

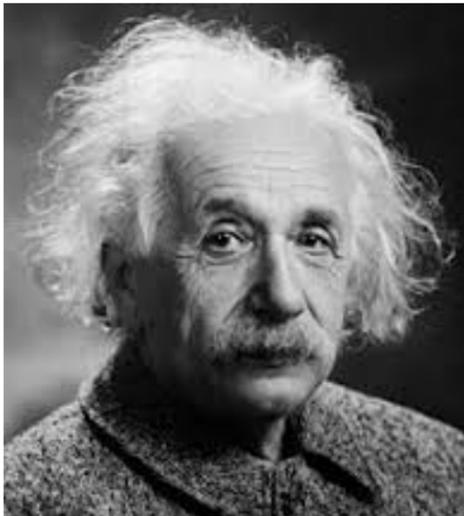
HAPPENINGS

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People celebrate Albert Einstein's birthday

Milannys Busquets Rivera - 12



Albert Einstein was born on March 14, 1879, and he changed the notions of time, matter, and space, launched modern physics, and he became a recognized scientist. He was born in Ulm, Germany and an uncle introduced him to science and math. He enrolled in the Swiss Polytechnic Institute when he was 17 after failing the entrance exam the previous year. In 1900 he graduated and by 1902, he was a junior patent examiner in the Swiss Patent Office in Bern, Switzerland. He specialized in electrical devices. In 1905, he published four papers that reshaped physics. The year 1905 came to be known as Einstein's Miracle Year because of it.

The first paper explained the Photoelectric effect. His paper paved the way for quantum mechanics by establishing that light is a particle and a wave. Later, Einstein was awarded a Nobel Prize in physics for his discovery. One of the other papers related to Brownian motion. Einstein stated that the seemingly random motion of particles in a fluid was predictable, measurable part of the movement of atoms and molecules. This statement helped establish the Kinetic Molecular Theory of Heat. Einstein provided confirmation that atoms and molecules actually exist.

In another paper Einstein published his Special Theory of Relativity. In it, Einstein showed that different people perceive mass, space, and time differently, but the effects do not show up until people start moving nearly at the speed of light. Einstein said that a spaceship traveling at the speed of light would have infinite mass, and a body of infinite mass also has infinite resistance motion. Which is why nothing can accelerate to a speed faster than light speed. Because of this theory, light is now seen as an absolute in a universe of shifting values for space, time and matter. The fourth paper in 1905 stated that mass and energy are equivalent. His work is shown in the famous equation $E=mc^2$. Energy and matter are the same thing.

In 1911, he predicted that light passing near a large mass would be bent. That led to his General Theory of Relativity in 1916. It established the modern theory of gravitation. In 1919, his theory was confirmed and it made Einstein a household name. Einstein's theories had elements that he himself could not accept. This part of him is perhaps a reason for his popularity. He could get answers to questions that people were not even questioning but he still did not accept all of his work.

Make an unforgettable summer

Lucas Gehring - 12

With third quarter out of the way, all that is left for us is 45 more days of school until the big break. For seniors, that amount is even less. Though for the rest of the year, students and maybe even some teachers might be taking it down a notch in preparation for the summer and the start of the 2019-2020 school year, everyone must put forth as much effort as they did during the first three marking periods. It is not until the very last day when all students should turn off their minds and focus on the high life. That said, there is no reason why anyone should be bored over the summer and struggle to find something exciting to do.

The beautiful weather and calm starry nights during this two month period are just a taste of what the season has to offer. Anything that can be done outdoors can be done during this time. From swimming, surfing, kayaking, white water rafting, jet skiing, and parasailing, to hiking, biking, jogging, sunbathing, socializing, and much more, there is always something for everyone.



The East coast is loaded with mountainous regions filled with numerous trails for hiking, biking, four-wheeling, dirt-biking, and even horseback riding. All it takes is just a trip to the mountain, which in our case is right in our backyard. Though there are not any beaches in the area, there are dozens of pools, lakes, and rivers that provide all the aquatic experience one could ever ask for. All across the country, there are amazing national state parks that provide scenic views and breathtaking landscapes like no other. Those especially hot days during the season make it perfect to go out with friends and get something refreshing like ice cream or an iced coffee. Point being, when it comes to the big break in between school years, it is vital to make every day count. There will be times in everyone's life when these breaks go away and reality kicks in. However, with the struggles of reality comes moments of great joy that every person deserves.

Sport Spotlight

Kylee Landis - 12



Veronica Heckman, 16, has started her Junior year of softball. She is very excited for the season to take action. As a softball player she's work hard on her actions to win the game. Since softball just recently started, they did not have a game yet, but as a team they are prepared.

Veronica has been playing softball since she was nine years old. She decided to play softball because her friends were and also because she loved watching baseball, so softball was the closest sport to play. Her father encouraged her to play because he also played baseball and thought that she would enjoy playing softball as well.

The softball season is off to a good start, they did have a scrimmage against Upper Dauphin that went very well for the team, but since it was a scrimmage they did not keep score. As a team they have been practicing

hard to be their best. The team plans to have another successful season like last year. Veronica is number 17 and plays the position catcher and an outfielder, she prefers catching over anything.

Veronica plays a total of four different sports: field hockey, bowling, basketball, and softball. She does plan to play a sport in college, but she does not know where she would like to attend and what major she will study in. Veronica hopes to play field hockey, bowling, or even softball in college.

Baseball is Back

Eliza Hunsicker - 11

Throughout the past few weeks, the weather has reached some amazingly warm temperatures. On one of those days, Hamburg's baseball team had a great win, the second of the season.

The baseball team is 4-0 and faced Berks Catholic's team on Wednesday, April second. Sean Evangelista, a junior, is on the team and says that "this season we are working on making our way to states like we did in 2016. We've got some big shoes to fill, but with hard work we all know we can make it there."

To reach their goal of making states and hopefully winning, they are all going to continue to go out on the field and be as focused as possible, yet also try to have as much fun as they each can have.

The team is currently ranked first in the county and fifth in the district. These rankings are what determines if the boys will make their way on the road to states.

The baseball team is a brotherhood, and they look at each other as family. Since they all spend hours together six days out of the week, great relationships are formed.

The close bonds built by the team are beneficial for making it far in the season. Junior Mason Henne says, "since we are all so close and have such good friendships with each other, we have a higher chance of getting farther into the season because of the encouragement." Mason says "we support each other through every at bat, every good catch, each great play, and of course through every mistake. We are athletes, we all make mistakes, but as long as we encourage each other to do better, we will."



Bike shorts become trendy

Julia Doklan - 12

As spring arrives, people are taking off their sweatpants and jeans, looking for new styles to wear in the warmer months. Fashion designers use this as an opportunity to grow their brands and push fashion boundaries. Models have been sporting bike shorts on the runway. These are tight, spandex shorts that stop about mid-thigh. These bike shorts were also popular in the 1990's and are making their comeback.

These shorts hug tight, and can be seen on models in order to highlight the top half of their outfit. Most bike shorts are simple, allowing fancy jewelry and jackets to be worn with them. However, they do come in both plain colors and patterned; the runway has seen it all. Articles online have called

bike shorts the new leggings. This is not a surprise considering that "athleisure" has been on the rise the last few years. People are wearing comfortable work out clothes in their everyday lives. It makes sense that a spring/summer version of leggings became popular.

Youtubers in California have been wearing bike shorts since February. They are embracing the warm weather and spring fashion. The Kardashians have also been seen wearing these shorts. Bike shorts can be found at sporting stores such as Dick's or at fashion-oriented stores such as Target, H&M or Forever 21.

Visit www.crfashionbook.com for more information.

Spring has sprung

Chaslyn Christman - 11

As of March 20, spring has officially started, which calls for rain, growth, sunshine, and warm weather. Now that the cold weather has ended, more opportunities are available, such as gardening, walking outside, picnicing, fishing, and more.



Gardening is a favorite, as it is a fun hobby for many. During the spring, many flowers, such as tulips, marigolds, morning glories, and daffodils will flourish. Along with beautiful flowers, fruits and vegetables are also great to plant during the spring. To create a garden, not much is needed. All one needs to create a garden is dirt, seeds, water, and space. From there, care, dedication, and patience will help create a beautiful garden, which many will admire.

Walking outside, along with jogging, running, and hiking, are also great activities to do in the spring. The warm weather is great for relaxation and exercise, all while allowing one to experience the blooming nature. When alone, try bringing a pet along for the walk. They too will love it and benefit! If walking, jogging, and running do not sound appealing, consider taking a hike. Although a hike may be more tiring than a walk, the end result is often beautiful. Locally, the Pinnacle and Hawk Mountain are great hiking spots.

Additionally, picnicking is a fun hobby to do in the spring. On a warm day, packing a lunch can be a fun date or activity to do with friends. The picnic can be extra fun if it is near a lake! It is cheap, fun, and classic. Junior, Val Amato says, "I like packing a lunch and going to the Hamburg Park with my friends during the spring and summer."

Fishing is another activity that is often done during the spring, due to the weather warming up. As the water warms up, fish start to swim closer to the surface, resulting in great fishing conditions. The activity is cheap, in most cases, and will also make a great date or activity to do with friends.

Cheering for six years to coaching cheer for 19

Alexandra Kline - 11

Nicole Valentino, the current cheer coach for the high school varsity cheer squad, has coached cheer here at Hamburg for "19 years and going strong." After the end of this year's cheer season, the cheer "squad earned two top two finishes in our competitions."

As a cheer coach and a second grade teacher at the Reading school district, she coaches cheer because it "was a positive experience for me throughout high school. I enjoy continuing to support Hamburg athletics and the surrounding community." She started cheer during her middle school career, here at Hamburg Area Middle School and finished cheering here at the Hamburg Area High School. Since she has coached here for so long, she reveals that "It is hard to watch the girls that I have coached for four or more years graduate. They become part of my family, and I miss seeing them on a daily basis when they are no longer on my squad."



With a new cheer squad every year, it can be hard teaching new girls new things that others have known for years. This year's cheer squad had "a wide range of skills and abilities, but what makes the squad unique is how well they can work together to collaborate creative and diverse routines." At the end of the school year, Valentino hopes that "they know that I challenged them to do their personal best because I want them to succeed in life."

The cheer squad just recently received new cheer mats to use indoors for practicing on. Valentino is "ecstatic about the new mats. The mats are safe, easy to set up and take down, and are reducing black and blue knees." It will be nice for the cheerleaders to have less bruising now that they have the proper mats to prepare for their seasons, including competitions.

To prepare for their competitions, they must practice and clean their material to bring home their trophies and prepare for the upcoming seasons. The cheerleaders "never stop cheering. We have open gyms two times a week throughout the year. We use that time to prepare our own competition routines and to choreograph material for our youth squads."

Congratulations to the high school varsity cheer squad for achieving first and second place trophies! Valentino declares, "My girls are the best! I challenge any team to try to beat them." Any students interested in joining the Hamburg varsity cheer squad family can sign up at the Hamburg Area School website.

Billie Eilish releases debut album *When We All Fall Asleep, Where Do We Go?*

Grant Doklan - 10

The tumultuous lead up to Billie Eilish's debut album *When We All Fall Asleep, Where Do We Go?* began all the way back in July of 2018. The release of *You Should See Me In A Crown* was the first official single confirmed to be on the album. Only three songs were outright confirmed to be on the album before its release, despite Eilish releasing others that did not make the cut, such as *Come Out and Play* and *When I Was Older*. Close to the album's release, Eilish unveiled the cover photo and title, along with a new single entitled *Bury A Friend*. *Bury A Friend* is the highest charting song Eilish has ever released, peaking at number 14 on the Billboard Hot 100.



Eilish celebrated the album's release on March 29 by releasing a brand new music video for the song *Bad Guy*. The song is a great opener for the album, setting the dark and villainous tone that is carried throughout. Many of the songs on the album have prominent bass lines and punchy percussion, accompanied with Eilish's quiet whisper-like vocals. Some standouts include *Xanny*, *All The Good Girls Go To Hell*, *My Strange Addiction* and *I Love You*. The last three songs on the album are especially interesting because Eilish specifically laid them out, "so they would read like a sentence." Those three songs are *Listen Before I Go*, *I Love You* and *Goodbye*. The parting message is very powerful and leaves an impact on the listener. Overall, the album will be an enjoyable listen for any fan of pop music.

Mikayla Slichter is a huge Billie Eilish fan. She has been listening since 2016 when *Ocean Eyes* first blew up and is thrilled with the new album. Mikayla says the album is, "everything I could have hoped for." While she enjoys every track, her favorites include *Bad Guy*, *Wish You Were Gay* and *Iloilo*. Needless to say, Mikayla will stay tuned for future projects by Billie Eilish.

To go to Billie Eilish's official website, click here <https://www.billieeilish.com/>
To stream *When We All Fall Asleep, Where Do We Go?* click here <https://open.spotify.com/user/dd1tmsu5icsxgqtiahyzbrd/playlist/5BcEIPksm1u1pT7ZQkPDVO>

Impact of Uniform

There have been many debates about whether students should wear uniforms or not. Many schools agreed with the idea and have already required a school uniform, while others are still considering it. Some say that school uniforms represent discipline and also school pride but others think that it is not comfortable for students.

Uniforms create a sense of oneness and belonging. Everyone can be on the same team. As on athletic teams, uniforms are worn for immediate identification and to inspire a feeling of 'oneness'. Put on the team uniform and one suddenly belong and a sense of loyalty emerges from inside. It also brings benefits in terms of morale, discipline and results because it brings children of all backgrounds to the same level. The uniform is exactly that - a uniform- rather than a fashion statement. Students seem to be more confident in the way they look so they have more confidence in themselves. Most importantly, a uniform means students do not have to worry about peer pressure when it comes to their clothes. When everyone is dressed the same, worrying about what a person looks like is not so important. There is no competition about being dressed in the latest trend, which may put

a great deal of financial pressure on students and parents. Potential bullies have one less target for insults; it is hard to make fun of what someone is wearing when everyone is dressed exactly the same.

For more information, visit: <https://theconversation.com/school-uniforms-a-blessing-or-a-curse-41967>



Collagen and Biotin provide benefits

Halle Gerner - 12



Even in the year of 2019, vitamins are very vital to Americans and their lives. One of the most popular vitamins that is used by Americans today, collagen, is a protein vital for the body and is important for the things such as hair, skin, nails, bones, ligaments and tendons. The protein collagen has a lot of benefits, but most people find that collagen is most beneficial to the hair, skin and nails. It became noticed that people who took collagen had generated very healthy, clear, hydrated skin, while boosting other proteins such as elastin and fibrillin. Collagen is also proven to help improve muscle mass and maintain a healthy heart. It comes in forms of pills that are easy to take and swallow, which can be found at Walmart or any local drug store such as Rite Aid, but can also be found in powder form, as well as foods such as chicken skin, pork, beef, and fish.

Another popular vitamin that is taken by Americans today is biotin. Biotin is also a vitamin that is very beneficial to the hair, skin, and nails. It is allowed to be taken at any age, and is proven that hair is much healthier than prior to taking biotin. Biotin is also very beneficial to the body by helping with lowering cholesterol, supporting metabolism, and regulate blood sugar. Biotin can also be found in forms such as gummies, pills, and foods such as egg yolks, salmon, nuts, seeds, avocados, and many more.

"I got two containers of biotin gummies from Rite Aid for ten dollars, and I never spent my money any wiser. The Biotin gummies help me maintain healthy skin, and have stronger hair. I take two Biotin gummies a day, one in the morning and one at night. If I don't take a Biotin vitamin, I feel bare and like I missed a meal. I never felt more happy about my skin and hair," explains Savannah Reichel, a senior at Hamburg Area High School.

At this age, hormones are up and down and tend to cause the skin to breakout very easily. Although, both collagen and biotin can help reduce the amount of blemishes on the skin, and keep the skin glowing. Therefore, go to the local drug store and purchase some healthy, beneficial vitamins for the body!

For more information on these two important vitamins, visit: <https://www.healthline.com/nutrition/collagen-benefits#section7> and <https://www.chatelaine.com/health/wellness/biotin-can-boost-your-health/>.

Easy to make breakfast items

Taylor Henn - 9

Eating a good breakfast has many benefits, yet only a few people do. Most people, especially teenagers, should eat breakfast because they need their brain to function properly throughout the day. One of the excuses that people make is that they do not know what to eat, but there are many healthy breakfast items that are still very tasty.

Some people also complain that they do not have any time to eat breakfast, but there are numerous on-the-go foods. One of the easiest and fastest breakfasts are smoothies. Smoothies can be made up of fresh fruits with Greek yogurt, blended with either milk, coconut water, or juice. People can also put nuts and seeds in their smoothie for extra flavor and nutritional value.

Another quick breakfast that can hold people over throughout the day is oatmeal. When looking for oatmeal at the store, people should pick up the kind with no sugar, but then add fruits to it so it has more flavor. Even though fruits contain sugar, it is natural which is much better than added sugar.

One of the most standard breakfast items are eggs, but most people want something with more taste. There are multiple ways that eggs can be used in breakfast. People can make egg breakfast muffins that are really easy to make. All people have to do are whisk eggs, add cheese, bacon, spinach, and then pour them into muffin tins. These are a great way to get protein in, without having such a big meal.

Riley Stine, a freshman at Hamburg Area High School, says, "I eat breakfast every day. I used to eat cereal, but now since I am trying to cut out sugar, I eat egg sandwiches." Riley takes four honors classes and needs as much brain power as she can get, so breakfast is a great choice she makes every morning.

Hamburg Area High School always provides breakfast for students in the mornings. They offer breakfast sandwiches, muffins, cereal, yogurt, and fresh bagels. Students should take advantage of these options in the morning before they start the school day.

To find more breakfast ideas visit: <https://greatist.com/health/healthy-fast-breakfast-recipes>



Body Dysmorphia affects many teens

Archer Thomas - 9

It is very common for people to have Body Dysmorphia, a disorder that makes people obsessed with the way they look, more specifically the ways their flaws look. Although people of every age can be affected, the most common ages are between 14 and 60. The disorder unfortunately cannot be cured and it can last a lifetime. The best way to help it is by going to therapy. People often find that therapy helps because of being able to speak with someone about it.

There was a study taken within teenagers to see which features were the most common issue. The top three were hair, skin, and nose. When they feel a certain way about a feature, they try very hard to cover it. They do not realize that by trying to cover it they are drawing more attention to it.

Around 2% of people have Body Dysmorphia, which means over five million people in America are diagnosed. In a different study it was found that 97% of people with Body Dysmorphia avoid social activities due to the way they think they look and 30% of people with it cannot even leave their house. A diagnosis of Body Dysmorphia includes an evaluation that assesses negative thoughts about one's body.

To learn more about Body Dysmorphia and its symptoms visit <https://www.newport-academy.com/resources/mental-health/body-dysmorphic-disorder/>.



Students learn from *My Life as a Zucchini*

Valeria Amato - 11

Netflix original, *My Life as a Zucchini* is a film that was released on February 24, 2017. The film took place in a fictional orphanage, and was directed by Claude Barras has won several awards including, the Academy Award for Best Animated Feature Film, the Cesar Award for Best Original Score, the Empire Award for Best Animated Film, and several more. *My Life as a Zucchini* is a French film that is available in English on Netflix.

The main character Zucchini, who is voiced by Gaspard Schlatter, is brought to a foster home after losing his mother. Zucchini learns to cope with the loss of his mother and also manages to cope with the transition into the foster home with several other orphans. After a bumpy start to the transition, Zucchini achieves a strong bond with the other orphans that eventually binds them all together as a family.

This is definitely a must watch film considering the real life experiences that are brought to light regarding foster kids. Even though, the children in the foster home had experienced a great deal of tragedy, they still manage to learn and develop trust and the meaning of love.

Chaslyn Christman says, "I noticed this film on Netflix not that long ago and it looked interesting so I watched it. I am so glad that I did. It was definitely one of the most emotional and captivating movies I've ever watched, which is surprising for a cartoon." Chaslyn also goes on to recommend the movie to all high school students and says "It is important to learn about the issues brought up in *My Life as a Zucchini*, even though the issues in the film may not be your reality, that doesn't mean that it isn't someone else's."



April Fools' Day Pranks

Petra Hertzog - 9

Every year April Fools' Day falls on April first and this year it happened to fall on a Monday. This is a day to play practical jokes on everyone in hopes of getting a great reaction out of the person. The origin of this celebration is unknown, but some people believe it is to celebrate the changing seasons or the start of the new calendar month.



Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563.

People who were slow to receive the news had moved to January first and continued to celebrate it during the last week of March through April first. They became the people who were joked about.

Every year the press releases a non-existent parade for April Fools' Day in New York City and these parades have been issued since 1986. Another prank that is memorable is when the Taco Bell Corp. runs a full-page ad in several major newspapers claiming it has purchased the Liberty Bell and is renaming it the "Taco Liberty Bell."

Travis Noecker says that he likes April Fools' Day because he loves playing tricks on people. He said, "I like that there is a day dedicated to pranking people because then I have an excuse to play tricks on people." One time he changed the salt and the sugar around as a prank on his mom.

For more information, visit: <https://www.history.com/topics/holidays/april-fools-day>

Social media impacts all

Ashley Perlaki - 10

The evolution of social media has grown quite quickly through the years, and on average there are 2.77 billion people who are social media users in 2019. This means there are more ways for people to interact with each other, whether it be in a group chat or a tweet to another person. Social media has a huge impact in most people's daily lives. Although social media has a positive impact, there are also many negative things that come along with social media.



Although social media has a positive impact, there are also many negative things that come along with social media.

The number one cause of bullying is associated with social media interactions. Social media can be a very positive place, but it can also be very negative too. Social media users should always be responsible with the words they say, and be aware of the things they post.

Since social media is so common and popular many businesses will look into someone's social media handle because they can tell a lot about a person. However, when the internet is used the wrong way it can be detrimental to someone's career or personal life.

Social media has an important impact on adolescents' life. Many of the students in Hamburg use a media platform whether it be Twitter, Facebook, Snapchat, or Instagram. When asked a series of questions, Krista Wickel, a Hamburg sophomore, said she tends to spend around five each day on social media. She also feels that social media usually consumes most of her time that she could be doing something important. Krista also feels that social media is not always a healthy place for people due to bullying, politics, and hateful speech, Krista also thinks that there are many positive things that come with social media like being able to communicate with friends, however she also feels many people share too much private information and rumors tend to spread drama starts.

The power of social media can be quite positive. Social media can encourage people to stand up for something they believe in or give them a boost of confidence. However, many people take advantage of the power social media has and can cause rumors or arguments. Social media is supposed to be a healthy platform people can experience through communication and expression of self. In conclusion, social media will be around for a lot longer so the best way to have a healthy media platform is to stay positive and use it for the proper useful tool it was ultimately meant to be.

Oral health affects the entire body

Madison Riegel - 9

Believe it or not a person's oral health play a pivotal role in their general health. Good dental hygiene, which is just maintaining oral health and preventing disease, through cleanliness, can do a lot more than preventing bad breath, gum disease, and tooth decay. It can decrease the risk of serious and fatal problems such as heart attacks, strokes, and poorly controlled diabetes. There have also been links to people with poor oral health having a higher risk to getting Alzheimer's. Oral health relates to these serious issues, because bacteria can enter your bloodstream through the mouth. This will eventually affect the brain and the heart.



If students find themselves missing school a lot due to a small stomach or headache, they must ask themselves how good their oral hygiene is. To achieve good oral health people must brush their teeth twice a day and floss once a day. It is best to stay away from drinks with added sugars and to not smoke.

Everything in your body links back to the mouth, so it is important to take care of the mouth.

Student Spotlight: Colby Gromlich

Pahton Albrecht - 11



Colby Gromlich, a Junior at Hamburg Area High School, is an AP student, an athlete, and works on his family farm. Colby enjoys interacting with others and excelling in the classroom and in sports. Colby is a Quarterback and linebacker on Hamburgs' football team and pitcher/3rd baseman on the baseball team. The Junior says, "Baseball and football have always been my main sports. I intend on playing them again in my senior year."

Colby says that he has had a bunch of fun in high school but the most challenging part of school has been finding personal time while taking AP classes. Colby takes AP Biology and AP US History. Two of Hamburg's most challenging AP courses Colby has learned to manage his time and stay focused. Colby additionally lives and works on his families farm. He stresses the importance of staying on top of his studies while keeping his families farm productive.

Colby had some advice to future upperclassmen and freshmen entering high school, "Stay on top of your work, work hard, don't be lazy, and if you want to do something then do it now because you only go through high school once and it goes fast, no regrets."

Senior thoughts for after school

Kylee Landis - 12



Seniors think about what they want and need to do for their future whether that is to go to college or to find a full time job. Many seniors have different thoughts as to what they want to do after school. Many do plan to go off to college and to follow through with their dreams. After discussing with many students about what they want to do after school, many of them have always known what they wanted to go to college for since they were just kids. But, of course some just figured out what they wanted to do because they had to discuss about the pros and cons and think about what they want their job to be for the rest of their lives.

The seniors believe that their senior year is flying by considering there is only a couple months until they walk the stage and say goodbye to there fellow classmates.

"Once senior year has approached you just think, wow time has flown by and I will be graduating very soon", said by Savannah Rechiel. Do not try to rush school so fast because before they knew it they will be walking across that stage and never coming back to their childhood friends everyday.

As a senior they really have to try as hard as they can to conquer their dreams and getting into the school they always dreamed to go to by having good grades. "Being a senior can be very stressful due to Senioritis", many students say. Because a lot of students just give up on doing their work and also decide to not come to school because they just think they do not have to do anything or show up to school due to being a senior and leaving soon.

Senior year is going back very fast, so as a senior they are trying to have the best times yet before they all part their ways and never see eachother again.



Spotlight On Berks releases daily Berks County sport scores

Quinn Holl - 11

News media outlet, Spotlight on Berks, releases daily high school sport scores in Berks County, specifically.

Spotlight on Berks promotes the idea that "every athlete matters," encouraging Berks County high school reporters to write articles about their school's sports, so the articles can be displayed on either their Facebook, Twitter or Instagram page.

When scrolling through either media source, one can expect to see scores from a variety of sports, ranging from swimming to bowling to basketball and track/field. In addition to Berks County sport scores, Spotlight on Berks oftentimes features photos from the game.

Lexi Kline, Hamburg athlete, noted the value of Spotlight on Berks. "I think it's important to keep the community informed about our local athletes, so I'm there's a news source that allows us to keep up to date with Hamburg athletics."

For those who are interested in writing for Spotlight on Berks, email spotlightonberkssports@gmail.com.

For more information visit:

<https://www.facebook.com/SPOTLIGHTONBERKSSPORTS/>



Caron speaks to student athletes about peak performance

Alexandra Kline - 11

On May 1, Aaron Menapace, the Hamburg athletic director, took 25 Hamburg Area High School students to the Peak Performance Kickoff event at Conrad Weiser High School. While there, other schools around Berks County attended the assembly, bringing some athletes of their own as well.



At the assembly, the Caron Foundation spoke with the student athletes about the dangers of taking drugs, as well as taking care of themselves. The Caron Foundation is a nonprofit organization that operates drug and alcohol recovery treatment centers around the world. Some of their locations include, Wyomissing, PA; New York City, New York, and others.

To help pass the message along, Mike Quick, a football player for the Philadelphia Eagles, spoke about his own life struggles and how he overcame them to be where he is today. He speaks of people he has known that have gone through drug and alcohol addiction as well as how he wishes he could have been able to do something to help them. Today, it is much easier, thanks to organizations like Caron, to help students and athletes better themselves and keep them on the right path.

On August 10 and 11, Caron will be holding more events to speak with the female and male athletes of Berks County separately about the importance of staying healthy and away from bad things like drugs and alcohol. Caron is a great asset for students and people to have to stay on the path that will eventually lead to success.

