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HAPPENINGS

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Student Spotlight: Colton Rentschler

Wyatt Holl - 11

Local Hamburg Area High School junior, Colton Rentschler, leaps to the occasion early this year with a new set of courses aligned for his future.

Being an all A's and B's student, Colton knew he needed to work hard to maintain this basis. Colton planned this year to be, "one of the hardest so far", and to cost more time and effort than wanted. However, this has been endured as quite the contrary in that this year's schooling presents fewer academic obstacles than expected. Colton, despite enlisting in advanced courses such as AP United States



history and pre-calculus, has had an "Easier time than expected... the classes just don't pose as much of an issue than I thought," says Colton on his new classes. Colton's academic skills allow him to wrestle collegiate level courses with relative ease. All work put in now will reflect the occupation Colton will hold as he matures into a successful adult.

When he grows to be an adult, Colton intends on working full time to establish a firm life for himself. He plans on, "taking on the family business, or getting involved with architecture." If Colton takes on the family business his life is set for a bright future. Few are given the opportunity to work full-time in something their own family was able to produce. However, Colton also sees opportunities in becoming an architect because it may lead to an even brighter and even more successful future. When being questioned on his interest in becoming an architect Colton explains how the "pay is higher and could provide me with enough income to buy a nice house for a family." Colton also states that he has had a "great interest in that field of work" for a long time and loves the math and design classes he is taking for it.

Outside of school, Colton is always hard at working earning himself an early keep at Stoudts fruit farm. Colton works throughout all of the weekend on top of keeping up in school. During Colton's freetime he often enjoys relaxing, watching TV, and playing video games with friends. He used to play basketball, football, tag, and even tennis at the local Hamburg park but since COVID-19 hit he "just didn't get the chance." When it comes to sports and extracurricular activities, they have never seemed to interest Colton, however, he states, "I've always wanted to try football or track." Being a junior in high school, Colton has plenty of time still to decide what his goals are in school. Overall, the year is looking promising for this young adult. The only issue for Colton thus far is COVID-19, and despite all the recent drama with the pandemic he still persists. The only bad part Colton says is "the occasional virtual day", otherwise all is well and homeostatic for Colton and his paved road to success.

Taylor Swift releases surprise album Folklore

Gigi Doklan - 12

Coming just 11 months after Taylor Swift's 2019 album *Lover*, *Folklore* marks a stylistic shift in the songwriter's discography. Instead of gigantic pop anthems, *Folklore* delivers a quieter sound, opting for alternative, indie production choices. The entirety of the album was written by Taylor Swift, Jack Antonoff, and another songwriter called Aaron Dresner. This is a very small team for an album, as far as pop stars are concerned. What results is a unique blend of iconic Taylor Swift storytelling and a fresh, new sound to excite listeners.



The first, and so far only, single from the album titled *Cardigan* was released alongside the album on midnight of July 24, 2020. The accompanying music video has racked up over 68 million views since its release. Like most lead singles from a Taylor Swift album, *Cardigan* topped the Billboard Hot 100 and remains on the chart after 13 weeks. *Folklore* cemented what many already suspected; Taylor Swift's talent will carry her to success no matter what type of music she chooses to release.

Mikayla Slichter is a casual Taylor Swift fan and has listened to *Folklore* a few times. When asked about standout tracks from the album, Mikayla had this to say: "One of my favorites is *The Last Great American Dynasty* because Taylor makes really smart observations about the role misogyny plays in hating successful women." Mikayla's other favorite tracks include *Exile* and the album's closer, *Hoax*.

To watch the *Cardigan* music video, go to <https://www.youtube.com/watch?v=K-a8s80LBSE>

Spread mental health awareness!

Alison Gassert - 12

Mental health is a crucial component of the health and well-being of every person. There are many stigmas associated with mental health that may make it hard for some people to seek treatment and find support within their communities. By raising awareness of mental health, communities

become more informed and people are able to recognize the signs of a possible mental health problem, so that they may seek treatment and live an enjoyable life. Each mental health illness can have a multitude of differing symptoms. Here are just a few of the more common ones: excessive worrying or fear, feeling extremely sad or low, extreme mood swings, prolonged or strong feelings of irritability or anger, avoiding friends and social activities, changes in eating habits

such as increased hunger or lack of appetite, overuse of substances like alcohol or drugs, thinking about suicide, or intense fear of weight gain or concern with appearance.

If you or anyone you know is experiencing these symptoms, there are many places to turn for help such as contacting the NAMI HelpLine through calling them at 800-950-NAMI or text "NAMI" to 74174 to find out what services are available in your community or if you need immediate help call the National Suicide Prevention Lifeline at 1-800-273-8255.

Knowing the warning signs of a mental illness is the first step to receiving a diagnosis and from there, being treated. Speaking to a mental health professional is the most effective way to find a diagnosis because mental health problems are very different from physical health problems that can be diagnosed through a simple test. A mental health professional will use the Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, to assess symptoms and make a diagnosis. After diagnosis, a treatment plan can be developed which could include medication, therapy, or other lifestyle changes. Treatment can be tricky because every person varies, so therefore every treatment plan can be different depending on the person. Other treatment options can include medication, therapy (counseling), social support, and education.

Go to <https://www.nami.org> to learn more about mental health and the ways that you can help.



Musician Spotlight: Savanna Litschi

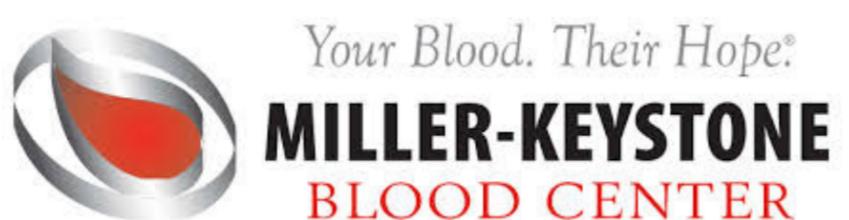
Orion Holl - 9

Hamburg Area High School Student, Savanna Litschi continues her 6th year of playing the clarinet. When first learning how to play in the 4th grade, Litschi continued on to become greater, expanding on her knowledge by practicing and learning new music for concert band. Litschi recalls her memories on why she decided to play the clarinet in the first place and for the first time and said, "Coming from a musical family, all of my mother's siblings and I played an instrument. This inspired me to learn how to play the clarinet." Being born into a family of musicians really explains why Litschi has such a passion for instruments. Understandably, Litschi would become a fantastic clarinet player, grabbing the attention from her peers.



Litschi does in fact plan to keep on playing for years to come. "I do in fact plan on playing the clarinet for as long as I am interested in it." Studies show that any type of instrument playing is a fantastic challenge for the brain, including always learning new music and trying to understand the different types of language written by older composers, getting a sneak peek inside the head of what they were trying to put out. Anyone who is a musician can relate, as this is basically learning a different type of language.

People are always creating new memories, as participating in extracurricular activities like band this leads to new and unexpected memories like Litschi's "My best and most favorable memory of the band community was in the seventh grade. We were going to Dorney Park after the High Notes festival. It was so much fun as I got to spend most of the day hanging about with friends." These unique memories are what create new personalities and traits someone not participating could not accomplish merely on their own. Hoping Litschi continues down her path on playing the clarinet it is a guarantee she will always remember her memories from school. Litschi hopes these memories will be the driving force to continue her path of music.



The Miller-Keystone Blood Drive will be held on November 13, 2020.

TV Show Review: *The Last Kingdom*

Justin Hoy - 11

The Last Kingdom is a TV show that would peak the interest of any person who enjoys learning about specific events, not only in history, but also people who enjoy personal and political competing with other characters.

This show is an overall, semi-historical summary of the Danish/ Viking invasion of the English, divided, mainland in 866. It covers a large time period, mainly between 866-920 A.D., and describes the experiences of the main, somewhat fictional, protagonist, Uhtred. Through this main character, the viewer experiences a multitude of events during this time period which include the formation of the Kingdom of England Anglo-Saxons in the early 1000s, based on the Saxon Stories book series (written by Bernard Cornwell) and improvised TV show. The first two seasons were created and produced by the BBC, mainly the semi-fictional writings of Cornwell; being inspired to write the book series by his ancestor having a similar story to the protagonist Uhtred which are also influenced by the Saxon Stories time period. The third season was created by Netflix, having improvised stories as well as following the book series loosely.



Historical, covers 866-920 of the Uhtred protagonist, historical influenced by the primarily ten by the show, follow Cornwell by his, based of the

History: In 866 A.D., a viking, mainly of Danish culture, invaded part of the British midlands near the city of present-day York. At this time, there were seven major English kingdoms competing for full, unified control over the region against one another while also defending against Scottish kingdoms and defending against viking raids before the "unified" invasion in 866. The invasion was perfect timing due to the weakened state of all of the Anglo-Saxon Kingdoms. The Kingdom of Northumbria attempted to defend against the invading Danish viking "Great Army" but lost, giving complete control and influence of the York region to the Danish. With the disorganization of English kingdoms not being able to agree to fight against a common invading enemy but, instead, fight against themselves for more influence over one another, the Danish began to capture the region of East Anglia and larger parts of the weakened Kingdom of Northumbria. After several political disputes, family rivalries, factionalism, and economic greed/ gain, there became separate Danish "kingdoms" that ruled over certain regions within the conquered territory, after the death of one main leader named Ragnar Ragnisson. This Danish held territory, becoming known as Danlaw, separating the Anglo-Saxon kingdoms Catholic religious laws with the Danish polytheistic pagan traditions and political systems. The main reason for the Danish invading the English region to begin with is due to the Danish increasing population in their mainland, having less farmland and territory for people to gain influence and wealth from while also attempting to gain more fertile land to grow crops on, compared to Denmark.

Story: After the Danish English mainland, a person named Osbert, later named Uhtred, of Bebbanburg had his lordship usurped from him by his uncle after a Danish battle with the Kingdom of Northumbria, supported with resources and soldiers by the Lordship of Bebbanburg, was lost by the Anglo-Saxons. In compensation for not surrounding and capturing the town of Bebbanburg, Uhtred's uncle gave him to the Viking raider and leader of part of the Danish army, Ragnar Ragnisson. Uhtred served, as well as a servant girl named Brida, as a slave to the Ragnisson family, although being treated and integrated by the family into Danish life and customs. This begins an ongoing difference that Uhtred has to make between Anglo-Saxon and Danish loyalties and opinions of certain situations with each opposing side. He eventually came into the service of King Alfred (also known as Alfred the Great) when crowned as the King of Wessex. He assists Alfred with his military campaigns and strategies to weaken and divide the Danish Danelaw kingdoms in order to, eventually, unify the Anglo-Saxon people under one nation, a united Catholic England after expelling the Danes from the region. He helps Alfred in order to, eventually, take his ancestral home of Bebbanburg back from his uncle. Although having to fight Danes, struggling between choosing both sides with his morals and loyalties to each in certain situations, he tries to help Alfred, completing his goal in his son Edward's rule of Wessex. The story has not finished completely and has two more seasons to finish summarizing and describing parts of Cornwell's Saxon Stories and improvised stories created by Netflix.

The TV show, overall, has been extremely interesting for me, especially because I don't know that much about the history of this specific time period and era in English history, having major historical effects from the actions and situations of this time period in not only English but also affecting world history. I would definitely recommend this series to any person somewhat interested in learning a less commonly known historical era, interested in political interest and influence. With the series continued and consistent good ratings, continued producing of material, and good reviews, this TV show, although based on historical situations and events but being somewhat fictional in its story of the main character, provides a balance between emotional, physical, and historical events that peak the interest of any person whether interested in history or not. The decisions that people make, immoral or not, have consequences of great effect which are interesting to see through the changes that characters experience throughout the story due to these personal decisions.

For more information visit: <https://www.britannica.com/place/Danelaw>

Stress Meter: Are you feeling it?

- Level 1: I've got this. I am ok.**
 - I am settled, relaxed, and comfortable.
 - I am able to focus on what I need or want.
- Level 2: I am feeling it, but I am keeping it together.**
 - I sometimes feel tightness in my body or headaches or stomach issues.
 - I am feeling stress, but I am coping and am able to focus most of the time.
- Level 3: I'm not so good. I need to talk.**
 - I frequently feel tightness in my body or have headaches or stomach issues.
 - I am stressed and anxious about my problems and have trouble clearing my mind to focus on what I need to do.
- Level 4: The struggle is real. I need support or help.**
 - I almost always feel tightness in my body or have headaches or stomach issues.
 - I have experienced a change in eating and/or sleeping habits.
 - I feel panicked and I cannot go about my day normally.



Ballet: The roots of dance

Emily Smith - 10

Dance has no doubt found a foothold in the United States, with the total workforce in the professional dance industry reaching over 15 thousand. The most common form of dance is ballet, which is the foundation for every other style of dance. Ballet began hundreds of years ago and has still remained as one of the most popular styles today. Ballet originated during the Italian Renaissance and spread throughout Italy, France, and Russia through-

out the 15th and 16th centuries. Initially, ballet performances and companies were funded by royalty, such as King Louis XIV who helped support the Paris Opera Ballet, however, ballet literature and music in later years was funded more heavily by aristocrats than royal courts. In Italy, these aristocrats would have ballet performances at weddings and other events, as ballet was originally called upon for entertainment in its early stages.

France took the art of ballet more seriously than Italy, as it was structured to be more formal than playful. Pierre Beauchamp created the five positions of the arms and feet, and eventually comedy and tragedy ballets were created by famous choreographer Jean-Baptiste and French playwright Molière. Once ballet spread to European countries, such as Spain, Portugal, Germany, and Poland, it took upon its familiar roots, as funding for these ballets came from royalty once again.

By the 18th century in France, ballet was used heavily in operas. The way the dancers moved interpreted the story of the opera. Ballet master Jean-Gorges Noverre and composer Christoph Gluck heavily influenced the ballet in operas. The 19th century evolved a breakthrough in the ballet industry. Ballerinas began using what it called pointe technique, which was more formal ballet and used pointe shoes. Pointe shoes have a box at the front of the shoe, in order for the dancer to be able to dance on the tips of their toes. The box provides support for the dancers foot, and gives them a greater presence on the stage. Another addition was made to the attire, as tutus, or a stiff skirt, became very popular among ballerinas.

Russian ballet in the 20th century was brought back to Paris because of the Russian Revolution. The return to Paris gave ballet technical perfection and strength, making a gateway for the ballet that is known today. As ballet spread to the United States throughout the 20th century, many of its original aspects and formalities had developed into a new kind of ballet, contemporary ballet. This type of ballet allowed for more free movement in a piece and incorporated modern dance techniques.

Hamburg Area High School has many ballerinas who each enjoy the gracefulness of the art form. Aislynn Ney, a HAVA junior, loves ballet because of "the experience of being amongst other cultures, as well as the opportunity to entertain and meet new friends."

Freshman Samantha Slichter shares her deep passion for ballet, "To a ballerina, dancing is the way you express yourself. You dance when you are sad, mad, happy, even disgusted. It is like how artists express themselves through drawing or creating, and writers by writing. It can very quickly consume you and take over your life, but when you are doing what you love like [us], it becomes more of a lifestyle. The feeling of performing and just letting everything go, it is one of the best things in the world. Though, it is not always successful. With it can come weakness and failure, but you learn to endure it and never give up, because it makes you stronger and better in the end. This may just be a personal thing, but dance is an escape from the real world. As soon as you walk into the studio, all your problems go away. 'Dance friends' can be better than 'everyday friends'. They see you at your worst and your best. It's them who really keep you going. Yet, underneath all the sequins and makeup, you will find the scars, blisters, and blood that ballet has created and made us who we are today."

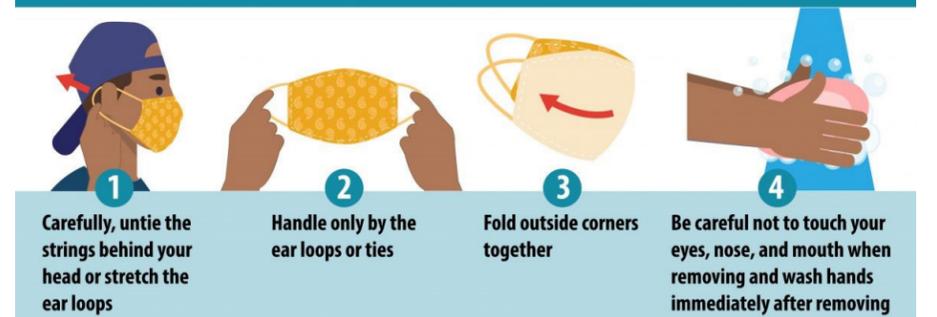
For more information, please visit:

<http://www.dancefacts.net/dance-history/history-of-ballet/>
<https://datausa.io/profile/soc/dancers-choreographers>

How NOT to wear a mask



How to take off a mask



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