

Hawk Happenings

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HAHS 's favorite Christmas movie

Lilly Gibson - 9

Christmas movies are a staple in many households and every household has a favorite movie they like to watch while eating a snack. Some like the new releases and some like the classics and in some households they watch every Christmas related movie.

The Hamburg Area School District takes Christmas very seriously. The elementary schools have gift stores where students can buy gifts for their friends and family. In the middle school, every hallway is decorated with decor and other materials. They play Christmas music during classes and participate in spirit weeks all month long. Things at the high school get even better than that. At the high school, we decorate the hallways, cafeteria, and library. We have spirit weeks that are competition based and really get the students in the mood for Christmas. Not only are the students festive but the teachers are as well. Almost every classroom has trees, candy canes, and other decorations set up. Some of the teachers also play Christmas music to set the mood.

All this other stuff is not as important as the movies the students see. The Christmas movies are what really make the whole month, whether they are shown during school or at home. Some of the most popular Christmas movies are Elf, Home Alone, A Christmas Story, The Nightmare Before Christmas, and The Grinch. Out of all these movies, the one that came out on top was Home Alone. Home Alone is a four movie franchise that is based around a boy that is left home alone for the holidays on accident and has to defend himself from the bad guys. The reason this movie was the most popular was because it is very comical. From the jokes to the accidents, it makes the whole family laugh.

Christmas movies are what make the holiday. They bring people together for an amount of time filled with fun and memories.



Anatomy and Physiology elective spotlight

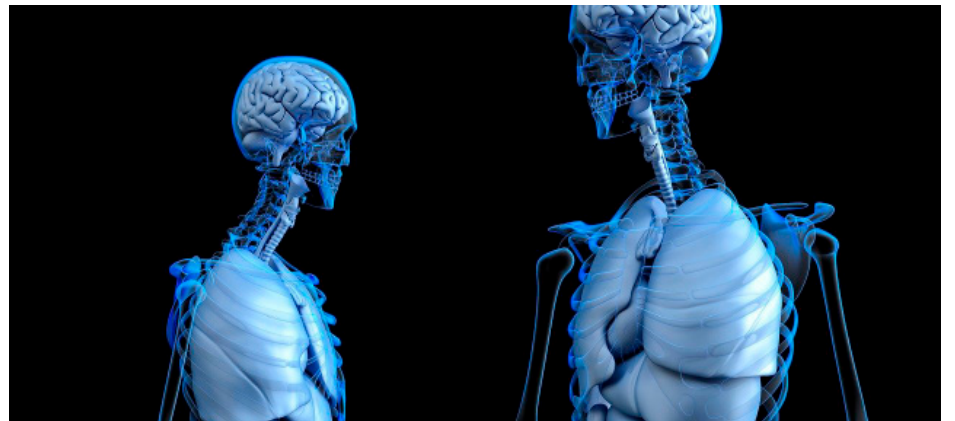
Grace Cromyak - 11

At the Hamburg Area High School, there are tons of electives to choose from, ranging from science, English, history, business, programming, and woodworking electives. Lots of them can be helpful for one's future career, depending on what students are interested in. One elective that can be helpful to students entering the medical field to be a nurse, occupational therapist, or doctor is Anatomy and Physiology. In order for a student to take this class, they must pass their Biology class and take the Biology course. In Anatomy and Physiology, students will learn about the organization of the body/tissues, the skeletal, muscular, nervous, cardiovascular, respiratory, digestive, and reproductive systems, which are beneficial for knowing more about the human body and how these systems work.

These systems are expanded throughout the year, and students will learn about the systems more in-depth. "We do focus a lot on diseases, especially when we get to the systems. Knowing more knowledge of these diseases, students can understand how they affect people in many different ways," stated Mrs. Sinopoli. She also adds that Anatomy and Physiology are highly recommended for students wanting to enter the medical field because they will cover almost every aspect and every system that occurs in the human body, and this also includes biology knowledge relating to medical elements. Senior Lexi Ewing, a student taking this elective, currently states, "I am taking this class since I want to major in nursing. I find this class very interesting, and it sparks my interest in my future career." Lexi included that this class helps her since they talk about the different systems in depth, which can make her and other students better understand how everything works in the human body.

Other than this class helping students who have a desire to enter the medical field, it can improve their memory with visual/physical concepts and activities. Mrs. Sinopoli shared a great story about a former student she had. She explains that the students were learning about the cardiovascular system, and they were listening to their hearts using stethoscopes and learning to listen to the sounds of the heart. At the time, one of her former student was taking AP Biology, and they were also learning about the cardiovascular system. When she listened to the sound of her heart, she noticed that her heartbeat was different from that of other students. This student took multiple tests and later found out that her doctor stated she had a heart murmur. With this student's understanding of the cardiovascular system, she was able to identify that something was different about her heartbeat compared to other students.

Anatomy and Physiology also has some other factors involving different activities such as labs, active labs, projects, and more engaging activities. This class is also suitable for keeping a stable memory that involves a lot of visual learning with the skeleton, muscles, and organization of the organs. "I love learning new things since it keeps me engaged with learning more," stated senior Lexi Ewing. Anatomy and Physiology also include readings from the textbook to ensure a better understanding of how things in the body are and why they are essential.



HAHS hosts another wonderful winter dance

Kaeli Cox - 10

After a successful event last year, Hamburg Area High School's Student Council has hosted yet another great Winter Dance. The anticipation for another memorable event helped Student Council sell 182 dance tickets to students. This year's theme was Ice Palace, and the blue and white decorations brought it to life. With twinkling icicle lights, themed table decor, and rock candy icicles, the venue looked magical. The dance took place at CJ Hummels from 6:00pm. to 10:00pm. What brought the most life to the party however, were the students.

Isabelle Wilkes, senior, passed the Ice Queen crown down to Amelia Gassert, junior, this year. As our 2023 Ice Queen, Mia shared, "At the Winter Dance, I really liked the setup of the tables, where CJ Hummels is such a good venue. The dance was really fun with good music." With 24 tables spread out throughout the venue, students were able to sit among friends and enjoy time together. The dance also featured a DJ that provided students with a variety of songs to fit everyone's style. Students were also given dinner, featuring chicken, green beans, baked potatoes, corn, and pasta. Mia shared, "The food was okay. I really liked the green beans with the baked potato and the corn. It was really good!" The variety and amount of food options given allowed students to choose whatever they wanted. Mia shared, "I thought the Winter Dance was really fun. I did not have any critics about it."

Mr. Kline is a Student Council advisor and was responsible for overseeing the creation of the dance. He shared, "I enjoyed the fact that Matt Curtis did a great job organizing the dance. The venue was great, and everyone had a good, fun time." Matthew Curtis was the head of the Winter Dance committee and spent a lot of time and effort making the dance enjoyable with his committee. Mr. Kline also said, "Next year, we would maybe consider different food options, and a different theme that fits the venue better. I thought it went well though, so not a whole lot of change."

The Winter Dance is a popular school event, and this year was no different. Students were pleased with the elements and can thank Student Council for keeping this yearly tradition fun.



Staff Spotlight: Mrs. Hoover

Sara Fitzgerald - 12

Mrs. Nicolette Hoover has worked in the district since 2017 and began in the high school at the end of the 2020-2021 school year. Interacting with the faculty, students, and parents is one of her favorite parts of her job. She loves catching up with them and being able to solve whatever problems they have. This job was inspired by her love for learning and the excellent role models she had growing up. Albright College is Mrs. Hoover's alma mater she was involved in cheerleading, dance, and sorority. Her original dual major was Elementary and Special education with a minor in psychology, but she switched to Business Management in her junior year. Working as a substitute in her beginning years, she realized she wanted something more stable and better working for her children's schedules. This led Mrs. Hoover to her administrative assistant job for the principal at Hamburg Area High School. She enjoys watching her kids sophomore Mackenzie and eighth grader Beau in their sports and concerts. Mrs. Hoover loves spending time with them and has found that the day-to-day trips are better than her big trips. Her hobbies include trying new wineries, woodburning, and spending time with her friends, and she would like to get back into skiing.



HAHS students and teachers discuss favorite Christmas cookies

Dakota Schneider - 9

As the temperatures start to drop and the winter season is approaching, many people are getting ready for Christmas by decorating and making Christmas cookies. Gingerbread cookies are extremely popular all over the world. Gingerbread cookies originate from the Crusades and were originally made with breadcrumbs, boiled honey, and seasoned with all kinds of spices. Only 2.4% of students like to make Gingerbread cookies for the holidays. Freshman Brielle Cox states, "I love the smell of Gingerbread cookies and it gets me very excited to bake and make Christmas cookies." Another commonly favorized cookie is snickerdoodles. Snickerdoodles have an unconfirmed history, many people say it originated from New England while others say it originated from Pennsylvania but derived from German and Dutch cookies. Overall, 7.3% of students like to make snickerdoodles for Christmas. As common as it is, it is shocking that this is not a student favorite. Freshman Chase Brodhead says, "My grandma always makes snickerdoodles and it is very nostalgic for me." Many other favorites that students like are plain chocolate chips, peanut butter blossoms, cookies with Hershey Kisses and coconut macaroons. It was shocking to learn that many people bake chocolate chip cookies over other holiday cookies such as spritz cookies. Freshman Cali Tobias says, "Chocolate chip cookies are my favorite because they are chocolatey and creamy and I love the melting chocolate." Mrs. Deitz's favorite cookies are peanut butter cookies. Students overall favorite cookie out of all was sugar cookies. Sugar cookies are very common to make and buy in stores during the holiday season. Many people love to enjoy their sugar cookies with coffee, colorful icing, and they can be rolled and cut into festive shapes for the holiday season. These cookies are loved by many due to their sweet, chewy flavor. In conclusion, Christmas cookies are very versatile whether it is a sweet sugar cookie or a spiced gingerbread cookie. Christmas cookies give students holiday joy and is a cherished tradition known all over the world.

For more information on Christmas cookies visit:
<https://tastesbetterfromscratch.com/americas-most-popular-christmas-cookies-ranked/>

Cox twins explain relationship

Bella Kenyel - 9

Identical twins have similar DNA and a 0.5% chance of being born, which happens by the fertilized female egg splitting into two. The genders for identical twins being the same is 99.9%, with the other 0.1% being a boy and girl pair. Another name for identical twins is "monozygotic twins." Another form of twins is non-identical twins, which have a 0.7% chance of being born. Non-identical twins happen by there being two female eggs present which then both get fertilized by two different sperm cells. The two other names for non-identical twins are called "fraternal" or "dizygotic twins." Another fact about twins is that they have different fingerprints due to their genetic makeup and the environment inside of the mother's womb during pregnancy. The two well known twins inside of Hamburg Area High School, Brielle and Alaena Cox, were born on May 9, 2009, within 10 minutes of each other. Brielle's favorite activities are video games and field hockey, while Alaena's is just field hockey. The activities that the Cox twins do with each other depends on the mood. They may fight with each other, make inside jokes, or just laugh and hang out. The Cox twins also team up with each other to have a sibling argument with their older sister, Kaeli Cox. Brielle and Alaena have a closer bond with each other due to the fact that they are in the same grade and because they hear the same things from their friends. If the Cox twins want to match with each other, then they will either wear the same outfit but different colors or just wear the same outfits overall. The Cox twins do like being twins and that it was fun. Some advantages that they listed are that they both get laughs and giggles when people mix up the twins and they can also switch seats without anybody knowing. The disadvantage that comes with being twins is that they both get tired of not being called by the right name. One story that comes to mind for the Cox twins is when people confuse them for the other during Halloween. Alanea explains, "...sometimes we'd be wearing two different things, and especially on Halloween when we're two different people, people still mix us up. But one of the times what we did during Halloween was Brielle would go up to the door and get candy, and this was one of the years where we were the three blind mice, so we looked the same, then I would go up and get candy. And sometimes they refused to give me candy until Brielle came around." The Cox twins cannot read each other's minds, but they do sometimes say the same thing at the same time. A way to tell the Cox twins apart from each other is by looking for a birthmark on Brielle's face and also looking for the fact that Alaena is a bit taller than Brielle. Another way to tell them apart is by their face shapes; Alaena's is a bit more longer and a more rectangular shape while Brielle's is more of an oval shape. The other twins that Brielle and Alaena know are Alannah and Aiden Poulous, Joseph and Jayden Seidel, and Luke and Logan Gottschall. As others get to hang out with the Cox twins more, they get to see the differences and then they see the twins as their own individuals. To learn more information about twins, visit these websites: science.focus.com, verywellfamily.com, betterhealth.vic.gov.au, nhs.uk, twinstrust.org, and genome.gov



Mr. Saunders returns

Bella Kenyel - 9

Mr. Saunders moved to Pennsylvania in 2014 from Virginia where he had worked 24 years in a hospital as a Plant Operations Supervisor. In 2016, Mr. Saunders began working at various gyms as a personal trainer and was a local pastor for over six years. He started working in the Hamburg Area School District as a Paraeducator, also known as a Teacher's Aide through an outside educational contractor. He began substituting for Paraeducator positions in the area. Mr. Saunders regularly held substitute positions at the Hamburg Middle and High School, Tilden and Perry elementary schools as well as other school systems such as the Schuylkill IU 29, Wyomissing Junior-Senior High School, Kutztown and others. Mr. Saunders was offered a long term assignment Paraeducator in the fall of 2019 with Mrs. Stump-Dalton but his position through the educational contractor ended in March of 2020, due to the Covid lockdown and school closings. A position at the High School became available in November of 2022, which he filled and became an employee until February of 2023 when he left for personal reasons. A temporary Paraeducator position became available in October of this year at the High School, when the position was posted, he applied and was offered the position. Mr. Saunders started in November 2023 returning to Mrs. Stump-Dalton's classroom. There he assists in helping her and Mrs. Krause work with students. His goal is to encourage, motivate and help students be successful in school and in planning for their future. His time working as a Paraeducator has come full circle at Hamburg High School. On a personal note, Mr. Saunders is married, has three adult daughters and three grand-children. He resides in Schuylkill County with his wife and two dogs.



Student Spotlight - Grace Cromyak

Deja Wagner-Wakefield - 11

Grace Cromyak, a junior at Hamburg Area High School, is involved in golf and publications. She is an exceptional student and because of her love for learning about the human body, her favorite subject is Anatomy and Physiology because "I am learning about things about the human body that I find very interesting to know, and it also leaves me with a bunch of different questions on why things in our bodies act the way they do." On the other hand her least favorite class is gym because "I don't particularly appreciate having my gym class in the second period of the morning because I feel I need to be more awake physically to take part in activities. Still, it does help me stay energized for my other following classes throughout the day." While being an outstanding student and athlete, she has been a part of the gold team since her freshman year. She joined the team because she had loved the sport and wanted to play since she was 11. She has also been in publications since freshman year and enjoys publishing articles and designing yearbook pages. While having a very busy schedule with sports and classes, Grace still has time to enjoy hobbies such as "laying in my bed and watching movies, shopping online and in person, listening to all different genres of music, Facetiming my friends, and driving on backroads." Her plans this year are to "create a better future for myself and develop a plan for when I get out of high school and how I can continue my journey to go onto college." Her plans for next year are "to tour some colleges and figure out different ways to make myself a better person, not only for people around me but for future colleagues, and to set a future example for others." Grace is a very kind and responsible person and is part of many things, due to being a part of so much she has accumulated a very large friend group. Bella Byers, her friend of three years, met her in environmental science, and shared she stands out from everyone else because of her "she is really sweet and smart."



Students decorate for Christmas

Koa Binder - 9

As the holiday season is approaching, many students and their families are beginning to or have already decorated their houses for Christmas. Most students put up lights of all different colors and some even put up inflatables. One freshman, Kaylea Detweiler, loves decorating. Her house has over 20 decorations. "We have these cute little candy canes that light up the walkway. We also have a ton of inflatables; one is a Santa on our roof!" Kaylea and her family love Christmas and love to go all out for it. When passing her house or even going to it, it can feel like the viewer is in a winter wonderland. Kaylea says "I think Christmas and its decorations are beautiful. I love sitting out there with my sisters when it isn't too cold and just spending time out there. It really does feel magical." "I think decorating is a great tradition and a great way to connect with your family, even if they do get frustrated sometimes," Kayleas states. A lot of hard work and dedication goes into decorating, and it really can bring families together. Even people who do not enjoy Christmas decorating can be a bonding activity and it gives people something to do, rather than sit inside doing nothing. Everyone should partake in decorating, even if it is only a few things. It makes the holidays all the more better and makes a house look beautiful.

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