

# Hawk Happenings

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## Kaylea Detweiler spotlight

Dakota Schneider - 9

Kaylea Detweiler is currently a freshman at HAHS who is involved in track, basketball and student council, and she enjoys collecting shoes. Kaylea participates in track during the spring and basketball during the winter. As of now, she is looking forward to student council since she's new to STUCO. She can balance her school work easier, considering it's only part of the year.

She previously went to Whitehall and Tamaqua and this is her 3rd year here at Hamburg. Being new to the HAHS can be challenging, especially as a freshman. Finding her classes can be very stressful, but Kaylea says, "I'm starting to find my way around the school pretty well." As for her teachers, Kaylea says, "I like most of my teachers, so far. None of them have given off a bad vibe." So far, her favorite class is Video Communications because, "Even though it isn't the most fun yet, I feel it's going to become really fun."

Kaylea is a very outgoing and kind person, and because of her bright personality, she has made a pretty big friend group. "Kaylea and I just clicked, she can get along with anyone. She speaks her mind and only ever tells the truth. She has grown so much since I first met her and she has helped me grow with her. I can easily see us being life long friends," says her close friend, Koa Binder. Outside of school, she is very energetic and enjoys hanging out with her two younger sisters. "At home I'm usually jumping around and being silly with my sisters." Inside of school, Kaylea is a hardworking student who participates often and makes school a good environment for the people around her.

## What freshman should expect for winter sports

Alaena Cox - 9

The freshman class is a little worried about their upcoming winter season. To break the ice of what might this season hold, some upperclassmen decided to help out the freshman and new players.

For girls high school basketball, the team expects hard work and dedication to the sport. This does not just mean showing up, but putting in the most amount of effort to grow individually as a team. The team's goals are to beat Schuylkill Valley and reach the playoffs. Many of the upperclassmen said that their freshman year was much harder than they thought it would be, because of the pace of the game and they had a new team to adjust to. Although joining a new sport is scary, the girls would recommend joining even without prior experience.

Basketball is not the only sport that students can join without prior experience. Girls wrestling is very open to new teammates. They would like more girls to join wrestling because the team is very small. The girls are willing to help and teach anybody new as much as is needed. The hardest thing for the girls when entering their freshman year was the conditioning. There is a lot of running and weightlifting in practices. Although this may seem scary, the girls are very supportive and will not let others feel defeated. The team's goals this year are for more recruits and to get stronger.

The boys basketball team is excited for their upcoming season. They hope that the freshmen bring the same energy and effort as they have seen in the past. As expected from boys basketball, they have said their freshman year was a big change and a lot harder for them. The amount of aggression, conditioning, and overall pace of the game was something they had to quickly come accustomed to. Unlike the other sports, boys basketball would recommend not joining without prior experience. They said "I would recommend joining with at least one year of basketball, so you have a feel of the stress in a game situation, and so you don't slow down the team," they hope to reach districts this year and win a bunch of games.

One of the most recommended sports, without prior experience, is indoor track. Many athletes who do this sport do it to stay conditioned for their spring or fall sport. Not many of them have an expectation for the Freshman because they are all there for different reasons. Whether it is to stay conditioned, better oneself, or get faster, they all only hope to see improvement in themselves. What they all had to overcome was the mental part of running. People must have a positive attitude if they want to get better.

## Keeping personal internet safe

Landon Poulis - 9

The Internet is one of the most dangerous things. Of course, it is valid and has many benefits.

Hailey Quinn, 11 grade, said, "I use my phone to text, make calls, for entertainment purposes, and do school work." She luckily never got a virus, but she never did anything to prevent it.

Regarding the internet, there are many ways to stay safe. Installing a VPN, a virtual personal network makes it safer and protects identities online. A VPN even makes your internet faster. Clicking mysterious links could also cause unfortunate experiences while online.

Some precautions on the internet are, installing a VPN, not trusting everything is true, clearing the search history after every search, avoiding using Airdrop, and not sharing anything personal online with anyone. It is so easy to create an avatar pretending to be someone else.



## Students and teachers love to bake at HAHS

Riley Mohn - 10

Students at HAHS bake as a fun or required activity, and they bring in foods for some classes or friends. Most of the time, the treats students bake are for birthdays or special occasions that students want to celebrate, or just because they are in the mood to bake. Other times, students have to bake for grades in culinary classes or classes where people learn how to cook to gauge if they can survive without constantly needing to purchase take out.

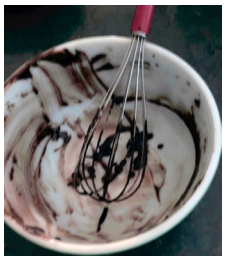
During the pi day activities on March 14, the math teachers allow students to bring in treats to make pi day much more enjoyable. Most students would bring in cookies or cupcakes as the treats, but some brought in pizzas or other circular foods. The teachers also would have interesting lessons that day, like taking a thin Twizzler and using it to find the diameter and circumference of a small cookie to show that it will always equal pi.

Other classes like Mrs. McCarthy-Wright's publications classes are allowed to bring in treats. Students bring in treats about 5 to 10 times throughout the school year, and they bring in normal treats like cupcakes or cookies that are sometimes homemade, or years ago, a final project like sushi. Mrs. McCarthy-Wright also brings in extra treats she makes whenever she makes too much, like when she made 'puppy chow' which is a chex mix covered in a mixture of chocolate and peanut butter with sugar to top it all off.

During the in-service day on Friday, Mrs. Geske made an apple strudel on October 6 for the teachers. She said she had made it to give the teachers and staff a treat for being there on the days students had off. She has also experimented with different kinds of cakes, swiss rolls, brownies, cookies, anything she can bake.

Students enjoy baking around HAHS as well, and there have been treats like red velvet cupcakes, brownies, and cookies baked and passed around HAHS. Some other desserts have included homemade Rice Crispy treats with sprinkles and macarons.

Students bake to be able to share their creativity with their love of food. Typically, it can also be an acquired skill students have. Students also bake to share their favorite customs and events with others, since a universal language is food.



## HAHS welcomes new strings teacher

Bella Byers - 11

Mrs. Godek is HAHS's new orchestra teacher. She was teaching Orchestra at Wyomissing School District for 26 years and misses her friends and her students. "I came to HASD to help grow a program that has a lot of great potential."

She went to Lycoming College for her undergraduate work, West Chester University for a Masters of Music in Education, and Messiah University for a Masters of Music in orchestral conducting. She majored in biology for a short time. love music and being a musician. I want to share that gift with students, even if they don't become musicians. In music they have the opportunity to become part of a community where everyone needs to contribute for the group to be successful. "I love music and being a musician. I want to share that gift with students, even if they don't become musicians. In music they have the opportunity to become part of a community where everyone needs to contribute for the group to be successful," shared Mrs. Godek.

Godek states, "I like that everyone is so friendly and the atmosphere is relaxed for the most part." Godek explains, "My favorite thing about teaching orchestra is the kids in the music department." She plays two instruments, a viola and a violin. She has enjoyed all 26 years of teaching and will keep teaching this class. She enjoys meeting new students and is very welcoming towards everyone.

In her freetime she enjoys reading, running and baking.

## What is Mindfulness

Harley Davis - 11

Mindfulness is a mental state achieved by focusing one's awareness in the present moment. Acknowledging one's feelings, thoughts, and body sensations is having mindfulness for others. Maintaining a state of being alert and focused can be relaxing for others. Reading books about mindfulness and listening to podcasts that revolve around mindfulness can teach others to have mindfulness practice for a state of mind.

Paying attention to work and others can be mindfulness. Accepting others is a big part of mindfulness. Mindfulness can help with anxiety. Can reduce stress, anxiety and depression. Managing stress and coping with a serious mental illness can reduce anxiety. Mindfulness can help with lower blood pressure. It can help with treating heart disease. Improving sleep is very important when trying to improve on mindfulness. Mindfulness helps with mental health.

Having mindfulness means living in the present moment and not paying attention to the past as much. Living in the present means being more aware and awake to each moment that happens in life. Watching surroundings with acceptance and not judging others is a big part of having mindfulness. Having a relaxed mind by paying attention to thoughts and sensations without judgments. For more information, visit [www.mindful.org](http://www.mindful.org)





# How to beat SAD

Isabella Forte - 11

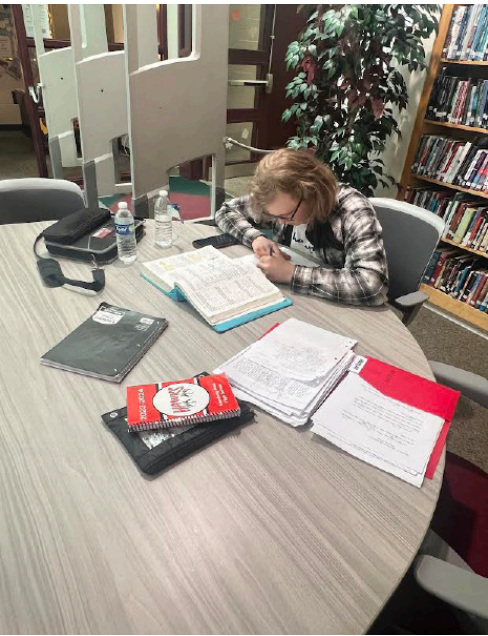
Seasonal Affective Disorder (SAD) affects many teenagers during the winter season. People with SAD, lack of sunlight, and a problem with certain chemicals in the brain, prevents the hypothalamus working properly. The lack of light is thought to affect the production of the hormone, melatonin. This affects the production of the hormone serotonin. It can affect people of any age, including children.

For those suffering, Hamburg Area High School offers many opportunities for students to seek help. Students are constantly passing RuOk signs that have contact information for them and their peers to reach out. Counseling is available through a therapy group called family guidance. This session happens throughout the school day. Students are pulled from class to go to therapy once a month. This is very helpful for those who need to speak up about their problems.

Research has shown that a daily one-hour walk in the middle of the day could be as helpful as light treatment for coping with the winter blues. Go outdoors in natural daylight as much as possible, especially at midday and on brighter days. Inside the home, choose pale colors that reflect light from outside, and sit near windows whenever possible. A healthy diet boosts the mood, and gives more energy. It also helps to stop putting on weight over winter. Balancing cravings for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

People with SAD are not alone. It has been shown that socializing is good for mental health and helps ward off the winter blues. Make an effort to keep in touch with people, accept any invitations to social events, even if it is only for a little while.

For more information visit, <https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/self-care/>



# Harry Potter movie review

Izzie Gonzales - 10

Harry Potter is one of the biggest bookselling and watching series in history. Lots of people enjoy watching the movies or reading the book's story created by J.K Rowling. Senior Kassie Gonzales loves Harry Potter. Her favorite movie from the series is: Harry Potter and the Goblet of Fire.

This movie is about Harry in his fourth year, who has been mysteriously entered in a dangerous tournament in which he is forced to compete. There are many dangerous tasks that he could have died in or been seriously injured. This took place in 1994, but was released in 2005. The main characters are; Harry Potter, Ron Weasley, Hermione Granger, Cedric Digory, and Professor Moody. This story is about integrity and believing in oneself and having faith.

Kassie states "If I am being honest, I think that Brendan Gleeson (Prof. Moody) was the best actor because he made me feel scared when he was on screen and that doesn't happen often, and the fact that he had astronomical facial expressions and body movements." Alastor Moody, played by Brendan Gleeson, is her favorite character and actor in the movie.

"I think my favorite part of the whole movie was when Harry and his friends got to meet Cedric and his dad." She says. This part has become her favorite because she likes to meet new and interesting people because that's her main hobby. "I also liked it when Fred and George turned into old men and started to fight after taking an aging potion to be in the tournament, but I didn't like how the headmaster: Dumbledore had made Harry compete in the tournament when he wasn't supposed to because of his age." She says.

Integrity. Integrity is a big thing when it comes to competitions, and for Harry Potter despite having multiple terrifying challenges he never forgets to display his integrity throughout the film.

"In all honesty anyone can watch the movies, and I believe that they should. I used to not like it because I thought it was nerdy, but when I first watched it with my aunt I enjoyed it and have watched it ever since. The movies and books are the best things that have come into my life and shaped who I am today, just by reading and watching the series, but I wouldn't recommend toddlers watching it because they might get scared from Voldemort, and the Death Eaters."

She decided to give the movie a 4.5/5, because she would have liked it if it had a different ending



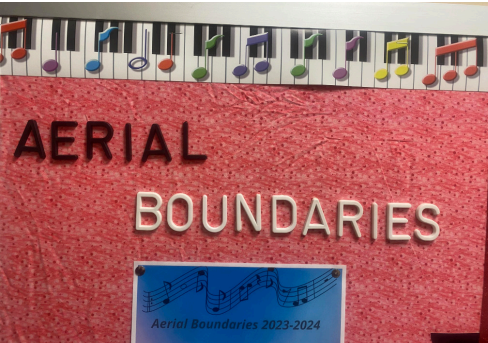
# Students participate in Aerial Boundaries

Elaina Hess - 10

Aerial Boundaries is a select singing group at HAHS run by Mrs Jackson. Any student is open to audition in any grade as long as they are involved in choir. This group is a great opportunity for students who are interested in singing and music to get involved and have new opportunities. They practice on Thursdays from 3-4. Aerial Boundaries is a travel singing group that goes to many places to perform in the community and other places. Last year, they had the amazing opportunity to go to New York City and perform at Radio City. This was a wonderful experience because students got to go and explore before coming to the venue and performing for hundreds of people.

A freshman, Koa Binder, is new to AB. She has only had one rehearsal so far but says she is very excited to continue to be in this group. Koa loves to sing and believes she is good at it. She auditioned for this group because she was inspired by other high schoolers who were involved. She loves choir and music and enjoys both very much.

A senior, Selena Henne, joined this group in her junior year. She says she joined AB because she is very passionate about music and singing. She says she wanted to get her voice out there and sing within her community. Her favorite memory is the bus rides to and home from events because it is always fun to practice songs and hang out with friends. She loves the atmosphere that is fun and inclusive. She says they all got along very well and it was very positive. She loved this opportunity and is excited to see what the rest of the year will bring to this experience.



# Chase survives the day

Brielle Cox - 9

HAHS freshman Chase Brodhead's day starts by his mom waking him up and turning on his bedroom lights at 6 am. Chase then gets out of bed and changes into fresh clean clothes appropriate for school. He walks to the bathroom, hair a mess, and brushes his teeth while watching Trisha Paytas' on YouTube. He cleans his Invisalign until they are practically sparkling so he can wear them with his freshly brushed teeth. He wets his hair with a spray bottle and combs it out. He sits on his phone letting his hair dry from being damp waiting for the bus to come. He grabs two water bottles from his fridge, one for him and one for his friend, and walks to his bus stop.

Chase sits with his friend Kaylea Detweiler and they enjoy a nice cold bottle of water in the morning. If Chase has any homework he needs to complete he will do it on the bus or in his homeroom. Chase's homeroom teacher is Mrs. Trubilla in the English hallway. Chase sits patiently in his homeroom waiting for the first period bell to ring.

Chase's first period class is German with Frau Stevens. He has German with one of his best friends Alaena Cox. They normally help each other study for tests or worksheets that they are having trouble with. Chase says they normally watch a video in Frau Stevens class, but on Wednesdays they listen to music. Chase does his work until the second period bell rings.

Chase has algebra 1 for his second period class. Chase and Alaena get to leave Frau Stevens' class and walk to algebra 1 together. They enter the classroom and walk to the phone pockets to place their devices in a designated pocket. Mrs. Herman and Mrs. Argot will happily teach Chase algebra as long as he pays attention and does not break school rules. Chase sits with Carlos Rodriguez, Allyson Justiniano, and Alaena Cox in the far right corner of the classroom. Chase says the work is not that hard but not that easy either. It is easier for him when his friends help him out. He enjoys the fun chairs because he can go up, down, and all around. Chase spins in his chair waiting for the third period bell to sound.

Chase walks to the library where he has video communications for 3rd period with Mrs. Esbach. In video communications he records and edits the videos that he takes. Right now Chase says he is working on a nature project that he enjoys. His class takes short walks outside of school to record the scenery. Chase likes walks and the outdoors so he is enjoying the recording part of the project. Chase comes back from his walk and waits for the 4th period bell to go off.

Chase's friends Dakota and Koa have publications in the library for their third period so they all get to walk to computer and career awareness together. Chase makes his way to Mr. Hetrich's class where he sits next to Koa in the front of the class. He finds the class to be easy right now because he likes to type. He is learning how to type, write appropriate emails for teachers, and learn more about a career he would like to pursue. Chase has computer and career awareness every other day so on odd days Chase will be with Mr. Hetrich and on even days he will be in the gym with Mrs. Deitz. Koa and Dakota are also in Chase's gym class so every 4th period they walk together. Chase likes gym class but only because he has friends in his class with him. He does the activities with the sole purpose to have fun not to win. Chase kicks soccer balls until the 5th period bell buzzes.

Chase's 5th period is with Mr. Zimmerman where he learns about civics. Chase says he likes the class so far because the teacher gets into detail about the topics he is teaching. Chase says Mr. Zimmerman does really well at teaching him and likes to crack sarcastic jokes about the students. Chase giggles uncontrollably until the lunch bell chimes.

Chase loves to sit with his friends at lunch. He has such a great time talking and laughing with them. He sits with Dakota Schneider, Koa Binder, Ash Stump, Sasha Lopez, and Landon Poullos. They all take secret pictures of each other and create and reminisce their inside jokes. Chase normally gets water but does not finish it so he takes it to 6th period with him. Chase munches until the 6th period bell plays.

Chase walks to Mrs. Trubilla's English classroom from lunch. Chase loves his 6th period because he likes English. He does not find the class easy but he likes the topics so it does not matter to him. Chase liked annotating the book A Separate Piece not because he got to read but because he got to add whatever comments he wanted on sticky notes. Chase quietly read his book until the 7th period bell began.

Chase's last class of the day and one of his favorites is integrated science. He works with Marciana Dellamonica and Sasha Lopez on all the assignments. Mr. Meyers is a new teacher this year and is already Chase's favorite teacher. The class is so fun and silly but also not easy. Chase does not mind the challenge because he will still get his work done. Chase works until the flex bell is heard.

In flex Chase hangs out with Dakota Schneider and Alaena Cox in cafe 1. He normally listens to music, talks, or does his work. He asks questions about his assignments to his friends so they can help him. Chase builds stronger bonds with his friends at the table and laughs all through flex. It is never a dull moment when he hangs out with his friends because he picks good people to be around. His friends are helpful, funny, kind, and really nice people. Sadly they can not have fun forever because the busser bell is about to go off.

Chase walks to his bus leaving his friends behind. He climbs the stairs and finds his seat. He gets all relaxed as he is ready to take off and go home. But no peace can be found yet. Chase still has to deal with annoying kids on his bus. All through Hamburg and then Shoemakersville the kids will not stop making corny jokes. Chase drowns them out with music but sometimes it is not enough. Chase would like to warn teachers about the next generation. Chase's bus makes a stop and he is free to get off the bus and relax for the rest of the day. Chase falls asleep just to do it all again in the morning.



# Attend the Java Jam on 12/14 from 6:30 to 8:30

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