

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

April 5, 2019
Volume XXV
Issue 20

Hamburg juniors attend the Young Leadership Conference at Penn State Berks



Quinn Holl - 11

Crowded with eager eyes and glowing smiles, select juniors across Berks County were given the opportunity to attend the Young Leadership Conference on Friday, March 8.

The event, sponsored by Visions Federal Credit Union, was hosted at Penn State Berks, where students spent the day gaining advice from current leaders of Berks County. Hamburg juniors, Lydia Bertschy, Jadenne Dalton, Faith Guers, Camryn Hoagland, Quinn Holl, Ethan Long, Cady Moylan, Nikki Mukul, and Briana Sammans, were chosen to attend.

Following a brief introduction, a panel, featuring Alicia Hartman (campaign manager at United Way of Berks County), David Nazario (author, speaker, educator at Reading Area Community College, and founder of Scared Of A Day Job), Ebony McNeil (branch manager at Riverfront Federal Credit Union), Beth Geddio (workplace consultant at Steelcase), and English Bradley (recruiter at Peopleshare), answered several questions regarding their journey to obtaining the career they currently perform.

Two sessions occurred after the panel, one of which asked students -- "what's your why?" The instructors were curious to know the reason as to why students are choosing to either stay in the Berks County Area or move away. Answers to stay varied between the people in the community, local trails, diversity, as well as the opportunities available within the surrounding area.

The second session focused on budgeting and saving money. Students were divided into teams, each with a different focus, such as food, rent, or internet. Each group had five options to choose from, ranging from the cheapest to the most expensive option. Based upon a monthly income provided on an information sheet, students in the groups had to collectively agree on the best option to ensure a steady living.

One of the highlights of the day was lunch, where students were divided into different lunch rooms based upon the area of study they chose to represent, which included business, health care, engineering, etc.

Mentors of varying professions were dispersed across the lunch room. Students were encouraged to sit with a mentor and ask different questions regarding the mentor's career or any advice they would be willing to share. This was a wonderful opportunity for networking, as well as obtaining either a job shadow or an internship.

Faith Guers, a Hamburg junior who attended the event, noted that her favorite part of the day was, in fact, eating lunch with the mentors. "Being able to talk with someone that had experience was really beneficial."

To conclude the event, guest speaker, Jen Croneberger, discussed the five C's of leadership -- character, communication, choice, courage, and confidence. Croneberger incorporated both humor and humility to generate a positive reaction from the audience, encouraging everyone to implement the five C's into their lives, as they will produce a desirable outcome. They will allow individuals to achieve their life-long goals.



Kline hosts speakeasy

Chaslyn Christman - 11

On March 5, history teacher, Mr. David Kline, along with the assistance of multiple teachers, held the annual speakeasy in the high school library. For weeks, Kline had been preparing his students for the role playing event. Each student was allowed to choose an important individual from the early 1900s and role play as



them. After the preparation of researching their individual, the students were to prepare to hold conversations as they were acting as if they were lounging in an undercover bar.

When March 5 came, students dressed to play the role and they looked amazing! Some students who role played were Abigail Behm as Amelia Earhart, Alyssa Amadoro as a gangster, Victoria Rhodes as Coco Chanel, Maxx Franklin as an undercover officer, Catherine Wingle as Albert Einstein, and Megan DeAngelo as Georgia O'Keeffe. The event lasted from period 7 to period 8, which is about an hour and a half. While at the speakeasy, students would hear jazz music that would have been played at a real speakeasy. The Hamburg Area High School jazz band was kind enough to perform throughout the duration of the event. Also, snacks that might have been seen during the time period were available for anyone to eat, along with a mock bar. The mock bar was tended by Kline and Mr. Damian Buggy. The two did a great job at serving up fake alcohol. The reasoning behind the fake alcohol is because during the time of prohibition, which made the sale, purchase, and consumption of alcohol illegal, so many people would gather at a place, imitated like so, to drink and socialize. Overall, many students enjoyed the event and are excited to have participated in it.

Twelve year Hamburg social studies teacher Mr. Buggy becomes dean of students



Lucas Gehring - 12

For those upperclassman, especially seniors, Mr. Buggy was a very likable teacher who was known to teach social studies for 12 years right out of collage at Hamburg Area High School. In the past he also coached football and track for quite some time. Before the new year Mr. Buggy was approached by Mr. Spohn and Mr. Beissel about a new job position as the dean of students. When asked, Mr. Buggy was ecstatic about the offer and accepted. His new position commenced as of January 1 of this

year. As the dean of students it is Mr. Buggy's job to deal with the attendance, academics, and discipline of all students in the high school.

When asked if it was hard to adjust to his new position Mr. Buggy said it was not and it was very enjoyable. He said that he really enjoys going to lunches and talking to students every so often. When asked what the most stressful part of his job was he said that it was the constant of being on his toes and "expecting the unexpected." The fact that problems can occur out of the ordinary makes the job a bit of a challenge. For his new position, Mr. Buggy said that he feels like a student again because he is going back to school for his principal certificate. He mentioned that he was on week three of his first eight week course and that there are five courses in total. The important thing is that we can all be certain that Mr. Buggy enjoys his new profession.

Experiencing the Pre-Revolution Salon

Ashley Perlaki - 10

Hamburg's Honors World Cultures students honored the pre-revolution France era, by creating a 21st century salon as a homage of the 1800's French style salon. All the students were put into four different classes and had to embody that class system. Each group had to know their class system by heart and the major advancements of that class system, the main focus was to persuade people to vote for that class system. These class systems consisted of Monarchs, Jacobins, Girondine, and the Peasants. Classes from all over the school were able to come and interact with the students. After the ballots were totaled, the winner of the pre-revolution salon was the Girondines with a total of 46 votes, many people felt their poster and presentation was the strongest for that time period.

Mr. Evans the teacher responsible for making the salon happen, stated that the major purpose of the salon was, "To give the students the opportunity to take a more active part in their education, and to try and demonstrate how information was spread during the Revolution." Since this is the first year Mr. Evans has held the Salons, he believes that overall it was a step in a good direction and he will continue doing the Salon each year.

Spring forward to daylight savings time!

Halle Gerner - 12

One of the most influential times of the year that occurs in March is daylight savings time. Daylight savings time begins this year on March 10, 2019, at 2:00 a.m. Everyone turn their clocks forward by one hour, so it will actually be 3:00 a.m. The time to turn clocks forwards indicates to many people in the United States that Spring is right around the corner. Daylight savings time clock shifts can complicate things such as traveling, billing, and sleep patterns. One of the biggest complications people find the most frustrating during daylight savings time is the amount of sleep they lose because of the lost hour.

Many people do not like daylight savings time because they tend to lose an hour of sleep on the day that the clocks spring forward. Many people claim that after this, their sleep schedule is messed up for weeks and even months to follow because of the time change. Many people also find that sleep patterns during daylight savings time are difficult because of the light outside. Individuals argue that the daylight outside keeps them awake, which is going to last longer than normal (until a little after 8:00 pm). They also argue that the sunrise, which rises later than usual (around 7:30 a.m.) make them want to sleep more because it is darker longer in the morning.



The Jonas Brothers return with new song Sucker

Grant Doklan - 10

The Jonas Brothers have been on hiatus since the end of their days at Nickelodeon. The Grammy-nominated group has returned after six years of absence, releasing a new song titled *Sucker*. The return of The Jonas Brothers was very unexpected, since both Joe and Nick have attained successful solo careers.

On February 28, the Jonas Brothers' Instagram account posted a picture teasing the new song. That picture has now amassed over 1.3 million likes. The group followed up their announcement with an appearance on *The Late Late Show* with James Corden, participating in a popular segment called *Carpool Karaoke*. Along with the release of *Sucker* came a music video which currently has over 46 million views and a commercial for the Amazon Alexa which also promotes their new music.



Most recently The Jonas Brothers have teased at even more new music with an Instagram photo captioned, "Looking forward to an amazing 2019 with our @republicrecords family. #Sucker is just the start."

The song is a return to their roots at Nickelodeon, playing mostly to the Pop and Rock genres. It is a very typical pop song, and I would predict it will start climbing the Billboard charts very soon. It is also very radio friendly, so do not be surprised if The Jonas Brothers start blasting through car stereos everywhere.

Heather SanJuan has been a huge Jonas Brothers fan since the beginning. She also followed the individual Jonas Brothers' careers after their split in 2012. "I love Joe and Nick's music individually, but I always wondered what a modern Jonas Brothers song would sound like." Heather was very excited about *Sucker* and is pleased with the outcome. She enjoyed that the song sounds much more mature, but keeps with the genre The Jonas Brothers typically work in.

For more information on The Jonas Brothers, visit their official website <https://www.jonasbrothersmerch.com/>

Brody Baez talks about drama club

Archer Thomas - 9

The upcoming play *Prom Night Fright* is being performed April 12 and 13 in the high school auditorium, starring freshman Brody Baez. He plays Dr. Crandell who is a psychic investigator and he plays RJ who is an angst teenager.



Brody joined drama club when he was in sixth grade, because he had always loved musicals and performing. He played Barnaby Tucker in *Hello Dolly* in November and he played Milky White in *Into the Woods* last year. He was also in the chorus for *Grease* and the *Music Man*.

Brody likes drama club because he feels like he can be himself while also doing what he loves to do. He is also enjoys singing which is why he is in Concert Choir and Aerial Boundaries. His advice to people struggling with balancing a social life and

activities is to do what feels right and take time for themselves. He would also like people to know that the drama club needs more guys to sign up to fill more parts.

Go see *Prom Night Fright* on April 12 and 13 in the high school auditorium. Tickets are \$5 each and can be bought at the door.

Following the Leader

Lucas Gehring - 12

In the world today and the world from our history, there are leaders and followers. One could say that those who lead us are the ones who run our daily lives. However, those who lead cannot do so without followers. Everyone plays a role in society, whether it is significant or meek. Although the richest among us might seem to behold all the power, everyone is special and has his or her own unique gifts.

Another may think that those with learning disabilities are not meant to lead or go far into the future, but someone with a condition will learn to grow stronger and overcome their problems if they so choose. Learning to live above one's issues is a journey within itself. Whether we want to admit it or not, no matter who anyone is or how successful they may



be, everyone has problems. Between mental, physical, emotional, abusive, social, relationship, marital, financial, drug, stress, fear, or anxiety problems, we are all bound to experience something.

No one has ever said that life is easy, but that does not mean one can make it easier on themselves. It is a fact for most people that no one can get anywhere without working for it. Surely everyone is meant to experience numerous moments in their life filled with great joy, happiness, and significance. But with reward comes challenge. When looking at another person, they are so different yet they are so alike. We as people are meant to build

character off of one another. Learn from one another. Live among one another. And yet, some among us choose to divide and try to live above others by dehumanizing them. So much hurt can be avoided if everyone were to only respect each other's values, opinions, differences, and standards. There is no such thing as "normal." What one considers normal is chaos to the other. Our differences are what defines us as who we are. Everyone was made to embrace their strengths and their struggles instead of hiding under a mask all the time. Learning acceptance may be the key to a brighter future.

Benefits of drinking water

Taylor Henn - 9

Drinking water is one of the most simplest things to do and also one of the most beneficial to a person's health. It is said that people should try to drink around eight glasses of water a day, but most people do not. Some do not even drink water at all. Since there are so many health benefits that water has, people should drink more of it in their everyday routines.

One of the best effects of drinking plenty of water, is the amount of energy a person will get. Many people drink water to wake them up in the morning and if they are feeling tired throughout the day. The more water a person drinks, the less fatigue they will have. Water is also shown to increase brain function. So, teenagers should drink more water since they are in school all day, using more brain power.

Water can also help with weight loss. This is because water can increase a person's satiety and metabolic rate. Water is a drink that makes people feel full, and the stomach then sends messages to the brain to tell it to stop eating. It takes up space in the stomach and therefore reduces the feeling of hunger. On top of that, if a person drinks enough cold water, their metabolism will rise because it will take the body longer to heat up the water, and as a result the body will burn calories.



Another plus about water is that it gets rid of toxins in the body. Drinking water helps get rid of waste through sweating and urination. It also helps the immune system. When illnesses are going around, drink a lot of water. Water carries oxygen to cells and as mentioned before, it helps get rid of the harmful waste.

For more information visit- <https://www.elementalbottles.com/blogs/news/14-overlooked-benefits-of-drinking-water>



Increase in high school concussions

Ashley Perlaki - 10

Hamburg Area High School is known for advancements in sports especially contact sports. Contact sports by definition is "A sport in which the participants necessarily come into bodily contact with one another." This means many athletes in Hamburg have come into contact with another person or someone from their own team. More aggressive sports such

as football, basketball, soccer, or wrestling can result in the most severe concussions, which ultimately are caused by contact sports.

Recent reports have shown that there have been an increase of concussions in high school sports. An estimated 300,000 high school students receive a concussion at least once per year. This can affect the student very negatively. It can cause them to lose interest in their sport or make them more agitated in their everyday life. The reality is many students face this terrible circumstance in their everyday lives, and must learn how to cope with it.

Although avoiding a concussion is almost inevitable there are ways to avoid the most severe concussions. Some examples of this are making sure to be equipped with the correct equipment and to always wear a helmet in the most severe contact sports. It is also very important for student and parents to pay attention to symptoms and to always take even a minor concussion with the utmost severity.

Tori Rhodes a junior in Hamburg was diagnosed with a concussion from a fall in cheerleading. Luckily her concussion only altered her life for a short period of time. Tori had to leave school early and could not attend Track and Field meets she competed in. Tori was luckily able to get proper care because she took action quickly and that helped with her recovery process. The hard truth is a concussion can happen to anyone and can change the life of that person completely, it is important for everyone to stay up to date on how to avoid concussions and to know the symptoms. A link is attached below to help everyone better understand the severity of concussions and how to deal with them.

Adviser: Miss Terri McCarthy; Editors in Chief: Quinn Holl and Alexandra Kline; Issue Layout Editor: Kristen Martinez and Quinn Holl; Writers: Paiton Albrecht, Valeria Amato, Milannys Busquets, Jazmin Carroll, Chaslyn Christman, Grant Doklan, Julia Doklan, Erin Furry, Lucas Gehring, Halle Gerner, Taylor Henn, Petra Hertzog, Kylee Landis, Kristen Martinez, Ashley Perlaki, Madison Riegel, Lauren Shebby, Archer Thomas. *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. 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. We are 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 *Hawk Happenings*, anything that appears in its pages, or if you would like to sponsor our paper with a donation, please contact Miss Terri McCarthy, *Hawk Happenings*, Hamburg Area High School, Windsor Street, Hamburg, PA, 19526. Our email address is termcc@hasdhawks.org and our phone number is 610-562-3861, x2327.

People deal with Schizophrenia

Archer Thomas - 9

Schizophrenia is mental disorder that can cause issues with paying attention, memory problems, speaking issues, hallucinations, unusual or delusional thoughts, and agitated body movements. The symptoms for schizophrenia usually start between ages 16 and 30. Scientists have learned that it can run in families, but there are people that have it without any other family members having it. People with schizophrenia can take antipsychotic medications like clozapine, risperidone, and aripiprazole. These medications can help with the symptoms that schizophrenia causes. The medications that are used work with dopamine and serotonin in the brain, creating a balance of chemicals in the brain.

Around 1% of the world's population has schizophrenia and 1.2% of Americans have schizophrenia. Schizophrenia can be seen within other mental illnesses like depression or bipolar disorder, which many students are diagnosed with. The symptoms can also be seen when substances are being abused. Schizophrenia can affect the way that people learn and should always be properly treated. It can be treated by going to going to therapy frequently, or if the case is very bad then being admitted into a mental hospital would probably be best.

For more information on Schizophrenia in teenagers visit <http://teenmentalhealth.org/learn/mental-disorders/schizophrenia/>.

Fighting Senioritis

Halle Gerner - 12

One of the most difficult times of the year for Seniors in high school is this time of the year...the end of March. Students begin to get accepted to their future college, envision high school graduation, and grades start to go down the drain. They also begin to wonder why they need to finish high school if they already were accepted into college. It is proven that nearing spring time is the hardest times for high school seniors, as procrastination kicks into full gear. The word used to describe these methods of slacking is "Senioritis". Seniors usually develop this some time during their senior year, although most of the time it is a couple months before graduation. Thankfully, there are some ways for seniors to survive the rest of their senior year without dropping out or giving up that fresh 3.0 GPA due to senioritis.

One of the most important ways to fight senioritis is to simply fight it. Remember that grades still do matter, whether it is towards the end of high school or not. Colleges tend to look at final year grades and want to see improvement on courses. It is possible for a college to change their mind after seeing a student's final grades due to slacking. Another way to fight senioritis is to set specific goals. Try to get a 94 in Chemistry or that subject that is a struggle. It is also proven that students that use a day-planner to keep track of assignments, goals and activities are more likely to do what they need to do without procrastinating. Senioritis can also be fought off by taking one day at a time. Although the future that is filled with exciting events such as graduation, the beach, college, etc. it is very important to do well NOW and avoid falling behind. Besides, after all of the tedious studying is over, there will be time to fantasize about the exciting future!

Alyson Rentschler, a senior at Hamburg Area High School, explains that her senioritis started to kick in after Christmas. She believes the best way she will fight the "disease", is by working ahead on assignments to avoid slacking or falling behind.

Remember, high school is just a small portion of life and everyone should do it well in order to benefit the future. So, fight that senioritis that is kicking into full gear and finish the year off strong!



The excitement of Spring break

Kylee Landis - 12

Spring break will be here before anybody knows it. Many students that attend school always looks forward to any break throughout school so they can do many different things with their friends and family. But spring break is always fun due to the weather starting to get warm and because of Easter.

Students always say many different things that they will be doing on their spring break. Some will be going on a day trip, getting together with their family members, go shopping, go to church, and of course cooking and baking with their grandparents. "Holidays are always the best because it brings your family together for great times", said by Alyson Rentschler. Not only are the students getting out of school, but it is also bringing their family and friends together to celebrate. For spring break sometimes people tend to go on vacation or just stay local and do their usual things.

As a student on spring break they should try to make the most out of it and to make it memorable. Any students that are in school have no idea what they want to do after graduation and having this break could help some either figure out what they want, to go on college visits, and even study or schedule for their SATs. As fun as breaks can be, they of course could be very beneficial for schooling too.

Spring break is meant to bring their families together due to celebrating Easter. This holiday is the oldest and most important holiday because of the christian church and celebrating Jesus Christ.



NO SCHOOL
April 18, 19, 22
Early Dismissal
April 17



Uncover Easter traditions

Julia Doklan - 12

There are many Easter traditions: dyed eggs, egg hunts, Easter baskets, and eating Easter ham. Where do all these common traditions common from? Looking at them from an objective view, they seem odd. So many of us, though, have happy emotions attached to the memory of each of these traditions in our own lives.

ditions in our own lives.

The Easter bunny came over to America in the 1700s with German immigrants. The German tradition of the egg-laying bunny comes from both connections to Biblical themes and religious practice. The bunny and egg represent the eternal life and hope that Easter brings. It is also believed that in the Middle Ages, the Thursday before Easter was the end of the business year; this is when farmers would have to pay their dues to landowners. Due to the Lent time fasting leading up to Easter, they had a surplus of eggs, so they would often pay these dues with cooked eggs and hares they had killed in their fields. Easter made these farmers think of eggs and bunnies, so why not make them the emblem of the holiday.

The bunny is said to have laid the eggs into an Easter basket. The basket is let out, so the bunny brings treats and eggs to the child.

The Easter ham also goes back to sixth century Germany. Hunters often slaughtered their pigs in the fall and preserved them all winter. By spring, pork was one of the only meats ready to go for spring celebrations; hence, why it is eaten for Easter. Christians adopted this tradition, and it is still done today even though we could eat any kind of meat desired.

Discovering where our traditions come from helps us to understand the rich history of America, the melting pot. Jasmin Modrick says she used to have an easter egg hunt in her house every Easter with her parents. The tradition has faded as she is now a senior in high school, but she plants to carry on the tradition with her family one day.

Visit mentalfloss.com for more information.



Learning to live big with Lou Mongello

Paiton Albrecht - 11

Leaving high school and entering the real world can be intimidating from the outside. Everyone has dreams and it is scary to jump for what one wants. Motivational and legendary Disney speaker, Lou Mongello, gives insight on doing what one loves in his speeches and WDW Podcast. Lou Mongello was in his mid-thirties when he decided to pack up his

family from the New Jersey/Pennsylvania area and move two miles from Cinderellas Castle in Orlando, Florida. Where this may seem pretty easy in words, he takes his real-life experiences and educates young adults on the pay off of following our dreams. He took what Walt Disney, accomplished and compared it to his own life. He uses Walt Disney's teachings to inspire himself and others to dream big and live big. Mongello's dream may have just been his podcast and Disney but he pays respect to all the dreamers and doers of the world.

Lou Mongello post podcasts anywhere one can listen to the podcast every week randomly. They are usually an hour long in length and are mainly Disney themed but adds contents on following one's dreams and advice on making dreams a reality.

Mongello once said, "Let doubt be your fuel." This valuable lesson can be used in tandem with the hopes and dreams of students at Hamburg. Seamus Barter a Junior says, "I use this a lot in my life, actually on the daily. Whenever someone says I cannot, I do it and prove them wrong."

Honor teachers during Teacher Appreciation Week in May

Erin Furry - 12

Teacher Appreciation Week this year is on May 6 through the 10. In 1953 Eleanor Roosevelt convinced Congress to make a day to celebrate teachers. From that came Teacher Appreciation week, and an actual day to celebrate teachers, National Teachers Day on March 7. The National Education Association or NEA says that the week is for admiring and praising teachers for all their hard work throughout the year. The week is a chance for students and parents to show their teachers how much they honor all the hard work

teachers put into the school year. Giving small gifts and sending cards telling teachers how much they are appreciated during the week is a way that students get to honor and show their appreciation for all the hard work their teachers do.

Morgan Huff, a Senior at Hamburg, says that she appreciates all that her teachers do for her. She says that Mrs. Ottaviani has had a great impact on her and has helped her through a lot. Explaining that she is a great teacher and that Morgan definitely appreciates everything she has done for her. She says that Mr. Brown is her favorite teacher, though. She explained that he is a great teacher, making sure to help all his students pass no matter what. Her favorite

class to go too she explained was in freshman year, with Mr. Buggy. She said she felt comfortable in that class, and that Mr. Buggy made history sound interesting. Morgan then said, "Respect your teachers and all that they do for you, they are human too, and are only working to better your future."

For more information visit <https://ideas.hallmark.com/articles/spring-ideas/history-of-teacher-appreciation-week/>.



Pi Day celebrated on March 14

Quinn Holl - 11

March 14, Pi Day will be celebrated across the nation, specifically in the classrooms of varying high schools.

Some may ask, what is pi? "Pi is the ratio of a circle's circumference to its diameter," and has proven its importance in terms of scientific and mathematical revolutions.

Without the discovery of pi, engineering, radio, TV, telephones, and motors would not be possible, as well as numerous other necessities in modern society.

Between 287- 212 BC, mathematician, Archimedes, calculated the approximate value of pi, 22/7. Pi was first used in 1706 by William Jones. However, the popularity of pi did not occur until Swiss mathematician, Leonhard Euler, adopted the symbol in 1737.

Despite pi being recognized for its first three digits, 3.14, pi has been "calculated to over one trillion digits past its decimal." In fact, in order to compute the spherical volume of the entire universe, only 39 digits past the original decimal are required to do so.

Sam Gingrich, similar to other students, enjoy pi day because everyone gets to "eat circular foods" and discuss the "significance of pi itself, and how its role impacted revolutions in math and science."

Do not forget to wear a Pi Day t-shirt on March 14!

For more information visit: <https://www.piday.org/learn-about-pi/>



Dr. Arnold speaks at Hamburg Area High School

Lauren Shebby – 11

On Tuesday, March 19, Dr. Andrew B. Arnold from Kutztown University visited Hamburg Area High School to educate students about the U.S. Constitution and its significance. Specifically, he spoke about the 14th Amendment in great detail and explained college life to students. Dr. Arnold is a Department Professor and Chair. He earned his B.A. at Hampshire College and received an M.A. and Ph.D. at the University of North Carolina at Chapel Hill. At Kutztown, his courses include: History of Pennsylvania, Selected Topics in History Honors Linking U.K. and U.S. History, Work and Workers in American History, Constitutional History of the U.S., Selected Topics in History: Coal and Railroads, and Selected Topics in History: History of the Bill of Rights. Dr. Arnold also received the History Club's Professor of the Year Award, the May 2010 APSCUF KU Inspirational Professor Award, and the 2015 Chambliss Faculty Research Award.

Invited by Mr. Kline, Hamburg's American Cultures and AP U.S. History teacher, Dr. Arnold also previously taught Mr. Evans, a World Cultures teacher at Hamburg, and Mr. Werkheiser, a well-known history substitute in the Hamburg Area School District.

Dr. Arnold humorously introduced himself, explaining that he was a professor at Kutztown, sporting a burgundy cap that said "Kutztown Prof." across the front. He briefly mentioned his 19-year-old son, explaining that he understands the struggle of adjusting to a new institution. Dr. Arnold described his teaching, saying that he likes to use more sophisticated hand signals in class to better communicate. He also added that he believes students are too passive and should become more assertive and ask more questions.

Frequently throughout the seminar, Dr. Arnold paged through his own book that he wrote, A Pocket Guide to the U.S. Constitution, referencing parts of it to lead the discussion. Dr. Arnold touched on many cases involving the 14th Amendment, including the Slaughterhouse Cases in 1873. He described how Americans argued against common sense laws and judges like Samuel Miller used a narrow interpretation of the 14th Amendment to support multiracial legislatures and to convey the purpose of the 14th Amendment. "That's how the 14th amendment loses a great deal of power." Dr. Arnold said.

"It provided me with a different perspective," Cameron Madara, a Hamburg senior, said. He adds, "I appreciate Dr. Arnold's effort to come to our school to give students an idea of what a college class is like."



Book Review: Me Before You

Lauren Shebby – 11

Louisa Clark lost her job and was desperate for another during a period in England when jobs were hard to come by. After going to many job interviews and doing her research, Louisa found a well-paying job assisting a wealthy, handicapped man. She assumed that



the man, Will Traynor, needed a caretaker, but instead, his mother hoped that Louisa could lift his spirits and help Will become happy again. Ever since Will got into an accident, he has been paralyzed and became cynical and bitter. With Louisa's arrival, he received an attitude adjustment and the two of them formed a unique bond that changed both of their perspectives on their lives.

Me Before You is a fictional novel written by Jojo Moyes and was first published on January 5, 2012. It was published by Penguin Books and contains 480 pages. It has since had a film adaptation that received \$18.3 million in its opening weekend.

There was controversy surrounding the film and the novel, with protestors arguing

that it may shine a negative light on those who suffer from disabilities. The theme of the movie is to "live boldly", but many activists say that this popular motto presented by the story only applies, in this context, to the able-bodied. They are frustrated that the story may perpetuate the message that life with disability is worthless. However, the purpose of the book was to include a disabled man in its story and to utilize the charactized development of Louisa to make the audience appreciate life.

Victoria Reed, a Hamburg junior, says that after watching the movie, she believes that the story was about Louisa and that "Will was like an undertone for Louisa, pushing her to live life to the fullest."

Captain Marvel hits the number one spot in theaters

Alexandra Kline - 11



Captain Marvel, a movie created based off of the Marvel comics, takes place in the 1990s as Carol Danvers lands on Earth after escaping the hands of the Skrulls. She works with the Kree, a race of beings with great control over much of the galaxy. They try to eradicate the Skrulls, a race of extraterrestrial shapeshifters that can be defined by their blue blood.

When Carol lands on Earth, she must hunt them down and stop them from infiltrating the planet. While she is there, she meets new and old friends from a past she cannot remember. She must remember her past to further dictate her future. With her special abilities, she will help the right side of the war. Which side is the right side?

Captain Marvel and Carol Danvers are portrayed by Brie Larson. Other important characters in the film include Nick Fury, played by Samuel L. Jackson, Yon-Rugg, played by Jude Law, and Maria Rameau, played by Lashana Lynch. The directors of the film were Anna Boden and Ryan Fleck.

Caleb McNulty, a junior at Hamburg Area High School and a long time Marvel fan, has a favorite character in the film and it is "Nick Fury, because we have never seen a real backstory on Nick Fury and this just shows him in his early years, which gives us more to like about him."

The film has gotten recent bad reviews by big newspapers, such as The Hollywood Reporter and the New York Post. McNulty strongly disagrees with these reviews. He believes that "Brie Larson plays best with others, and maybe has not warmed up to everybody yet, however I feel that In Avengers: Endgame she will end up being liked much more."

This film was the first Marvel film with a female lead. McNulty thinks, "It was great to see the first solo female MCU film and I am very excited to see what Marvel does with her character in the future." Also taking place in the 90s, women still had problems with looking for respect, especially in the military. When bringing this up, McNulty finds a newfound respect for military females, saying, "It showed me how dangerous simple missions can be, and how it affects their life just as it does men."

As another film in the long interwoven story that is the MCU (Marvel Cinematic Universe), Captain Marvel gives the world the backstory needed to understand the next Avengers film coming out in the end of April. McNulty would, "without a doubt recommend this movie. It is a good movie to start with, especially because this movie takes place in the 90's most MCU plots and characters do not yet exist, making it a great place to start. Do not listen to the reviews! Go see the movie for yourself and see if you like it." Take McNulty's advice and watch *Captain Marvel* in theaters while it is still number one in the box office.

Stephen Carl Farm to School

Madison Riegel - 9

Stephen Carl is a freshman at Hamburg Area High School. In his free time, he enjoys farming at Penn Jersey, a beef and pork farm located in Strausstown.

Stephen was 13 years old when he started working at Penn Jersey, but he volunteered at multiple farms before. Stephen wakes up early every morning, and helps out at the farm before school. Stephen gets paid \$8 an hour and some daily tasks are feeding the pigs and cows, and cleaning out the pens. Stephen does not think his produce comes to the school, but he does think farming plays into school. "Working on a farm, and working in general has made me more mature, responsible and reliable. Farming has motivated me," Stephen says.

Farmers are important because they provide families with so many products, from the food we eat every day, to the clothing we wear. Farmers play an essential role in the community.

"Married at First Sight" Review

Julia Doklan - 12

Married at First Sight is a TV show on Lifetime network. Three couples get married without meeting their partners before their wedding day. Thousands of people submit applications to experts in order find their partners for life; out of the thousands of people, only six people are matched. The experts who go through the applications and decide the couples are Dr. Pepper Schwartz, Dr. Jessica Griffin and Pastor Calvin Roberson. They match people based on the contestants expectations of their partner, life goals, physical traits, etc.

There are eight seasons of the show. After marriage, the couples go on a honeymoon and move in together. They are together for eight weeks after the marriage, and then they must decide if they wish to stay together or get a divorce. Many couples get divorced after filming ends, but the experts hold firm in saying that these couples have what it takes to stay married. Not only is this show a fascinating drama, but also a reality check when it comes to relationships. It reminds its viewers that relationships take hard work and dedication, even if two people are meant to be together. The experts strongly disapprove of the divorce, but they realize that the people need to do what is best for them. Any relationship can work if enough effort is put in.

People often apply to be matched because they feel they are ready for a marriage, but they can not find the right person on their own. The concept seems like something about of a futuristic movie, but it is real people, today, going through with the commitment of marrying a stranger. Often, once married for eight weeks, the couples say that they feel they have known each other for much longer. The experts say this is the intention of the experiment, and they go through the accelerated process of a relationship in order to be forced to rely on each other.

For more information go to www.mylifetime.com.



Student Athlete Spotlight: Kaeli Crespo

Madison Riegel – 9

Kaeli Crespo, who is consistently busy, is a freshman at Hamburg Area High School . She takes seven different dance classes at Hamburg at Dance Pointe Studio, owned by Lindsay Werley Johnson and Jane Werley. Crespo is at the studio Monday through Thursday, plus has practice on Saturday. She also teaches new dancers classes. She is at the studio about four hours everyday. She has been dancing since she was two years old. She dances pointe, ballet, jazz, lyrical, hip hop, tap, modern.

She attends many competitions including I Love Dance, Dance Xplosion, and True Talent. The studio also travels to Disney to perform every two years.

Kaeli goes home everyday to do as much homework as possible before she goes to dance. She has found what she needs to do to keep her schedule balanced. Dance pushes Kaeli to do better in everything. Dancing is her favorite way to relieve stress. Kaeli likes a quote from Martha Graham that says, “Nobody cares if you can’t dance well, just get up and dance. Great dancers are great because of their passion”.



Emily finds her passion

Kristen Martinez - 9

Emily Livingston has decided that she knows what she wants to do with her life by her sophomore year of high school.

She learned this about herself because this previous year she began to work at her mother’s dog grooming company, Tina’s Grooming Room LLC. That allowed her to find out that her passion is animals, dogs in particular. She works almost every day after school and on weekends occasionally. She is one of three assistant groomers at her business. She enjoys what she does and she said, “The pay is great, the environment is great, the dogs are great.”

To get this job, Emily studied for months. She learned all different types of dog breeds and what they look like, along with how they are different from each other. She also learned what their temperaments are like, and she acquired the ability to look at a dog and be able to tell what kind it is, even if it is a mix breed.

At her job, Emily rarely has down time. There are anywhere from four to eight dogs in the salon per night. If the dog is short-haired, it would take about an hour and a half or more to fully take care of them. A long-haired dog would take even more time, with their appointments being over two hours. They layer the dog appointments so when one starts another would come in about a half an hour later, keeping the business flowing and all the groomers along with the assistants busy. The temperament of the dog is also an important factor when thinking about how long the appointment will take, as a dog that does not want to cooperate with the groomers will take longer while a dog that is willing and obedient will take much less time.

Each dog appointment is different, but generally they fall into the same categories. They brush the dog’s hair fully, clip or shave their fur to the owner’s wishes, give the dog a bath, dry them, and spray them with a special dog cologne. Depending on the dog, there are different requirements as well, such as if the dog has long hair on the back of their legs they will do a procedure called feathering, where they clip and fluff that hair. They also clean the ears of the dogs and all the dogs get a scarf after they are done with their appointment.

Emily says it is the easiest when the dogs are cooperative, but she has fun with the ones that are not. Instead of feeling discouraged, she works harder and has fun with the situation.

Emily is a driven and hardworking student, that should be a role model for other students to follow. She keeps up with honors classes, singing in the regular choir and Aerial Boundaries, the select choir, and she has a job.

Class of 2020
Sign up for Senior
Pictures with Miss McCarthy
May 9-10
August 1-2

Teacher Spotlight - Mr. Werkheiser

Kristen Martinez - 9



From March 4 to March 20 this year, Mr. Werkheiser was covering for Mr. Zimmerman’s classes while he recovered from his surgery. Mr. Werkheiser was a substitute for his homeroom, civics, honors civics, and AP Comparative Government and Politics. He commonly substitutes for Mr. Zimmerman along with many other teachers, mainly teaching ninth grade students. He says this is his favorite grade to teach, but he added that it was the grade he mainly taught. The AP Comparative Government and Politics class he is unable to grade or teach, as it requires a special certification so during the time Mr. Zimmerman was out, their class was an independent study period. Mr. Zimmerman would collect the papers that needed to be graded to do it himself.

Mr. Werkheiser said he really enjoyed teaching, as he loves seeing the “I got it” moment on students’ faces. He became a teacher because of his love of

passing knowledge on to future generations. He likes teaching history because when he went to school he liked learning history, so he wanted to share that with his students.

In high school, Mr. Werkheiser went to Parkland High School and eventually graduated from Kutztown University with a degree in teaching. He has not found a permanent teaching position at the moment, so he substitutes for other teachers when they are absent or sick.

Mr. Werkheiser said that his worst experience while teaching was last year when he was substituted for Mr. Zimmerman for a month. During that time he had to teach the executive branch, which included a 200 point project on a certain president the student was given. Three students all plagiarized their information off of each other, causing a large scandal that was not fun for any involved.

Mr. Werkheiser is a very friendly and nice substitute teacher, so all students are very happy to have him cover for other teachers while they are out. He only substitutes at Hamburg, mainly in the high school, but occasionally also subbing in at the middle school. He really likes the atmosphere Hamburg has, as the students are very cheerful in his opinion.

Springing into spring

Petra Hertzog - 9

This year the spring equinox falls on Wednesday, March 20, 2019, at 5:58 P.M. EDT. This event marks the first day of spring in the Northern Hemisphere. On the equinox, the length of day and night is mostly equal all over the world. With the equinox, there will be more daylight hours, with earlier sunrises and later sunsets.

On the Spring Equinox, the Sun crosses the celestial equator from south to north. Equinoxes are the only two times a year that Sun only rises due east and sets due west for everyone on Earth. After the Spring equinox, the Northern Hemisphere tilts toward the Sun, which is why we start to get longer days. The Spring equinox brings nature’s renewal in the Northern Hemisphere and many cultures celebrate spring festivals, like Easter and Passover.

With approaching, worms begin to come out of the ground and birds start to migrate back to the north. Flowers begin to bloom due to the warmer weather. People can also start planting once spring arrives, because plants like the warm weather that spring brings.

Abigail Wertz says that her favorite season is spring because it is not too hot, but also not too cold. She says, “I like that I can start to wear lighter clothes and not have to wear a jacket.” She also says that once spring begins, so does soccer, which is her favorite sport.

For more information, visit: <https://www.almanac.com/content/first-day-spring-vernal-equinox>



Spring brings chances for a new look

Erin Furry - 12



With Winter on the run, Spring will soon be here, bringing with it flowers, sun, and a chance to put away all the stuffy Winter clothes. With Spring there will be warmer weather, which means, layering down and getting a chance to bring out the spring collection. Say goodbye to bulky winter jackets and hello to more fashionable throw overs that boast a spring look. From wearing pants to keep warm, to being able to wear dresses and skirts, it is an easy transition with a pair of cute leggings to match. The weather may be getting warmer, but the chills of winter still may reach far into the months after, so it is a great idea to throw on a scarf to add a finishing touch to an outfit.

Jocelyn Hess, a Junior at Hamburg, can be described as a fashionable individual. She said that spring is one of her favorite seasons, explaining it is not overly warm but it is not super cold either. Her go to outfit for the moment is long sleeves and sweatshirts, but when it gets warmer, she said she will start wearing short sleeves and maybe some sandals. With spring she said she usually wears pastel colors because it looks good with her skin tone. She went further to explain what fashion means to her, “I love fashion because you can mix and match so many different things. In my opinion it let’s you show people who you are with the outfit choices you go with. Soon the weather will get warmer in spring and so will my mood!”

For more fashion tips visit <https://www.moneycrashers.com/affordable-spring-clothes-accessories-women/> for more information.



Students enjoy and plan for the warm weather

Valeria Amato - 11

As the temperatures rise from 20 degrees to the 60’s, there is a whole new horizon of opportunities that leaves lots of room for activities and fun. Although, winter can be very appealing to the eye, many students like Alyssa Blandford, believe that, “It is too cold to do a lot of things in the winter.” As winter drifts away, activities like sledding and skiing do as well. That is no problem because the upcoming spring and summer hold a whole new array of fun activities. For example, think about the things you could not do during the winter. There is quite a lot, so it is time to start planning and thinking about taking advantage of the warm weather. Senior, Kylie Witkus explains how she is planning on having a very busy summer before she goes off to college. Witkus says, “I am planning on visiting several points of interest along the whole upper east coast of the U.S., with my sister. I want to spend as much time with my sister as I can before I move to Philadelphia. I can’t wait to see where the summer takes us.” Senior, Anthony Hix explains how he is not waiting to enjoy the warm weather in June, he says “I already started.” Anthony has been taking advantage of the weather changes lately, even though they are slight. Hix has been hiking once every week around local high points, like the Pinnacle. He has also been simply finding himself outdoors more than usual. Hix gladly takes any excuse he can to get him outside, and enjoying the weather.

Spring is right around the corner, and summer is coming at full force right behind it. There are many things to do when it is warm out, such as hiking, swimming at the public pools, visiting beaches, vacationing, and even going on walks. The warm weather leaves endless opportunities of activities and fun.

Should homework be banned?

Imbia Eman - 10



Homework, an activity invented by an Italian pedagogue, Roberto Nevilis, as a punishment for his students, is a common practice nowadays. It is meant to help students with their academics but does it really help? Homework can affect both student’s physical and mental health. The National Institute of Mental Health says more than 30 percent of teenagers experience some kind of anxiety, and homework is a major contributing factor. It overwhelms struggling children.

56 percent of students considered homework a primary source of stress. Too much homework can result in lack of sleep, headaches, exhaustion and weight loss. This can distract students from access to leisure time and community activities that also teach important life skills. The work that students require needs to be productive, not just kill time. Homework requires support at home, which is not practical for all students. Another reason homework should be banned is because it messes up family relations because of parents forcing homework. Moreover it also puts stress on parents.. The job of being a parent is demanding and homework is tacking on unnecessary stress. In most cases students rely on their parents to help them do their homework. On being asked about their views on this regard, some of the Hamburg students and teachers responded as follows:

Abigail Gracious (10 grade) stated that “Homework should be banned. One reason is because being a student athlete, it is hard to juggle practices and homework at the same time. Another reason is teachers should be able to incorporate homework within the plans because there is a good chance that the students might forget what to do. The last reason is that homework is just added stress for the student to have and if they weren’t to do it their grade would go down.”

Madison Middlecamp (10 grade) stated “I do think homework should be banned. It should be banned because it adds extra stress into students lives which is unhealthy. I also think homework should be banned because it is contradictory to what schools tell us to do for example being healthy and well rested. If schools wanted students to do extra curricular activities and assign homework that can take multiple hours to complete, there is not enough time for student to get the healthy amount of 8 hours of sleep. Overall my opinion of homework is negative because in my experience it does not benefit me, it stresses me”.

Ms. Morgan Geske (Maths Teacher) responded “I believe homework should not be banned from school. There are days when students do not get enough practice with the content within the class period and would need additional experience/time going through those problems to see the patterns emerge. In mathematics especially, repetitiously practicing problems of the same form/type can help students understand the steps that must be taken to solve the questions. Practice makes perfect. Just like in sports with muscle memory, your “brain’s muscle memory” of solving a math problem gets fine-tuned the more you practice.”

Miss Texter (English Teacher) also shared her thoughts. She stated “I am sympathetic to students who work long hours at night after the regular school day, but I do not think that a ban on homework is the answer. The kind of homework students get in English class is not the same as homework in other classes. Students have to read at home or we would not be able to cover the harder work of analyzing in class. In class I try to teach writing strategies and revision skills, but I can’t give students enough time to write a full essay from start to finish inside the 45 minute class period. I don’t necessarily consider the reading and writing assignments traditional homework, but they do require work outside the school day.”

Homework has been a part of students’ lives for so long that the idea of not doing it can seem incredible, surreal, or even impossible. But if a person stops to think about it, the truth is that homework is not necessary. Some people might say that not having homework may cause decline in the academic results of students but countries like Finland, Japan, South Korea; one of the smartest nations in the world have little to no homework. even without doing homework 93% of Finnish students graduate as compared to 75% in US.

For more information, visit: <https://www.ajc.com/places/school/reasons-why-home-work-actually-bad-for-students/NYLFaApGSn30fKGwD6amKP/>

School expectations v reality

Chaslyn Christman — 11

All throughout high school, students are held to many expectations. As the years go on, the work becomes harder and the stress increases. Many students in high school take core classes, including math, science, history, and English, along with elective classes. Core classes allow students to learn helpful information and are often considered to be the most important among all classes. Often, teachers assign homework within core classes to allow the students to practice the concept at home. While this can be homework, many students find this overwhelming. For example, if a student is given homework in every core class, along with homework in their elective classes, their night is going to consist of hours of homework. Additionally, schools encourage students to become involved with extra-curricular activities, such as sports, clubs, volunteering, etc., which can be interrupted by homework. By the end of the year, students are often overwhelmed, stressed, and exhausted. Instead of these negative traits being associated with school, students should be able to think of school in a positive way. For example, students should be able to have little enough homework so that they can enjoy the remainder of their day, all while getting the necessary amount of sleep at night.



Prior to high school, not many students are prepared for the work and stress. For any students coming to high school, learning time management is a crucial skill and procrastination is the enemy. Additionally, junior year is often said to be the most difficult, testing year, along with the year that is considered for college. Overall, many people do not realize the stress that can be brought on from school, as sometimes it is overlooked.

Dunkin introduces Girl Scout cookie flavored coffee to stores

Lauren Shebby – 11



As spring approaches, many people associate the following months with selling Girl Scout cookies. Recently, Dunkin introduced coffees with flavors mimicking flavors of the most popular Girl Scout cookies. They released thin mint, coconut caramel, and

peanut butter cookie flavoring. Select stores offer other flavors, like shortbread. Since then, many Dunkin customers have been addicted.

“This is why I can’t lose weight!” Erin Gesicki, a Hamburg senior, jokes. “It was much better than I expected.”

Victoria Reed, a Hamburg junior, says her favorite is the shortbread flavored coffee. Halle Gerner, a Hamburg senior, says that she prefers a thin mint flavored coffee.

Dunkin sells these Girl Scout inspired drinks to support the Girl Scouts and encourage girls to become leaders and participate in STEM careers. Many Dunkin Donuts stores are also allowing Girl Scouts to set up their booths and sell cookies at participating stores. The flavors became available February 26 nationwide and will continue to sell until May.

Post traumatic stress disorder affects millions

Kristen Martinez - 9

Post traumatic stress disorder, otherwise known as PTSD, is a mental health condition where there is an event that affects a person deeply. This disorder can happen to anyone, regardless of age, gender, or other factors. Seven or eight out of one hundred people will experience PTSD some day, according to the national center for PTSD. More than 13 million Americans have PTSD at any given time.

Not everyone is affected by PTSD, it all depends on the person experiencing the event. This disorder can be caused by scary, shocking, or sadening events. Each person’s mental state is a major factor in the development of PTSD, as everyone handles shock, grief, and fear in different ways.

There are five main causes for PTSD. They are military service, serious motor crashes, prolonged abuse, violent personal assaults, and terrorist attacks. There are many more causes, the majority of cases are caused by these.

This disorder affects the brain primarily, where the person relives the event over and over in their head. This causes them to be very tense, have problems being able to sleep, having strange feelings of blame, and a loss of enjoyment in fun activities. The person may feel stuck, with the memory haunting them while they are awake and while they are asleep.

There is no cure for PTSD, there are only treatment options. There are medications, which help to calm or help to sleep through the night, and psychotherapy. There are many forms of therapy such as prolonged exposure therapy that exposes the person suffering from PTSD to situations similar to their event to desensitize them. No two cases of PTSD are the same, so no two treatments will be the same. For one person experiencing it medication may work alone, whereas another person needs both medication and therapy. Group therapy may work for some while others need to be alone to process.

For more information on post traumatic stress disorder, visit: <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>



Game Freak announce next Pokemon installment for the Nintendo Switch

Grant Doklan - 10



Pokemon is a franchise now spanning over two decades. In 1996, Pokemon Red and Pokemon Blue were released on the Nintendo Game Boy with 151 unique creatures to collect. In 2019, Pokemon Sword and Pokemon Shield have been announced, anticipated for release later this year on the Nintendo Switch console. There are now over 800 Pokemon with more to be announced before the new installments to the franchise debut. It is unfathomable that the series has come so far, since the release of Pokemon Gold and Silver was supposed to end the franchise all the way back in 1999.

For every installment of the Pokemon franchise, there is a trio of starter Pokemon. The starters for Sword and Shield were revealed alongside the new region of Galar. The Galar region is based off of England, which can be seen through the industrial aesthetic of the locations that can be seen in the trailer. The starters include a fire-type white rabbit called Scorbunny, Grookey, a grass-type monkey, and Sobble, a water-type chameleon. Fans always have a blast speculating the evolutions of the starter Pokemon. Scorbunny is predicted to evolve into a fire and electric-type, Grookey a grass and rock-type, and Sobble a water and psychic-type. There is definitely more to come from the Pokemon Company in the following months and fans are always watching out for hints and new information.

Robert Fleek is an avid Pokemon fan and has been for some time. He has been playing the games for over a decade and is extremely excited for the new installments. He plans on picking Grookey as his starter because, "I have been picking the grass-types for the last few games. They always look the best to me." Robert is also excited that the region is based on England. "I feel like there are so many cool locations there that would make great areas in the games." Robert is so excited that he will be buying the games on the day of release in Fall 2019.

To visit the official Pokemon website, visit <https://www.pokemon.com/us/>

Conan Gray releases The Other Side, The King and announces European Tour

Grant Doklan - 10



Conan Gray is continuing to cement himself as a rising star in the music industry. On February 9, 2019, Conan released a new, improved version of his song The Other Side. The song was originally released on his YouTube channel in April 2016, amassing over 2.5 million views since its debut. Conan's internal struggle with growing up is a prevalent theme throughout The Other Side. Its release precedes Conan's entrance into his senior year of high school. He describes the song as "nostalgic," adding that was written with the intent to retain his memories of home.

The Other Side is not the only new release from Conan in 2019. On March 8, 2019, a brand new song titled The King made its debut. The song is much more confident that Conan's previous works, boasting his position as "the king" to his crush. Conan revealed on Twitter that the song was dedicated to someone who had romantic interest in him, but failed to tell him until he was about to leave for college. The song also switches genres, leaning more towards Electro-Pop. Conan also announced in an interview that he is working on his debut album, which does not yet have a release date.

Conan is adding to his tour experience in 2019 with a third continuation of his "Sunset Shows," this time overseas in Europe. Beginning in late 2018, Conan sold out seven legs of his first ever tour. Driven by success, it was then extended to an additional 23 stops which also sold out. On March 19, 2019 Conan announced a six stop tour all across Europe and the tickets go on sale March 22.

Alex Baum is a fan of Conan Gray. Her favorite Conan song is Lookalike, though she enjoys all his music. She first became a fan during his YouTube days, and was very excited when she found out he would be launching a serious music career. Alex was thrilled at the release of The King because it is more upbeat and positive than the rest of Conan's discography. "I think I enjoy it more because it's empowering. It has a very bright sound to it."

To visit Conan Gray's official website, click here <http://www.conangray.com/>
To visit Conan Gray's Spotify profile, click here <https://open.spotify.com/artist/4Uc8DsxcT0oMqx0P6i60ea>

For The People shows both side of the argument

Kristen Martinez - 9



The popular ABC law drama For the People returned for its second season at the beginning of March this year. Created by Shonda Rhimes, the same producer of Grey's Anatomy, How to Get Away with Murder, and Scandal, this show follows the stories of six talented new lawyers in the Southern District of New York, otherwise known as the Mother Court, the oldest district court in the nation. If you like any of Shonda Rhimes' previous shows, you will definitely like this show as well.

Three of the lawyers are prosecutors, while the other three are public defenders. Sandra Bell, Allison Adams, and Jay Simmons are the defenders while Kate Littlejohn, Seth Oliver, and Leonard Knox are the prosecutors. Sandra Bell is played by Britt Robertson, Allison Adams is played by Jasmin Savoy Brown and Jay Simmons is played by Wesam Keesh. Kate Littlejohn is played by Susannah Flood, Leonard Knox is played by Regé-Jean Page, and Seth Oliver is played by Ben Rappaport. The contrast between the prosecutors and the defenders allows the viewers to see both sides of these stories, the accusation and the defense.

The topics covered within the court cases are mostly related to current events and problems, specifically within America. This makes the show a good parallel to real life as well. They have dealt with cases on everything from illegal immigration to drug abuse to racism. The cases feel very real and both sides of the arguments are compelling, with two different mindsets being shown in each case.

For the People also covers the human aspect to these lawyers, showing their struggles within their personal lives along with their lives within the courtroom. A prosecutor and a public defender try to balance their relationship while being on opposite sides, two defenders try to keep the peace while living with one another, and two prosecutors try to figure out how they feel about each other, all of this while balancing ever growing caseloads.

With the constant issue of right versus wrong, relationship issues, quarrels within friendships, and workplace drama, For the People is captivating in its exciting twists and turns. Make sure to watch it every Thursday at 10 P.M. on ABC.

RuPaul's Drag Race unveils season 11

Grant Doklan - 10

RuPaul's Drag Race is a reality competition show about drag queens from across America competing to become America's Next Drag Superstar. It is hosted by RuPaul, arguably the world's most famous drag queen, with regular guest judges Michelle Visage, Carson Kressley, and Ross Matthews. The show began in 2009 on Logo and in 2019 it is entering its eleventh season and has moved to VH1. Drag Race has become immensely popular in recent years, winning a total of 9 Emmy awards.

RuPaul's Drag Race season 11 has an all-star cast, including the likes of Vanessa Vanjie Mateo returning from season 10. Vanessa's exit on the first episode of season 10 where she walked back and repeated the phrase "Miss Vanjie," became a hugely popular internet meme for the following months.

Other standouts include Silky Nutmeg Ganache whom fans are already madly in love with after seeing press interviews. Other queens like Plastique Tiara and Soju already have massive followings. Soju has a YouTube show called Shout with Soju where she reviews every episode of RuPaul's Drag Race, whereas Plastique Tiara has a massive Instagram following.

Yvie Oddly is the resident weirdo of the season. She is based in Denver, and describes herself as "Denver's commodity of drag oddity." Another well-known queen is Ariel Versace, with an Instagram following of just over 175 thousand. The cast includes 15 queens who can all be found on RuPaul's Drag Race's official Instagram account.

Mikayla Slichter is a fan of Drag Race and has been watching since Season 9 started airing in 2017. She got hooked on the show because of her close friends who encouraged her to start watching. "I thought it was an interesting premise for a show, so I started watching and immediately got hooked." Mikayla says Drag Race includes three of her favorite things; fashion, makeup and comedy. Mikayla is, "very excited for Season 11. I love all the queens this year." Vanessa Vanjie Mateo is Mikayla's pick to win.

For more information on RuPaul's Drag Race, visit their show page on VH1, <http://www.vh1.com/shows/rupauls-drag-race>

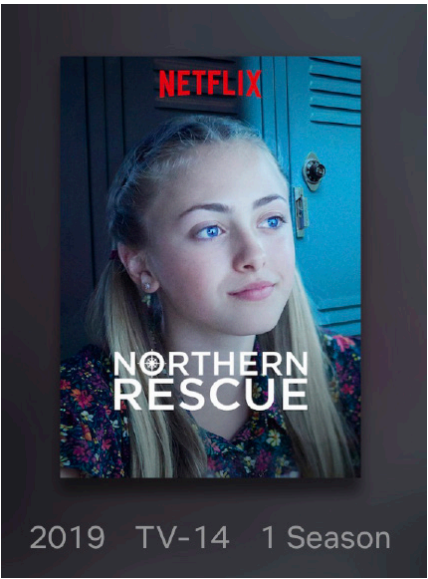


TV Show Review- Northern Rescue

Eliza Hunsicker - 11

The Netflix show Northern Rescue took the viewers by surprise. It was created and produced by Dwayne Hill, David Cormican, and Mark Bacci. The show is based in a Boston, Massachusetts then switches to a small Massachusetts town called Turtle Bay Island. The show creates the life of the West family. The family is made up of the mother, father, and three teenage children. The teens each fit their own stereotype. The oldest is a “bad kid”, the middle one is the athlete that has to follow in his father’s footsteps, and the youngest is the genius.

The West family has to manage to get through many hardships and challenges that life continues to throw at them. The family has to overcome losses, moving and many more obstacles. When tragedy hits, the family is forced to leave Boston and travel to the father’s hometown of Turtle Bay Island. Little did the family know, another problem had occurred upon their arrival. Each of the teens has their own issues that they are trying to overcome. Since Turtle Bay Island is John’s hometown, his son begins wrestling at the new school and has to try and live up to his father’s name. The two girls have trouble fitting in. The oldest surrounds herself with friends that are bad influences and creates a whole string of issues amongst her life. The youngest on the other hand, is confused. She had been bullied, but as the show goes on, we see her develop friendships that she never thought she would have. The cast is made up of many main characters. Kathleen Robertson plays the aunt that steps up to help the family. She has also acted in Beverly Hills, 90210. Spencer MacPherson stars as the middle child, Scout West. Spencer has also been in Degrassi, Criminal Minds, and Reign. William Baldwin stars as the father, John West. William has also been featured in a popular movie called Forgetting Sarah Marshall. Taylor Thorne stars as the oldest daughter Maddie West. Amalia Williamson is the youngest daughter, Taylor West. The two actresses that portray the daughters have had their big break through Northern Rescue. Neither have been in anything else as of now. Overall, Northern Rescue is an amazing show. Not many people have given the show a chance, but once they do, they will not regret it. It will take the viewers on an emotional rollercoaster. This series is just beginning so there is time for the creators to think of many more ideas that will have the audience laughing one minute and crying the next.



People experiencing bad eating habits

Lucas Gehring - 12

The food offered in today’s economic society is near to limitless and yet it is hard for most people to keep a healthy diet. When someone walks into a grocery store to buy food for the week, how much of the food supplied in the store actually provides the right amount of nutrients for that person’s needs? So many foods are anything but good for a person. Major food corporations that distribute all sorts of goods around the world, do not care if their products are bad for someone, just as long as they pass through the United States Department of Agriculture (USDA) and consumers want to buy it. That is not to say it will come close to killing someone if they indulge in sweet treats a few times a month. However there is a limit as to how much junk food a person should consume.



According to the American Heart Association (AHA), the maximum amount of added sugars men should intake on a regular basis is 37.5 grams and women 25 grams. The problem is that many people consume nearly three times that amount on any given day. A 12 ounce can of Mountain Dew for example contains 46 grams of sugar which is already over the daily intake. There are many of those who consume sugary beverages like this on a daily basis. Another factor as to why people choose to overindulge on junk foods is due to the stressful environment of today’s busy workforce. How many times has someone been overwhelmed by their current lifestyle and decides to stress eat because of it. As an adult, anyone is capable of going to the store to buy a huge tub of ice cream and no one can stop them. Sweet treats like ice cream can act as comfort food in order to escape the struggles of reality. Who ever heard of stress eating a bunch of fruits and vegetables? For roughly the past 40 years, the fast food chain has made eating more of a breeze. All one must do is pull in to order their food and no more than 10 minutes later, their meal is ready. However, throughout those years many people have made fast food a way of life. Overtime, this causes serious health related concerns to the body. It is not easy to find a way to the path of healthy eating because our bodies are designed to crave tasty foods that are loaded with sodium and sugar. The question to be answered is to how we can prevent this. Though some people might not know, as of right now, 33 states excise tax on sodas and other sugary beverages. More debates go on as to what if we heavily taxed all foods that classify as “unhealthy” and reduce the cost of those foods that classify as “healthy” so people are persuaded to purchase healthier foodstuff. It is vital to find a solution to the problem in order to prevent future generations from being raised in a society full of obesity and poor eating habits.

Modern Hero: Steve Jobs

Jasmin Modrick - 12

For the past 33 years, I have looked in the mirror every morning and asked myself: ‘If today were the last day of my life, would I want to do what I am about to do today?’ And whenever the answer has been ‘No’ for too many days in a row, I know I need to change something,” Steve Jobs said. Steve Jobs had the ideology like no other man. He was focused on bettering his life and the world, to ultimately shape himself into a hero. His determination and dedication took him a long way, to create the famous, worldwide company, Apple Inc., and develop electronics that are astounding today. If every day was spent worth living, think how far you could get in life too. Jobs was not just another man that tried to make an invention and start a company that succeeded. He developed new worldwide electronics in an era where technology was still developing and his creations were never seen before. Quickly taking off, Steve Jobs created a billion dollar company out of living life to the fullest, on the edge of your seat, to ultimately become a hero. Most people now have some type of Apple product as it might be an iPhone, iPad, iMac, etc. which all correlates back to the original developer, Steve Jobs. However, it is not as world renowned as Thomas Edison’s invention of the light bulb, but in our day and age it is one of the biggest creations. Jobs wanted to be remembered and make life memorable, which he then succeeded in doing so. He is a hero in technology’s eyes. To better understand Steve Jobs and the legacy that is known, it is important to know his past as a child. He was born on February 24, 1955 to Joanne Schieble and Abdulfattah Jandali, an immigrant from Syria, in San Francisco, CA. He was adopted as a baby by Paul Jobs and his wife, Clara. Growing up, Steve worked with his father who was a Coast Guard veteran and machinist, on electronics in their garage. This influenced him to work with technology later in his life, to then create a passion for it. He wanted to make his life memorable and important, so his past helped start his ideology to make every day count, to create his heroism. Steve Jobs went out on a limb to start his dream and was not scared of the unknown or where it would take him, to either success or failure. He was a true risk-taker and willing to sacrifice what it takes. Jobs and Stephen Wozniak, his friend who was a computer engineer, founded Apple Computer in 1976, in Steve’s parents’ garage in California. Jobs and Wozniak funded Apple Computer by Steve Jobs selling his Volkswagen bus for around \$1,500 and his partner, Steve, selling his scientific calculator as the first step of a rising company. Jobs continued to make sacrifices and risks for Apple, to hope that his creations and company is a success. Jobs and Wozniak succeeded, in 1977, they created the Apple II becoming the first famous personal computer and then in 1980, Jobs became a multimillionaire. Like Beowulf sharing these pagan values too, he sacrificed his life and took a risk to fight Grendel and all the other monsters to rise to fame. He went into battle, oblivious of the outcome, but willing to risk what it takes. That is a characteristic of a hero, which both Jobs and Beowulf are, which ultimately made their lives count. Jobs made one long life friend that he would never forget, his partner Steve Wozniak. They created a business together, a wide spread design and development that took off into the world. Steve met Wozniak while he was in high school, and Steve Wozniak was studying at the University of California. They had a great friendship and partnership because Steve Wozniak declares, “We both loved electronics and the way we used to hook up digital chips. We both had pretty much sort of an independent attitude about things in the world” (“Apple founder Steve Job dies”). Jobs and Wozniak had an unbreakable partnership that allowed them to be the best they could be. Steve Jobs is credited with fame, or lof, for his amazing creation and start of the Apple Company that is now known worldwide. However, he did not do it for the fame, he did it for his own good. Steve Jobs will always be known for creating Apple and the electronics from it will never be forgotten. First, Steve Jobs created the iPod, then iPhone, both became best-selling products, but not stopping, he created the iPad too. Jobs’ focus was to create new electronic products that people want to use and start fresh, which succeeded as Apple was rated number one as America’s most admired company. Walter Isaacson declares that Steve Jobs “was the greatest business executive of our era, the one most certain to be remembered a century from now. History will place him in the pantheon right next to Thomas Edison and Henry Ford” (“Apple founder Steve Job dies”). Steve Jobs will always have fame for his creation and start of Apple. There has been movies and books made about Steve Jobs and his achievements. Steve Jobs, selflessly declared before his death, “I was worth over \$1,000,000 when I was 23, and over \$10,000,000 when I was 24, and over \$100,000,000 when I was 25, and it wasn’t that important because I never did it for the money” (Pettinger). Fame and money never were that important, but helping the people was. Jobs created Apple, not for himself, but for others, which shows heroic characteristics. Beowulf also has mass amounts of fame for killing Grendel, his mother, and eventually the dragon. After his death, he will always be known by the people of that area and from all over because there is a tower built for him by the waterside for his legacy and accomplishments. Both Steve Jobs and Beowulf made an impact on their world and would forever be known for their successes or inventions. Lof makes life feel that it is memorable because finally, they were recognized for their endeavors, even after they died. Since you heard all about Steve Jobs and his accomplishments, could you take on his ideology and be the next him? Jobs has worked hard all his life to become successful by making a partnership, sacrifices, and taking risks. Resulting in fame and accomplishment, to make an impact on the world. Steve Jobs created a successful worldwide company, Apple Inc., with different electronic inventions which influenced advanced technology in modern day life. He took risks and sacrifices to invest money to make his dream possible, including comitatus, to result in lof. Jobs had one goal in mind, and that was to make life worth living for, which he succeeded in doing... did you?

