

# HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

## Student athlete spotlight: Sarah Herman

Taylor Henn - 9

Sarah Herman, a freshman at Hamburg Area High School, is involved in two sports which include softball and basketball. She has been playing softball for four years and basketball for one year, and she is very passionate about both of these sports.



Sports are a great way for students to stay healthy and fit, and that is exactly why Sarah started participating in sports in the first place. She wanted to exercise and wanted a physical challenge for herself. Softball and basketball keep Sarah off the couch and moving.

For both softball and basketball, Sarah like to prepare as much as she can for games. To prepare for games, Sarah listens to music that gets her pumped and then the team warms up while listening to more hyped up music together.

Softball is by far Sarah's favorite sport. She says, "Softball is my favorite because the team is so close and you can always see people getting better. There is always room for improvement and you can see what you need to work on every day."

Sarah plans on continuing sports in high school, and after high school, she wants to play college softball for whatever school she chooses.

## Celebrating St. Patrick's Day

Petra Hertzog - 9

St. Patrick's Day is celebrated every year on March 17 and this year it happens to fall on a Sunday. The day is to celebrate the death of St. Patrick, the patron saint of Ireland. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day Irish families traditionally attend church in the morning and then in the afternoon they celebrate.



Saint Patrick, who lived during the fifth century, is the patron saint and national apostle of Ireland. He was born in Roman Britain and was kidnapped and brought to Ireland as a slave at the age of 16. He escaped and returned to Ireland, which then he was credited for bringing Christianity to his people.

The first St. Patrick's Day parade took place in the United States on March 17, 1762. The parade consisted of Irish soldiers who marched through New York City. There are more than 100 St. Patrick's Day parades that are held across the United States. The biggest celebrations are held in New York City and Boston. There is an annual St. Patrick's Day parade held in New York City and there are anywhere between 150,000 to 250,000 marchers who take part in the parade. The parade also does not allow floats or automobiles.

Travis Noecker, who is Irish, says that his family does not really eat the traditional dishes that other Irish people eat on St. Patrick's Day. He says, "My family has a celebration every year on St. Patrick's Day and we always have a really fun time together."

## Strep throat spreads easily

Archer Thomas - 9

Strep throat is an easily spread throat infection that can cause rheumatic fevers which can then cause rashes, joint pains, or even damage to heart valves. Strep can be spread through skin contact, blood, or saliva. The symptoms of strep include spots in the back of someone's throat, headaches, fevers, nausea, and swollen tonsils.

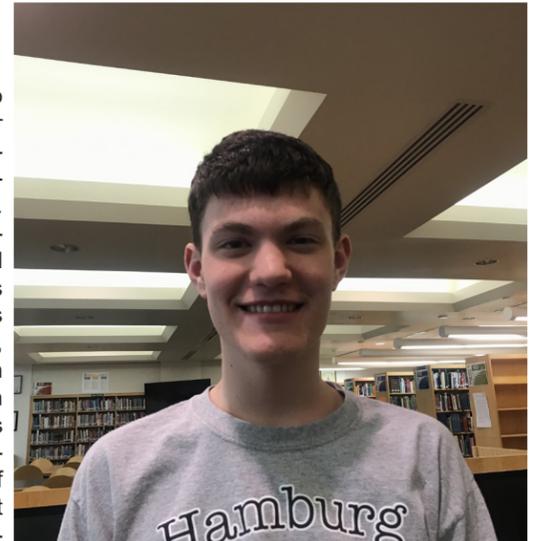
Once antibiotics are prescribed for strep throat by a doctor, the infection will be killed. The antibiotics that are commonly given are penicillin and amoxicillin. To prevent spreading strep throat, do not share personal belongings like pencils, eating utensils, or clothing. Another way to prevent the spreading is to make sure that everyone is washing their hands and covering their mouth when coughing or sneezing.

Strep throat can be spread very quickly through students. People in classes sharing their belongings can help it spread. Students with strep throat not covering their mouths when they cough or their noses when they sneeze can give others strep. When a student gets strep throat it is better for them to stay home and schedule a doctor's appointment.

## Keeping up with Grant

Valeria Amato - 11

Grant Doklan is excited to soon close up his sophomore year with all of the experiences and opportunities he was granted with throughout his high school career so far. Doklan has been excelling throughout his sophomore year with several advanced classes including, Honors Physics, Honors English, Honors Chemistry, Honors World Cultures, and Honors Precalculus. Although Grant manages all of his grades in his advanced core classes, he says that Honors English is his favorite because he says, "English has a lot of opportunity; there is not just one right answer, so it leaves room for creativity, which is something I love."



Grant also shows his love for creativity through his electives. He enjoys his drawing class, while still writing and editing for Publications. Grant is undecided on exactly where he would like to attend college, but he plans to go out of state and study illustration.

A friend of Grant's, Chaslyn Christman says, "I met Grant in Honors Physics, and I am so glad I did. He is such a creative and intelligent individual, and I am glad to call him my friend." This is not surprising considering the fact that Grant has a very approachable and friendly reputation at Hamburg Area High.

Grant's hobbies are very creative as well, which is not surprising. He enjoys drawing, painting, and writing songs in his freetime. It is clear that Grant has a very bright and creative future ahead of him.

## John Henne joins the Hamburg Area High School track team

Alexandra Kline - 11

John Henne, an eighth grade social studies teacher at Hamburg Area Middle School, recently joined the Hamburg Area High School track team as a new jumping coach. A jumper and sprinter himself at Tamaqua High School and a long and triple jumper at Robert Morris University, Henne "hopes to help build a team that can be successful for years to come."

Henne has several years of coaching experience along with his 10 years of track to help the high school track jumpers jump to victory. "We have a lot of great athletes here at Hamburg with the possibility of multiple athletes qualifying for districts and possibly states." With the girls high school track team now in PIAA instead of previous years of PIAAA, the girls have a better chance of participating in districts and possibly states.



Henne's goal for the year in track is "always to create better athletes and humans." To help the high school athletes to achieve this goal, he plans on "working with athletes on event-specific skills along with general conditioning."

Official track practice began on March 4. Even though it is early in the season, Henne already believes that "We have a good shot at competing for division titles. We will definitely earn some individual medals this year, but it would be great to bring home some team hardware." He hopes that "the kids are excited about the possibilities this year holds. I'm just here to guide them and teach them the skills they need."

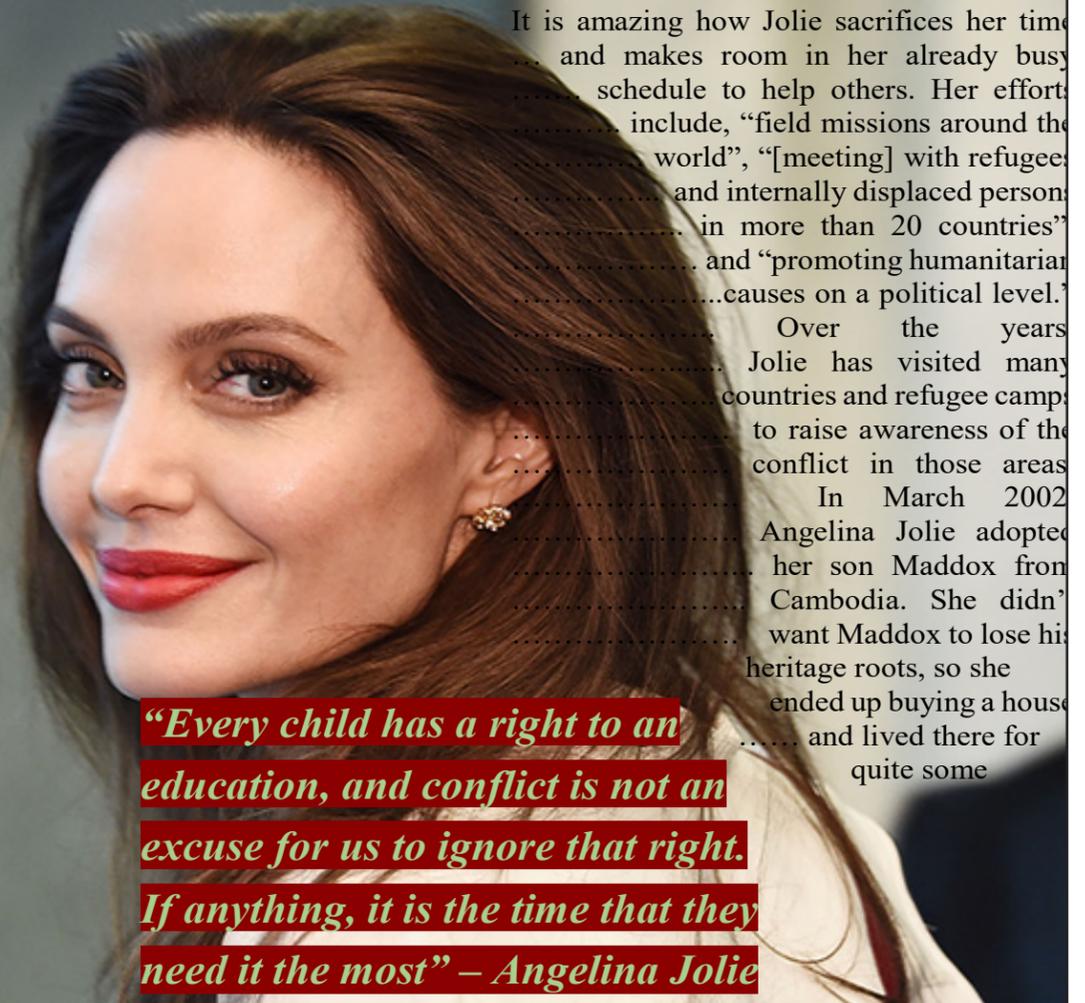
For anyone not participating in a spring sport, Henne has something to say: "Anyone who is not competing in a spring sport should consider track and field. There are opportunities for everyone and it is a great way to develop skills needed for other sports as well." The track team will love to have anyone join the team to help get good titles for the season. To join the team, sign up on the Hamburg Area School website and complete a physical or recertification packet. Welcome Mr. John Henne to the Hamburg Area High School spring track team!

# Angelina Jolie

By: Jenny Chen

**W**alking around men, women, and children left and right living in terrible conditions. Small flimsy, dirty tents lined in hundreds of rows. Thousands of starving children in Africa with no meat on their bones. Hundreds more living in war-torn areas left with no education and home. Much more sick, near death who cannot get the healthcare they need. These are the people that are ignored daily and need our attention and all the aid they can get.

Even through the fame and Lof, Angelina Jolie recognizes these conflicts and tries to make them known to the rest of the world. "Angelina Jolie grew up in a Hollywood family, the daughter of actor Jon Voight, and went on to become an academy award-winner and one of the highest paid actresses in the movie business." Angelina Jolie has won many awards for her talented acting and directing skills, but she has won even more awards through her humanitarian contributions. In 2001, her humanitarian efforts led her to become a Goodwill Ambassador for the UNHCR, also known as the United Nations High Commissioner for Refugees.



It is amazing how Jolie sacrifices her time and makes room in her already busy schedule to help others. Her efforts include, "field missions around the world", "[meeting] with refugees and internally displaced persons in more than 20 countries" and "promoting humanitarian causes on a political level."

Over the years Jolie has visited many countries and refugee camps to raise awareness of the conflict in those areas.

In March 2002 Angelina Jolie adopted her son Maddox from Cambodia. She didn't want Maddox to lose his heritage roots, so she ended up buying a house and lived there for quite some

time. While living there, she found out that people were poaching endangered animals in the surrounding area, so she bought 100,000 more acres and created a wildlife preserve. Later on, Angelina Jolie created the Maddox Jolie-Pitt Foundation in honor of her adopted son Maddox. The foundation serves to preserve and protect the environment, as well as creating opportunities in healthcare and education.

Angelina Jolie's career and fame has allowed her to earn millions of dollars in the entertainment industry. Instead of keeping it all for herself, she "routinely donates thousands of dollars to help countries recover from natural disasters." In 2013, Jolie donated \$75,000 to the Lawyers for Justice in Libya. Angelina Jolie also donated a million dollars to the Educational Partnership for Children in Conflict, whose sole purpose is to provide children living in war zones a safe education. "Every child has a right to an education," said Jolie "And conflict is not an excuse for us to ignore that right. If anything, it is the time that they need it the most." After visiting Afghanistan in 2010, Jolie built a new school that taught 800 girls in a small Afghan town who otherwise would not have been able to have an education.

Beowulf and Angelina Jolie may not seem the same in a sense that Beowulf killed monsters and Jolie donates to charity. However, the two still have the common goal of helping others, but with different methods. Jolie uses her time to visit third world countries, donates money to those in need, create organizations to protect the environment, and many more. Beowulf travels around the country killing monsters and protecting his people. In the end, the two heroes are no different because they are both making a difference in their world by helping others.

Even though Angelina Jolie came from a background of fame and fortune, she does not let that get in the way of her humanitarian efforts. Think how much better shape the world could be in if all the celebrities and even everyday people were heroes like Angelina Jolie?

## Movie review - Room

Eliza Hunsicker - 11

Room is a movie directed by Len-Abrahamson and was produced by Ed Guiney and David Gross. The movie is based off of the book written by Emma Donoghue.

This movie can be found on Netflix and pulls out a roller coaster of emotions for the viewer. The base of the movie is around a woman who was kidnapped as a teenager. The woman "Ma" was abducted and kept in a small shed for years. In the years that she was kept in the shed, she gave birth to her son Jack. Jack's father, Ma's abductor, was harsh to Ma. He was very violent and aggressive towards her for the whole time she was there.

After long hard thinking, Ma figured out a way to get her and Jack out of the shed. The use of the two minds saved them. Since Jack was in captivity his entire life, he needed to learn everything about the real world and Ma needed to readjust to it all.

In the movie, it is shown that everyone predicted Ma was dead due to being gone for so long. Once she escaped, her town was shocked. Her parents took her back in and kept Ma and Jack to help them live their normal lives as best as possible.

I personally loved this movie. There are so many emotions that are felt throughout. The movie had me on the verge of tears at some points then five minutes later I was laughing. Seeing how smart the two are together is amazing. Room is definitely worth the watch.



## A closer look at Alzheimer's

Valeria Amato - 11

What is Alzheimer's? According to Timothy J. Legg in What's to know about Alzheimer's disease, it is "a neurological disorder in which the death of brain cells causes memory loss and cognitive decline." The symptoms of Alzheimer's are usually seen at first as minor. Some of these early symptoms are shown through difficulties with everyday tasks and thinking. These include: difficulty remembering things, planning, solving problems, determining time and/or place, misplacing items, and more.

Senior Cameron Madara says, "Before we realized that my grandfather had Alzheimer's, we just thought that he was forgetful. Little did we know, those were early onset symptoms." It is important to look out for these signs of Alzheimer's, especially when in someone like Madara's position so it can be caught early.

Although the early onset symptoms seem extensive enough, the intensity of these symptoms worsen with time, sometimes to the point where those diagnosed with Alzheimer's are no longer capable living on their own, or even with friends or family. According to Carrie Hill in How to Cope With the Late Stages of Alzheimer's Disease, late stage symptoms include: Increased susceptibility to infections, difficulty walking and moving, the loss of the ability to communicate, difficulty swallowing and eating, loss of facial expressions, seizures, and more.

There are treatments regarding the behavior and sleep changes of someone diagnosed with Alzheimer's. Professionals exam the triggering situations, behavioral changes, and then they will base coping tips and instructions off of those, for the patient. There are also medications that can assist with the patient's memory. According to the Alzheimer's Association, there are two types of these medications, which are, "cholinesterase inhibitors (Aricept, Exelon, Razadyne)" and "memantine (Namenda) — to treat the cognitive symptoms (memory loss, confusion, and problems with thinking and reasoning) of Alzheimer's disease."

Coping with Alzheimer's can be quite difficult, so it is very important to make the distinction of what is best for the diagnosed friend or family member. When a person suspects that a loved one has Alzheimer's, they should make an appointment with a doctor regarding the suspected issue. Depending on the extent of Alzheimer's the loved one has, they could either stay under the care of a loved one or be admitted to a skilled care facility. Alzheimer's has the ability to drastically modify the life of whom it is taking over. Their health, behavior, and abilities have a chance of diminishing, which is why the decision of sending the diagnosed person to a facility or not, can be quite a hard one.

### Next Spirit Days

March 22 -Hawk Spirit Day

March 29 - Funky Socks Friday