

# HAPPENINGS

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## NHS sells Yuda Bands for Leydy's education

Abigail Behm - 12

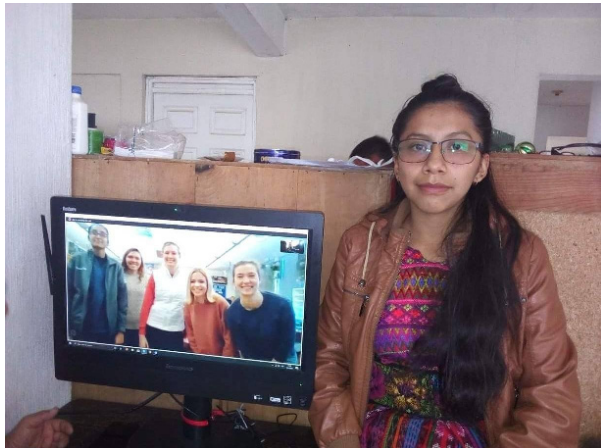
NHS members launch into the new year by sponsoring the education of student Leydy from Guatemala through selling Yuda Bands. Yuda Bands is an international organization selling handmade bracelets in order to fund the education of a student from Guatemala or Zimbabwe. NHS Secretary Quinn Holl describes the fundraiser as "tied to education [which]... is very important." First, the school chooses a student to sponsor. After a Skype call with the student, bands are shipped to the partnering club to be sold and the funds sent to the sponsored student.

Selling the Yuda Bands for \$7 per bracelet, the fundraiser took off after the bracelets were received Friday, January 10. A teacher's day the following Friday allows teachers to don a Yuda Band in place of donating \$5 to wear jeans, another fundraiser run by the Hamburg Area High School. "They come in a variety of colors," Holl describes. "Each has different shapes and many different animals." When asked which type she preferred, Holl explained "I personally like the ones with the Yuda Band symbol. It represents what the Band stands for and the cause I am donating to."

This international effort to make education available to all people is critical in any walk of life. Especially in an academic environment such as high school, sometimes it is forgotten that not all children have access to education. One of the best parts of the Yuda Bands project is that it "involves everyone," Holl attests. From students to teachers, HAHS has exploded with Yuda Bands. A sense of camaraderie created through donating to a shared cause brings together students and staff alike as the school as a whole works toward funding Leydy's education.

Especially putting a face to the name via Skype, NHS members were more determined than ever to put forth the maximum effort for Leydy. It is for that reason that the Yuda Band coordinators organize Skype calls and pairings for each potential recipient. The money goes toward a scholarship fund which includes several programs geared toward enhancing education and expanding the knowledge of students who would not have otherwise had the opportunity for an education. "Education opens the door to so many possibilities," Holl emphasizes. "I am excited that NHS is contributing toward giving Leydy an opportunity to pursue her passion." In the face of the basic right to education, money seems like such an insignificant barrier, which is why the NHS is joining the movement toward making education a globally attainable tool starting with Leydy from Guatemala.

For more information on Yuda Bands, visit <https://www.yudabands.org/>.



## The National Honor Society hand makes blankets for Safe Berks

Megan DeAngelo - 12

The National Honor Society is an organization of some of the best and brightest seniors at Hamburg Area High School, but the actual purpose of the group is sometimes lost. The NHS is a group of academically excellent students who also have a lengthy list of extra-curriculars, and they do community service projects every month throughout the school year. In September, there was a trash collecting activity at the Hamburg Park, there was Trick or Treating for UNICEF in October, and now, the most recent activity in November was making fleece blankets for Safe Berks.

The inspiration for this project came from a non-profit called Project Linus, "which provides homemade blankets to children in need" according to NHS president Tamandeep Saggi. The organization inspired their own take on the idea, also giving blankets to adults through Safe Berks.

The project started out as just an idea thrown out by treasurer Lauren Shebby, but after an all member meeting, a vote was taken, and Project Linus was the most voted project. It was then a matter of gathering the materials. The blankets were comprised of two pieces of fleece cut into strips at the edges and tied together. The fleece was accumulated through generous donations and purchases by the members and others outside of NHS.

The blankets were trimmed and prepped during eighth periods by a few members, and then after school on Thursday, November 21, the organization congregated in advisor Mrs. Bucheit's room to tie and fold all the blankets to get them ready for Safe Berks.

## Winter weather causes dangerous roads

Lauren Shebby - 12

As the holidays approach, the wretched winter weather follows. Many students are delighted by the weather, hoping for delays, early dismissals, and school cancellations. However, when the school does not close for the day or the students decide to risk it and travel on the dangerous roads, they may find themselves in a stickier situation than they intended.



When the roads are icy and students must use them, they should leave early for school or other appointments so that they do not feel the need to speed when the roads are slick. Be sure to never use cruise control in bad weather conditions because the tires may spin too fast on slippery roads and cause the car to lose control. Also, always make sure to have distance between cars in snowy and icy conditions. It is suggested that people leave three times more space between cars on snowy roads and ten times more space on an icy one for the sake of safety. When accelerating and braking, make sure it is not too abrupt. If someone else tries to pass, carefully steer towards the shoulder in order to give them more room in case they lose control.

If it is difficult to figure out the road conditions, there are multiple ways to gauge how safe a road is. Do not rely on the car thermometer to judge if the roads will be frozen. Even if the thermometer reads above freezing, the air is often warmer than pavement and is an unreliable source. Additionally, even if it does not look icy, does not mean that it is not. Black ice often looks like wet pavement and can lead to accidents for unsuspecting drivers. Bridges, overpasses, and ramps are the most dangerous because they freeze the easiest and take longer to thaw out than regular roads because they have no insulation from the ground.

If driving downhill in slick conditions is unavoidable, do down the hill as slowly as possible and carefully brake gently, but steadily to maintain a safe speed and keep traction. When feeling like the vehicle is floating, take the foot off the gas, but do not slam on the brakes. This may cause the car to skid.

Victoria Reed, a Hamburg senior claims she fears "fishtailing, sliding, and slipping" while driving in winter weather. It is vital that students are aware of the dangers of driving in snow, sleet, and icy conditions, especially those who are inexperienced.

Even with this summary, the best way to stay safe in bad weather is to avoid roads if at all possible.



## Athlete Spotlight: Michael Maenza

Tori Rhoades - 12

Senior, Michael Maenza, has been a member of the Hamburg Area High School soccer team for all four years that he has attended the school. He did not have one specific position on the team, instead he played both offensive and defensive positions. Maenza did not always have a passion for soccer due to the fact that his first year playing for the school was his freshman year. His three older brothers, who graduated from Hamburg, also played soccer, and their love for their sport persuaded their youngest brother to try out for the team. After his first year of soccer, he was absolutely hooked and could not get enough of it.

Being a part of the team made Michael feel good about himself. Not only was he improving his physical state, but he was also improving his mental state as well. He had to focus on the game and never let his mind wander. Being a member of the soccer team also allowed Maenza to make more friends. He feels that "without soccer I would not have half of the friends I have today." Soccer is not only a team but it can also be considered a family. "No matter what happens, win or lose, I know that my team members always have my back" says Maenza. He had a great four years on the team and has many memories to share because of it. Maenza has decided not to continue his soccer career after he graduates from high school. Michael hopes that the program continues to grow in the future and he hopes the rest of his teammates the best of luck in the rest of their soccer careers.

BCIAA T-shirt orders due to Aaron Menapace 1/31 by 2:00 pm  
Short sleeves - \$15, Long sleeve - \$20



# Australian fires threatening the lives of wildlife

Emily Smith - 9

For native species living in New South Wales, Victoria, and Southern Australia, life has been nothing but rough. While Australia is commonly known for its dry and extremely hot summers that often cause wildfires, the current conditions have been anything but common. Fires having been spreading at a substantial rate, putting threats on the animals who call Australia home. In total, there may be as high as half a billion animals that have died, according to research conducted by Christopher Dickman at the University of Sydney. Their homes, nearly 18 million acres of land, have been destroyed.

Photos and videos have been published showing people rescuing burnt koalas from the blazing fires. Most, however, have not been as lucky. According to research done by environment minister Sussan Ley, one third of koalas living in New South Wales have died. In addition to koalas, wombats have also been drastically effected. Graeme Jackson, a current resident of New South Whales who has raised wombats, has calculated that a wombat can run up to 18.6 miles per hour in short distances, but eventually the fire catches up and it burns. Tinier mammals and reptiles have some escape from the flames due to their ability to hide underground and in rocks, but once the fires hit, their shelter and prey have disappeared.

These animals are in dire need of help, and without it all hope will be lost. For more information, please visit: <https://ktla.com/2020/01/07/up-to-1-billion-animals-may-have-been-affected-by-australia-wildfires-ecologist-says/>



# Music aids in mental health

Megan DeAngelo - 12

Since before written words and civilization as we know it, music had been a part of humanity. The melodic and rhythmic tones are something ingrained in the human psyche to help with mental health, as written about on [verywellmind.com](https://www.verywellmind.com). There are ten different benefits listed, but some of the most important points were that music can reduce stress, help sleep, and reduce depression symptoms.

In a study mentioned in the article done in 2013, people were introduced to a stressor before being exposed to either music, rippling water, or no sound at all. Those who had listened to music tended to recover from the stressor faster than the others. Similarly, another study had college students listen to either classical music, an audiobook, or nothing at all before bed, afterward analyzing their sleep quality. Those who had listened to the music had significantly better sleep quality than those listening to an audiobook or nothing at all. Finally, music therapy has been a safe alternative method for reducing the effects of depression and anxiety on anyone, with no negative side effects.

Students at Hamburg Area High School gave their opinions about their own music and how it helps them in their lives. Emily Donne, a senior, commented that her favorite music helps her to calm down and destress after a hard day. She often finds herself “overwhelmed and stressed” due to her schoolwork and work schedule, so putting on headphones and listening to her favorite tunes is one of the ways she can refocus and get her work done.

For more information on how music can help mental health, go to: <https://www.verywellmind.com/surprising-psychological-benefits-of-music-4126866>

# As flu breakouts begin, preventative actions must be taken

Keira Conrad - 9

The winter season appears to be the most common time in which people catch influenza, an illness more commonly known as the flu. Naturally, many try their best to avoid catching such an illness, though at the same time, many may not know its symptoms. A majority of the symptoms one would face if they had the flu are fairly common among other illnesses, so it may be difficult for one to fully decide whether or not they may have it. Of course, it is always best to seek medical attention if one is concerned about the flu - or any illness, for that matter.

The most alarming of the flu’s symptoms are the fevers one will face, with them reaching well over 100 degrees Fahrenheit. Other, more minimal symptoms include coughing, a sore throat, runny and/or stuffy nose, muscle and/or body aches, headaches, fatigue, and, though more commonly seen in children, vomiting.

According to the CDC, Centers for Disease Control and Prevention, these symptoms will most often come suddenly. In addition to this, the CDC says that, in regards to flu prevention, “The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu”. Though they are mostly self-explanatory, the main methods one pay use to prevent the flu are as follows: avoid close contact with others, remain at home when you are sick, cover your mouth and/or nose when coughing/sneezing, washing your hands, avoid touching areas of the face (particularly the nose and mouth), and practice other good habits like cleaning counters regularly, drinking plenty of fluids, etc. Schools are a hotspot for illnesses, and so it becomes incredibly important for students to be considerate of these preventative methods.

Regardless, for more information about the flu, as well as any other illnesses one may worry about, it may prove to visit the CDC’s website at <https://www.cdc.gov/>.

## Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

- Avoid touching eyes, nose mouth**
- Wash your hands**
- Cover your sneeze/cough**
- Stay home if you're sick**
- Avoid contact with sick people**
- Get the Flu Vaccine**  
The flu vaccine is the first step in protecting yourself

# CD Review: Incesticide – Nirvana

Aaron Kurtz – 10

Incesticide is referred to as Nirvana’s forgotten album. Not many people remember Incesticide and only refer to Bleach, Nevermind, and In Utero. Released in 1992 and was Nirvana’s third studio album.

The album was more of a compilation album. The band was eager to put out a new album after their hit Nevermind, but because of all the tour cancelations and issues with the lead singer they released this album kind of under the radar. In 1992 a man named Johnathan Poneman from SubPop records got in touch with the band and said he had many unreleased song recordings of Nirvana.

Incesticide includes B- Sides, demos, outtakes, and covers. It had new songs like Aero Zeppelin, Hairspray Queen, Aneurysm, Big Long Now, and Been a Son. This album has many covers and already released songs from previous albums such as Sliver, Dive, Molly’s Lips, Turnaround, Son of a Gun, Stain, Beeswax, Mexican Seafood and Polly (New Wave).

Personally, I think this is a great album. It has the typical amazing grunge sound but some of the songs like Turnaround have a Pop like feel to it. I would give this album an 8.5/10. It is in fact a great album but at the same time theres only a few new songs on the album, most of it is just covers or songs they already released.

My favorite songs on the album are Turnaround, Been a Son, and Aneurysm. I love how upbeat Turnaround is. Its not like any other song they have done, and the drums are great. Been a Son is about a father who wanted a son instead of daughter and all the expectations he has for his child which a lot of teens can relate to with the struggles of trying to impress their parents. And Aneurysm is just a great song because of the guitar and the chorus had a very pop feel.



# BCTC Spotlight: Tyler Gingrich

Sam Gingrich - 12

Tyler Gingrich, a sophomore, goes to the Berks Career and Technology Center where he studies to become a plumber. Tyler decided to go into the plumbing program because he wants to follow in the footsteps of his father, who is also a plumber. For Tyler, a normal day at BCTC consists of him arriving there from Hamburg Area High School at around 12:15 p.m. From there, he and the other people in the plumbing program have to change out of their regular school clothing into their tech uniform, which consists of a t-shirt, jeans, and boots. They then have to answer three questions that vary from day to day given to them by their instructor. After that, Tyler says that he and his classmates are free to work in the plumbing shop, where they practice installing plumbing fixtures such as sinks, toilettes, and bathtubs until they get dismissed at the end of the day.

When asked about whether or not he wants to go on to a technical school after he graduates high school, Tyler said that he “is not sure yet,” but still has time to think about it. If anyone is interested in attending BCTC, they should speak to their guidance counselor and Mrs. Benz in the career center for more information.



Adviser: Miss Terri McCarthy; Editors in Chief: Quinn Holl and Alexandra Kline; Issue Layout Editor: Quinn Holl; Writers: Paiton Albrecht, Lauren Atkins, Abigail Behm, Keira Conrad, Megan DeAngelo, Leah Delrosario, Clarissa Dimovitz, Grant Doklan, McKenna Ecker, Tabitha Engel,, Domanick Ernst, Samantha Gingrich, Alexandra Kline, Aaron Kurtz, Amanda McLaughlin, Kristen Martinez, Ashley Perlaki, Victoria Rhoades, Lauren Shebby, Emily Smith *Hawk Happenings* is a weekly publication created by the students in the Publications class at Hamburg Area High School. It is distributed free of charge throughout the Hamburg Area High School community. The opinions in this newspaper represent those of the student writers and do not represent the opinions of the faculty, staff, administration, or school board of the Hamburg Area School District. We are a member of the Pennsylvania School Press Association (PSPA), the National Scholastic Press Association (NSPA), and Quill and Scroll. If you have any questions or comments regarding *Hawk Happenings*, anything that appears in its pages, or if you would like to sponsor our paper with a donation, please contact Miss Terri McCarthy, *Hawk Happenings*, Hamburg Area High School, Windsor Street, Hamburg, PA, 19526. Our email address is [termcc@hasdhawks.org](mailto:termcc@hasdhawks.org) and our phone number is 610-562-3861, x2327.