

# Hawk Happenings



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## From harmony to entertainment, Oliver balances both

Riley Mohn - 11

Oliver Pursley, a junior at HAHS, is both an alto in choir and the Anime club President. In the Anime club, Oliver makes all the student decisions that go directly to the teacher; whether that be field trips or fundraisers. Anime club also expands to entertainment through reading and watching, so Oliver mentioned that their favorite show is Arcane on Netflix. They said that the Conjuring franchise is probably their favorite series of movies, and they are currently reading 'The Dead of Winter' by Darcy Coates. Besides being the president of Anime Club, Oliver also is the Vice president of GSA.

As an alto in choir, Oliver gets to sing harmonies more than they sing melodies. Oliver has participated in events like the Phantom's game and the show choir. They said their favorite part of choir is getting to sing, be with friends, and "hang out with the community of Hamburg's choir." They joined choir during their sophomore year because "Mrs. Jackson is awesome and I love to sing. Having my friends there was also a bonus." Besides choir, Oliver can also play many instruments, like the triangle, piano, guitar, and the baritone.

Outside of school, Oliver is a dungeon master for a Dungeons and Dragons group. As a dungeon master, Oliver gets to put a group of their friends through a fictional adventure where they have to fight monsters and complete quests as characters they made up. Oliver started playing DnD two years ago when their older brother was in a group, and they were invited to join it. They only started being a dungeon master in November. As a dungeon master, Oliver says their favorite part of DnD is "seeing what my players will do with my plans for that day, whether it be a quest or a monster." Also, Oliver is in another DnD group where they get to be a player, and they say that they "love interacting with the other players, and messing around with the dungeon master."

Oliver likes to play video games and draw in their free time. One of their favorite video games is Valorant. In Oliver's future, they want to be a Psychologist.



## Winter sports are coming to an end

Elizabeth Carroll - 10

Just like the fall sports, winter sports also have to come to an end at some point. These different sports that are offered during the winter season include: unified bocce, basketball, wrestling, track and field, bowling, and cheerleading. While all of these sports are so different in nature, athletes usually still feel similar things when ending that sport, whether it be sadness, excitement, or a mix of both.

One of the winter track athletes, Lydia Fultz says, "In my opinion, I would say I'm ready for winter track to be coming to an end," this is because she feels winter track is more a way of getting into shape for spring track. She also does not like the 200 meter track used, nor the dry air in the buildings since she prefers running outside when it is cold. The meets are farther away and go for a very long time during the day, and there is not a lot of practice time throughout the week, so she would much rather have four to five days a week of practice. Although she enjoys the concept of another track season, it would be more her style if there was more running involved for practices and if the meets were closer.

An athlete who participated in basketball, Brielle Cox, says she is excited for basketball to end because then she has free time after school rather than attending games or practices, but there is also the stipulation that she has nothing to look forward to other than school work. "I am looking forward to doing some open gyms for basketball and field hockey, but I am also trying to get a job for the spring season," Brielle states since she has decided not to do spring track like she had done last year in her freshman year.

Even though athletics are something that students can enjoy after school hours, it can be a bit draining sometimes when school work and performance are both stressed about. Taking some seasons off is perfectly fine for a student's health in more ways than one, and it is never required to play in a sport. A word of advice from lots of coaches is that rest is just as important, if not more, than performance.

## Students share opinions on this year's winter weather

Lydia Fultz - 10

Winter weather can be hit or miss, and depending on what kind of weather one likes, that can also change whether it is a hit or miss in their eyes. This year our winter weather has been all over the place. We have not really gotten large amounts of snow, but it is definitely better than it has been in some prior years. We have also gotten excessive amounts of ice that has accumulated, which does not always happen. This has caused some cancellations with school, sports, and other events. In most years there are times during the winter where school is cancelled, but now with the ability to go virtual, we do not often get snow days.

Sophomore Elizabeth Carroll states that she does not like the winter weather this year or just winter weather in general. "I do not like this year's winter weather just because I do not like winter in general." She also believes that this year's winter weather has just been inconsistent with the amount of snow vs ice. She says, "I can not wait for it to be over."

Sophomore Arianna Naranjo says that she loves this year's winter weather, "I love the cold and the snow that comes along with it, as well as the virtual days we have that makes school less miserable and long." Particularly this year though, she thinks we did not get enough snow and that it was a tad bit too icy.

Winter weather in particular can impact the way things run. It is also hard to classify a winter as good or bad because everyone has their own opinions on what a good and bad winter is, one can do is hope for the best weather in their eyes.



On Sunday, February 9, the Super Bowl began with both the Chiefs and the Eagles. But there is also another aspect of the Super Bowl that began as a tradition in 1967, which is the Super Bowl halftime show. Every year, the Super Bowl throws a show for the half time period to entertain audiences with new singers every year for the most important football game in the entire NFL season. This year, Kendrick Lamar was picked for the 59th Super Bowl, and he was a very popular pick. In 2024, Lamar was making song after song and hitting the charts like no other artist in the business and was a talented and entertaining pick for the Super Bowl. He created hidden messages within

his performance and created interesting visual imagery for the audience, and had actor Samuel L. Jackson as Uncle Sam and other artist SZA there to sing songs "Luther" and "All the Stars".

The Super Bowl actually did not start out with having huge stars performing at their games. Originally, the Super Bowl, which did not have commercials back then and did not sponsor brands, started out by bringing college marching bands for the halftime show for its very first decade. And for the second decade, it featured a more varied show showing drill teams and also performance ensembles. It was not until the 1990's when they started bringing out famous stars like Michael Jackson, Tony Bennett, New Kids on the Block, and several other artists. They would have one artist, and several guest appearances within the Super Bowl Halftime show to entertain the audience and also make sure to have the show be family friendly. A fun fact about the Halftime shows is that they do not pay their artists who play. All they do is cover all of the artist's expenses for their shows, but the artists themselves never get paid. Their songs are promoted through the Super Bowl though, so indirectly the Super Bowl does pay them, but through promoting their musical in front of all of America.

Students in Hamburg really like the halftime show and really enjoyed the show. Jordan Cunkle, a sophomore, really loved the show and thought it was an amazing show. "I enjoyed Kendrick's hidden meanings. I think through his performance he was making critiques of America and how everything in America is going downhill." Jordan also really appreciated Kendrick's singing and really loved the songs that he chose for the performance and thought that it has been the best Super Bowl halftime show in a long time.

To learn more about the Super Bowl halftime show and it's history, go to: <https://www.washingtonpost.com/>

## Students share their favorite animals

Alaena Cox - 10

Every student at Hamburg Area High School has a favorite animal and a reason why. Some students have stepped forward to share their interest in certain animals that fascinated them above the rest.

Lilly Gibson prefers a Manta ray as her favorite animal and shared, "I think they are beautiful creatures. I also really like them because I got to pet one when I was little. I have always liked marine animals, especially any type of ray." Similar to a Manta ray, Dakota Schneider finds the sting ray to be her favorite because, "I think they're very beautiful animals; they're super cute and as a kid being able to go to the aquarium and interact with stingrays and pet them also striked my liking for them. Manta rays are similar to stingrays but a stingray is smaller in size."

Another student favors winged animals. Kaitlyn Gallagher finds a flamingo to be her favorite animal because they match her favorite color pink.



## Winter Track comes to an end

Ana Smith - 9

The Winter Track season officially ended on February 13, 2025. It was a successful season with many new records broken and so much hard work put in.

Winter Track is certainly less popular than Spring Track, but I think that it is just as fun. Schools travel from different states and counties to compete, making the meets larger with so many

people. We go to colleges instead of high schools, because most high schools do not have indoor tracks. Students get the opportunity to make new friends and be exposed to new experiences.

Although the sport is fun, it comes with some challenges. In the winter, the meets tend to go longer because there are more schools involved. Some nights, the team can get home pretty late at night. Another challenge is running indoors. Running alone is hard, but running in dry air is something completely different. It is much harder to breathe smoothly and keep a good breathing rhythm indoors when the air is not moist. Lastly, the sport has a shorter season so there is not much time to improve if an athlete is not willing to put in the work.

Despite those challenges, Winter Track is a great way to stay in shape for spring sports, improve a student's running ability and a test to see if the athlete wants to continue running in the future.





## Students stay hydrated

Joshua Castro - 11

Throughout Hamburg Area High School, students have different methods of accessing water. While many use the fountains around the building, others bring water bottles instead. They have various reasons for doing so, but the common one is preventing dehydration's negative effects.

Riley Mohn is a junior at the high school who regularly brings her water bottle to school. She does so because she often gets dehydrated during class and dislikes the water temperature in the hallway fountains, describing it as either too warm or cold. In worse cases, the lack of water causes her throat to hurt while talking. Moreover, she gets restless when dehydrated, affecting her ability to focus on the course material. However, a sip of water periodically is usually enough to prevent the adverse effects of dehydration.

Sophomore Alexander Devlin also brings his water bottle to school every day. He sees it as a convenient way to take a break in class. When he is dehydrated, he usually feels exhausted and more

anxious. He finds the effect is prevalent even when he is not actively thinking about it. For instance, it could make him feel stressed in a normally comfortable situation with no apparent cause.

Even though many students have adverse effects when dehydrated, many of their experiences are anecdotal and cannot prove that dehydration caused it. However, research has shown that mild water deprivation can increase stressful emotions. For example, a study in the British Journal of Nutrition tested how dehydration affects emotions. Researchers put three groups of people on treadmills and had participants walk thrice for 40 minutes at a constant speed. When they were tested after the workouts, researchers found that their anxiety and fatigue increased while idle in the dehydrated groups. The results correspond with how Devlin and Riley describe their state of mind when thirsty.

Devlin believes the water fountains are sufficient for students looking to stay hydrated during the school day. He suggests that the school add bottle refill stations in more hallways. There are currently two stations around the school, and new installations could encourage students to stay hydrated between classes.

The HAHS has begun to recognize the importance of hydration in students' success. For instance, it has installed water bottle refill stations around the school since COVID-19 started. However, the issue of dehydration is still prevalent and its negative effects should encourage the school to consider adding more stations. Moreover, students should prioritize hydration between classes and consider bringing a water bottle.

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

## How students feel about the usage of virtual and snow days

Elizabeth Carroll - 10

In the past years before having virtual days, HAHS and a lot of other schools would utilize snow days if the weather was hazardous for transportation. The school would update their calendar to adjust to the snow days that would need to be made up by using the snow make up days through the students spring break or a couple days at the end of the year. In recent years, virtual learning days have been used to substitute for this so students can ultimately learn even though they are not in a school setting. This causes a lot of mixed feelings for students.

For example, Sophomore Lydia Fultz prefers traditional snow days over virtual because, "If there is snow outside, I want to go outside and do things like sledding, but when we are virtual, I can't do that." There are a couple pros about virtual which she says one of these is the shorter schedule. There is also usually less work to do, so it goes by much faster and is a bit more relaxing than going into school. Rest assured, she still does like snow days over virtual days.

On the other hand, Sophomore Arianna Naranjo prefers having virtual days rather than a traditional snow day. "I like virtual days better than snow days because even though we still need to be present in our classes and do our work, we don't have to worry about our work as much as a regular day." She always hopes to have more of these since she believes they are just better than snow days. This would also ensure that classes do not get too far behind in the unit they are learning.

Even though every student in HAHS has different opinions on what may be better for their education or comfort, both of these different options are designed for the safety of the students in bad weather conditions. Virtual days and snow days have their pros and cons, as does everything in this world, but the usage of learning virtually can help a class move much smoother than missing a day and potentially staggering students' learning if there are too many snow days.

## Mental health and its impact on students

Lilly Gibson - 10

Mental health is a very important part of life. According to Oxford's dictionary, mental health is a person's condition with regard to their psychological and emotional well-being. In more recent years, mental health has become more known and more important in professional and education settings. At work, many adults can not complete work and tasks if their mental health is not the best. Depression is one of the most common mental issues, especially in America. In the United States, more than 8% of working adults have major depression according to Mental Health America. Besides adults, a lot of teens and even children can suffer from mental issues, the most common being depression. In America alone, 15% of youth suffer from major depression. While those two numbers may be small, they do reach millions in numbers. For most students, school is one of the biggest contributors to their mental health, both positive and negative.

A sophomore, Jordan, has been very vocal about their opinion and thoughts on mental health for a couple years now. In their opinion, mental health is extremely important in school. "I think it should be put first in the classroom, not grades or homework," said Jordan. Oftentimes, students struggle because of the overwhelming pressure from school. Many say they are anxious about grades, especially huge tests and state testing. As of last school year in Pennsylvania, it became a graduation requirement to pass all of the Keystone. If a student does not pass, they must retake the Keystone or choose another option which could be both tiring and expensive. This has really worried students, especially those who are not good test takers. Jordan also stated, "If a student is not in a good mental state, then they can not give their best work," Other students had similar words, stating that they feel like their work is not up to par for what their capabilities are. Jordan personally stated that their mental health is not the best, stating that stress from school is the main reason why. To counter this, they have been journaling more and talking it out with close friends.

Whether a student suffers from depression, anxiety, or another mental illness, they should always put themselves first. All across America, there are hotlines and websites to seek help or treatment. As well as online, students can go to their counselor or teachers at school. Students should not feel embarrassed or scared, because taking care of themselves is natural and expected. For more information about mental health, go to <https://mhanational.org/>.

## Movie review: Moxie

Kaylea Detweiler -10

Moxie is a film directed by Amy Poehler that shines a spotlight on a 16 year old female Vivian, (played by Hadley Robinson), making a difference through her school for young women. She starts anonymously to test the waters, finding herself to be gaining much attention through feminine pamphlets she had created. This steamed from young women getting bullied, raped, and sexualized not only by the males but also the teachers.

Vivian encouraged most of the females, but along the way gathered some males to take part in the uprising. To show their support, Moxie would create something like a spirit day. For example her first tactic was to draw stars on themselves to show they are aware and supportive. What came to surprise was Seth, (played by Nico Hiraga), joined this force, completely putting aside his masculine traits to support these girls.

I first watched this movie around the same time I was just starting high school, so I felt a great impact. For years I have had a strong feeling for feminist movements as well as history. I showed this through my school projects. I made many posters and informational pieces of writing about women and women rights. I would watch this movie on repeat almost every week because it seemed to never get old. It makes me feel the same way the young women do because I go through most of the same issues they do. Being a girl is not easy when transitioning from middle school to high school, especially in today's generation.

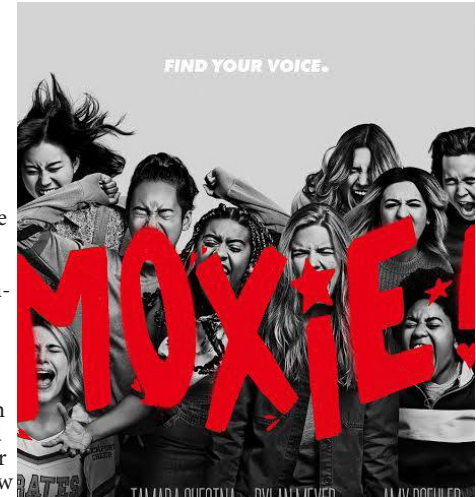
Moxie is a comedy/drama starring actors like Amy Poehler, Sydney Park, Hadley Robinson and many more. Every actor portrayed their role beautifully. This movie has a 6.7/10 rating but I give this movie a ten star rating. Moxie gives me more courage to stand up towards wrongs in a situation. It projects girl bosses with something beyond girl power.

## Students speak on the 2025 Grammy Music Awards

Chase Brodhead - 10

On Sunday, February 2, the Annual Grammy Music Awards were held at the Crypto.com Arena in Los Angeles. The Grammys are one of the biggest nights in music, where artists are recognized for their achievements over the past year. This year, some of the biggest nominees included Taylor Swift, Ariana Grande, Beyoncé, and Billie Eilish. There were also many exciting performances, with artists like Chappell Roan, Doechii, and Sabrina Carpenter taking the stage. Some of the stand out awards of the night include Best New Artist, Song of the Year, and Album of the Year. Out of all of them, Album of the Year is the biggest award, as it recognizes the best album released that year. This time, the award was presented by the LA Fire Department to bring awareness to the devastating wildfires that have been happening in the area. The winner of Album of the Year was Beyoncé for her album Cowboy Carter. Many people were surprised and even disappointed by this choice because the album was not seen as one of the most popular or talked-about releases of the year. However, I think Cowboy Carter was a great pick. Even though it is labeled as a country album, it incorporates so many different genres, and it shows that it is ok to explore different genres as an artist, no one can or should be stuck to one singular expectation, and that goes for music and real life.

Sophomore student Dakota Schneider also has some thoughts on this year's Grammy Awards. Dakota's favorite outfits of the night were worn by Taylor Swift and Chappell Roan. She thought both were very cute, and Chappell Roan's outfit especially matched her unique style. Her favorite performances from the awards were by Chappell Roan and Charli XCX. Dakota said, "I was obsessed with Chappell having a giant pink pony on stage, and I loved how the crowd was singing with her." She also commented on how Charli XCX made the award show feel like a party with her stage design and song choices. Though Dakota loved the outfits and performances, she was a little disappointed with some of the winners. She said, "I was very pleased with Chappell Roan winning Best New Artist because she totally deserved it. I was also very happy for Doechii when she won Best Rap Album. She gave such an emotional speech, and you could tell how hard she worked on the album." The one award Dakota was disappointed about was Beyoncé winning Album of the Year for Cowboy Carter. While Dakota likes Beyoncé, she just does not feel the album was the right choice for the award.



Adviser: Mrs. Terri McCarthy-Wright; Editor in Chief: Hannah Kristiniak; Issue Layout Editor: Autumn Beltz; Writers: Tia Adam, Koa Binder, Chase Brodhead, Alaena Cox, Kristianna Cunkle, Elizabeth Carroll, Kaylea Detweiler, Lydia Fultz, Kaitlyn Gallagher, Lilly Gibson, Madeline Handwerk, Hannah Kristiniak, Riley Mohn, Hailey Quinn, Brooklyn Scheffler, Anastasia Smith, Victoria Snyder, Zachary Spatz, Rylee Strunk, Bethany Stuffle; 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. A PDF is available at <https://www.hasdhawks.org/domain/181> and an online version at [www.hawkhappenings.org](http://www.hawkhappenings.org). 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. HH is 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 anything that appears in its pages, or if you would like to sponsor our paper with a donation, please contact 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.