

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

Student Spotlight - Emelia Adam

Eliza Hunsicker - 11

Balancing schoolwork and extracurricular activities is harder than it may seem. Some students have their lives packed full of work outside of school to the point where their weekends are strictly revolving around their activities.

Emelia Adam is a sophomore here in Hamburg and besides school, she has a full schedule with working and twirling. During school, Emmy enjoys English due to her love of reading and writing. On the opposite end of that, she is not a big fan of the math classes here at school. Though she manages her grades, she says, "I have never been good at math and it has never been one of her favorite classes."

Emmy is the treasurer of the Spanish Club and is an active member of the Life Skills Club. To participate in these clubs, she goes to every meeting and plays a big role in being a member. These clubs are what determined her classes this year in a way. She knew she wanted to learn Spanish to "help after high school."

After high school, she plans on attending college somewhere on a twirling scholarship. For her degree, she is hoping to become a teacher and work at a fairly nice school and become somewhat of a role model for the children she will be teaching.

To accomplish these goals, Emelia is going to work hard to keep her grades up and keep pushing through any challenge that comes her way. Twirling is a major part of her life, therefore she is hoping that once college comes around, she will be able to continue on with her passion and be able to make something out of it.



Congratulations to the Boys wrestling team for winning the District 3 Class 2A Title

Make it through the winter with a healthy mind

Halle Gerner - 12

One of the most common feelings many people feel during the winter time is depression and unhappiness. Their bodies begin to feel out of sorts, like they are just going through the motions every day. Well, psychologists say that a lot of this may have to do with the weather. The weather is one of the biggest factors that can affect someone's mood on any given day. In the winter, the weather is bitterly cold, and sometimes even snowy. Luckily, there are a handful of tips that can be given in order to make it through the winter with a peaceful state of mind, and make it to Summer.

One of the most important tips to accomplish in order to make the mind happier during the winter is to exercise. Exercising for just 30 minutes a day can help the body to release endorphins (happy hormones). Another tip is to train the body to eat healthier. It is proven by psychologists that people who eat healthier are more prone to a happier mind! Amazing right? Mix in fruits and vegetables in the daily routine, as well as balance out junk food, so the body is staying somewhat happy during the healthy eating process. Meditation is also proven to help depressed minds during the winter, such as a quiet walk, yoga, or closing the eyes to relax. Keeping in touch with close friends and family will help to ease the mind and forget about the harsh winter weather. Lastly, one of the most important things is to remember is that SPRING and SUMMER are coming and will eventually be here. Winter does not last forever. Eventually the days of sunbathing, swimming, and staying up to watch the sunset will be here.

"Winter makes me feel as if I just got slapped in the face with bad news. I miss the beach, being tan, the flowers on the trees, and the late night sunsets," explained Shawna Hauck, a junior at Hamburg Area High School. She also explained that she feels more tired and depressed in the winter, but with the tips provided, she hopes to lead herself to have a happier mind in no time.

Following the important tips will help the mind become happier and healthier in no time for the warmer weather! For more information visit: <https://www.health.harvard.edu/blog/let-the-sun-shine-mind-your-mental-health-this-winter-2017012311058>

Alumni Spotlight: Tyler Holl

Quinn Holl - 11

Content on the now, and uncertain about the future, Tyler Holl, former Hamburg graduate, provides her input on the transition from high school to college.

Holl, who is currently enrolled at DeSales University and majors in English, sheds light on leaving the past behind. "It was a very well-rounded experience," as it encouraged Holl to meet new people and explore her new, ever-changing stage of life.

Juggling school and a job, of course, is quite a challenge; however, Holl, surprising, is more motivated to complete her assignments ahead of time. "I'm finding that having more



work, seems easier to manage, because it gives me a structure, and forces me to get stuff done. Too much free time leads to procrastination, and having less free time hones in on your time management skills."

In terms of Holl's favorite aspects of college-life, she, rather excitedly, listed the number of classes offered in relation to her interests, such as writing, poetry and English classes. Those include - Introduction to Fiction, Poetry and Creative Non-fiction.

Of course, despite the variation in Holl's life, she is not a fan of the drive to school, as well as the cost of the books she is required to purchase each semester. Furthermore, despite diving into a new sea of people, Holl only managed to make one, true friend; but, she is still "enjoying it," despite missing her high school friends, and one teacher, who, according to Holl, "inspired" her to major in English.

That teacher is Mrs. Eschbach. "She introduced me to poetry, unlike any other teacher I had before, and has a true appreciation for literature." Holl noted, quite cheerfully, that "despite the class not participating or brushing off assignments, she [Mrs. Eschbach] still showed up every day and made the kids active in class."

Mrs. Eschbach greatly influenced Holl's future, and Holl is eternally appreciative for every moment in Eschbach's class (AP Literature and Composition). "I loved the feedback she gave on my papers. It was the first time I felt like I was getting true help from a teacher. I felt like I had true growth from her class."

Nevertheless, despite Holl's eagerness to learn new things, obtain decent grades and land a job of her preference after college, she remains unsure in regards to the future. "I can't predict the future, so whatever happens, happens."

Her path is not quite set, but it will, most-certainly, involve a career in either the English-field or, perhaps, publications. However, if I Holl could predict her life in ten years from now, she would, realistically, foresee herself working at a local newspaper. Her dream-job, of course, would be to either own a library or be a published-author; for Holl loves to read, and her favorite novel, courtesy of Mrs. Eschbach, is - Merchant of Venice.

While Holl's path is still being paved, she is hoping that future internships will "lay down a path." One that she can follow.

When asked what advice Holl would offer to students who are currently in high school, she, almost habitually, recited her school's [DeSales University] moto - "Be who you are and be that well."

Despite Holl's mini college-promo, she also provided her own words of advice.

"Just because you didn't try hard in high school, doesn't mean you can't try in college. It's a new chance to start over. New friends, teachers and classes. Get out there in the world, and gain confidence."

Hollywood movie filmed on Hawk Mountain

Paiton Albrecht - 11

In the backyard of Hamburg Area High School, Hawk Mountain Sanctuary was featured in the new Kevin Hart/Bryan Cranston movie, "The Upside" directed by Neil Berger and was released in the beginning of 2019. Lots of Hamburg students know this mountain as one of their many field trips along with the occasional quick weekend hike.



Hawk Mountain makes its debut in the ending minutes of the film, when Cranston's character, Phillip Lacasse, a wheelchair-bound quadriplegic due to a prior paragliding accident and caregiver, Drell Scott, played by Kevin Hart are shown looking at the mountain ridge. The next scene cuts to Cranston and Harts character paragliding, which was not filmed at Hawk Mountain but north about 20 miles in a nearby field. Director, Neil Berger picked this location because since the movie was filmed in Pennsylvania, Hawk Mountain had handicap accessible trails.

Students were amazed to hear the news of the hollywood film being filmeed so near by, Kyle Reppert a Junior says, "Kevin Hart was at Hawk Mountain? Thats awesome! It is cool to see such a well known actor, by where we live and work." Seamus Barter says, "Kevin Hart is so funny, he is one of my favorite actors, it is so cool to hear that, I wish I would have known."

The movie was filmed in Pennsylvania, but mostly in Philadelphia at well-known places like the Kimmel Center, Kensington Avenue and the Center for Architecture and Design.

As it is a surprise to many that Hollywood was in the student's backyard. It creates an enormous amount of support for the film industry, the movie and being residents of eastern Pennsylvania.

For more about the movie:

<https://ew.com/movie-reviews/2019/01/14/the-upside-review/>

An overview of African American History Month

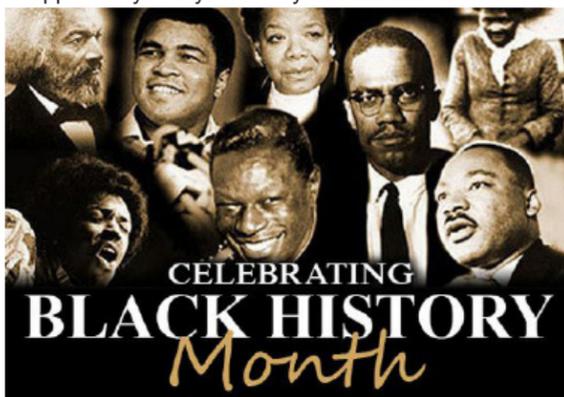
Grant Doklan - 10

Every February is considered African American History Month which pays tribute to the struggles African Americans endured in their fight for full citizenship. Carter G. Woodson and his organization, the Association for the Study of Negro Life and History, announced Negro History week in 1925. It was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. After this, Black history clubs began forming rapidly. Teachers and progressives were among the groups who showed the most support.

By 1950, Negro history week became a staple in the lives of many African Americans. Efforts to involve other groups had also become moderately successful. In the 1960s, Americans of all colors were focused on the importance of contributions by African Americans to society. President Gerald Ford expanded the celebration to the whole month of February in 1976. Every President since has issued a proclamation on African American History Month. The association, now named the Association for the Study of African American Life and History, still holds the celebration every February and encourages the study of African American history all year.

Abby Gracias is a freshman here at Hamburg Area High School and an African American young woman. Abby takes the opportunity every February to celebrate African American History Month with her family. "We take the time to have really candid discussions about current race issues." Abby and her family are inspired to have political discussions that are important, especially for people of color, like police brutality. African American History Month is important because it encourages more discussion surrounding race.

Information courtesy of <https://africanamericanhistory-month.org/about/>



Dyslexia needs to be identified early

Julia Doklan - 12

Dyslexia is a learning disability that results in difficulty reading and writing. Many different symptoms fall into the dyslexia category. Being unable to distinguish what letters make which sounds and having trouble blending sounds to make words are the two most common examples. This makes it difficult for people with dyslexia to comprehend what others are conveying in both written and spoken language. It is hard for them to read, write and spell words. Language is an abstract concept and it takes extra time and effort for them to learn.

Dyslexia is considered a learning disability because it makes it difficult for someone to learn, and it often keeps them from reading and writing on grade level. It is not out of laziness or stupidity that the person cannot grasp these concepts as easily as their peers. Dyslexia was found to be passed down genetically and affects the brain and 15-20% of the population has a language-based learning disability. This does not mean that none of these people can effectively read and write. Dyslexia's effects can be made minimal by appropriate help when the disability is discovered. It is found that people that have dyslexia have less white matter in their brains.

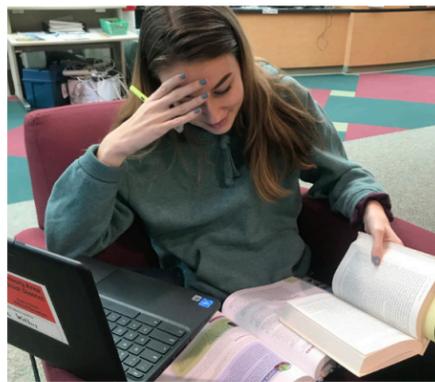
Dyslexia is often noticed during school age when students learn to read and write. Teachers will see students struggle and fall behind then notify their parents. These teachers help students to sound out words and spend more time on the sounds of letters. This helps the students to begin reading on grade level. If teacher's efforts in the classroom are not helping, a multi-disciplinary team, which consists of a guidance counselor, teacher, principal, parent and school psychologist, will be put in place for the student. From there, it will be determined if the student will need to be tested for dyslexia. Most schools have different reading and writing classes designed for these students. The Orton-Gillingham approach, and a corresponding curriculum, the Wilson Reading System have been successful in helping students with dyslexia. Go to www.ortonacademy.org for more information about this approach.

People with dyslexia cannot easily pick up on sounds of letters and words. Most English words are not phonetic, so this makes reading and writing difficult for any child. Another interesting thing is that learning multiple languages and speech or hearing impairments can give someone a greater risk of dyslexia.

The earlier on that dyslexia is noticed, the more effective treatment will be. This is why it is so important for teachers and parents to work with the students on reading and writing during the early education. That way, if the student is not learning as they should, they can receive help.

Matthew Ammons, Special Education Director at Hamburg High School says, "We must also teach students how they best learn and deliver information in that specific way. For example, have a student who struggles to read a text listen to it and gather the important information. It is very important to remember just because someone has dyslexia or any other reading disability that they can learn, and deserve to learn, the same information as their peers. They just need that information delivered differently."

For more information go to dyslexiaida.org.



Learn about mental health

Valeria Amato - 11

Mental health is something that should be taken very seriously. Sometimes it is hard to decipher whether the anxiety or distress that someone is experiencing, is something that should raise concern. According to an article, about mental health from Harvard Medical

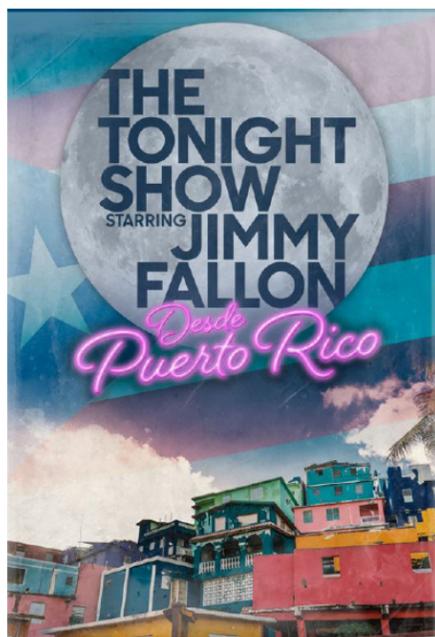
School, there are several declared illnesses that have been identified, these include, depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more. Harvard also says that "Mental illness is an equal opportunity issue," meaning that anyone can experience it; male, female, child, or adult.

There are several warning signs that could signal a mental disorder or illness. These include: mood swings, excessive sadness, withdrawing from friends and family, low energy, sleeping problems, violent behaviour, paranoia, thoughts of death or suicide, and more. It is also possible to have physical signs of a mental disorder or illness. These could include symptoms such as stomach aches, back pain, and insomnia.

If someone is concerned about the well being of themselves or others, it is important to get the help that is necessary and crucial. Talking to a parent or trusted adult could be the first step towards a beneficial process of recovery.

Jimmy Fallon takes over Puerto Rico

Milannys Busquets Rivera - 12



Jimmy Fallon announced that a special episode of The Tonight Show would be filmed in Puerto Rico with the award-winning composer, lyricist, actor, and creator of Hamilton Lin-Manuel Miranda. Fallon expressed that the episode would be a celebration of Puerto Rico. The show's purpose is to increase the tourism rate in Puerto Rico and to inform viewers of ways they can help in the rebuilding of the island. Fallon said that it is one of the best or the best show they have ever filmed. Lin-Manuel Miranda was the one that came up with the idea of taking the show to Puerto Rico because he has Puerto Rican heritage, and he planned a stage run of Hamilton in the island.

Several Puerto Rican artists were featured on the episode, including Bad Bunny, Jose Feliciano, and Ozuna. As well as a recognized chef on the island, Jose Andres, who introduced him to several typical dishes of Puerto Rico. A highlight of the entire show was when Fallon and Bad Bunny made a music video of his song Mia in the streets of the "Viejo San Juan" where the people that were walking the streets joined to dance and celebrate the culture. "Tonight" closes with a performance from Jose Feliciano and Ozuna singing the beloved Puerto Rican song "En Mi Viejo San Juan". The purpose of the show is to highlight the culture and beauty of the island and the challenges it is still facing after 2017's Hurricane Maria.

When people questioned why Fallon took on the episode when he is not from the island or have Puerto Rican heritage he said "But I'm American, and we've got to step up, we've got to help each other." The episode shows their effort to stay fresh. Other late-night shows are currently focused on the things occurring in politics nowadays. However, Fallon wants to film a show that represents his personality, and that distracts and entertain people from the bad things that are happening in the world right now. During his visit, Fallon visited a struggling area that is still facing big challenges, including the closure of schools. Even though it is not shown on the show, Fallon makes sure to give information on how people can help support and aid the island's recovery.

Healthy eating habits for the new year

Kristen Martinez - 9



The new year is already well under way, but it is never too late to start a new resolution and start eating healthier.

Many people make resolutions to be healthier or to eat healthier, but a lot of them do not even know what that really means. The phrase "eating healthier" differs from person to person as everyone has different eating habits, but there are a few rules that everyone can attempt to follow to make their resolution a reality.

One way to eat healthier is to reduce the amount of sugar that is in each person's diet. This is not something that can happen immediately or that can be done all at one time, but over a long period of time it can be improved upon. If it is worked at it can reduce the chances of heart problems, blood sugar issues, and it can make the body more aware of the fact that it does not need the amount of sugar it is normally taking in.

Another healthy eating habit that people can attempt is simply being aware of the amount and the types of food they are consuming. Just thinking about the food that is going into their bodies can make people less likely to eat unhealthy or excessive foods. This in the long run will reduce the total intake.

The final eating tip that could help with a resolution to eat healthier is to simply add more veggies into a person's daily diet. Overall it will make people more healthy and happier in general.

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