schools that he previously taught at, including Normandy and Berea High Schools.

Mr. Dipert is entering his tenth year of teaching, and has taught all levels of high school English from freshman to AP. Dylan Kalal, a 10th grade student, said he believes Mr Dipert to be a "great teacher," and is a "very outgoing and likeable guy."

Mr. Dipert characterizes himself as being "very passionate about what I teach," and "approachable and relatable."

The new teacher's hobbies include watching the Browns, spending time with his friends and family, including his newborn son, and reading. Mr. Dipert's top three favorite books are The Road by Cormac McCarthy, The Stand by Stephen King, and Slaughterhouse-Five by Kurt Vonnegut, which all fall under the science-fiction genre.

Mr. Dipert is incredibly eager and looking forward to teaching at Cuyahoga Heights, but said he was not thrilled about the cockroaches. The teacher described his first encounter with one as a "pretty hair-raising experience."

Review: Frank Ocean's "Blonde"

By Neena Allen

On August 20th, 2016 possibly the most anticipated album of the year was released by Frank Ocean.

This long awaited masterpiece was given the name Blonde and debuted at the number one spot for two weeks before Travis Scott released "Birds in the Trap Sing McKnight".

With its seventeen beautifully crafted tracks, Ocean silenced everyone poking fun at how long it would take him to make another album. His third studio album might have taken too long to release for some but this work of art had to be mastered before its debut. The collection was three years in the making and the moment the album dropped fans realized the meaning of why "good things take time".

"Blonde" features major artists like Beyonce, Kendrick Lamar, and Andre 3000. They add a special essence to

Ocean's rhythm & blues genre. All of the songs on the album were produced by Ocean and others, with exception to some that were just produced by himself. These producers like Tyler the Creator and Mike Dean-helped produce major albums like Lemonade and The Life of Pablo-used their experience to make an incredible collection. Frank Ocean's idiosyncratic style has never been anything less than pure gold and "Blond" definitely rose up to its occasion.

