

# The Contownian

## News Magazine

Conemaugh Township Area Middle School/High School September Volume 86 Number 1

### ***New Teachers at Township***

*By Kaitlyn Wiley, Taylor Jarvis, Matalyn Mauzy, & Olivia Mauzy*

The new school year has started and we now also have new faces in our building. We have new staff in the elementary school and in the high school, and they are all looking forward to being a part of the tribe. Conemaugh Township has a history of being a tight-knit community, and our current teachers feel this sense of community in their positions.

These new staff members at Conemaugh Township are looking forward to serving the students. In the high school, the new staff includes the new 7th and 8th grade reading teacher, Mikayla Hagerty; the new biology teacher, Zoey Leasock; the new secretary, Leisha Black; and lastly, the new lunch lady, Barbara Lashinsky. This is Ms. Leasock's first year teaching here and she said she enjoys teaching so far. Mrs. Black, our new secretary, stated the main reason she wanted to come to CT was, "It was time for change and a great opportunity to be here with my kids. My favorite part working here is interacting with the children." Leisha Black has been involved with our football team as well as our volleyball team. As well as Leisha, we also have a new reading teacher for middle school, Mikayla Hagerty. Ms. Hagerty, a returning student teacher from our school, said she is "most looking forward to creating a professional relationship with students, staff, and parents." Additionally, this year, former office secretary, Barbara Lashinsky, has moved to the lunch room. Barbara is excited to be moving towards retirement. She states, "This is the perfect place to come and work going into semi-retirement."

Our elementary school's new staff includes Abby Cover, the new speech teacher, Elyse Uhlig, a first-grade teacher, and Renee Dryer, a second-grade teacher.

All of the staff and students are excited to have new teachers in the schools to switch it up. They are all happy to be here and be a part of the caring Township staff.

### ***Emergency Preparation Training***

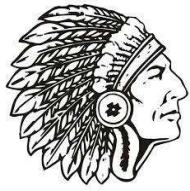
*By Haylee Thomas and Jordyn Snyder*

With school shootings on a rise, Conemaugh Township took an active step to prevent these happenings at our school. On August 22, 2023, Conemaugh Township had one last drill before kids stepped foot in the building: what to do when an intruder invades our school.

These teachers were put into uncomfortable and unthinkable situations. This training includes the discussion on the proper procedures to be taken, multiple scenarios, the sounds of AKs being shot, live action drills, and more. To help with this training, multiple people from local fire departments, EMS, police departments, and even a SERT team came together. This training was not only for the school employees, but also for the trauma team at Conemaugh Hospital. One teacher from Conemaugh Township, Fred Mainhart, was used to see how Conemaugh Hospital's trauma team would react to active shooter trauma. Mainhart said, "The people who were in the trauma room didn't treat it like a drill. They used excellent protocol and worked very well as a team."

On September 7, Conemaugh Township was able to interview Police Chief, Vincent Zangaglia. Chief Zangaglia states, "The main success was making the mistakes to learn and make everybody better and understand what needs to be fixed." The police department is now able to realize how fast these experiences could happen in real life and the adrenaline that comes with it. The people who mainly behind this drill was the Prehospital Operations Manager as well as our superintendent, Mrs. Dull. They were able to communicate together and work to make this drill very successful for all.

Overall, Conemaugh Township was put into uncomfortable situations to better protect its students, faculty, and staff. This drill allows for many parents and guardians to feel more at ease. The drill was a great success for the faculty and staff of our school.



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News Magazine

## MIDDLE/HIGH SCHOOL

## PHOTO JOURNALISM



*The junior high volleyball team celebrating*



*Luke Weber preparing to pie his teammate Kyle Mauzy*



*Zack Petree, Sam Sharbaugh, and Larry Weaver*



*Police Chief Vincent Zangaglia with Mr. Feathers and Mr. Foster*



*Our flag runners starting off the evening*



*The 2023 soccer seniors*



*Sam Thomas helping out his football buddies*



*Senior Photo Editor Emily Corella capturing a photo*



*Grill Team members at the Outdoor Grill*



*Our undefeated junior high boys soccer team*

*Jon Updyke and DJ Bambino celebrating after a touchdown*



*Our varsity cheerleaders "getting rowdy"*



*Our 2023 homecoming court*



*Our rowdy section participating in the "toga" theme*

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DAILY NEWS

WEEKLY NEWS

STUDENT FEATURES

SPORTS UPDATES

# Contownian News Magazine

Conemaugh Township Middle School/ High School  
Volume 86 Number 1

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## SOCIETY

### **CT Boutique**

*By Matalyn Mauzy and Katelyn Wiley*

Conemaugh Township High School is going to be starting something very exciting soon: our school has decided to create a boutique. Mr. Buncich, our resource officer, has been a huge supporter. The assistant manager at Saint Francis, Valerie Zambanini, had this idea to get involved with the school, so Saint Francis will be partnering with CTHS to help provide items for the new shop. The boutique will be located in the old high school girl's locker room. They are going to paint it as well as take some of the lockers out and bring racks in from the thrift store. The art students and life skills students will be helping with painting and sorting the clothes.

The goal is for the boutique to be up and running very soon, hopefully in the next coming months. A lot of what the boutique is based off of is a store called Repeat Boutique in Johnstown, which was started by Conemaugh Township alumnus. There are going to be many items sold at the CT Boutique such as school spirit clothes, pants, shirts, and shoes. There will also be goods like deodorant and other personal need items. Students are able to shop by earning coupons for homework or good deeds. If you don't find anything you like there, you can take the coupon to the other thrift shop location. Mrs. Dull said, "One of the goals we are hoping for is that this shop will take away some of the stigma of not going to reuse stores."

This is a great opportunity for our school, and the CT Boutique is going to be a great addition to our school. Hope to see you there thrifting!

### **Band Competition**

*By Katelyn Wiley*

The Conemaugh Township Marching Band is returning to the 2023 season with a video game theme. Ms. Kasun, the head director of the band, put together their drill and competition routine. With a little over 30 people performing the show, everyone is looking forward to a fun and energetic season.

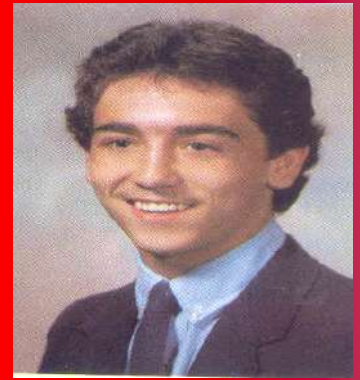
Schools from all over will be coming in to compete against each other. Some schools include Tyrone, Johnstown, Westmont, Somerset, and Juniata. The senior members of the marching band include Jonathan Fotchman, Nicholas Yoder, Michael Folton, Hayden Lingenfelter, Landon Weeks, and Mercedes Mull. With many new faces to the band, they have recruited many younger kids and been practicing all summer for countless hours. Alexa Gardenhour, one of the trumpet players, stated, "We have been putting so much work into this and we are really hoping people will come out and support us. Many people will most likely know the Mario theme song, which makes us excited."

## **Alumni Of The Month...**

Shawn Blank graduated from Conemaugh Township Area School District in 1987. After graduating, he worked at Bestform for thirteen years. He has been employed with Galliker Dairy Company for the last ten years. On and off throughout the years since graduation, he has been a wrestling coach for the Indians at the Varsity, Junior High, and Elementary levels. Recently, Shawn has been the head elementary coach for the past three years. He also possibly has plans to become a junior high coach if scheduling conflicts can be worked out. In 2008 he founded the Conemaugh Township Youth Softball League, a summer softball league for girls ages 5-18. In addition to running the league, he also coached many teams at all age levels throughout the years. Shawn resides in Holsopple, Pennsylvania with his wife, Tanya, and his two children, Kaitlin and Alyssa.

During Shawn's school years, there were many teachers who left a lasting impression on him. His favorite teacher he quotes was Mr. Brian Rummel, "He was very easy to get along with and made wood shop and furniture refinishing enjoyable," Shawn states.

Shawn's fondest memories at Conemaugh Township include when the wrestling team won the Somerset County wrestling title in 1984, 1985, and 1986 and also when they won the District 5 title in 1984.





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## Varsity Cheer Update

By Ashlyn Fetterman

Conemaugh Township Varsity Cheerleading has a whole new look to it this year with new coaches Mrs. Kelly Digon and Ms. Alexa Fetterman, who both have lots of love and pride for CT.

When asked about the challenges of taking on the program and how they overcame them, the coaches described, “Our biggest challenge has definitely been our lack of cheer experience. We have learned so much from Deanna Maurer, our most gracious cheer volunteer. She has taught us so much from all of her years of competitive and sideline cheer. She has really helped us fine tune everything the girls have done throughout the season.” The Township Cheer squad has five returning seniors: Aubrey Johns, Abby Kinsey, Ryleigh Letosky, Liz Leipchack (Shade), and Allie Walters (Shade). Aubrey and Abby also serve as captains on the team, along with junior, Jaylynne Moyer.

Along with new leadership, the squad has also moved to the Heritage Conference. With being in a new conference this year, there is a cheer competition in which the cheerleaders have to participate. This competition will take place Saturday, October 21 at IUP. This competition is something that the cheer squad has been most excited for. The coaches explained, “The girls have been working so hard. It will be great to see all of their efforts come together.”

## Indians Take Down The Mustangs

By Jenna Brenneman

On September 14, 2023 the girls’ varsity volleyball team captured a 3-2 victory over the Portage Mustangs at the Township’s yearly TEAL Out game. The scores consisted of 25-22, 25-28, 23-25, 23-25, and 15-8.

The annual TEAL Out game is a night dedicated to Telling Every Amazing Lady about ovarian cancer. It is a national movement that the Conemaugh Township School District participates in yearly. Once again, the team received much

support from the community as the stands filled with enthusiasm. Senior Alison Matera delivered 56 assists, while junior Ava Byer and sophomore Laikyn Reynolds each contributed a double-double, both having 21 digs and 12 kills. Senior Kendra Huber added 16 kills for the Indians.

The team improved their record to 4-2. When Matera was asked about the game she said, “Our team started off strong but we had some difficulties in the third and fourth sets, however, we still managed to claim another win.” The team looks forward to expanding their success.

## Boys Soccer

By Jon Updyke

The Indian soccer team has kicked off their season to a great start. The boys are 5-0 going into their sixth game against McConnellsburg. The team has scored a total of 38 goals and have only let in six. They even had an incredible game against Northern Cambria, scoring 15 goals. The Indians have been led by senior Dylan Giffin with 11 goals. Junior Jackson Sotosky led in nine assists. Sotosky also added in nine goals so far.

This team has a mix of experience and youth. The talented and experienced seniors like Dylan Giffin, Max Malicki, Drake Rouser, Colten Lehman, Isaiah DiGaurdi, Jon Allison, and Bodhi McVicker are the foundation of the team. The junior and sophomore class will look to take over next season. The Indians also have received two new freshman who have already showed they can play great at the varsity level. Freshman Rocco Hagan has put in five goals and dished out four assists in five games. Freshman Gentry Sotosky has found the back of the net two times and passed three assists to his teammates. Junior Gabe Chirstian is the big goaltender for the Indians this season. Through five games, he only has let in six goals.

It is still very early in the season, but the Indians look very promising in the new Heritage conference. The heavy-loaded seniors will look forward to leading their team as the underclassman will look to learn from their seniors. When asked about the team’s greatest strength senior Drake Rouser said, “Our chemistry this year is insane. We just play as a team.” The team’s chemistry has been working so far and they will look to keep the wins coming.

## SPORTS

### *Athletes...*

The male athlete of the month at Conemaugh Township is Dylan Giffin. Dylan is the son of Wendy and Michael Giffin. He lives with his mom in Jerome.

Dylan has played soccer for the past fifteen years of his life. In his sophomore year of high school, Dylan made 1st team All-County and was a part of the Westpac championship team.

In his junior year, he was on the Daily American Fantastic Fifteen, won the Somerset County Offensive Player of the Year, won another Westpac title, and received the honor of being an All-State athlete.



Dylan likes to do other things other than tearing it up on the soccer field. He is in the Rotary club, a member of Student Council, and is on the Grill Team. Dylan has received three letters in soccer and one letter in the year he participated in track and field. In his spare time, Dylan likes to go play golf with his friends, play more and more soccer, and he enjoys skiing.

Dylan's future plans include to continue studying



in the sports medicine field. He is not set on a major or a school but sees himself in that area later on in life. A quote that Dylan likes is one from Woody Allan, "Eighty percent of success is showing up". Dylan said, "It is important to show up to all the workouts

and practice hard because it will all be worth it."

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### *...of the Month*

Kendra Huber is the daughter of Eric and Misty Huber. Kendra is a member of the varsity volleyball team and track and field team. She has been playing volleyball for four years, is a captain of the group, is a two-year letterman, and won second team all Somerset County selection



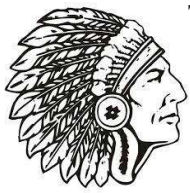
in 2022. She was apart of two District Five titles and one Westpac championship for volleyball. Kendra has been a member of the track and field team for four years, where she has lettered three of the years, and has been a part of two Westpac championships.

Outside of sports, Kendra is a member of the Grill Team, Fellowship of Christian Athletes, National Honors Society, secretary of S.A.D.D. Club (Students Against Destructive Decisions), and is president of Student Council.

In her spare time, she enjoys going out to eat with her friends.

Her favorite quote is from her volleyball coach, Laura Swank: "8-minute mile = 5th set." After graduating from high school, Kendra plans to attend a cosmetology school.





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## ***Donald Trump's Arrest***

*By Alison Matera*

Former president, Donald Trump, has been arrested four times this year. He has been accused of election interference in the 2020 presidential race and handling classified documents among other charges. All in all, Trump has denied all wrongdoing in all of the cases, and has claimed, without evidence, that prosecutors and officials in Washington, Georgia, and New York are trying to target his reelection bid.

The first time he was indicted was in March, for thirty-four felony counts by the Manhattan grand jury. This incident made him the first U.S. president to be indicted in history. Trump was also accused of seeking to conceal hush money payments made to two women: Stormy Daniels and Karen McDougal. Both of the women claimed to have past relationships with Trump before the 2016 election. In April, Trump pleaded not guilty. In June, Trump was indicted for thirty-seven felony counts. This charge was for allegedly storing hundreds of classified documents. Charges for this include: willful retention of national defense information in violation of the Espionage Act and conspiracy to obstruct justice. For these offenses, he was arrested and pleaded not guilty. The third indictment of Trump was for allegedly trying to steal the 2020 presidential election. For that, Trump was charged with conspiracy to Defraud the U.S., conspiracy to obstruct an official proceeding, obstruction of an attempt to obstruct an official proceeding, and conspiracy against rights. Trump, again, pleaded not guilty. His most recent arrest happened last month at a county jail in Georgia. His charge was that he tried to steal the 2020 election in the peach state. Fulton County District Attorney Fani Willis charged Trump under the state's Racketeer Influenced

and Corrupt Organizations, or RICO, Act. has historically been used to target organized crime and drug operations. Trump is just one of 19 defendants in the state indictment, along with his former attorney, Rudy Giuliani and former White House Chief of Staff Mark Meadows. For this he can face up to 20 years in prison.

All in all, Trump was shortly released. His time in jail consisted of being booked, fingerprinted, and photographed for a mug shot. Trump was released just 20 minutes after. "What has taken place here is a travesty of justice," Trump told reporters on the tarmac, moments before he boarded his plane to leave Atlanta. "We did nothing wrong at all, and we have every single right to challenge an election we think is dishonest."

## ***Florida Hurricane***

*By Alison Matera*

There have been many hurricanes in Florida over the past several months. In August, Tallahassee and many other Florida cities killed the record for warmest month by nearly a full degree! It also closed out a cruel summer with the first ever major hurricane landfall between the Panama City to Cedar Key areas, and the first hurricane-force inland wind event in the "Big Bend" in at least 75 years.

The activity is most common in September, and does not immediately affect the continental United States. Recently the National Hurricane Center started issuing advisories on Tropical Depression 13, which is now known as Tropical Storm Lee. Lee is estimated to be between West Africa and the Lesser Antilles, and is now moving northwest at about 15 miles per hour. Due to how fast Lee is currently moving, Lee should gain enough latitude to pass north of the U.S. Virgin Islands and Puerto Rico in around five days, which could potentially affect us.

"However, the northern Antilles should monitor Lee carefully, as the intensity expectations for this hurricane are wild," the Tallahassee Democrat stated. Lee has been officially categorized as a Category 4 hurricane.

## ***Best School Lunches***

*By Brianna Shetler*

As we all know, school lunches can be a hit or miss. Everyone has their favorites, whether it's yesterday's old pizza or the delectable spaghetti. Everyone is entitled to their opinion. After asking around, I compiled a list of the top ten best school lunches our school has to offer, and the list goes as follows:

1. Spaghetti
2. Nachos Grande
3. Chicken Over Biscuits
4. Walking Taco
5. Meatball Hoagie
6. Chicken Nuggets
7. Chicken Patty
8. Buffalo Chicken Dip
9. Grilled Chicken Sandwich
10. Grilled Cheese

While the list mostly consists of chicken, our lunch ladies still manage to make having chicken four out of the five days of school palatable for us.

## ***The Best Themes for Football Games***

*By Kaydence Forish*

Football season is here and all of the students are hyped for the football games to come so they can support their team. But what's a football game without an interesting and different theme? Here's a collection of the best football game themes from the opinions of Conemaugh Township students.

- Black out
- White out
- Red out
- Beach theme
- Neon
- USA
- Country
- Halloween
- Pink out
- Toga

Think about creative themes you'd like to see and try to bring them to light as a possible theme at future football games!

## ***9/11 Tribute***

*By Kendra Huber*

On September 11th, 2001, the world changed forever. Lives were changed, sacrificed, and lost. When four coordinated suicide terrorists attacked the World Trade centers, the United States lost almost three thousand people.

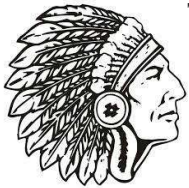
Still to this day, we remember 9/11. Most people even remember what they were doing the day that this horrific nightmare occurred. It's something you cannot forget. Also, there was another plane hijacked by four terrorists, but the action of 40 passengers potentially saved many more lives. The passengers of Flight 93 took over the plane and crashed in a large field in Shanksville, Pennsylvania. First responders risked their lives to save others. Families were torn apart and changed forever. On this day each year, we recognize and remember all who risked and lost their lives on this horrific date.

September 11th, 2001 is a day that America will never forget. So many people lost their lives saving others. Visit the Flight 93 memorial to help remember those who have fallen.



***The National September 11 Memorial & Museum in New York City commemorating the September 11th attacks of 2001.***





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## Olivia Rodrigo's New Album

By Carson Harbart

On September 8, 2023, the singer Olivia Rodrigo released her newest album called *Guts*. This album was something Rodrigo was very proud and excited about, posting all about it on her Instagram. In one of her Instagram posts, she revealed her artistic side with a vibrant purple background with rings on her fingers that spelled out G-U-T-S. The writer and singer's producer was Daniel Nigro, the man who was also behind her other well-known album *Sour*.

The new album has 12 tracks to it, all being life lessons about growing up. Rodrigo is a young artist at 20. Since she is so young, she has experienced many of the things today's teenagers experience, making her very relatable. Olivia talks about the prices that come with being a woman, which allows her to connect with her targeted audience: teenage girls.

Her album *Guts* has an opening at No. 1 on Billboard's chart. This makes this her second No. 1 album in her career, following her album *Sour*. It is also No. 1 among several other countries. Out of any album that has come out this year, Rodrigo's album has the fourth-biggest opening. With all of the attention, Olivia Rodrigo has recently announced that her world tour will begin in February 2024 and will have 75 dates.

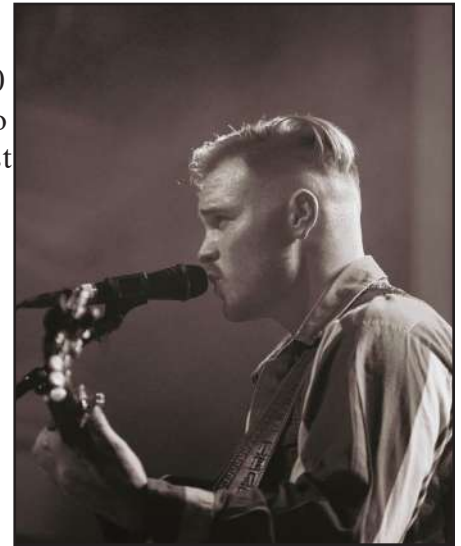
## Zach Bryan's Recent Success

By Luke Haight

If you don't know who Zach Bryan is, you are missing out. Zach Bryan is a country star and U.S. Navy veteran from a small town in Oklahoma called Oologah. He gained his fame when he was 24 years old from an original song that he released on the internet called "Heading South". With no help at all, millions of people watched and loved his video. A couple years later Zach released his first album *American Heartbreak*. This album skyrocketed to No. 5 on the Billboard album chart.

Zach just recently released his newest and most popular album quite literally named "Zach Bryan". This album was released recently and has **8.**

already been very successful. It is No. 1 on the rock album Billboard, and one of his most popular songs in the album "I Remember Everything" is a No. 1 single on Billboard's all-genre Hot 100 chart. This is also Zach Bryan's first No. 1 single. Furthermore, the new album is a mix of country, rock, and folk music.



The music in this album is unique and plays like a purpose statement. The music outlines Zach Bryan's state of mind and beliefs. Also, it highlights what makes Zach Bryan different from other musicians. Some of the songs in the album are deeply personal, and Zach spills his heart through songs like, "East Side of Sorrow." It is a song that Zach Bryan said is his most hopeful song he has ever written. It centers on the loss that Zach had in his family from war, age, and alcohol. Finally, he spilled his emotions about the death of his mother, and losing his friends in war through the lyrics. This new burst of popularity in old-style country music is definitely making a statement in the music industry, and Zach Bryan is at the forefront of it.

## The Meg 2: The Trench Review

By Aubrey Johns

*The Meg 2: The Trench* was released on August 4 2023. *The Meg 2* is the second movie in *The Meg* series. It is directed by Ben Wheatley. In addition, Jason Statham, Sienna Guillory, Shuya Sophia Cai, and Wu Jing star in *The Meg 2*.

Jonas Taylor, played by Jason Statham, leads a team into the depths of the ocean. Their journey goes south when a mining operation threatens their mission. They must battle for their survival as they face predators that they must outrun, outsmart, and outswim.

## POP CULTURE

People have different opinions on *The Meg 2*. One viewer wrote, “I was honestly surprised by how much I loved it,” after giving it a 5 star rating. Another viewer wrote, “Really bad movie that insults the intelligence of its viewer,” after giving it a one star rating. Based off this, it seems that there are very mixed reviews about the film. Many people think it was an unneeded sequel, and critics seemed to heavily criticize the movie. This can be seen from *Rotten Tomatoes* movie score of 26%. However, audience reviews state that it was a fun and cheesy action adventure movie, with an overall statistic of 72% people liking this movie.

So if you are in the mood for a comedic action adventure, this movie may be worth the watch.

## Teacher’s Fall Feels

By Lindsay Knieram

As we begin to see change with the seasons, leaves falling, sun turning to cool wind, swimming to raking leaves, our moods tend to change. Our music taste will usually match the weather in some cases. Here are some of your favorite teachers’ songs to jam out to this fall!

Miss. Leasock: “Thriller” by *Michael Jackson*

Mrs. O’Donnell: “Monster Mash” by *Bobby “Boris” Pickett & The Crypt Kickers*

Mrs. Kimmel: “Something in the Orange” by *Zach Bryan*

Ms. Gall: “Werewolves of London” by *Warren Zevon*

Ms. Debarato: “November Rain” by *Guns N’ Roses*

Mrs. Conn: “September” by *Earth Wind and Fire*

Mr. Nanassy: “Piece of Mind” by *Boston*

Mr. Berzonski: “MmmBop” by *Hanson*

Mr. Hazlett: “Harvest Time” by *Luke Bryan*

Mrs. Feathers: “July” by *Noah Cyrus*

## Musician of the Month

By Lily Mohrbacker

Mercedes Mull lives in Davidsville with her parents Douglas and Lisa Mull. She is a senior in band this year, and has been in concert band playing percussion since 4th grade. It is her first year in marching band, taking part in color guard during this year’s show “The Ultimate Quest”. Some of Mercedes’ accomplishments include Student of the Year finalist (grade 11 awarded by The Challenge Program), and receiving the Academic Excellence and Community Service awards from The Challenge Program. In her future, Mercedes plans to enroll in Aeronautical Engineering and earn a pilot license. She is also considering attending The University of Pittsburgh at Johnstown for electrical/mechanical engineering. A piece of advice from Mercedes is, “Take your time and enjoy every moment. Try new things and follow your passions”.



## Artist of the Month

By Carson Harbart

Katelyn Turley is the daughter of Steve and Angela Turley. She is a senior at Conemaugh Township High School. Katelyn is a student in Conemaugh Township’s Art IV class. Katelyn has been a very successful student with her artwork. While her favorite art style is drawing in black and white with graphite, she sometimes paints or draws in color. Usually, all of her pieces of art are realistic, and nothing is abstract. Her work has gotten recognized in the Laurel Arts Show in 10th and 11th grade, and the Heritage Conference at IUP in 11th grade. One of Katelyn’s biggest inspirations for her artwork is nature. Her future plans after high school are to attend Brigham Young University and get a degree in horticulture or plant science. One of Katelyn’s favorite quotes is “Do not fear mistakes-there are none.” -Miles Davis





## ***Breaking Down Barriers***

*By Addison Gindlesperger*

The entire month of September is nationally dedicated to suicide awareness and prevention. September was first declared as National Suicide Prevention Awareness Month in 2008. According to the National Alliance on Mental Illness, roughly 20% of all high school students report having serious thoughts of harming themselves and roughly nine percent have made an attempt. Suicide is the second leading cause of death for young adults aged 15-20. With reports of depression, anxiety, and suicide on the rise, what steps is Conemaugh Township taking, and is it enough to fight these rising statistics?

I fully believe that Conemaugh Township has gone above and beyond with providing students with a surplus of resources. Students are provided with two amazing guidance counselors and over thirty-five teachers who are more than willing to listen and support. The staff provided to students are some of the most genuine, caring people. Not only are there amazing staff to provide a helping hand, but there are also programs like REACH. REACH stands for Reaching Educational Achievements with Clinical Mental Health. REACH provides social workers and licensed mental health counselors for both individuals and group counseling. This program allows students to have a safe, free of judgment space where they are able to communicate anything and everything. This resource is available free of charge. This allows students to get the help and support they want, need, and deserve. However, is the stigma around mental health too significant that people are afraid to get help? Is the stigma holding people back?

The term toxic masculinity has gained popularity as the fight to end the mental health stigma is rising. Toxic masculinity is defined as a set of

## **Staff Editorials**

attitudes and ways of behaving stereotypically associated with or expected of men. It is when a man feels the need to act a certain way because he is a man. Yes, men should take pride in their identity, but others should not be torn down because of it. Within the last year, 21% of all adult women have received some form of counseling. Women are twice as likely compared to men to seek help, whereas men are three times more likely to commit suicide. Is this because of the stigma? Or is this because men are uncomfortable talking to female counselors? Considering this is a female dominated field, it can make it difficult for men to feel comfortable. Conemaugh Township students do not have to worry about this situation. Male students have over ten male teachers and an amazing resource officer. Mr. Buncich, Conemaugh Township's resource officer, is always an open ear for students. If school counselors and school resources are not what someone is looking for, there are other alternatives outside of school.

Places like Cambria Counseling, ACARP, Choices Clinical Counseling, and more offer counseling. It is extremely important for someone to get the help they need and deserve. It is important as a society, as well as a community, that we strive to break down barriers around mental health. It is key that people feel heard and know that their mental health is no joke.



THE LITTLE CONTOWNIAN

**JUNIOR HIGH**

*ATTENTION GRADES 6-8:*  
**SIGN UP TO BE A PART OF THE LITTLE  
CONTOWNIAN NEWSPAPER IN MRS.  
FEATHERS' ROOM (ROOM 221)**

**COMING OCTOBER...**



# The Contownian

News Magazine

## Telephone Numbers

### Administrative Office

Superintendent.....	Nicole Dull.....	479-7575
Business Manager.....	Regina Rembold.....	479-7431
Food Service Director.....	Adam Thomas.....	479-2328
Director of Curriculum.....	Stacy Dabbs.....	479-7575

### Middle/High School 6-12

Principal.....	James Foster.....	479-4014
Vice Principal/Athletic Director.....	Jarod Feathers.....	479-4014
HS Guidance Counselor.....	Kara Duplin.....	479-7886
MS Guidance Counselor.....	Kelli Hankinson.....	479-7886
School Nurse.....	Cassey DeBiase.....	479-2324

## Academic Calendar

October 9.....No School (Teacher In-Service)

October 20.....Act 80 Early Dismissal  
12:00 Middle/High School  
12:25 Elementary

October 30.....End of Nine Weeks

## Upcoming Events

October 4 from 7:30-9.....Bonfire Lighting

October 4 (After Lighting).....Bonfire Dance

October 5 at 9:30.....Elementary Pep Rally

October 6 at 6.....Homecoming Parade

October 6 at 7.....Homecoming Football Game  
(Homecoming King and Queen Crowning at Halftime)

October 14.....Band Competition @Johnstown

October 18.....PSAT Testing @Township

October 21 at 6.....Cheer Competition @IUP

October 24.....Adapted Music Concert  
(During 6th Period)

October 26.....SAT Testing @Township



## YEARBOOK ORDERING

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