

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

Welcome Mrs. Modugno

Erik Shinton – 11

Mrs. Modugno is a long term-substitute for Mrs. Trubilla. She has had past experience as a substitute in gym, forensic science, math and more. Along with day-to-day substituting, she has done two weeks as a substitute for social studies at Reading Middle School. She enjoyed her time here in the past and states that she, “never had a dull class” while at Hamburg. Mrs. Modugno says that she is excited for substituting.

As a teacher, she is certified in English. As a kid, her favorite subjects were biology and science classes with experiments. One experiment she noted was one of her favorites was dissection piglets. This was interesting to her because of exploration of something unknown. As Mrs. Modugno found this interesting, she did not enjoy the fact that the animal had passed.

Mrs. Modugno earned a Bachelor’s degree in Secondary English from West Chester University. She eventually plans to go back and retrieve her Master’s degree. Modugno also has an interest in being a school counselor because she likes being there for her students. Currently, she is trying to find a full-time job as an English teacher. In the challenge of getting an interview, she has to throw in some other factors such as the distance from school, the type of school, and if the school supports her teaching style.

Mrs. Modugno says that she is from outside of the Philadelphia area and now lives outside of Bernville. She also states that moving has been a bit of an adjustment, but she enjoys it. “In Bernville, it is peaceful and stars are very easily seen” as she says. Mrs. Modugno’s pets consist of two rescue dogs: Chief is a shepherd mix and Peggy is a lab mix, who is also new to her family. Modugno also was recently married. In Mrs. Modugno’s free time she likes doing arts and crafts, using sites such as Pinterest to create neat things. She also stated that some of these creations are décor in her house.

As an English teacher, she has a few favorite books: *Mary Shelley’s Frankenstein* and *Slaughter House 5*. Though she has favorite books, her favorite book series is *Song of Ice and Fire*. Mrs. Modugno also traveler and has visited Cancún, Mexico, Rome, Italy, and Florence, Italy. She is also planning to go to Milan, Italy and Barcelona, Spain.

Beissel joins HS staff

Delani Remp - 9

What better way to kick off the 2017-2018 school year than to consult with the newest member of the Hamburg Area High School Staff, Vice Principal Christopher Beissel, on his passion for education and insight into the plans for the future of Hamburg’s students.

Mr. Beissel has quite a list of accomplishments in his schooling. He was an undergrad at Lycoming College and received his Bachelor of Arts, followed by a Master of Science degree from Wilkes University and finally he earned his administrative certification at California University of Pennsylvania.

He first started coaching and volunteering after playing baseball in high school which initially drew him to like working with kids. He prized sharing his knowledge and helping with his student’s issues. When Mr. Beissel applied for the new Vice Principal’s position he was ready for the next challenge in his career. Being interested in organizational leadership and felt it was a great opportunity to work with students that he already had a strong relationship with from teaching and coaching at Hamburg. He loves that he gets to see former students of his in a different setting, especially this year’s freshman class.

“It’s really kind of um... unique to see students grow up in front of your eyes almost every day, with physical growth and adversity in these young people,” said Mr. Beissel when asked what it’s liked to see your students grow up over the years. The things that he is most excited about for the upcoming freshman is the opportunity to start fresh in a new school and also contemplating and dreaming what they want to achieve. For the seniors he thinks seeing their dreams right there in front of them and seizing those opportunities.

When he was asked what core values he would instill in the youth today, he expressed work ethic, trustworthiness, and the ability to overcome adversity. If Mr. Beissel wasn’t teaching he would be living as a lawyer because he likes to try to win arguments. He said



Students enjoy a trip to Hawk Mountain

Alyssa Marzili – 12

On October 5, the Environmental and Natural Resource class, went to Hawk Mountain. They left partly through second period and returned almost at the end of seventh.

When the students arrived, they gathered in the one room for a presentation. The presenter, Erin Brown, Director of Education began by talking about the history of Hawk Mountain, which the students were taught in their environmental class. Erin did though, include some more pictures and facts that they had not previously learned, which was interesting. Then she went on to raptors and why Hawk Mountain is a key part to their migrating path. Many raptors try to conserve the most energy they can while migrating, so they use updrafts and thermals. Hawk Mountain has a valley between the two mountains, which creates a spot where the raptors can find the updrafts and thermals to move along their migratory trail.

Erin brought out a Red-Tailed Hawk that had been hit by a car and could not return to the wild. It is about two years old, but had been injured when it was around a year. Hawk Mountain usually only has about five birds that are rescued at a time.

From there the students walked to the first stop South Lookout. There Erin pointed out the peaks of the distance mountains, so they could spot the raptors that could fly through that day. Erin had her helper show the students how to use a Kestrel, which is a small handheld weather device. The device can measure wind speed, wind direction, and temperature.

The students then went up to the North Lookout. There they ate their packed lunches, while they observed the sky. A caller was sitting up on the rocks, calling out birds as they passed through the valley. The students were fortunate enough to see several Turkey Vultures as well as two Sharp-Shinned Hawks. After about 45 minutes, the students hiked back down.

Near the beginning, the students got to go into the Native Plant Garden and learn a bit about the native species.

It was a great experience for the students and every one of them had a wonderful time. Mrs. Bucheit declared, “It went well. Even though we didn’t get to see many birds moving through, the weather was nice and there were some birds. I had fun and I hope the students did too.” There was plenty to see and hear, and the students learned a lot about migrating raptors.



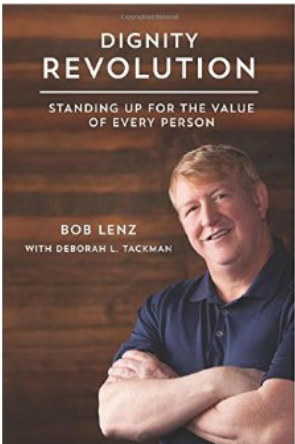
Students hear Bob Lenz speak about Dignity Revolution

Jasmin Modricker - 11

On October 17, 2017, the whole Hamburg Area High School had a morning assembly on Dignity Revolution by Bob Lenz. He had an illusionist act open for him which had several volunteer students and one teacher go up on stage and become involved in his act. Some of the people who were involved were senior, Lyndsey Carr, and Mr. Hetrich.

Bob Lenz is a famous school assembly speaker and has written a book that he gave to our school. He has spoken in all 50 states and some countries to talk about the issues of bullying and bring empowerment for students to stand up for themselves or others. He encourages students to make a difference in society’s views as not to judge people if they are different than normal people. Lenz teaches kids that everyone has worth and value, regardless of any gift or possession they have that causes them to be unusual. He told embarrassing stories from other students in different schools throughout the countries and some of his own.

The most important topic that Bob Lenz talked about was about his sister who suffers from retardation and how she has the same worth as any normal person. One time, he treated her as she was a piece of luggage, which is what society sees mentally challenged people as, and he explains how he regrets it. Bob wants to help change the view society has on different people as they deserve to be treated the same as normal people and that everyone has their own dignity and value.



STUCO and Leo Club join forces at the Hamburg Center

Kiana Wright – 12



Hamburg Area High School's Leo Club and Student Council joined forces on October 5 to volunteer their time at the Hamburg Center. The seven students that went included: Kiana Wright, Emily Kavka, Jadene Dalton, Alexia McAllister, Valeria Amato, Chaslyn Christman and Brea Borrel along with their advisor Mrs. McCarthy-Wright. Every year, in the fall, a group of volunteer students dedicate their time to helping maneuver the wheelchairs of the residents for the fall Carnival. Hamburg has been doing this for many years, however this will be the last year that our high school students get to help because the center is closing within the year. When the students go to the center, they are given a five minute crash course on the specialized wheelchairs and then they are escorted to the rooms to get the residents. From here, the students are paired up with a person who they will guide around for the afternoon. The students push the residents around to different carnival games and help them participate in them.

The theme for this year's carnival was Luau with Hawaiian decorations and themed shirts. The game that the residents were able to participate in included; bowling, hacky sack sling, plinko, and using a parachute to make the balls and balloons bounce off of it. There is always a clown named Splash who comes in and makes balloon animals for the residents and then they get there picture taken. The reason all these games are done by the residents is because the staff is trying to encourage them to use their hands and motor skills.

Brea Borrel says, "It's really refreshing being able to help out people who cannot help themselves. It makes you realize all the privileges in life that you have."

The Hamburg Center has been up and running since 1960 as a tuberculosis center. It slowly transformed into a "licensed intermediate care facility for people with intellectual disabilities." The center houses around 120 people who receive a wide variety of different services. The Hamburg Center is 278 acres with 39 buildings, however 145 acres are leased to farmers that neighbor the property. The Hamburg Center will be closing because Governor Wolf's "administration's commitment to serve more people in the community, reduce reliance on institutional care, and improve access to home and community services."

For more information visit: <http://www.dhs.pa.gov/citizens/statecenters/hamburgstatecenter/>

Conservative Concepts: National Anthem Protest

Autumn Richard-12

Last year a quarterback on the San Francisco 49ers, Kolin Kaepernick, decided to sit on the bench during the National Anthem instead of standing. At first no one even noticed. When a fan noticed and taped it and posted it online, it went viral. Kolin Kaepernick sparked a feud that is only now reaching its climax.

On the morning of September 24, 2017, dozens of NFL players decided to kneel during the playing of the National Anthem. This was a response to President Trump's remarks about what team owners should do to players who refuse to stand. President Trump, known for his unorthodox ways and speeches, made a derogatory comment to these individuals. Many fans applauded him, while others condemned his statement.

Dalton Atkinson, a male student in grade 12 had this to say when asked why he disapproves of the protest, "I find it disrespectful to those who have fought and died to give us freedoms." I then asked him if he believes they are granted the right to kneel by the First Amendment, "I do believe they have been granted that right, but that doesn't make it morally right. It is disrespectful, point blank."

The American flag is not only symbol of freedom, but it also represents the thousands of brave men and women who have fought with honor and integrity to give each and every American citizen freedom, regardless of ethnicity. The question is, is the protest a matter of standing against racial discrimination? Or is it simply a matter of entitlement from men whose greatest concern is protecting a football?

Any person who is receiving over a six figure paycheck should not feel the need to blatantly disrespect our flag. There are other ways to protest discrimination. Kneeling during the National Anthem should not be one of them. Football was previously just a matter of athletic rivalry, and now it has created a division among, we the people. The media continuously says President Trump is dividing us.

Open your eyes America. We are dividing ourselves. We are badgering and slandering each other. We are crossing boundaries that should not be crossed. We the people, especially the NFL are creating a deeper and deeper divide between us. It must end now before it is too late, and America reaches its demise because we could not find it in our hearts to have some tolerance towards one another. It is time to look in the mirror and place the blame where it belongs.



Get to know Mrs. Hardick

Emily Garvey- 10

Mrs. Hardick has been teaching for 21 years and has worked at Hamburg Area High School since 1999. She is currently teaching in the Soar program math and science. She got into teaching because her high school physics teacher interested her and without him she wouldn't be where she is. As a teacher her favorite part is when they get the "ah hah moment" when they understand it. If she had to choose another career path she stated "something with helping people such as a social worker or a psychologist."

Some of Mrs. Hardick's hobbies include sewing, cooking, gardening, hiking, and paddleboarding. She has a 14 year old daughter that is on the Tulpehocken swim team so she usually spends her time at swimming events. She and her husband of 21 years spend a lot of time exploring national parks and they have visited the Grand Canyon and many more interesting places. In high school, Mrs. Hardick played field hockey and their team set a record that year.

Senior, Justin Willman stated that "she is very nice and always there when he needs help."

Sophomore, Leah DelRosario claimed that she "never had her as a teacher but when she saw Mrs. Hardick in the hallways she would always say hi."

Anthem protest upsets many

Erik Shinton – 11

The National Anthem Protests have taken place for the past couple weeks. To show how people do not agree with the current government. The protests started getting popular when during National Football League, or NFL, games, players kneeled during the playing of the National Anthem. Others found this to be rude and disrespectful. Those who disagreed with the protesters thought of the flag as a symbol for the country in which they live, not the government itself. After some of these protests, Donald Trump at his rally disliked these protests. Trump stated during the rally, "Get that <CENSORED> off the field. He's fired! He's fired!" expressing his anger toward protesters. After this rally once more, even more players have joined the protest.

Among these protests, there was a stance on this for the racial discrimination by Colin Kaepernick. According to Fox News' article, there were a few similar occurrences for a similar reason. In 1968 Tommie Smith and John Carlos, both African-American, at the medal ceremony, they both raised black-gloved fists, after winning. Many saw this as a "black-power" salute, while Smith later confirmed that it was for human rights, not black power.

Getting more input on this topic, I asked Veronica Heckman, a freshmen, for her thoughts on the topic. Veronica stated she thought of the flag as a symbol of our freedoms, our countries pride, and our soldiers that were currently fighting for us, and believed that kneeling during the National Anthem was disrespectful. She also stated that she did not like Donald Trump, and feels that instead of kneeling during the National Anthem to protest, she would get a large group and stand on a street corner with signs protesting Donald Trump and the government.

For more on the NFL and Donald Trump's protests, visit <http://www.cnn.com/2017/09/22/politics/donald-trump-alabama-nfl/index.html>

Want more on the occurrences in the past? Visit <http://www.foxnews.com/us/2017/10/03/colin-kaepernick-and-history-national-anthem-protests.html>

Students go to Hawk Mountain to plant native plants

Jennifer Hoshauer – 12

The environmental and natural resources classes that Mrs. Bucheit teaches went to Hawk Mountain Sanctuary on October 2, 2017 and is an every year field trip.

This field trip was planned for students to take plants that have been growing in the green house since last school year and plant them in the forest. The education department of Hawk Mountain gives Hamburg native seeds to grow at the end of every school year so that they grow all summer and are ready to be plants in the fall of the next school year. Erin Brown is the head leader of the education department at Hawk Mountain.

While students brought native plants to be planted, they also pulled nonnative species out of the ground because Hawk Mountain is a native plant and tree based area. Students had to plant 140 plants in two hours.

Hawk Mountain Sanctuary is a scientific research center that started in 1938 by Rosalie Edge who leased the land and then ended up purchasing it. Hawk Mountain is a non-profit organization. It is also one of the best places in northeastern North America to view the annual autumn hawk migration.

For more information go to: <http://www.hawkmountain.org/>





What to wear this fall

Giovanni Klahr - 12

While this past summer is coming to a quick halt, Fall 2017 is fast approaching, and it could not be more surreal. Although it is only September of our 12 month cycle, Fall 2017 trends have already been established, and according to *Elle*, red is the, “color of Fall 2017”.

It is not quite established when red became the symbol for our upcoming autumnal season, and hopefully it has nothing to do with our current government situation. Aside from appending politics of it all, as a Hamburg student, it is oddly appropriate being the school spirit colors are red and white. So spirit day this fall should be not only an ode to our institution, but an ode to fall 2017. And as if red wasn't stylish enough, this fall is also extremely vintage inspired, calling for fall of the furs.

Elle says, “Last year it was all about the statement fur, but for fall 2017 we are going back to the basics.” And this could not be more nostalgic. The superior quality and empowerment presented by a classic coat made of fur is just too much to pass up. So take a quick errand to the nearest thrift shop, or if money is not a problem, Yeezy or J.W. Anderson would not mind supplying the perfect fur coat, just in time for this year's fall trend. If the thought of a large fur coat is scary, just imagine this next fall 2017 concept, Sparkle Boots.

Chanel has released their version(s) of the space ages footwear, and if Chanel is not in immediate desire, St. Laurent might be, and superstar Rihanna approved. After catwalking it down the runway in her custom St. Laurent GLITTERATTI boots, Rihanna left the world shook as she set forth the shoe empire's expectations for this Fall. If that is interesting enough, the next fall trend might need a little more tlc before being accepted into a millennials wardrobe.

It was once a statement, than a fashion turning point, and it is now revived for 2017's next fall trend, 70's Plaid! 70's plaid has returned to the spot light with its earthy warm colors, and heavy material. It is a no brainer on why this season we'd see a return from a heavily loved collection. The Fashion club here at Hamburg high threw in their input with their president, Erin Maloney, saying, “This fall's all about warm colors and durable outfits to last us through until winter” then going on to say, “I am excited for this fall's colors and aesthetics, it's already the most fashionable, and by far already my favorite.”

For more information on this upcoming autumnal season or for what to wear this fall, go to: <http://www.elle.com/fashion/trend-reports/g29441/fall-2017-fashion-trends/>.

Keep up with fall fashion trends

Valeria Amato – 10

Fall is here, and so are the new seasonal fashion and beauty trends. Fashion is a piece of art, along with the accessories that complement it, such as makeup and hair. Fall tones usually fall between the lines of dark and rustic, but people can adjust them to their preferences.

To pick the trendiest fall outfit, there are several factors to be taken into consideration. Sophomore, Alyssa Amadoro says she loves wearing knee high boots with a dark matching pair of jeans. She also says her favorite part of fall is “being able to dress comfortable and cozy, but cute and fashionable at the same time.”

The perfect autumn outfit would not be complete without the fuzziest sweater and any pair of jeans to accompany it. To pair up with the sweater, throw on a nice thick scarf or maybe a neutral colored beanie. Then, put on some knee high boots and a simple accessory, and the outfit is classic, perfected, and completed.

Once the outfit is picked, it is time for a fall makeup look that is unique to several individuals, but also within the trends of the current season. The boldest part of the makeup should be the eye shadow and choice of lipstick or gloss.

Eleventh grader, Kylie Witkus recommends matching a bold eye shadow with a lipstick or lip-gloss to make sure the makeup is not too contrasting. Wear flattering red or brown shadow to match with the lipstick. Choose a color that is flattering to the specific skin tone that possessed.

Make sure the foundation matte and simple with a bit of a tinted highlighter to make the cheekbones pop. Finish it off with a long thick pair of false eyelashes and some setting spray to confirm the coverage of the makeup throughout the day. To complete the hair process, wear a simple messy bun, or leave it down and let it flow naturally. Use these helpful tips to keep up with the fall fashion trends this season!



BCTC offers career prep training

Emma Greenawald - 9

On Monday Mrs. Heffner from BCTC came to our school to talk to the class of 2021 about BCTC and what it offers for us as students. BCTC stands for Berks Career & Technology Center. There are two buildings for BCTC, an east and west building. East is the Oley building and west is the Leesport building. At BCTC there are 22 different classes students can take. They are Advertising art and design, Auto Collision, Auto Technology, Business Management Entrepreneurship, Communication Media, Cosmetology, Drafting, Culinary, Early Childhood Education, Electrical, Electronic Technology, Graphing Imaging, Health Occupations, IT Programing, Mechatronics, Painting & Technology, Precision Machining, REC & Power, Robotics, Welding Technology, and Faculty/ Staff.

Although BCTC is not for everyone, some benefits that come with attending BCTC are that the student could potentially get a job right out of high school with the certifications they can earn. They can also get college class credits while attending some of the higher level classes there. If they chose to attend BCTC they will attend regular high school for one half of the day, get the required classes and then go on a bus to BCTC and attend there for the rest of the day practicing the trade of choice.

Depending on what they want to do when they get out of high school there are still options for them if they go to BCTC. There are 4 or 5 pathways you could choose. College, is one the first choice. At BCTC 40% of the students decide to go to college after high school. Then there is the military; militaries need all different types of positions, not just people fighting for us; they need people like nurses, doctors, technicians, engineers, electricians, and more. Another route is employment, they would go right out and get a job and start working right away and earning a paycheck. Then they could go on an apprenticeship, which is basically going and shadowing someone in the line of work that they'd like to be put into. Then they go and learn the tips, tricks, and what they need to know to go out and do the job on their own. If they would choose any of these things they will always have multiple options for your future.

Learning about Bipolar Disorder

Carly Levan – 12

One of the largest faults in society is its close-mindedness towards mental health and mental disorders. In addition bipolar disorder is one of the most misunderstood and misjudged disorders. Bipolar disorder is often times thought to mean mood swings, but it is really a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Typically people living with a bipolar disorder experience depressive episodes, which are different for everyone but usually the same symptoms as depression, and manic episodes, which are also different for everyone but are characterized as very elated or energetic. Bipolar disorder is also thought to be rare and easily recognizable but 5.7 million adults in America live normal lives with some form of a bipolar disorder with the help of medication or therapy.

Everyone with bipolar disorder has different experiences, and their symptoms can show themselves in different ways but they can all be divided into one of the four different types of bipolar disorder. The different types are characterized by the amount of time between manic and depressive episodes and how long the episodes last.

People living with a bipolar disorder are not “crazy” or “out of control,” they just experience emotions differently from other people. In fact, many of the emotions that bipolar disorder brings on are emotions that many other people feel from time to time. Manic episodes tend to make people feel jumpy, abnormally talkative, or like their thoughts are moving too fast. On the other hand, depressive episodes make people feel sad, worried, and can cause issues with concentration. None of these symptoms are exclusive to just bipolar disorders, therefore they are not as weird or obscure as most people think. Fortunately there are many different treatments for bipolar disorders and most people with it can live their lives normally with minimal symptoms.

For more information, visit: <https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>



The Strand Stands in the Spotlight

Ian Ryan - 12

The Hamburg Strand is a local movie theater that resides on South Fourth Street. Something special about the strand is that it has a single theater capable of holding about 200 patrons. When the Strand first opened to the public on December 25 of 1920, it was capable of seating 500 people, more than twice the amount of the it can currently seat. While the building might be cozy, there is still room for a fully stocked concession stand, featuring Coca-Cola Brand soft drinks and classic treats like popcorn and M&M's. The Hamburg Strand also has very cheap ticket prices, only \$5 a ticket for children or students and \$7 for adults.

Not only is the Strand a movie theater, but also considered a community hub, where they host concerts and stand-up comedy shows. The Hamburg Strand recently held a six part workshop for teens, hosted by the famous percussion group STOMP! Which lasted from August 23 to September 27. Upcoming events include a concert from Jeremiah James a country singer, a Fall Pumpkin Basket making class, and a showing of the Rocky Horror Picture Show on Halloween.

Senior Karlene Kuzan says “The Strand has a very old fashioned and nostalgic feeling and everything is original”. Marina Samanns comments “I've never been to the Strand but I love it and the town wouldn't be the same without it”. Twelfth Grade English teacher Mrs. Reinard “I thinks it's very cozy, and I think their doing some great things with the community”.

For more information on the Strand check out their website: <http://hamburgstrand.org/>

Mental Health: coping with anxiety

Emily Garvey- 10

Anxiety is the most common mental illness in the United States. Most students have experienced this feeling maybe before a test or a presentation. Anxiety is very easy to treat, however 36.9% of those dealing with it only go to receive treatment. Children that have an anxiety disorder and are not being treated are more likely to perform poorly in school, avoid social events, and use illegal substances. Anxiety affects 25.1% of children between the ages of 13 through 18. Although the statistics for anxiety are not that high, it does not mean it could just be pushed under the rug and forgotten about.

School life at Hamburg Area High School can get very overwhelming for the students and staff at some points. Preparing for Keystones and senior projects could give students anxiety when it comes closer to test or presentation day. But this feeling is normal throughout stressful times. Knowing how to handle the anxiety and knowing how to calm down would make hard times easier. It is important to get close with a trusted adult so they can help students succeed in whatever situation they face. Talking to a school counselor might also be another trusted adult that wants the best for students.

In school, students and parents have the right under the Individuals with Disabilities Education Act (IDEA) to request appropriate accommodations related to the student's needs. Anxiety can become overwhelming at some points but there are always activities or resources one can use to push through. Reading is one option many people find relaxing or just sitting in a quiet room. It is all about finding what helps the most when dealing with anxiety. Many people have experienced this feeling in their lifetime so students are not alone.

For more information on anxiety and how to handle it, visit www.adaa.org.



Students and teachers discuss fall fashion

Grant Doklan - 9

As we enter the season of autumn, many switch up our style to match the changing weather and scenery. Alexandria Baum says that during fall she likes to wear clothes that are “comfortable and warm.” She enjoys wearing sweaters with jeans and occasionally likes to pair those with scarves. Her favorite brand of jeans is Celebrity Pink Jeans because they “are comfortable and come in a ton of colors.” Miss Baum’s choice of fashion programming includes *Project Runway* and *America’s Next Top Model*.

Fable Kinde has a unique style she describes as “early 90s dad chic.” She enjoys wearing patterned button-up shirts year round. Miss Kinde stated that her style does not change with the seasons. However, she might wear long-sleeved shirts on cooler days, rather than her usual short-sleeved apparel. She also enjoys wearing her vintage windbreaker on days that the wind is decidedly harsh. Her style influences include 80s and 90s street wear-esque patterns and outerwear.

Miss Modugno says that fall is her favorite season. She loves fall clothing, including boots, jeans and sweaters. Her go-to tends to be neutral colors, but she enjoys wearing brighter colors in the spring to “cheer myself up after the long, cold winter.” Miss Modugno’s guilty pleasure fashion program is *Say Yes To The Dress*.

The consensus at Hamburg Area High seems to be that people like to dress comfortably during the fall. Sweaters and jeans are destined to be a fan favorite this time of year. It seems to come with the territory of Pumpkin Spice hype and falling leaves. Be prepared to see near everyone roll up to school in their favorite comfy clothes as the earth cools in our hemisphere. It is going to be a fashionable fall.



Eager students creating a bullet journal

Ashley Lojko - 12

Agendas are usually given to students on the first day of school so they can track upcoming assignments, write down homework, and plan for events in the future. The agenda is a practical way to keep information in check, but for some who are creative. There is a different way. Making a bullet journal can be fun and mostly easy and a way to stretch creative limbs. It is also a way to keep track of assignments for school, but also other events in one's personal life, as well as small chores or reminders.

The first thing to do when creating a bullet journal is to buy a notebook. I bought a medium sized sketchpad so there were no lines on the page. Any notebook will due, but it is easier to use a notebook with no lines or a notebook made specifically for bullet journaling. Then comes the freedom of picking out other materials. Basic ones that many people use are washi tape, found at Michaels, and different pens and mildliners, able to be found online on Amazon or other companies.

The next stage can be done in any number of ways. How I format my bullet journal is, chronologically, a calendar of the month at hand, a title page for the month, then a page dedicated to a sleep tracker, a page dedicated to a habit tracker and productivity chart, and finally the weekly spreads. But this can be varied by whatever seems most useful and productive. There can be a expenditure tracker, a list of chores required to be done daily throughout the month, a mood tracker, and anything else useful.

A bullet journal is more handy than a planner that could be bought for many reasons. The journal gives the user freedom in what they want to put into the trackers or charts for the month, giving them the ability to mold the journal to them. A planner is also rigid, skipping weeks means skipping entire spreads. Instead, in a journal, a week could be skipped completely and no pages will be wasted. For a busy person striving to be more productive, a bullet journal is the right way to go.



Learning about Infectious Diseases

Jasmin Modricker – 11

There is a new elective this year called Infectious Diseases which is taught by Mrs. Farina. She already teaches Integrated Science, Biology, AP Biology, and Infectious Diseases. In the new class, the students learn about how diseases get spread and what actually causes the diseases themselves. In addition to, the growth and processes of how the diseases or viruses reproduce and finally in the end of the year, how our body fights them off in our immune system.

This elective was started because it is Mrs. Farina’s favorite class in college was microbiology, so she is sharing her favorite interest with students. She thoroughly loves teaching as she explains teaching the class is, “literally my job of nerding out.”

The content in Infectious Diseases covers epidemiology, viruses, microbiology, and the immune system. However, this class is challenging because the concepts are taught at a high school level, it is completely new content for almost all the students and has the amount of work of an AP level course causing someone to use and know the content that was taught in class.

Mrs. Farina’s advice for students who want to take the class is that the person interested in taking the class must be prepared to work, want to learn all the content they cover, and just know it will not be very easy, that they will have to work in order to learn and obtain good grades. If someone already had Mrs. Farina as a teacher for another science class, they could consider taking her new elective, Infectious Diseases for a full year!



Keep up with Chaslyn

Valeria Amato - 10

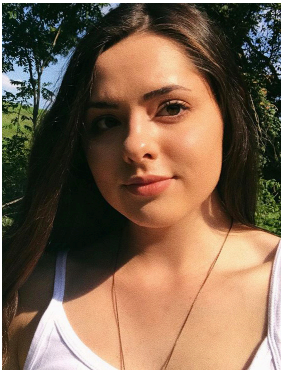
With her sophomore year still beginning, Chaslyn Christman’s achievements and involvement within the high school are extremely impressive. Chaslyn takes four honors classes and still manages to maintain all of her grades. Even though she preserves extraordinary grades within all of her classes, she enjoys her World Cultures class the most. She says “I find learning about different cultures and the history of different places around the world interesting. It allows me to realize how big the world actually is and how our culture differs from other countries.”

Chaslyn also finds the time to involve herself in as many clubs and after school activities as she can handle. This year Chaslyn took on a new club which is art club! She says she wants to expose herself to something new, so she chose to take up art since she did not get to take any art electives this school year.

She is a part of student council and helps the council by involving herself in events such as pep rallies, homecoming, and multiple other school events. She also uses student council to expose herself support the community. For example, Chaslyn has recently volunteered to help at the local Hamburg Center for the residents’ carnival. She is also excited to join the SMART mentor program to help and mentor students at Tilden Elementary.

Chaslyn has plans to take the steps towards her future right after high school. She plans to attend New York University and major in health related courses. After college she hopes to continue living in New York City.

Not only is Chaslyn extremely academic and involved, but she also manages to have an extremely friendly and welcoming personality. Junior, Ryan Wagner says, “Chaslyn is a very accomplished kind individual that you can always rely on for a good laugh. She is very approachable and always has a smile on her face.” Chaslyn spreads her compassion to her fellow peers and teachers every day. Chaslyn Christman is extremely accomplished academically and personally and has a bright future ahead of her.



Local Business Spotlight: Reidenhour Farms

Sierra Fisher – 12

Halloween is around the corner and with that come fall activities like pumpkin patches and corn mazes. Reidenhour Farms offers many fun fall activities that one will not want to miss. The \$8 admission includes a pumpkin from the patch, unlimited hay rides (no hay ride on Fridays), and a ticket to the corn maze.

In addition to these activities, there will be different local businesses and eateries coming to Reidenhour Farms each day. Local businesses including Stinkleberry Soap Company and Bouchette Vineyards will have their products available on October 14 for purchase. Food trucks from local eateries like the Curbside Grill, Smokehouse Food Truck, Perk Up Food Truck, and Garafalo’s Calabria Old World Italian Cuisine will be at the pumpkin patch on select dates. There will also be family photo mini-seasons offered by Laura Reiger Photography on October 22, perfect for updating family photos in a fall setting.

The Pumpkin Patch and Corn Maze opens on September 29 and closes on October 29. They are open Fridays from five to nine, Saturdays from eleven to six, and Sundays from eleven to six. They will also be open on Columbus Day from eleven to five. They are located along Old Route 22 between Edenburg and Lenhartsville.



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