#### January 23, 2019 Volume XXV Issue 12

## HAPPENINGS

#### A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

# Tips for accomplishing your New Year's Resolution

Halle Gerner - 12

One of the most popular practices in the United States that many people follow at the

start of a new year is making a "New Year's resolution". Many people come out of the previous year unsatisfied or unhappy with something in their life, whether that be their body, their attitude, or something they have a habit of doing. Because of that, people set goals to overcome these problems, such as dieting, being more optimistic, or quitting smoking. Although these things seem easy to accomplish, they really are not. In fact, it is proven that after about three months, about 50% of people tend to give up on their goals. And after about six months, 60% of people who set a resolution give up. Now, don't get too discouraged! There are a few healthy and encouraging tips to help reach a hard (yet achievable) goal!

One of the most important things to remember when setting a new goal is to make it realistic. Do not set it so high that it will never be reached. Afterwards, be clear with the goal and understand what it will take to achieve it. Then, begin the goal. Do not look back, and do not get discouraged. It takes progress to attain a plan and understand that it will be difficult, although the best days are ahead! As time goes on, continue to eat healthier, put the cigarette down, or run an extra mile in order to get a step closer. Eventually, the results will begin to show.

Michaela Sturm, a senior at Hamburg Area High School, agrees that the best way to achieve a goal is to stay focused and never let any negativity get in the way. "My New Year's Resolution is to continue to be happy and simply enjoy my life," states Michaela. Michaela mentions that the way she will achieve this goal is remove anyone from her life that may be toxic to her happiness, and surround herself with people who love and care about her, and who are willing to do things that will make her happy.

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/

neuroendocrinology significantly expressed sufferer umbing disturbance WORT distress significantly expressed sufferer umbing disturbance work of the control of the control

irritable threat memories pess

ins discordad from the control of th

worse stimulus

acute arousal

### Students recognize anxiety

Milannys Busquets Rivera – 12

Anxiety is a very common disorder within current students, whether they are in high school or in college. Feeling anxious does not n der because everyone can feel anxious from tim

school or in college. Feeling anxious does not mean that the person has an anxiety disorder because everyone can feel anxious from time to time. Being anxious passes quickly in most cases. Having an anxiety disorder means that the anxious feelings can be extreme, it happens without warning or reason; it can have physical symptoms, and last for a long time. 31.9% of young people have an anxiety disorder, and  $\frac{1}{2}$  of young people ages 11 to 17 that took MHA's anxiety screen scored positive for severe anxiety.

There are different types of anxiety disorders; some are more common than others are. The most common are Generalized Anxiety Disorder, Phobias, Social Anxiety Disorder, and Panic Disorder. Some sings for Generalized Anxiety Disorder are constant feelings of exaggerated worry and tension, expecting the worst, difficulty sleeping or relaxing, tiredness, trembling, muscle tension, headaches, irritability or hot flashes, tightness in the chest or knots in the stomach. Characteristics of a phobia are being afraid of something that is relatively safe, extreme fear of being humiliated or embarrassed in front of other people, and having anxiety for being in places or situations that give the feeling of being trapped. The third type of anxiety is Panic Disorder; symptoms of this disorder include unexpected attacks of extreme terror, having the feeling of losing control, going crazy or dying, and intense fear between attacks about when it will happen again.

The fourth and last anxiety disorder is Social Anxiety Disorder. Common symptoms of the disorder are intense fear of social or competitive situations, being frightened of humiliation, rejection, or being judge negatively. This disorder is no different from the others, as it includes physical symptoms like a rapid heart rate, sweating, and racing thoughts at the idea of socializing with other people or being in large groups. It is very important that people are aware of the different types of anxiety disorders and what each one entails. By knowing this information people will be able to get help if they suspect that they have one of the anxiety disorder previously mentioned. It is important to get help early.

Some ways someone may help a person with anxiety is by acknowledging that the person has an anxiety disorder, knowing that it is not something that can be easily fixed, and help the person calm down. Other ways to help people is to reassure the person that they are going to be okay, encouraging them to do something about their anxiety disorder like seeking help from a professional, be supportive of the decisions they make, be available, and be patient. Knowing everything possible about the anxiety disorder and informing the person about something that they may not know can be a big help as well.

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

It is finally the new year and with that brings many new trends. As more people get concerned with their health, the fitness world is improving and getting a lot bigger than ever before. People should expect to see more wearable technology, group fitness, HITT trends, and more in 2019.

It seems there is always new technology that comes out that incorporates fitness and health. Health professionals say that even the cheaper watches are getting more accurate. This will allow people who cannot afford expensive devices, but love fitness, to still be able to get the same results in a cheaper device. Fitness watches generally

have many features like, heart rate, steps taken, calories burned, and even workout sessions. Two of the most popular fitness watches include the Apple Watch and the Fitbit. These are great for people who work out regularly, or who just want to keep track of their health. Ciara Guinther, a freshman at Hamburg Area High School, owns a Fitbit. She said, "It tracks how many steps I have taken and if I have reached my goal. It also tracks how I slept. It has helped me a lot because it lets me know if I have to keep moving and when I should go to bed so I can have a good, productive day. I recommend it

ut es ne rk ck en nit. Ve es oo ot epp

for other people because it will help them a lot."

Another trend people should expect to see in 2019 is group fitness. Group fitness allows people to compete against one another. Even though group fitness is not supposed to be a competition, people can use their competitiveness as motivation to work harder. Every person pushes himself and the whole group to do better. Even though group fitness has been around for a while, it has changed due to the intensity level. There are many different exercises involved, it really just depends on what the people want to accomplish at the end of the session.

Another really intense training that is becoming very popular is HIIT. This stands for high-intensity interval training. In this type of training, it is normally 30 minutes or less which incorporates short, intense, intervals. This can raise a person's effort level to about 95 percent of their maximum heart rate. Many athletes take advantage of this training, but it has been making its way into the public. This is also a great option for those who want to workout, but do not have a lot of time to do a full session of their preferred workout.

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

Brody Baez is a freshman at Hamburg Area High School, and he is involved in both the regular choir and the select choir, Aerial Boundaries. He was also involved in this year's musical, Hello Dolly and he played the part of Barnaby Tucker. Brody started doing the musicals in sixth grade and has done them ever since. In seventh



grade he played the part of Milky Way in Into the Woods and in sixth grade he was in the choir for Grease. He really enjoys acting in the musicals and he says that acting is one of his passions.

Ever since a young age Brody has always loved to sing. He says, "I would always make up my own songs and just sing them around the house." He decided to continue his passion for singing by joining choir this year. To further his singing abilities he decided to join the select choir, Aerial Boundaries, as well. He says that so far in his time in both Aerial boundaries and choir, his singing abilities have gotten a lot stronger. He can now sing in a lot more ranges than he could before, and he says that he is so excited to continue to grow in his singing capabilities.

Brody discovered that he liked to act when he was in sixth grade. He says that when he first auditioned for the musical Into the Woods, he instantly knew that he would love acting. He enjoys acting because he likes singing and showing his talent to everyone. He also likes the fact that he is a role model to younger students who may have an interest in pursuing acting. He says, "My love for acting and singing comes from watching musicals when I was younger and also from watching plays."

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.

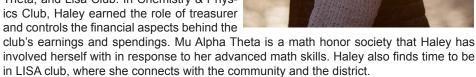
#### Haley Savastano's future in

#### **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



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

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



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

#### The full experience at BCTC

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-janu-

#### 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 nom-



inees. 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.

Adviser: Miss Terri McCarthy; Editors in Chief: Quinn Holl and Alexandra Kline; Issue Layout Editor: Kristen Martinez; Writers: Paiton Albrecht, Valeria Amato, Madison Boyer, Milannys Busquets, Jazmin Carroll, Chaslyn Christman, Grant Doklan, Julia Doklan, Lexxus Dries, Erin Furry, Lucas Gehring, Halle Gerner, Anya Green, Taylor Henn, Petra Hertzog, Kylee Landis, Kristen Martinez, Ashley Perlaki, Madison Riegel, auren Shebby, Archer Thomas. Hawk Happenings is a weekly publication created by the students in the Publications class at Hamburg Area High School. It is distributed ree of charge throughout the Hamburg Area High School community. The opinions in his newspaper represent those of the student writers and do not represent the opinons of the faculty, staff, administration, or school board of the Hamburg Area School District. We are a member of the Pennsylvania School Press Association (PSPA), the National Scholastic Press Association (NSPA), and Quill and Scroll. If you have any questions or comments regarding Hawk Happenings, anything that appears in its pages, or if you would like to sponsor our paper with a donation, please contact Miss Terri McCarthy, Hawk Happenings, Hamburg Area High School, Windsor Street, Hamburg, PA, 19526. Our email address is termcc@hasdhawks.org and our phone number is