

HAPPENINGS

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Veronica Crespo hits the slopes

Jasmin Modricer - 11

A senior, Veronica Crespo, started snowboarding this winter to try out a new winter activity. She goes to Bear Creek almost every weekend and on some weekdays with her close friend, Michaela Sturm. They do not have season passes, so they purchase an all-day pass every time they are snowboarding. Veronica and Michaela both snowboard down the easy trails and sometimes tries to jump off the slopes. In the beginning, she was very scared and nervous to start snowboarding because she has never done it before. There are dangers to snowboarding where someone can get seriously injured especially to their legs. She has not gotten hurt yet on the slopes, but she does fall sometimes. Veronica started to love snowboarding and would want to next winter, but she will be in college.



She has not gone snowboarding anywhere else except for Bear Creek. She was considering snowboarding at Blue Mountain, but she is staying at Bear Creek for now. Veronica believes that the cost for all the equipment and the fee to snowboard is well worth it. She wishes she would have started snowboarding earlier than she has. However, she is very grateful that Michaela convinced her to begin the new winter activity.

At first, Veronica was debating on skiing or snowboarding at Bear Creek. Michaela Sturm snowboards, so it was an easy pick to decide. She has good balance and is able to go down slopes at Bear Creek with few falls. Veronica caught on very quickly to being able to snowboard, quicker than most people do.

Veronica is constantly trying to encourage more of her friends to at least try to snowboard with her. She first tried to convince Elizabeth Shoch to go snowboarding, but Liz decided not to start. Sometimes, Shawna Hauck snowboards with Michaela and Veronica at Bear Creek. Michaela and Veronica snowboard more often every single week and continue to go as much as they are able to before the winter season is over.

James Francisco sings his heart out

Sarah Gould - 12

James Francisco, a senior at Hamburg Area High School, is a tenor in concert. He has been becoming more and more involved in the music department with each year.

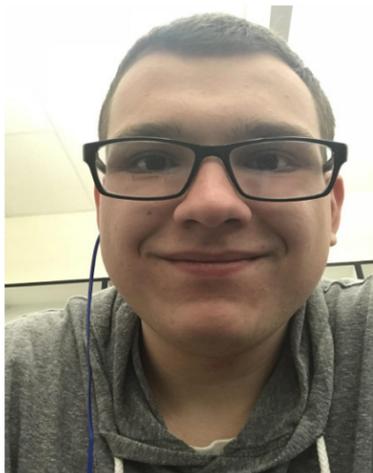
James started singing in middle school, and, over time, he went on to have a prominent role in many musical groups at the high school. He is a tenor in Aerial Boundaries, the lead in the Barbershop Quartet and is playing the male lead in the school musical, Into the Woods.

While James does not plan to make a career out of music, he greatly enjoys the musical outlet he has found in high school. Instead of music, he plans to become an electrical engineer, getting his degree from Penn State. In addition to singing, he also participates in track, which he excels at.

The greatest challenge in singing, according to James, is the voice cracks. He said he severely underestimated just how difficult they would make singing, as many adolescent singers can likely attest to.

As high school comes to an end for James, he will be leaving behind a legacy of charisma and talent that few students have the opportunity to leave.

Photo courtesy of James Francisco.



Jason Missimer in the spotlight

Alyssa Marzili - 12

Jason Missimer is a senior at Hamburg Area High School. He enjoys playing video games because it helps relieve stress, and they take his mind off of everything. Another hobby of his is sports, his favorite being football because sports keep him in shape. For years Jason played on the football and basketball teams, but not this year. Unfortunately, he could not continue the sports his senior year as a result of past injuries. He could not risk harming himself any more, but it would give him a chance to focus more on his academics.

After he graduates, Jason plans to go to either Temple University or Albright College for Accounting. He chose that as his major due to being great at math and enjoying all. In fact, his favorite class in school is Calculus because it makes sense to him.

The subject comes to him naturally, so he chose a major dealing with mathematics. Jason is looking forward to graduating and beginning the next chapter of his life wherever it may take him. To the underclassmen he advised, "Do not procrastinate even the slightest because it is really easy to get behind, but most importantly, make sure to have fun - in a safe way."



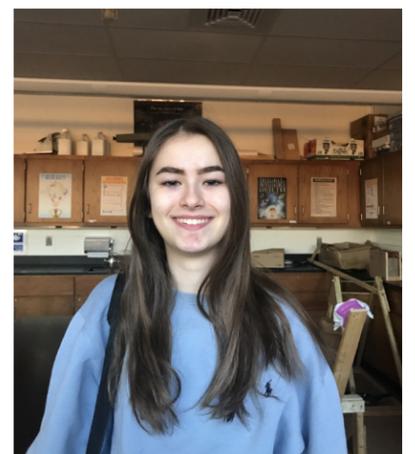
Meet Alyssa Blandford

Valeria Amato - 10

Approximately halfway through her sophomore year, Alyssa Blandford has gained an impeccable amount of knowledge from her classes and teachers. She specifically favors her forensics class. Alyssa says, "Forensics interests me, because it teaches me how to use science to solve crimes." Alyssa is also very skilled in her math class and enjoys the challenges her algebra class can bring her. Her classmate, Veronica Heckman addresses Alyssa's academic excellence in Algebra, when she says, "Alyssa has always been very gifted in math class, and I'm very thankful that she helps me understand the difficult concepts."

Blandford also manages to involve herself in two clubs. Those clubs are student council and wilderness club. Alyssa enjoys both clubs because they allow her to involve herself in her school and community. While wilderness club teaches Alyssa how to work well in group organizations, student council shows her leadership skills. The skills these clubs create, are great attributes to Alyssa's academic skills which put her on the right academic path.

Alyssa is not quite sure of the career path she will choose after high school, but she hopes for college as soon as possible. She says she is hesitant because she is afraid to make the wrong choice and she does not want to regret it. Alyssa has become interested in West Chester University and plans to apply when the time comes. She finds West Chester University a great choice for its academics and location. She says "I like that it's not too close, and not too far from home." Alyssa is hopeful that her academics and involvement will bring her to West Chester and a bright future.



Reading for pleasure introduces benefits

Quinn Holl - 10

As the years come and go, an interest in screen time compared to books is significantly increasing. Even in our own school, online textbooks are most often used for convenience purposes. Nevertheless, many choose to entertain themselves with a screen rather than a book.

It is proven that reading for pleasure has multiple benefits while screen-time only negates such. In terms of academics, it increases a student's engagement in learning, resulting in higher test scores as well as a more positive outlook on education. Lastly, it improves vocabulary, grammatical structures and contributes to the development of a good writing style.

Additional benefits include the promotion of cognitive development, increase in social skills and reduction of stress. In all, it provides one with a constant entertainment and is correlated with good health.

I asked Hamburg students if they spent their free time reading or simply resorting to a screen when a moment of free-time is available. Tyler Holl expressed a deep adoration for reading and further contributed to the benefits of the activity. "I do read for pleasure, and I find the benefits to be worth the time spent reading. Reading gives me time to relax and draw interesting conclusions from the text. It allows time for good interpretation skills and absorbing varying writing styles, benefitting the writing that is done in school."

Abigail Behm praised the listed benefits and revealed how books are a necessity in her life. "In my opinion, as to the benefits of paper books, I believe it does give students the academic benefits listed above because it gives the students a real, solid reference that they can flip through and use at their leisure. Also it does improve their English language skills because the book will be easily available and easier to reference as opposed to the online version that requires a longer process to get to the text. I read paperback book all the time and can never be found without one. They are a huge relief of stress for me and I feel like I couldn't get the same out of a book if it were electronic."

These students would much rather hold a book rather than a phone or laptop. Both students are well-behaved a great-thinkers, only further proof that these benefits have positive results.

For more information visit: <https://www.denverlibrary.org/blog/amy/many-benefits-reading-pleasure>

Jumanji rocks theaters with the remake of a classic

Alexandra Kline - 10



This remake of Jumanji spins the original movie into a more updated version of the board game into a video game. The magical board game, Jumanji, is found again and taken to a home with the hopes to be played. When given to a teenage boy, he chooses to play a video game instead of the board game. To be played, the board game evolves itself into a video game. When the boy plays it, he is sucked into the game, never to be seen again for several decades.

Decades later, four students at a high school are given detention. While in detention, they find the old video game console with the game Jumanji. Instead of doing their detention duty, they play the game and are sucked into it, just like the boy before.

In the game, the four of them must work together to get the eye of the jaguar to restore Jumanji, the name of the land they are on as well as the game, to its original glory. To work together, they must find the missing avatar in the game and watch over each other as they trek across Jumanji. Their strengths and weaknesses will play major roles in the game as well as their personalities since they are still just high schoolers.

The actors playing as the avatars for the high schoolers are Dwayne Johnson, Kevin Hart, Jack Black, Nick Jonas, and Karen Gillan. Together, the actors portray the high schoolers perfectly as they are forced to step outside of their comfort zones, including the high schooler, Bethany, whose avatar is male when she is female in real life.

The film is action packed with hilarious comic relief throughout the journey. Catherine Wingle, a sophomore, has seen the film Jumanji. "I think that they played well considering they had to act like they did not know what was going on. They played their parts well with the right emotion, and the right actions. My favorite scene was when Bethany was a guy, and she tried to pee for the first time. I thought it was really funny how she acted and what she said. She made it really funny and entertaining."

The video game, Jumanji, was created to show the players something very important that they will want to carry with them the rest of their lives. Wingle believes that "the underlying theme of the movie, and Jumanji, was to be able to communicate well with others, have the ability to work with people you may not like, and/or people you do not know well. You have to learn to work together for a common goal and be there for each other."

Jumanji is a fantastic movie with varied characters and personality traits. Will they all be able to come together in the end to win the game? Will someone die to achieve their goal? What is dance fighting? What will the high schoolers learn from this experience? Watch Jumanji to decide which avatar best suits one another!

Student Spotlight - Nina Klahr

Delani Remp - 9

Nina Klahr is a 15-year-old freshman at Hamburg and is the youngest out of her seven brothers and sisters: Shay, Gio, Alex, Essie, Bryan, Kareena, and Kaley. Nina loves playing basketball. She plays on the Junior varsity team for Hamburg and occasionally gets moves up to varsity to play games. Her sister, Shay Klahr, also plays basketball but is injured for the rest of the season due to a leg injury. He team has had a rough season so far with a record of 1-22 but she knows that the team will get better.

A player she looks up to on the varsity is Alison Bashore, because she is a good captain, respectful on the court, and can handle the ball well under pressure. She likes how she plays hard and ever gives up. Nina's favorite things about basketball are that she gets to work with her teammates and it develops a closer friendship between her and the girls to create lifelong friendships. Doing well in the high school is important to her because she needs to maintain a satisfying GPA to stay on the team. High school is a little challenging, but she looks to her friends to make her happy during school. She says playing basketball in her high school years will benefit her in the future, as she hopes to join the Military and later become a Paramedic for Firefighters.



*Prom Friday, May
18th 6-10 pm
Inn at Reading
Ticket Sales \$45
March 26-29 during
lunches*

HAHS students display immense amount of procrastination

Meghan Eisenhauer - 12

Further into the school year, the level of procrastination seems to rise. A study shows that over 70% of students experience it. The more opportunities there are to have fun, the higher at risk a student will be when it comes to procrastination.

Several students were asked whether or not they have procrastinated and if they find it to be a reoccurring theme. Nick Kopp, with a humorous tone, stated that procrastination is "what makes the world go round." He also noted that "procrastination is across the nation." In addition, Nora Barter claimed that if she is not doing work for a topic she enjoys, she will "push the work off until the last minute." Similarly, Lauren Schwartz claimed that she does the same thing. She likes to "sleep and watch Netflix" when she has something due soon.

It is clear that a large amount of Hamburg students experience procrastination. For more information on procrastination, visit www.theguardian.com/

Rihanna: GPE's Global Ambassador

Delani Remp - 9

Robyn Rihanna Fenty, or more commonly known as Rihanna, performs in some of our favorite songs, but a lot of people do not know the other accomplishments of this Barbadian singer. Not only is Rihanna an inspiration to boys and girls around the world, but she is also an advocate for quality education for impoverished children and young adults around the globe. On February 1, the Global Partnership for Education (GPE) had their annual Financing Conference, held in Dakar, Senegal by President of France Emmanuel Macron, and Macky Sall, president of the Republic of Senegal, a poverty-stricken country in Africa, full of French culture and heritage. The conference also included major contributors to the welfare of these areas, over 60 ministers, members of UN agencies, and civil society corporations and organizations.



A person may be asking, "Where does Rihanna come to play in this important event?" Rihanna has taken on the important role of GPE's Global Ambassador, and in that position she will encourage world leaders and policymakers to boost their support for global education. Rihanna also gave the Thank You speech to everyone who was present at the meeting. Her words included "We have a long way to go and this is a fight that we're never going to stop fighting until every boy, and every girl, has access to education." In the media, many celebrities like Rihanna are using the platform they have to educate people to take a stand against problems like this in the world. For more information, visit: <https://www.globalcitizen.org/en/content/rihanna-gpe-replenishment-conference-senegal/>

The flu plagues the United States

Kiana Wright - 12

The flu has plagued the United States and its citizens have seen a dramatic increase in deaths from the sickness. The word flu is short for influenza which is defined as a "highly contagious viral infection of the respiratory passages causing fever, severe aching and mucus buildup". The flu often occurs in epidemics which helps support the reason why there are so many being affected by it. The flu appears most frequently in the winter and early spring when the virus attacks the body by spreading through the upper and lower respiratory tract.

The common cold is very different from the flu as the cold may drag a person down but the flu can make the sick person bedridden for many days. Some of the symptoms include congestion, sore throat, coughing, muscle aches and head/chest discomfort. The flu brings high fever that can last for several days and make the body fatigued and weak. The symptoms usually come abruptly and without much knowing. This is one of the many reasons that the flu is so life-threatening.

In 2018, the flu has reached record numbers with deaths and those affected by it. There have been a recorded 37 deaths that are related to the influenza. This year, the flu season started in November and is still plaguing the United States. One of the biggest things that someone can do to help prevent the flu is to get the flu shot and to keep washing areas that are exposed to those who have the influenza.

Mrs. Long, the school nurse says, "I have not seen many real cases of the flu at school. Most students that come in only experience the stomach bug. A true flu case has been rare here at Hamburg". For more information: <https://www.thecut.com/2018/01/flu-season-2018-deaths-peak.html>

Flu Vaccine Facts & Myths



Department of Health and Human Services
Centers for Disease Control and Prevention

MYTH "The flu isn't a serious disease."
FACTS Influenza (flu) is a serious disease of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu.

MYTH "The flu shot can cause the flu."
FACTS The flu shot cannot cause the flu. Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

MYTH "The flu shot does not work."
FACTS Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. **Getting the vaccine is your best protection against this disease.**

MYTH "The side effects are worse than the flu."
FACTS The worst side effect you're likely to get from a shot is a sore arm. The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

MYTH "Only older people need a flu vaccine."
FACTS Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease **need to get a flu shot**. Doctors also recommend children 6 months and older get a flu shot every year until their 5th birthday.

MYTH "You must get the flu vaccine before December."
FACTS Flu vaccine can be given before or during the flu season. The best time to get vaccinated is October or November. **But you can get vaccinated in December or later.**

For more information, ask your healthcare provider or call
800-CDC-INFO (800-232-4636) Website www.cdc.gov/flu

Behind the Greatest showman

Paiton Albrecht - 10

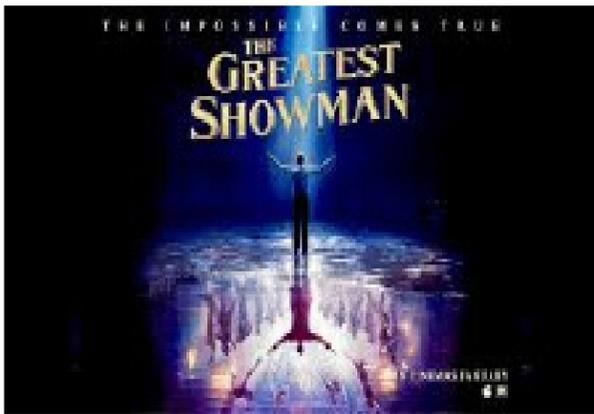
The box office just released that Hugh Jackman's newest movie the Greatest Showman, which just made over \$19 million dollars in just the six days after its release. The movie is mostly known for starring famous actors and actresses such as Hugh Jackman himself and others including Zendaya and Zac Efron. Additionally the music composed by John Debney and Joseph Trapanese take watchers through a musical journey that follows the story line.

This action filled, family friendly movie starts with Hugh Jackman's character, Phineas Barnum, the son of a tailor who eventually will go on to open a wax museum but will soon shift focus to the unique and peculiar, introducing never-seen-before live acts on the circus stage. The movies view of a circus ring, lights, a bearded lady and trapezes are just the start of what this fun filled movie has to offer. Some will call Barnum's wide collection of oddities, a freak show, but they prove to be so much more the movies theme comes out when the "freaks" are pointed out for their differences. This message shines light on today's youth to not be afraid of who they are.

This controversial act brought many to the show, which made the Barnum family a lot of money. After making substantial profit off the show his eye turns towards Jenny Lind, a world famous opera singer. This move begins to separate him from his friends of "freaks" and most of all his family.

This story shows the struggle between wealth and love. This movie is an example of coming from nothing and making your life into something big. It shows watchers that even though the grass may seem greener on the other side sometimes all one needs is right in front of them.

For more information visit: <http://www.imdb.com>



Paddington 2

Cady Moylan - 10

Paddington 2 recently hit the theaters on January 12. The movie is a continuation of Paddington. It is about a bear, named Paddington, who now lives with his adopted family, living in a London neighborhood that has grown very fond of him. Paddington is out buying a gift for his aunt's birthday, but notices a thief stole it but ends up getting blamed for it. He is sentenced to prison unfortunately, but begins to make new friends behind bars.

The director, Paul King, shared some details about this sequel of the well-known bear. The characters are very compassionate and empathetic. The genre of the book is for family and kids of all ages. Parents are talking about the love their children have for the movie and Paddington. Parents are to expect there are some sad and scary scenes in the film. Paddington cries in his prison cell and later nearly drowns. There are plenty of silly parts that will make up for those unwanted scenes.

Ben Whishaw plays the brown bear, Paddington. He said "it's fun playing Paddington bear." Paddington 2 is for children ages 6+ but is recommended to watch with a parent. Paddington 2 has already made \$10.9 million in the first week it aired which is record breaking. The movie is still out in theaters so make sure to buy tickets; they are selling fast.



Winter Olympics excite Hamburg students

Quinn Holl - 10

As many know, the PyeongChang 2018 Winter Olympics are to be held on February 9 - 25. This is the first time South Korea is hosting the Winter Olympics. The events that are going to take place include cross country skiing, speed skiing, speed skating, figure skating, snowboarding, ice hockey and more.

Many are looking forward to seeing their favorite athletes perform at the Winter Olympics this year, including students at Hamburg.

Alexander Long is looking forward to watching bobsledding. "I want to see how the US team does after the recent death of Steve Holcomb, and I want them to win for his memorial."

In addition, Amber Miller is most interested in watching figure skating this year. "I'm excited to see the married couple Alexa Scimeca-Knierim and Chris Knierim represent the USA and perform in the Winter Olympics."

The PyeongChang Olympic Stadium currently has a structure to withhold a capacity of 35,000 spectators. However, that number will not amount to the grand total of people worldwide who will be watching the Winter Olympics this year.

For more information visit: <https://www.olympic.org/>



King's Dead a new revival

Ian Ryan - 12

King's Dead is a new hip-hop single made in preparation for Top Dawg Entertainment signee Jay Rock's new album. The track features TDE label mate and hip hop superstar Kendrick Lamar, as well as the trap juggernaut Future, and British singer James Blake. The single released earlier this month on January 11 and makes references to characters from Marvel's Black Panther series. Shortly, it was revealed that King's Dead will also be a part of the Black Panther soundtrack, for the film releasing next month. While, King's Dead is a rap track the soundtrack does not rely on one sound, All The Stars the lead single for the Black Panther is a pop/r&b ballad on T'Challa's origins. The majority of the second half of the song is based on the perspective of the film's antagonist Erik Killmonger explicitly stating "All hail King Killmonger!".

Originally the song was going to be a commissioned piece for the Black Panther soundtrack which Kendrick Lamar was directing and curating. During an interview with Power 106 Los Angeles radio segment, The LA Leakers, Jay Rock spoke on the origin of the track. He claims, "Basically, I was in the studio working on my album and Dot was next door...He was like, 'Man, you want in on this Black Panther project?'...you nah mean and it was history after that." (Power 106). One of the tracks producers, 30 Roc spoke on how he and Mike Will Made-It created the beat in an interview with HotNewHipHop. 30 Roc said, "The record came together ... I sent the beat in, I sent the beat to Mike—the start of the beat. And then Mike got on it and Mike said 'I can turn this into something' and then...you know Mike Will know how to make them plays." (HotNewHipHop).

For more information, check out: www.power106.com www.hotnewhiphop.com

Why everyone needs an Amazon Echo in their life

Eliza Moseman - 12

"Alexa, good morning" is something my personal Amazon Echo Dot hears on an almost daily basis as I am rushing out the door for school. With a simple good morning, I am met with a daily fact, relevant to the day. For example, on Martin Luther King Jr. Day, I said "good morning" to my Amazon device and was given not only a fact about Martin Luther King Jr., but an encouragement to ask her more facts about Black History Month. Though I like to keep up to date with my trivial knowledge, Amazon's Echo series is so much more.

I originally wanted an Amazon Echo Dot because it was affordable and offered a hands-free way to listen to my favorite music through its built in speakers and for random questions like "What's the weather today?". When I received my Echo Dot for Christmas, I was eager to set it up and begin the barrage of random requests. "Alexa, play Jeopardy." "Alexa, who was the governor of Pennsylvania in 1901?", "Alexa, play 'Hey Ya' by Outkast"- and the list goes on and on. What I have found, from my endless tinkering with its abilities, is that my favorite Echo function is the ability to connect to bluetooth devices, completely hands free. As someone who likes to listen to music and podcasts wherever I am, I was worried I would be tied-down to wherever I decided to put my Echo Dot, but that is certainly not the case. By setting up my already-owned speakers in other rooms, I am able to simply say, "Alexa, connect to speaker" and ask her to play whatever music I want without even touching my phone. In addition to simply playing music, an Amazon Echo has many smart home capabilities. It can dim lights, lock doors, enable security systems, in addition to the simple tasks we all would ask of our personal Alexas.

The Amazon Echo is available in many different shapes and styles. The Amazon Echo Dot, the least expensive of the series, can range anywhere from \$30 to \$50 and is available in two colors. It has all the capabilities a normal Echo has, but with half the size and speaker quality. The Echo is a taller version of the Echo Dot with substantially better speakers costs about \$100. The Echo Plus has even better speaker quality, with a price of \$150. The Echo Show is a compacted Echo with a screen that can be used in a car for hands-free GPS services or in-home for facetimeing and other screen-based purposes, costing \$115. The Echo Show is the enlarged version of the Spot, with a much bigger screen, costing \$180. The Echo Look is a personal stylist assistant that doubles as a camera and a stylist judging your daily outfits. This "Clueless" gadget costs \$200. Whatever the budget or need there is an Amazon Echo for everyone!



Explore Albright College

Carly Levan - 12



Albright College is a great option for a student who wants to make their own path instead of following a specific path. The college in Reading offers students the option to form their own majors and come up with creative ideas for their future. This gives students the ability to explore any skills or topics that they are interested in and want to focus on in their careers.

One of Albright's main values is that work in the classroom should also be accompanied with real experience outside of the classroom. Albright offers many different intern positions and opportunities to work closer with professors and other professionals. Students are also expected to attend a certain amount of "experience events" a year that encourage students to branch out and try new things.

The campus is relatively safe due to emergency telephones places throughout the campus that call the Public Safety Office. The college also has a shuttle system to help students without cars get around the city safely.

All full-time students are required to live on campus. There are six traditional residence halls, Albright Court, Mohn, North, Krause, Crowell, Smith, and Walton Halls. Mohn Hall is also the academic honors residence hall and is available to students of all class years. There are also two apartment style residential areas for sophomores, juniors, and seniors.

The total tuition for an undergraduate student including board and food plans is \$55,060. Since their tuition is on the pricy side they also offer a good amount of scholarship money to accepted students. The highest ranked major at Albright is their Accounting program. They also offer majors ranging from Art Administration to Computer Science and Digital Communications.

For more information, visit: <https://www.albright.edu/>

German Club welcomes German exchange students

Alexandra Kline - 10



On April fourth, 14 German exchange students from will be visiting Hamburg Area High School to shadow our German Club members. The members of German Club and German classes have volunteered to show the exchange around the Hawk grounds, giving them a taste of an American lifestyle.

The German exchange students will shadow their mentors throughout the day, experiencing different classes than what they experienced in Germany. Let us be sure to give them a warm Hawk welcome!

Next school year, the German Club will also be bringing their own German exchange students to stay with Hamburg students for an entire school year. Frau Steven, the German teacher and advisor to German Club, has divulged, "Two students have already been offered for any German students who wish to house a German exchange student." Hopefully someone will step up to the plate to help bring over an exchange student for next school year.

Frau Stevens hopes "for my German classes to get exposure to actual Germans to help them for AP German classes." With AP German classes starting up again next year, German students will want the best help they can. What other way to better someone's German with an actual German?

Hamburg Area High School will also be holding a trip to Germany in summer 2019 summer. For more information, please see Miss McCarthy in the high school library.

Symptoms showing signs of depression

Ashley Lojko - 12



Depression is a common mental illness that is sorely undertreated within our social system. Unfortunately, depression goes untreated in 80 percent of the people who have it. The symptoms may be hard to see from the outside, but it is essential to know the signs and be able to recognize them in friends and family in order to help them. Katelynn Sepke, a senior, when asked about signs of depression she knew, answered, "They talk less than usual, and they are more withdrawn from friends and family." When Mrs. Machamer, the guidance counselor, was also asked to give advice, she commented, "It is important for the student to tell their friend that they care about them, and to be willing to listen. Sometimes, we go through tough times and simply need someone to talk to or to feel like someone is listening. Teens are actually great advice-givers (most times) and so being able to talk to someone like you who 'gets you' can be very meaningful. Also, try to include the friend in activities and encourage them to join in something that they might enjoy. Other times, the depression is more severe, so for example when someone does not want to leave their bed, eating habits drastically change, they are no longer interested in things they once were, and are withdrawn, the concerned student should reach out to an adult like a school counselor or their parent."

The signs and symptoms of depression can vary between each individual. Signs that are able to be discerned from an outside perspective are few. One sign is if the person always seeming tired or unmotivated to do tasks. They may find it difficult to do everyday tasks. The person may also become disinterested in their health and neglect eating altogether. They might not be able to find the energy within themselves to go shopping for food. The individual may also seem to be messy or not care about their physical appearance. With the depression making the person feel or become isolated, they have no motivation to clean up themselves and their space. They may also become disinterested in activities they used to love or seek out in times of sadness. They may avoid activities that make them happy. The biggest indicator of someone with depression is the individual having an obsession with death or dying. They may refer to themselves in the past tense or talk about when they are gone. This may turn into suicidal thoughts and actions.

It may be hard to admit these symptoms as signs of depression for both parties involved. It is crucial, however, to seek help before the situation becomes more serious.

For more information on depression and the signs that someone may have depression, visit <http://www.healthyway.com/>

Spending a day at college

Alyssa Marzili - 12

From the afternoon of February 18 to the following day, I had a chance to spend time on Elizabethtown College campus. I have been there before and already had a good opinion of it, but getting the opportunity to stay the night only increased that.

I arrived on Sunday afternoon and was greeted by my host, who I would be following around, Kimberly. She led me to her dorm, where I would spend the night. There I had the chance to meet her roommate, Bethany. They both were really nice and welcoming. We talked for a bit together and then went to go get dinner in the Marketplace on campus. The campus is small, so it was not a far walk. There we met up with a few of their friends. There were multiple options for dinner and not one set thing, which is nice. The Marketplace was set up more of like a deli would be, with different sections.

The rest of the evening, we did not do too much. Kimberly, Bethany, and I got up close to 7:00a.m. After getting ready, I followed Kimberly to her first class of the day, Biology.

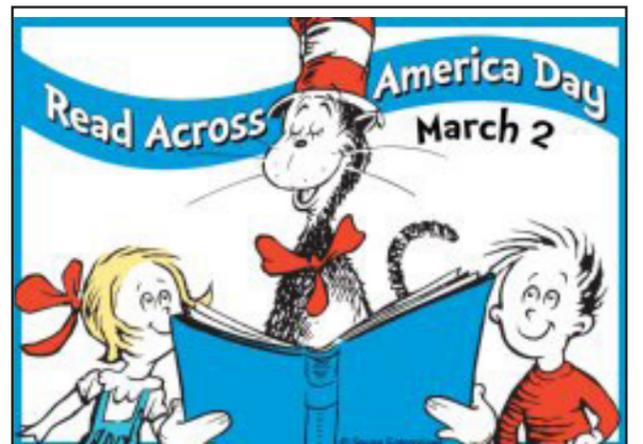
From that point on, I had different classes on my schedule than she did, due to my desiring to become a psychology major. Kimberly walked me to Neuroscience. At the end of class, the students went over and exam they had taken the previous week. The one allowed me to see theirs, so I would have an idea what some college exams could look like. Honestly, that particular exam did not appear to be too difficult as most of it had been multiple choice. They did tell me though, there definitely are harder ones and that it depends on the professor; as it would with a teacher.

Kimberly came to the classroom to walk me to my next class, Clinical Psychology. That class was different than the others because they were doing a discussion of sorts. We were in a room they usually are not in and the students went around sharing their plans for a research project they are creating.

The entire stay was really amazing and I had the chance to learn a lot. Being there I was able to compare it to the Hamburg Area High School. The classes at Elizabethtown College, were similar to that here by size. The average class would have 30 students, but there are some there with fewer. The major difference is that the classes run longer, most of which are an hour and fifteen minutes. The classes I sat in on, did not feel long though at all, and went by swiftly; I hardly noticed a difference. Besides that, there are no bells because classes run various times, so there are no set bells signaling late or dismissal. The only bell there actually is, comes from one of the buildings and is a clock bell, sounding every 15 minutes.

Similar to the high school, Elizabethtown College has dogs on campus. Locals like to walk their dogs there, or some students even have therapy dogs. Collegestudentsareadultsandtheprofessorstreatthemassuch.Thecollegehasnosetdresscode,butmostatleastdressappropriately.TheoneprofessorImet,evencometoclassinjeans.

I had a great experience there and in a way hated to leave my new found friends behind. It was only a day that I was there, but it felt like so much longer, but not in a bad way. I felt as though it were my schedule and that I had gone to all of those classes before and that I would again the following day. I already was accepted at Elizabethtown College and now feel I am more comfortable and ready to attend in the fall. I encourage anyone that wants to go to college or technical school, to go look around because it's hard to judge which is the best, without stepping onto the campus.



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