



HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

Halle Gerner – 12



So always remember... stay focused, reward yourself, and never look back! For more tips or information on attaining a New Year's resolution, visit: <http://www.tipsywriter.com/blog/10-interesting-facts-new-years-resolutions/>

Students recognize anxiety

Milannys Busquets Rivera – 12

For more information about these disorders, please visit: <http://www.mentalhealthamerica.net/conditions/back-school-recognizing-anxiety> or <https://www.anxietycentre.com/anxiety-tips/15-ways-to-help-someone-with-anxiety-disorder.shtml>

The new year brings new health trends

Taylor Henn - 9

To find out what other trends will be in 2019, visit: https://www.washingtonpost.com/lifestyle/wellness/fitness-experts-see-wearable-technology-group-fitness-and-hiit-leading-2019-trends/2018/12/28/56a4fe64-f968-11e8-8c9a-860ce2a8148f_story.html?noredirect=on&utm_term=.59d4a69ea9b1

Musician Spotlight - Brody Baez

Petra Hertzog - 9



The things that Brody enjoys most about acting and singing are that fact the he is able to show off his charisma, talent, and uniqueness. When asked what he has learned over the years from singing and acting he said, "The thing I learned over the years was that you have to put in a lot of time and devotion to do well because if you don't then you are setting yourself up to fail and not being the best you can be." Brody wants to continue to remain in choir and also continue to act in the musicals all throughout high school.

Haley Savastano’s future in Tennessee

Valeria Amato - 11

Senior, Haley Savastano is anxious yet excited for the end of her high school career. She has excelled throughout her four years of high school with several high leveled honors and Advanced Placement classes. Haley’s favorite class this year is AP Language & Composition. Haley says, “The discussions and skills taught in my AP Language & Composition class are very useful, especially for college.”

Haley is also involved in several clubs provided by the high school. These clubs include: Chemistry & Physics Club, Mu Alpha Theta, and Lisa Club. In Chemistry & Physics Club, Haley earned the role of treasurer and controls the financial aspects behind the club’s earnings and spendings. Mu Alpha Theta is a math honor society that Haley has involved herself with in response to her advanced math skills. Haley also finds time to be in LISA club, where she connects with the community and the district.

When Haley was asked what her favorite thing to do in her freetime was, she presented her passion of rowing. Haley has been rowing for approximately three years now and explains that she has loved it from the start, “I love it so much, it keeps me in shape, and it is so much fun. It gets frustrating at times, but it opens a lot of opportunities for me and my future.”

Speaking of Haley’s opportunities, Haley has been accepted to the University of Tennessee on a rowing scholarship. She is extremely excited because the University of Tennessee has been her dream school for years. Savastano plans to major in biomedical engineering at UT and continue her passion of rowing. One of her closest friends, Kylie Witkus, was asked to comment on Haley and her future and Witkus says, “Haley and I have been close ever since elementary school, and I am so proud of her and all of her accomplishments! Although it upsets me that she is moving away, I am very excited for her.”

Savastano’s hard work has finally paid off and she is bound for success at the University of Tennessee.



Get to Know Mrs. Stanish

Chaslyn Christman — 11

For multiple years, Mrs. Jennifer Stanish has been working at Hamburg Area High School. Her employment title classifies her as an aide, as she watches over study halls everyday. Also, her title classifies her to work within special education. Mrs. Stanish also assists in the IT department on occasion. While in the IT department, Mrs. Stanish is a great help to the department.

Mrs. Stanish was born in Hershey, PA, but grew up in Lebanon, PA. Although Mrs. Stanish mostly grew up in Lebanon, she also has lived in Annville, Cedar Crest, Schuylkill Valley, and Brandywine Area.

In her free time, Mrs. Stanish enjoys thrift shopping and upcycling furniture and clothing. For a small price, she will buy used furniture and clothing, fix them up, and then resell them for more. She also enjoys eating desserts, but enjoys when others bake them because she says, “I know they will taste better!”

Many students at Hamburg Area High School are grateful to have an aide as kind and funny as Mrs. Stanish. Senior, Ryan Wagner, says “Throughout my four years at Hamburg, Mrs. Stanish has been so nice. She even bought my class shirt when I forgot my money. It shows she truly cares about the students.”

Overall, Hamburg Area High School is lucky to have Mrs. Stanish as an aide and study hall advisor!



The full experience at BCTC

Erin Furry - 12

BCTC offers a variety of programs for students ready to start their careers. Xenia Gabaldon, a senior at Hamburg has been going to BCTC for the past three years for health occupations. She explained that her time there has been very productive. She plans on going to college so she can become a registered nurse. BCTC allows her to get a hands on experience and helps her gain insightful information into what is necessary to be a registered nurse. Nursing students at BCTC have the ability to partake in clinicals where participating students get the experience of working in nursing home. Five clinicals per year, eight hours each, only level three students are permitted to join the program. Not only does having to be a level three restrict students from participating, so do the requirements to join the program, including a series of shots to protect residents from disease, filling out government papers and finger prints to ensure Pennsylvania residency, and background checks.

Clinicals start with the students heading to the nursing home where the clinicals will take place, arriving at seven. They get into their units, receive their assignments, and begin giving breakfast to the residents. After breakfast is served the students get their report and new updates on the current residents. Then the students give the residents their designated showers, helping them where they can not. Afterwards, the students have their lunch, and then help give lunch to the residents. Xenia said that after the residents eat, the students are responsible for helping the nurses until their clinical is over. Partaking in clinicals, taking a written and a physical exam are requirements for the students to get their CNA. If they pass they then become certified. Xenia stated that she is confident in her ability to pass and is ready to take on any challenges ahead of her.



National Milk Day celebrates the first milk deliveries

Quinn Holl - 11

Yogurt, cheese and ice-cream - the products of a beverage packed with nutrients (calcium, potassium, magnesium, phosphorus, high-quality protein, and Vitamin A and D), earns a day each year, January 11, to celebrate its introduction into the American diet.

National Milk Day not only celebrates the beverage poured into a bowl of cereal, but it also remembers the day on which the first milk deliveries were completed in the United States. Supposedly, Alexander Campbell, who owned the New York Dairy Company, was the first company to complete the deliveries in 1878.

Prior to the first deliveries of milk, in 1863, French chemist and biologist, Louis Pasteur, invented pasteurization, which eliminates bacteria that is to harmful to people when being consumed in varying foods and drinks. Furthermore, only five years after the first milk deliveries, Doctor Hervey Thatcher of New York City, perfected the first modern glass milk bottle in 1884. The bottle earned the title - ‘Thatcher’s Common Sense Milk Jar.’

Despite cows being a common symbol for milk, a number of animals provide milk for human consumption, as well. Buffalos, goats, sheep, camels, donkeys, horses, reindeer, and yak - produce the milk savored by the human-population. In fact, over six billion people consume milk and milk products worldwide.

Wyatt Holl, freshman at Hamburg, finds the holiday to be rather “intriguing,” because in summary, the day “celebrates the history of milk.”

Spend National Milk Day with a refreshing glass of milk, and prepare for World Milk Day on June 1 - this year!

For more information visit: <https://nationaldaycalendar.com/national-milk-day-january-11/>

Movie Review – A Quiet Place

Lauren Shebby – 11



With the Oscars quickly approaching, the 91st Academy Awards taking place on February 24, 2019 in Dolby Theatre, located in Los Angeles, California, there is lots of speculation regarding the nominees. Among the nominees is the thriller, *A Quiet Place*. Nominated for Best Picture, the science fiction-like thriller is one of the most popular movies of this year, alongside other films like *Black Panther*, *A Star is Born*, and *Bohemian Rhapsody*. Directed by John Krasinski and produced by Michael Bay, Andrew Form, and Bradley Fuller, *A Quiet Place* was given a 95% from Rotten Tomatoes and rated 4/5 by Common Sense Media.

A Quiet Place takes place in the near future after an unknown species of aggressive aliens inhabit the world. The setting resembles an apocalypse, with a relatively empty area and the limited characters constantly living in fear. As blind predators, the aliens rely on their exceptional sense of hearing, allowing them to notice the quietest noises from far distances, making it incredibly difficult for creatures to exist.

The story focuses on a small family that managed to survive the arrival of the aliens because they knew how to communicate using American Sign Language. Lee Abbott, played by the popular *The Office* actor, John Krasinski, struggles to protect his wife and young children from threats. Lee’s wife, Evelyn Abbott, played by the *Into the Woods* actress Emily Blunt, is pregnant during the majority of the movie, creating a new obstacle for the surviving family. Millicent Simmons, a deaf actress, plays Regan Abbott, the deaf daughter of the Abbott family, who is the key to their survival. The remaining two children are Marcus and Beau Abbott, who are played by Noah Jupe and Cade Woodward, respectively.

The film separates itself from others in a variety of ways, but the most recognizable feats are the inclusion of a deaf actress, who plays a deaf girl, who proves to be pivotal in the movie, and the ability to create a thriller that is completely silent for the majority of the movie. It is important and revolutionary to include diverse people, because it allows the deaf community to experience representation. In addition, the unorthodox silence in the movie provides a new and exciting storyline that allows the movie to be so riveting.

Still unsure about the movie? King of Horror, Stephen King, whose works include *It*, *Cujo*, and *The Shining*, praised Krasinski’s *A Quiet Place*. King opened Twitter and wrote, “A QUIET PLACE is an extraordinary piece of work. Terrific acting, but the main thing is the SILENCE and how it makes the camera’s eye open wide in a way few movies manage.” It can be concluded that *A Quiet Place* is guaranteed to make one’s skin crawl.

For more information, visit IMDb’s page for *A Quiet Place* at www.imdb.com.

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