

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

NASA's Cassini spacecraft takes a plunge

Meghan Eisenhauer - 12

Launched on October 15th, 1997, Cassini-Huygens headed to space. After seven years it became the first spacecraft to orbit Saturn. After Cassini's 13 years in orbit, images and videos surfaced across the web as people's excitement for the finale developed, and a significant amount of discoveries rose. Multiple revolutions revealed Saturn's marvelous rings and moons in further depth than ever achieved before. People did not see Cassini as just a machine; rather, it portrayed the work and pride of many individuals who invested a sliver of a lifetime into it.

Because the probe was low on fuel, on September 15th, 2017, Cassini plunged into Saturn's gaseous atmosphere, sending science back even in the last second of its demise. NASA decided on Cassini's fiery death over a smooth landing on one of the many moons of Saturn simply because of the possible presence of microbial spores from Earth. This violent dive into Saturn promised that all of the moons will remain completely sterile and untouched by bacteria. The death of Cassini was a depressing day for thousands of scientists, engineers, and technical staff who made this mission possible; however, it was also a day of overwhelming pride and morale. Although Cassini's mission came to an end, its legacy is only beginning.

When Starr Dove was asked whether she knew about the Cassini Spacecraft landing, she declared that she had never heard of such thing. After an explanation of NASA's plan, she stated that she was very interested in further reading about the launch and plunge of Cassini.



Technology etiquette in public

Erik Shinton - 11

Technology is a major part of people's lives and it is becoming more widespread. People use it every day but some things need to put in check. People use their phones and laptops everywhere these days and, because of this, people find that it can become distracting and uncomfortable. Libraries or working environment of any kind usually have a quiet rule, turn off any and all devices and work silently.

What could happen when using a device in public? Well, if someone is watching a movie without earbuds or headphones, it distracts others nearby who are there to work. Not many think about it in the moment of watching, but it can really disrupt someone's thought process.

A good way to remember this is to say to, "Will this distract someone?" or "Is this making more noise than I need to make?" *South Source* says, in their article when talking to Jodi R. R. Smith, "Texting is the brief transmission of facts." And "There's a nuance in your voice that people don't get when texting." The article also states that instead of calling, use texting unless it needs tone or more context to get the message through properly.

Now the sound of the device may not be the only problem. People tend to get "in the zone" or they are so focused on their device. While in this state, they forget they are in public. When they are watching that new funny video they let out just a little giggle, then another, then a louder one, up until the point they are dying of laughter. If no one says anything everyone will still get distracted. It can make it worse if they are with friends, then it is double or even triple the amount of laughter or noise. People normally forget they are in public because they are wearing earbuds or headphones. This immerses them in the sound of what they are doing. If it is a desire to making emotions while watching something, go home or a friend's house where there is no one to bother.

Another issue is not just the sounds, but the screen itself. If on a plane or in any type of public transport where the lights are turned off during travel at night, turn the brightness to low. If it is dark and someone is trying to rest but the person in front of them is playing that new addicting game, trying to beat their high-score they will not get any sleep. *The National Sleep Foundation* says that blue light causes delayed or suppressed the release of melatonin, the body's natural sleep inducer. That person in front could be up for hours, and the person trying to sleep, will not get any because of this blue light at night.

Three major things to remember from this is to take earbuds with when going out, be aware of people nearby, and keep the screen's brightness low at night.

How does this deal with the school? Everyone should know the basics of technology etiquette because it is polite. In our school we have technology etiquette, but these are the school's rules. As technology can be distracting in a working environment, the school tries to minimize the use of technology that is not used for education. Phones are the major one because it is so easy to message friends and get off task. Using a non-educational device during the school day, can lead to a detentions. Our computers can still be a distraction. That is why we have a filter to monitor what we are doing during our classes and to block access to distracting sites and social media.



Learning about Dictionary Day

Alyssa Marzili - 12

October 16 is Dictionary Day, a day to remember the books there were before the internet took over. However, learning to use a dictionary is still important because the internet may not always be available to use. For example, if the power goes out or if the internet is down, there should be a back up to search the definition of words.

Dictionary Day is celebrated to honor Noah Webster, the author of the modern English dictionary. He was born on October 16, 1758. It took him close to 30 years to complete the writing for the dictionary. Other than remembering Noah Webster, the day is also a day to take time and learn new vocabulary. Expanding vocabulary can be very important and help with writing professional documents. A dictionary can make learning a new word very simple. Open up to a random page, and point to a word. Then repeat it over several times until the meaning is understood.

Not everyone owns a dictionary, but that does not mean there is no way to get to one. In fact, all the teachers in the Hamburg Area High School have at least one dictionary in their classroom. October 16 is a Monday, so do not be afraid to ask a teacher in the beginning or end of the period to borrow a dictionary. Keep old traditions alive and impress the teachers with new vocabulary in essays by celebrating Dictionary Day.

For more information visit: <http://holidayinsights.com/moreholidays/October/dictionaryday.htm>

Wilderness Club sets great goals for new school year

Jasmin Modricker - 11

Wilderness Club is one of the largest clubs in Hamburg Area High School, with various outdoor activities or volunteer service to participate in. The advisors, Mr. Hetrich and Mr. Brown are very proud on how much the club has grown over the years and the enthusiasm of the students involved. Mr. Hetrich states, "My favorite part about the club is the way that members come together and interact with others who would not usually in school where it allows kids who are not in sports, artistically or musically challenged, like myself, to have an avenue and enjoy being in the outdoors with others by kayaking, hiking, or white-water rafting." The Wilderness Club welcomes any students to join and be active in a new club that offers outdoor activities such as hikes, white-water rafting, and more.

According to Mr. Hetrich and Mr. Brown, last school year there was a total of 2,547 ½ community hours from the entire club of students. Mr. Brown had already set a high goal for the Wilderness Club, to have more than 25% of the students in the school involved in the club. There are many presidents, vice presidents, and officers in the club including all

the people involved.

Veronica Crespo, President of the Wilderness Club for her first year, says she helps to organize meetings with the officers and school wide club members, brainstorm various activity ideas, and volunteers. Over the years that she has been involved with the club, Veronica is most proud that the club allows kids to get outdoors and "opens up opportunities for people who would not normally venture into the woods or down a river to do so with their friends." One of the vice presidents, Mikalee Kerr, said she runs meetings, creates activities, design t-shirts, and volunteers with the club. She is most proud of the outstanding amount of community service hours that have been accomplished by the Wilderness Club and the many organizations that have begun to notice them outside of the school world.

Any freshmen or students in general who are looking to join a club could put the Wilderness Club added to their possibilities. Help the Wilderness Club reach their goal of having over 25% of the school be an active participant in the club.



Hamburg Area Wilderness Club All You Can Eat Pancake Breakfast Saturday, October 14th Time: 8 am - noon Where: Hamburg Area High School Cafeteria

\$7 per ticket available at door

Guardians of the Galaxy Vol. 2 hits big in theaters

Alexandra Kline - 10

Guardians of the Galaxy Vol. 2 is the sequel film to the Marvel movie, *Guardians of the Galaxy*. The movie stars Chris Pratt (Star-Lord), Zoe Saldana (Gamora), Dave Bautista (Drax the Destroyer), Vin Diesel (Groot), Bradley Cooper (Rocket), Michael Rooker (Yondu), and many others.



In film, it continues with the Guardians fighting off a galactic creature for a planet with the hope of money and a prisoner they have acquired. Baby Groot dances throughout most of the scene, getting upset when the music suddenly cuts off. After the mission, Rocket steals something from the planet they helped, causing them to chase the Guardians throughout the film.

Yondu and his men are asked by the planet to hunt them down to recover what was taken. Yondu does not want to do that, so his men start up a mutiny with someone else taking control. This causes even more trouble for the Guardians.

While this is happening, Star-Lord, Gamora, and Drax travel to a very far off planet with a man who calls himself Star-Lord's father. On the planet, dark secrets are discovered discerning Star-Lord's father. Throughout the entire film, there is also plenty of comedy relief for families and friends to enjoy.

Rebecca Wenner, a sophomore, has watched both Marvel movies and has enjoyed them immensely. "I am a huge fan of Marvel. My favorite scene is Groot dancing in the very beginning of the movie as they were fighting off the thing in the background. Rocket is my favorite character because he's a cute raccoon that fights off bad guys. The sequel was better because Groot was tiny and you got to see him grow up. In the end credits, you could see him as a teenager. I would recommend this movie others."

See *Guardians of the Galaxy Vol. 2*, already on DVD and Blu-Ray for viewing entertainment.

Students can eat healthy options in School

Carly Levan - 12

One thing many people struggle with after summer ends and school starts is healthy eating during lunch and for after-school snacks. Teenagers have different needs than what an elementary student or an adult needs so it is important for everyone to learn what they need most at their age.

Teenagers are still growing and require enough food to get them through the seven hour school day. According to the U.S Department of Health and Human Services, the average teenage male consumes about 1800 to 3200 calories per day, while the average teenage female consumes 1600 to 2400 calories per day. However getting the right kinds of foods is just, if not more, important than filling a calorie requirement.

The three sources of food that give the most energy are carbohydrates, proteins, and fats. Many people have a negative perception of carbs, and while it is not good to go overboard with carbs the body needs carbohydrates to function. Simply put, carbohydrates are sugars that the body utilizes as its primary source of energy since it is the easiest to break down. The best way to get healthy carbs is to eat whole grain breads, fruits, vegetables, and beans. Many people make the mistake of cutting carbs out of their diet but instead they should regulate carbs as they are the most important nutrient in a growing body.

Proteins are also important in a growing body and provide the body with energy for the day. According to the U.S. Department of Agriculture, some key proteins are exclusively found in the food that we consume, so foods rich in protein are necessary in a high school student's diet. The best sources of protein are chicken breast and fish and it is also suggested that proteins take up 10 to 30 percent of a teen's everyday calorie intake.

The last thing that should be included in a high school student's diet is fats. It may be surprising that fats are good for people but they are necessary. One thing to always remember with fats is not to consume them in high levels. According to the USDA, adolescents should only have 25 to 35 percent of fat for their calorie intake per day. Saturated fats should be avoided as unsaturated fats are healthier. The best way to consume unsaturated fats is with fish, nuts, and vegetable oil.

For more information, visit: <http://577310006142652513.weebly.com/the-nutritional-requirements-for-high-school-students.html>



KyLeigh Dougherty walking into senior year

Kiana Wright - 12



KyLeigh Morgan Dougherty has walked into her final year at Hamburg Area High. She is very excited and enthusiastic about senior year. However, she is not looking forward to having to leave behind her friends and memories. Dougherty is most looking forward to graduating with her peers and making the last of the memories with them as a collective bunch. KyLeigh has one sister in the high school, RYANNE, and she is a freshmen. Among her best friends are Trevor Fegley, Kaylah Fisher, Devin Salvati and Kiana Wright. After high school she plans on going to a college/university for nursing and as of now Dougherty has an internship at Hawk Mountain outside of school.

KyLeigh is taking a variety of classes this year that range from easy to difficult. She is taking two Advanced Placement classes which include Chemistry with Mr. Wolfe and Comparative Government and Politics with Mr. Zimmerman which are her favorite classes. On the other hand her least favorite class has always been mathematics. Not only is KyLeigh successful in her academics but she is also very involved in extra-curricular activities. She holds a position in the Student Council, Wilderness Club, Academic Challenge and the Science Olympiad. In the wintertime, KyLeigh participates in basketball and has ever since freshmen year. Her advice to freshmen and underclassmen would be, "Do your homework because in the end it does help you and it does matter in the long run."

Home remedies help cure illnesses

Quinn Holl - 10

Preventing an illness is most certainly a complex task and curing one is even more wearisome. However, rather than primarily relying on modern medicine to cure one's illness, many should partake in natural remedies to help cure a sickness.

Obviously, medicine should not be disregarded, but home remedies should be used as a way to ease the body and hopefully hurry the healing process. For example, garlic is a natural antibiotic and can help prevent bacterial and fungal infections. In order to receive such benefits, it is recommended to mince one or two cloves of garlic and allow the garlic to float in a glass of water. Once the garlic has cleansed the water with its scent, one should drink the water even though the taste may not agree with the tongue.



Another remedy that involves quenching one's thirst is drinking herbal tea. A rather obvious and instinctive method, but works all the same. Ginger tea helps with nausea and chamomile tea helps relieve an upset stomach. Furthermore, cinnamon is an effective antiviral and antibiotic. Mixing one tablespoon of cinnamon and one teaspoon of honey in hot tea helps with cough, congestion and lowers fever. White foods, such as grains, sugars, milk and cheese should also not be eaten while ill due to the fact that they suppress immune function and slow the body's healing ability.

A face steam is another wonderful remedy to help loosen congestion and ultimately kill bacteria in the lungs, bronchials or sinuses. Boiling one to two cups of water and adding two teaspoons of various herbs, such as rosemary, thyme and oregano should create a face steam ready to be used. Cover the lid for five minutes and after the lid is removed, one must put his/her face directly over the pot with a towel covering the head as a way to hold the heat. Lastly, breathe in the steam for at least 15 minutes in order to receive the benefits.

Finally, another obvious remedy is to simply hydrate and rest. While ill, the body requires an extra several hours a day to rest as well as several extra glasses of water. With that said, natural remedies are simple to do, require little energy and in the end reduce the time in which one is ill as well as provide a better state of relaxation.

For more information visit: <https://wellnessmama.com/1499/natural-remedies-for-illness/>

People practice for hurricane safety

Tyler Holl - 12

Every year that time rolls around. The catastrophic storms that sweep across the country and create havoc in their wake. That time is known as hurricane season. Hurricanes are formed by heat and water, brewing over the warm water near the equator. As hot air rises, lower pressure is left beneath it. This is a repetitive process where the higher pressure moves into the low pressure area, warms, and eventually rises. The product is swirling air, growing until it becomes a larger storm. On average a total of six hurricanes occur each year, around half resulting in a category three or higher. To remain prepared in an emergency situation, it is important to put together a bag containing a flashlight, batteries, cash, and first aid supplies. It is also important to keep an eye out on The Weather Channel and the conditions taking places outside. If there is not a recommendation for evacuation in the area, plan on staying at home in a room without windows. Hurricanes are a force of nature and a dangerous one, so keeping prepared and knowledge of the topic is a great way of staying safe.

After asking Daniela Perez of her opinions on hurricanes, she says that she has never thought much on the topic, but after discussing it with her, realizes the dangers of such a storm. She also included that though she doesn't know anyone personally affected with such terror rising storms, she will warn her family members of future ones.

For more information, visit <https://www.ready.gov/hurricanes>



Friday October 6th is an early dismissal @ 11:30
No School October 9th

