

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

Celebrate Christmas with food

Tabitha Engel - 12

It is finally Christmas time again and one of the main ways this holiday is celebrated is the food. In America the traditional Christmas cuisine is ham, filling, crescent rolls, along with some gingerbread cookies for dessert. Other countries, however, have their own unique dishes for Christmas.

One of the most interesting meals is in Japan. Their main dish for Christmas is fried chicken, specifically KFC. They do this because of a marketing campaign that KFC aired on television in the 1970s. In Israel latkes, small fried potato pancakes that have been around since the middle ages, are just as popular in Israel today as they were back then. While a ham or turkey is the typical centerpiece at the American Christmas dinner, in Germany it is often a goose. They will often stuff the goose with apples as well. Eating geese has long been used in the German region to celebrate saints. In England they have Christmas pudding, also known as figgy pudding, as their dessert. The recipe is fairly simple, it mostly consists of molasses, egg, and various spices. Before eating it is usually set on fire with brandy. A very popular Christmas dessert in France is the Buche de Noel. The tradition of bringing home a yule log started disappearing in the 1940's, from then on this cake was a type of replacement. It is a cake that is meant to represent a yule log. The cake is chocolate and is filled with buttercream with a caramel icing on top.

Food is used to celebrate in almost every country that observes Christmas. The types of food that are eaten though tend to vary greatly. Some food traditions contain recipes that have survived for centuries, others are fairly new. Food remains a large part of the Christmas celebration regardless of what country it is.

For more information on foreign Christmas recipes, visit: <https://www.fluentin3months.com/christmas-food/>.



Donine Kelly named the 2019 Pennsylvania High School Physical Education Teacher of the Year

Quinn Holl - 12

Donine Kelly, a Wellness teacher at Hamburg Area High School, was recently named the 2019 Pennsylvania High School Physical Education Teacher of the Year by The PA State Association for Health, Physical Education, Recreation, and Dance (PSAHPERD). Kelly's admirable dedication to the Wellness program as well as her development of Wellness Day, a day where seniors visit Leaser Lake for half of a regular school day to participate in a variety of activities, such as kayaking, hiking, and yoga, have contributed to her receiving of the award.

"I was surprised. I never expected to win the state teacher of the year award. I knew I was up for nomination due to winning the regional teacher of the year award last year, but as I said, I did not expect to win the state award. With that said, I am also grateful and humbled," noted Kelly.

Last year, Mr. Spohn nominated Kelly for the LLBAHPERD Teacher of the Year Award for updating the wellness curriculum "from a traditional H & PE program to a 21st Century Wellness Program," said Kelly. These updates include innovative ideas such as Wellness Day.

"Mr. Spohn's constant support and nomination definitely played a big role in me achieving this award, along with the support of the Superintendent, School Board, Mrs. Heistand, Mr. Reinhart, and Mr. Beissel," said Kelly.

Wellness Day, one of the primary reasons as to why Kelly is being recognized for the award, is a true passion of Kelly's, as she believes it provides students with a number of opportunities to improve both their fitness and mental health.

"Wellness Day is an amazing opportunity to expose students to lifetime fitness activities that they may never have the opportunity to participate in. It's beneficial as it exposes students to new activities, and hopefully sparks their interest so they continue to participate in activities like these throughout their lifetime. These activities show students that fitness can actually be fun and doesn't mean you need to run or lift weights to be fit. It also exposes kids to physical skills, social skills, and can help with mental health and spiritual wellness as some of these activities are peaceful and help you to practice mindfulness."

Despite the work-load on Kelly's part, she believes that the results are worth the time put into organizing the event.

"Although it is a ton of work for me, it's totally worth it to see the joy it brings to students, and the appreciation the students have for being able to participate in these activities. There are so many take-aways for students, even if they don't recognize it at the time."

Kelly's dedication to the Wellness program has always been one of her most prominent characteristics, which has ultimately fueled her drive to improve the lives of her students by altering the curriculum.

"Being dedicated is just in my nature. I've always strived to be the best I can be and it carries over into my job as a teacher. Our nation is struggling with many areas of Wellness so it's important to me to give my students my best and to try to set them up to achieve optimal Wellness in all areas of their life. Our job is to give you the tools you need to live a healthy life. We couldn't give you all of those tools with our old curriculum. We've made many changes and are constantly updating lessons to give the students what they need."

Alumni Spotlight- Logan Lackey

Tori Rhoades - 12

Logan Lackey, a graduate of Hamburg Area High School's class of 2014, is now working in a warehouse for a printing company called ReminderMedia. He did not always care about his schoolwork and grades while attending Hamburg, however that does not mean that he is not a hard worker. He cared more about making memories with his friends and playing sports. After he graduated he decided to attend Lockhaven University for Art. Unfortunately, going into college Lackey had the same mentality about school as he did while still in high school. He did not take his classes seriously and decided to drop out of Lock Haven after the end of his freshman year. After a summer of hard work and grief from his parents, he decided to enroll at Thaddeus Stevens College of Technology for Graphic Design.

Lackey was determined to focus more on school his next semester and worked hard to earn good grades. Thaddeus Stevens fit Lackey's education style better and allowed for him to excel in his program of studies. After two years at college, he graduated with an associates degree in Graphic Design. He now works in a warehouse for a paper company and absolutely loves his job. Lackey's only regret is not pushing himself to be a better student in both high school and his first year of college. His advice to high school students is that they should enjoy their time in high school, but they should not forget that the purpose of school is to better prepare themselves for their future.



NHS updates on revitalized club and community impact

Abigail Behm - 12

Hamburg Area High School's National Honor Society started the year with a booming presence. With five service projects completed and at least two more already planned, NHS is gaining leaps and bounds in the academic and communal spheres. NHS is an elite academic society which turns efforts toward community outreach and bettering its members, their school, and their society. Membership is by invitation only and applicants must possess a high GPA as well as a well-written essay prompted by the application invitation. Since Mr. Commisso's transference, Mrs. Bucheit has taken over as advisor of the club and is working closely with officers to ensure the best use of club time, money, and mission.



The NHS is proud to claim the increased presence in all spheres of community. Service projects have ranged from picking up trash along trails and parks, facilitating greeting seniors for a musical preview, and preparing and making blankets for Berks Women in Crisis. As NHS advisor Mrs. Bucheit says, the club is doing a "mix of local local and outer local projects," meaning that volunteers can see the impact of their work in their own town as well as be part of larger, even international movements such as raising money for UNICEF.

President Tamandeep Saggi is happy to aver that members "want to do extra, more than they have to" because of the environment of the club. NHS is very proactive, with two or more service projects each month. Saggi muses that members

and people in general "love the feeling when they get to help others and they are thankful" in return. Equally as important is the ability to "have fun helping people and learn new skills" in doing so, Saggi continues.

NHS members must complete at least three service projects to maintain societal status, but Mrs. Bucheit is pleased to report that more than one fourth of the members have already reached their quota and are continuing to participate. The momentum NHS has gained only this year is astonishing to the school, peers, and even the school board. Paition Albrecht, NHS historian, worked hard on a display case just outside the JAG room to enhance NHS presence in the school. Several comments have been made regarding the board and the pride Hamburg takes in helping the community and those around. In addition to a widened sphere of influence through club outreach and community projects, the large push leadership has taken and all the projects already accomplished in a short period of time showcase the motivation of the club as a whole. Saggi emphasizes that "Mrs. Bucheit is amazing," as Mrs. Bucheit attests that "the officers are real go-getters" and between the leadership and the inspired club members, NHS is sure to splash their mark across the school newspaper and the lives of our community.



International hot chocolate ideas allow for creativity

Kristen Martinez - 10



Hot chocolate is a holiday staple, with the idea of drinking it and being cozy a commodity. This idea, however, is not only present in American culture. Across the globe there are many varieties of the delectable drink, and there is no better time than the present to try out a few and impress those who come over during the holiday season.

Starting with Italy, this thick hot chocolate will impress those who attend through its rich taste and fun name. Telling those in attendance there is cioccolata calda for them to drink will surely intrigue them from the start. All it requires is whole milk, heavy cream, sugar, cornstarch, and dark chocolate.

Staying in the European continent, this simple Parisian recipe is sure to excite guests. Le chocolat chaud uses only three ingredients, and only takes around ten minutes for four delicious servings of a silky delicacy.

Moving closer to home, a Canadian take on hot chocolate is a healthier variety. It only takes five ingredients and five minutes to make two servings, showing how simple it can be to make something new everyone will love. Lighten up the idea of hot chocolate with this maple and sea salt version.

If the guests would prefer something with a little kick, the chili powder in this Mexican style hot chocolate will surely suffice. With nutmeg, cinnamon, chili powder, bittersweet chocolate, and brown sugar, this is a welcome change from the sweetness that is normally associated with hot chocolate.

This holiday season, spice this common drink up and try something new. For full recipes, visit: <https://www.wideopeneats.com/travel-around-world-11-hot-chocolate-recipes/>

Colten Eisenhauer thrives in his last year at BCTC

Megan DeAngelo - 12

Colten Eisenhauer is a senior student at the East BCTC campus, and he is part of the Mechatronics Engineering Technology program. According to Eisenhauer, the program encompasses a wide variety of skills, such as “computer programming, mechanics, and engineering.” This allows for those in the program to explore a large range of careers. This wide range is what originally drew him to the program, since it has helped him learn “so many indispensable skills for [his] future in so many possible careers.” Learning so many different disciplines can be challenging, but Eisenhauer manages it well in addition to his school work, rarely seeming stressed out from all his assignments.



In comparison to school, he enjoys BCTC much more, since it is teaching him topics he has a genuine interest in and will need for his future career. This is one of the reasons for his focus and drive in BCTC, because they “are given tools and equipment to learn by doing.” He is a hands on learner, and the Mechatronics program does just that; hands on learning. Another part of BCTC he finds enjoyable is the “professional environment”, that differs from a classroom so starkly. With a less conventional approach, he is able to thrive and understand complex topics, such as computer programming and the inner workings of machinery, faster than he would in the typical classroom.

Meredith Haas expands her Spanish knowledge with Mrs. Reppert

Alexandra Kline - 12

Meredith Haas, a senior at Hamburg Area High School, is currently taking an internship with Mrs. Reppert, the Spanish teacher at HAHS. Haas got started with this internship this year because she wished to take Spanish IV, but no one else did, so she and Mrs. Reppert



came up with this idea. With Mrs. Reppert, Haas “acts as a student aid in a Spanish 2 class.”

As a student aid, she grades papers, teaches lessons, and even creates fun games for them to learn and enjoy. Haas believes that “the easiest things to do is grading quizzes because it is fairly systematic. The hardest thing to do is to come up with games for the students to play that will help them learn the concept, but also that is fun for them to play.”

Although she is working with Mrs. Reppert in a Spanish classroom, Haas wishes to be a lawyer or obtain a job in a government agency in her future. Ideally, she wants to “work for the Environmental Protection

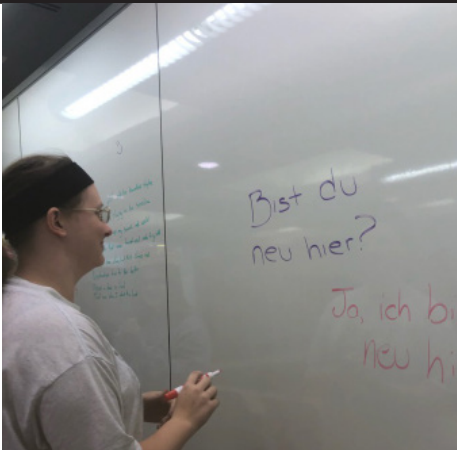
Agency (EPA) so that I can focus on both the environment and the policies that surround it.” For someone that has always been interested in politics and policy making, it would be a great fit.

While Spanish class may not affect a future in policy/law making, Haas knows it to be “very beneficial to have a second language when looking for a job; it makes you more marketable.” Working students must also help with communication skills needed as well.

Meredith Haas will excel in politics with her skill of bilingualism and has a bright future ahead of her.

Student Spotlight - Abigail Behm

Paiton Albrecht - 12



Senior Abigail Behm has big plans for her future. Her Senior year is stacked with exciting things, This fall her main focus has been her leadership role as Assistant Stage Manager of Drama Club. She is preparing the behind the scenes for the school fall musical . “I am in charge of all things props, drops and people. With help from Maddy Fisher we get the job done.” The school musical is November 15 and 16 and Abby hopes to see much of the student body in attendance.

During the year with help from Frau Stevens, she is President of German Club. She runs meetings and fundraisers. Recently she organized an opportunity to “Meet a German”, which gave students the opportunity to ask cultural questions and test out their German!

Her leadership roles do not stop. She also has teamed up with Mr. Kline to help run the Hawk History Seminars. She is using this has a personal project in coercion with the new History capstone program. She brings historical issues and topics to the table for the student body to discuss on day three. Along with Hawk History Seminars, she is continuously making a difference in her community being a part of National Honor Society. She attended a trash pickup in Hamburg, “This was a great experience because I physically saw the difference I was making.”

On top of it all, Abby is taking three AP courses. “AP Literature, AP Government and Politics and AP German, yes it is a lot.” With a sigh Abby accepts the hard work her Senior year brings. By her work ethic and drive for success, it is clear that even though times get tough it is all for the betterment of herself.

These steps she is taking known is setting her up for her future plans after high school, “My dream is to be an International Representative.” Abby wants to work with the United Nations to make a difference. She plans on attending college as a Pre- Law and German double major. “It’s a crazy year, but it’s a good year.” Advice to any underclassmen that may see themselves in the same shoes Abby’s advice to them is, “No matter what you do as long as you’re putting in an effort, you are doing a good job.”

Taylor Swift breaks records at the 2019 American Music Awards

Grant Doklan - 11

Taylor Swift had an incredible showing at this year’s American Music Awards, winning six awards and bringing her total to 29. She surpassed Michael Jackson’s record of 24, making her the most awarded artist in the show’s history. She brought home the awards for Female Pop/Rock Artist, Adult Contemporary Artist, Artist of the Year and Artist of the Decade, along with Best Video for *You Need to Calm Down* and Pop/Rock Album for *Lover*.



Swift also gave a show-stopping performance of her hits throughout the 2010s decade where she wore a white shirt with the names of her first six albums. This is most likely a nod to her previous label Big Machine Records who sold her discography to music manager Scooter Braun earlier this year. Previous to the performance, Swift alleges that Big Machine Records and Braun were going to prevent her from performing her previous hits on television. Swift released a public statement on social media, prompting fans to pressure the label to allow Swift the right to perform her songs, which worked in Swift’s favor.

During her acceptance speech for Artist of the Decade, Swift thanked Carol King who handed Swift her award. She also

made mention of her parents Andrea and Scott Swift who were both in attendance. Finally, she thanked the fans for helping her make memories throughout the decade and for supporting her.

Andrew Lenz is not a Taylor Swift fan, but he does know a few of her hit songs. His favorite Taylor Swift song is *Shake It Off*. He watched Taylor Swift’s performance and was, “very impressed.” He also liked her acceptance speech, stating “It seems like she really cares about her fans.”

To visit Taylor Swift’s official website, click here <https://www.taylorswift.com/>

Artist/Musician Spotlight - Alexandria

Baum

Ashley Perlaki - 11

Alexandria Baum has been interested in the performing arts her whole life. As a freshman at Hamburg she signed up for the musical. At first Alex worked production, but then became interested in the acting aspect of the play. She has just performed her third play as Martha Watson in *White Christmas*, a stellar performance by her and her peers. Alexandria finds that acting or singing helps “express herself creatively” and helps release any stress or anger she has.

Although, Alex loves the performing art, she is also very musically inclined. Alex has been playing the piano since she was six years old, and started playing the ukulele and guitar at 14.

Alexandria is also involved in many school activities, she is a member of in Tri-M, Aerial Boundaries, and Show Choir. However, being so academically and musically involved in school can be tough. Alex finds it hard to sleep and keep up will all of her work, since she is in three advanced placement courses and is also a class officer for her junior class. With that being said Alex still finds it rewarding to be able to enjoy so many different opportunities at Hamburg. Since her years of high school, are almost over she is thinking of majoring in neuroscience and continuing to minor in writing and possibly music. Alex intends to become a part of her colleges performing arts program, as well as continuing to play the piano for the rest of her life.



Everyone is worth it

Clarissa Dimovitz - 9

Suicide in teens is a serious issue that should not be taken lightly. According to Best Colleges, suicide has increased by 24% over the last 15 years in the United States. Social media plays a big role in teen suicide. Social media can be good but it can also leave a teen disconnected from reality making them feel lonely by leaving them without any friends in real life. Cyberbullying, along with the feeling of loneliness, can increase depression. Many teens experience these things on a daily basis causing them to contemplate suicide. For most teens in this situation, it is a struggle to ignore the voices in their heads.

Statistics show that those who have previously attempted suicide are 38 times more likely to die by suicide than those who have not attempted suicide. There are multiple warning signs and risk factors that come into play when someone is feeling suicidal. Ten of the most common warning signs are extreme mood swings and/or personality changes, increased fixation on death, suicide, and/or violence, withdrawing from family or friends, communicating feelings of hopelessness (such as saying they have "no reason to live"), communicating a desire/plan to die by suicide, giving away items/belongings of special meaning or significance, obtaining a weapon or other means of lethal self-harm, increased alcohol and/or substance abuse, engaging in risky and/or dangerous behavior, and loss of interest in people, things, places, and activities that they previously cared about. While suicidal thoughts can happen to anyone, there are certain risk factors that can increase the chance of a person dying from suicide. Some of these include previous suicide attempts, family history of suicide, abuse, and/or mental disorders, active alcohol or substance abuse, underlying psychiatric and/or mood disorder, experienced a traumatic life event, access to lethal weapons and/or substances, social isolation and/or alienation, medical conditions (such as chronic ailment or terminal illness) that can worsen depression, and conflict over sexual identity and/or other personal relationships that may worsen feelings of shame and isolation.

If someone has been showing a warning sign or has a risk factor listed above, please talk to them. If someone is going through suicidal thoughts, it is best to listen to them when they speak, be sympathetic, understanding, patient, and calm, be direct and matter-of-fact about suicide, and offer hope when they need it most. It is best not to argue or act combative, lecture the suicidal person, swear to secrecy, offer advice or try to fix their problems, or blame yourself for the reason that they are suicidal. Try to get them to seek professional help if possible. Possibly suggest to talk to their guidance counselor, whoever it may be. They're available anytime anyone may need to meet with them. Remind them that there are people here for them, and that they are not alone. Many students and people participate in Suicide Prevention month, which is in September. The Suicide Prevention Week starts on the eighth of September and ends on the fourteenth. Everyone all over the world comes together to try and prevent suicide everywhere. If people are worried for someone they know who is suicidal, but don't want to break their trust by telling someone, Safe To Say Something is also always an option. Safe To Say Something is an anonymous reporting system that can be used to prevent violence, suicide, bullying, self-harm, and other forms of threatening behavior. People can submit a tip from their computer, call the hotline at 1-844-5-SAYNOW, or get the app on Google Play or the Apple App Store. There, people can submit a report on the suicidal person, and that way they can get the help they need, without them knowing it was you who reported the matter.

Most people in that state of mind do not realize that there are people there for them, whether it is friends, family, or professionals and that it is 100% acceptable to get help. No one deserves to be alone, especially if that person is dealing with suicidal and depressing thoughts. The National Suicide Prevention Hotline is available 24/7, and can be reached by calling the number 1-800-273-TALK (8255). When calling the hotline, people may be greeted by a brief recording welcoming them to the hotline, followed by a short hold while being directed to the local lifeline center. People will then be connected to a live, local counselor that can help them immediately. If needed, the counselor can refer people to the nearest local mental health facility for in-person assistance. Always remember it is okay to get help. Everyone can make a difference. Everyone matters, no matter who they are or where they come from.

For more information on suicide prevention, visit <https://www.bestcolleges.com/resources/suicide-prevention/>.

Book Review: Saint Anything - Sarah Dessen

Sam Gingrich - 12

Saint Anything is the twelfth novel written by acclaimed young adult author Sarah Dessen. It follows the story of a girl named Sydney Stanford, who has always lived in her older brother Peyton's shadow. After her brother gets in a drunk driving accident that leaves a 15-year-old boy severely injured, Sydney's parents worry more about her brother rather than the victim like she does. After she transfers to a new school, one where she would not be seen purely as "Peyton Stanford's sister," she meets the Chatham family. She quickly forms a bond with the family and finally feels seen for the first time when she meets Mac. Like many of Sarah Dessen's other novels, *Saint Anything* explores the topics of change, family, and self-discovery, as well as some heavier ones.

Saint Anything is a well-written novel, with rounded out characters that readers love, such as Sydney and Mac, and some that they hate, like Ames, a family friend of the Stanfords. The story takes readers through how Sydney processes everything that happened with her brother, and how her family is more focused on him. It also follows Sydney's bond with the Chatham family and how they almost become a second family to her.

All the relationships ___ romantic and platonic ___ are written well and are believable of relationships in real life. *Saint Anything* is a great choice for anyone who is a fan of young adult literature and romance novels everywhere.

For more information about Sarah Dessen, *Saint Anything*, or any of Dessen's other novels, visit her website, sarahdessen.com. Options to buy this book or any of her others are available on the website as well.



Student engineers take a trip to Mitsubishi Chemical Advanced Materials

Alexandra Kline - 12



Select engineering students went to Mitsubishi Chemical Advanced Materials, or MCAM, with Mr. King to help reverse engineer some parts for the company as well as help build a AR/VR platform. MCAM is a big engineering company. With its main office in Switzerland, but there is a smaller plant in Reading, PA.

R-E Miller, a senior at Hamburg Area High School, went on the trip. Because he plans to be a computer engineer in the future because "It comes so naturally to me."

At MCAM, the student engineers were able to get hands on experience in the engineering field. Using the computer software Inventor, they created the parts to later 3D print them. It was simple for Miller to use

because he is Autodesk Inventor certified. To get Autodesk Inventor certified, Miller took one of Mr King's engineering classes at HAHS that teaches many different Autodesk programs to students through lessons and practice.

Team building was a big component during the exercises as they worked together to build small parts to ultimately build the platform. Nine students were sent, without their teacher Mr. King, to build this part by themselves with nothing but their knowledge of engineering and 3D design. Miller describes it as different, but also very fun. He "knew exactly what I was doing."

With Mr. Spohn's help, the students were able to go on this great experience. Anyone can go on a trip like this if they take Introduction to Engineering Design in the future or one of the new engineering classes starting next year. There are two pathways for a student to take with these new classes: engineering with hands on tasks or game design and VR/AV simulations. The hands on engineering classes will be able to go to these trips if they feel that they are prepared for the task.

Miller believes that he feels "prepared for sure" and would definitely recommend it to others who would like to get first person experience in engineering.



Bob's Burgers engrosses viewers

Lauren Shebby - 12

Created by Loren Bouchard, *Bob's Burgers* focuses on a low-income family, the Belchers, who run a hamburger restaurant and live in the apartment upstairs. The

show takes place in present-day and is located on the fictional Ocean Avenue along the coast. Many fans theorize that it is meant to be in Long Island, New York, or North Jersey Shore, New Jersey. Bob, voiced by H. John Benjamin, the patriarch of the family, is likely the most rational character and is a stark contrast to the rest of his family, often reigning in the rest of the family. In addition to caring for his family, he is the owner of Bob's Burgers and loves cooking, especially for Thanksgiving. Linda, voiced by John Roberts and often referred to as Lin, is the matriarch of the family and is the stereotypical over-involved mother who cherishes everything her children do and is constantly trying to prevent them from growing older. The oldest daughter, Tina, voiced by Dan Mintz, is a social outcast who desperately wants to fit in with the other kids her age, but is incredibly gullible and dorky, allowing her brother and sister to easily take advantage of her for silly things. Gene, voiced by Eugene Mirman, is the only brother and son in the family, but his loud and boyish personality is charming, and his constant hunger allows for hilarious bits throughout the show. Finally, the youngest sister and daughter, Louise, played by Kristen Schaal, is always up to some mischief and often displays her unusual intelligence in the form of pranks and plots, with some of the best one-liners in the entire show.

Bob's Burgers first aired on January 9, 2011, drawing in over nine million viewers. It has featured a new season every year since it first started, remaining incredibly popular to teenagers and young adults with its raunchy humor and silliness. In 2014 and 2017, the show won the Primetime Emmy Award for Outstanding Animated Program, as well as other awards and has been nominated for many more. Even more excitingly, Fox has announced that there will be a *Bob's Burgers* movie released on July 17, 2020. In the midst of the tenth season, fans have much to look forward to in *Bob's Burgers'* future.

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Coach Spotlight: Steven Rhoades

Tori Rhoades - 12

Coach Steven Rhoades has been the coach of the Hamburg throwers for the past eight years. Not only is he a coach, but also at one point he was a thrower for the school himself. Coach Rhoades holds the school record in the shotput at 50'4.75" and even went on to throw in college at Kutztown University. After he graduated from college, he got a job as a teacher in Wilson School District and started a family and he, "did not have the chance to continue throwing." Luckily, he was reunited with his sport when his son, Zachary Rhoades, who also attended Hamburg, decided he wanted to be a thrower like his dad.



Upon returning to Hamburg Track and Field program, Coach Rhoades did not know what to expect. Fortunately for him, at that time the throwing program had a large number of student athletes, and the number did not look like it was going to shrink anytime soon. However, after his fourth year, he noticed that his "number of throwers had dropped dramatically and it was obvious." He also noticed that there was much less girl participation than boy participation. Despite the drop in numbers, Coach Rhoades did not decide to end his coaching career because his daughter had just entered high school and was going to throw. He believes that this year will be his last year of coaching due to his daughter, Victoria Rhoades, graduating this year. Coach Rhoades still wishes to have a good year as a team and would love to see the thrower participation numbers grow in the years to come. He also wants throwers and all student athletes to push themselves to their full potential in not only sports but also in life.

Conan Gray releases Maniac

Grant Doklan - 11

Just over a month after the release of his last single, *Comfort Crowd*, Conan Gray unveiled *Maniac*. He announced via Instagram and Twitter on October 22, 2019 that the song would debut on Friday, October 25. In a Tweet made prior to the song's release, Conan stated that *Maniac* is his favorite song off of his upcoming debut album, which currently does not have a release date or title. *Maniac* is the third single confirmed to be featured on the upcoming album, joining the ranks of *Checkmate* and *Comfort Crowd*.



The accompanying music video continues the throwback horror theme of the *Checkmate* and *Comfort Crowd* videos. Jessica Barden, the lead actress in a Netflix series, joins Conan in the video, playing his coworker at a movie theatre. The two must defend against Barden's ex boyfriends, who are back from the dead. The video achieved over 1 million views on YouTube in just four days, a new record for Conan Gray.

Mikayla Slichter is a huge Conan Gray fan and loves *Maniac*. Her favorite way to listen to *Maniac* is, "while driving with the windows down." Mikayla is going to see a Conan Gray concert in Philadelphia on November 14 and is the most excited to see *Maniac* live. She says, "The song is so upbeat, I can't wait to see how he dances to it on stage." Needless to say, Mikayla believes *Maniac* is a great song.

To stream *Maniac*, visit <https://open.spotify.com/album/4x1U4pmSekLejbWCRI0SES>

Student Spotlight: Bryan Esterly

Domanick Ernst – 10

Hamburg Area High School's class of 2022, Bryan Esterly, is a hard-working individual in his 2nd year in high school. Bryan Esterly is on the football team, wrestling team, and is in gaming club. Esterly has been in football and wrestling for three years. Gaming Club is one of the things that Bryan gets to look forward to every Club Day B. His favorite game to play in Gaming Club is UNO.

Bryan moved to Hamburg from Shikellamy School District in seventh grade and he is enjoying his time at Hamburg. His thoughts on Hamburg are that the teachers are really nice and it is really easy to make good friends. He is currently taking Computer Science Essentials with Mr. Brown and Wood Technology with Mr. Yoder. His two favorite electives so far are Introduction to Engineering and Design and Computer Science Essentials. Esterly recommends that students take any language or Engineering courses that the school offers.

The hardest class Esterly has faced is World Cultures with Mr. Evans. The easiest class for him is Algebra 2 with Miss Heckman because he is a natural pro at math. Esterly's future after high school is to go to a college in PA so that he can get a well-paying and opportunity seeking job. Esterly balances himself when it comes to sports and academics by doing all of his homework after school before his sports start.

Sasha Sloan rises to stardom

Grant Doklan - 1

Alexandra Artourovna Yatchenko, otherwise known as Sasha Sloan, is an American songwriter and recording artist. She has been in the industry for quite a while but only recently dipped her toe in the waters of releasing solo music. In 2015 Sloan was featured on a song called *Phoenix* by Kaskade, for which she also has writing credits. She has since written for well known artists like Camila Cabello on *Never Be The Same* and *OMG* featuring Quavo.



During the tail end of 2017, Sloan released her first solo single titled Runaway. This would be the first of three singles from her debut EP released in April of 2018 called *Sad Girl*. *Sad Girl* is the first of two six song EPs Sloan would release in 2018, with the other being *Loser* in November. Currently Sloan has just above seven million monthly listeners on Spotify. Her newest EP *Self Portrait* is about her struggle with anxiety and the singles from that EP have begun to chart in New Zealand.

Ayla Dimalanta was introduced to Sasha Sloan by some friends last year. Her favorite song from Sloan is *Smiling When I Die*. Ayla likes the message of the song, which is to live in the moment. She remarks, "and of course it sounds great too." Sloan is often self-deprecating in her songwriting and Ayla enjoys this about her music. She can be quotes as saying, "It's very honest music that everyone can relate to."

To listen to Self Portrait, visit <https://open.spotify.com/album/5UZrIQSHZOJOjqUt-PE5lpq?si=mrM0tRILQE2J7P9hdEoWew>

Set It Off's album Duality has people stuck in the music

Clarissa Dimovitz - 9

The world of music provides an escape for most high school students. Music can lure people into a deep state of calm or even a state of adrenaline. Set It Off's album *Duality* is no exception. This album tends to pump people up due to the lyrics, fast pace, and rhythm of the songs. Released in 2014 as their second album, it quickly gained popularity. The band was initially working with John Feldmann, an American musician, songwriter, singer, and record producer, on the album as mentioned by Set It Off's frontman, Cody Carson, in a video on *Alternative Press's* Website. Set It Off's music genre falls under the pop/rock music category. They may be a boy band but in no way are they basic. The band consists of not just one drummer but four. The band members are Cody Carson, the vocalist, Dan Clermont, the first Guitarist, Zach DeWall, the second Guitarist, Austin Kerr, the Bass Guitarist, Maxx Daniziger, the first Drummer, James Arran, the second Drummer, Benji Panic, the third Drummer, and Blake Howell, the fourth Drummer.



The album *Duality*, in total, contains 11 songs: "The Haunting", "N.M.E", "Forever Stuck in Our Youth", "Why Worry", "Ancient History", "Bleak December", "Duality", "Wolf in Sheep's Clothing ft. William Beckett", "Tomorrow ft. Jason Lancaster", "Bad Guy", and "Miss Mysterious". Each song has a different story, from "N.M.E" being about breakup to "Bad Guy" being about a man misunderstood and mistreated. Some of Set It Off's songs contain explicit language. While the album is about five years old, the songs still relate to everyday issues that people face today.

According to AllMusic, Set It Off started in Tampa, Florida in 2008 and gained a large following through vocalist Cody Carson's YouTube channel. They soon started climbing up the charts, and their first extended play record, *Baby, You Don't Tripajaharda*, on October 31, 2008. They soon went on to release more EPs, and eventually albums. They recently released their newest album, *Midnight*, in February of 2019. Set It Off has been around for quite a while and it seems like they are here to stay.

Alumni Spotlight: Brad Hepner

Lauren Shebby – 12

Brad Hepner graduated with the class of 2019 before continuing to pursue his major in mechanical engineering at Wilkes University, a well-known institution that specializes in engineering and other sciences. Wilkes has an acceptance rate of 76% with notable alumni such as Eddie Day Pashinski, a member of the House of Representatives, and Frank Zane, a bodybuilding three-time winner of Mr. Olympia.

As a current college student, Brad has been budgeting his money carefully to prevent any concern of college debt. Brad and his roommate frequent Walmart for cases of water and small snacks that the cafeteria may not offer, but the majority of his meals consist of food provided by Wilkes' cafeteria. Brad is a fan of the selection of ice cream offered there, as well as the homemade doughnuts that are available on weekends. His favorite



is the "breakfast doughnut", a vanilla frosted doughnut topped with Fruit Loops.

As a former baseball player at Hamburg, Brad intends on returning to Hamburg during the season to visit his coaches and cheer on his old teammates. Although he looks forward to reminiscing with them in the spring, he chose not to join the Wilkes baseball team in order to focus on his studies. However, he is frequently tempted to try out. Despite, not being on a sports team, he routinely goes to the local YMCA to exercise in order to stay in shape, especially since he often indulges in high calorie foods.

Although the classes are difficult, Brad continues to stay afloat in his chemistry, calculus, English, and communications classes. He is glad he kept his high school notes, especially from calculus, to assist him throughout the semester. Luckily, he gets to sleep in, with his earliest class starting at ten in the morning. Some days, he does not have a class until one in the afternoon, allowing him time to eat, sleep, and work. He says, "The hardest part is managing time to reduce the stress load."

Brad took multiple accelerated courses, but he greatly recommends taking AP courses and attempting to do well on the AP exams in order to receive credit. Additionally, even if credits are not accepted, prior knowledge of the subject helps once the course is taken in college. After taking APUSH as a junior and taking the AP exam, Brad is now able to take a history elective of his choice rather than repeating the course. He also took AP Physics and AP Calculus. Since taking those, his calculus class is mostly review and he will be prepared once he takes physics and engineering courses for his major. Overall, he suggests bulking up on AP credits in order to get the most out of a college education.



TV Series Review- The Politician

Ashley Perlaki - 11

As explained by Netflix, *The Politician* represents moxie, ambition, and getting what you want at all costs. This show was produced by Ryan Murphy, known for his successful television series *American Horror Story*. The leading character is Ben Platt, or better known as Payton Hobart in *The Politician*. Ryan Murphy can be seen tackling American politics, high school drama, and the current culture of today's teens, the 2019 show

takes place in Santa Barbara, at a small local high school. Payton Hobart, the main character on his way to presidency, playing off the ludicrous notion of a teen running for president. The show displays satire and a sense of no real understanding of politics. Payton Hobart can be seen as very indecisive in the show, demonstrating the actual undecided nature of presidential candidates as well as the president. The political nature of *The Politician*, is considered as a '90s takedown of how politics are essentially pointless, because nothing will never really change. *The Politician* is a representation of Gen X but is meant to symbolize the cultural movement of Gen Z. The Politician's main theme is to take American history throughout the years, excluding today, and to view it through the lens of progressive thinking, almost like living in a different century with new morals.