

HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

Congratulations to the 2019 wrestling team and to the Hamburg Hawk fans for their support and encouragement.



Cooking things up at BCTC

Erin Furry - 12

BCTC has a plethora of programs for students ready to start their careers. One of those students is Cheyenne Hollenbach. A Senior at Hamburg, Cheyenne has been going to BCTC for three years for Culinary Arts, something she said she enjoys immensely. Everyday for her at BCTC is different, either the restaurant is open or they are doing theory, where the students do classwork.



To start her day at BCTC, Cheyenne puts on her uniform, heads into the kitchen and begins her tasks for the day. Each task varies on the day and she is always learning something different. Cheyenne explained that she decided to join BCTC because of her interest in cooking. She said how her time there has been very helpful and she has learned so much. One of Cheyenne's favorite foods to make is bread. She said it is easy and an enjoyable task, that leads to a delicious snack. She also explained that she doesn't have any exact technique when making a dish but when she has an idea and plans it out, the dish turns out delicious. She also said how her time at tech has given her many opportunities that she wouldn't have had outside of BCTC, and met many amazing people as well. Including her two instructors who she said she looks up too and are major inspirations for her. Her class has been everything she hoped and more and she cannot wait to graduate and learn even more.

Cheyenne explained how she is ready to go to college after high school. Saying her plan is to go to the Culinary Institute of America, where she said her skills from BCTC will certainly come in handy. Cheyenne wants to get through college, start her plan of owning her own restaurant, and work as a Food Chemist for a company. Food Chemists study the chemical processes and interactions of all biological and non-biological components of food. She explained how her love of Food Science has helped her make her career choice. Knowing what is occurring within the food as it is made and why foods have certain flavors is something Cheyenne wants to understand. So she decided that becoming a Food Chemist and working within a restaurant is a great way to do that. She knows that all her hard work at BCTC will help with the journey ahead.

Bowling Spotlight

Kylee Landis- 12

Veronica Heckman, 16, has been bowling for three years. She decided to bowl because she did a bowling summer league and enjoyed it very much. Veronica's dad had an influence on her playing this sport because he encouraged her to play and to enjoy what she does. This is Veronica's junior year and has improved since her last year as a bowler. She has improved her average from 124 to now having an average of 146.



The bowling season for the team is going very well, they are currently 8-12 with six matches left. That is a large improvement from last year's season, which they ended at 8-31. The team is currently 3rd in their league. As an individual Veronica is working hard and trying everyday to better herself to get prepared for the county tournament that is in February. As a team they are trying their hardest to get into the county team playoffs. She has been working on her form and to approach when she is rolling her ball. During practices they are working on making spares and staying constant on their strikes. They try to work as hard and do their best at practices because they only have 10 practices total throughout the season.

Since Veronica plays both basketball and bowling in the winter season, she makes sure she is caught up in school and to always has time for what she does. She is very busy due to having basketball, bowling, and school work. In order to get her school work done she makes sure she does her work in the study halls she is provided or even at home when she has time to finish it.

Veronica plays a total of four different sports: field hockey, bowling, basketball, and softball. She does plan to play a sport in college, but she does not know where she would like to attend and what major she will study in. Veronica hopes to play field hockey, bowling, or even softball in college.

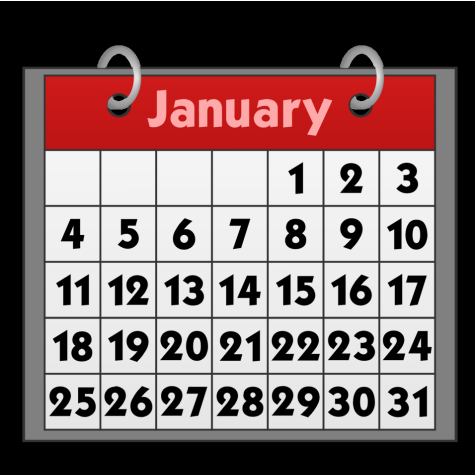
Holiday everyday

Lucas Gehring - 12

Whether students realize it or not, every day of the year is a holiday. Some of which contain more than one holiday at a time. For instance, the January 31 is Backward Day and Inspire your Heart with Art Day. Someone may wonder why there is a holiday for everyday of the year, but no matter if they find it interesting or idiotic, facts are facts. In the month of January alone, there are a total of 60 holidays, and some of them are a bit odd. To give some examples, in the month of January there happens to be a Bean Day, National Tin Can Day, Step in a Puddle and Splash your Friend's Day, National Nothing Day, Measure your Feet Day, and Bubble Wrap Appreciation Day to name a few.

Although some of these holidays may seem a bit corny, someone somewhere might find them quite enjoyable. Aside from the somewhat silly holidays, there are those that seem pretty legit. Some of which include National Hangover Day on January 1, Trivia Day, National Bird Day, National Hugging Day, Compliment Day, and the well known Opposite Day on January 25. Believe it or not, every one of these holidays has its backstory. Whether it is well known or unknown, there happens to be a large chunk of holidays with an unknown origin and creator.

Take Fun at work day on January 25 for example. Based on reliable sources, no one is sure who created this day and when it came to be. Ideally, work should be fun, but the irony about Fun at Work Day is the fact that many do not generally have fun at work. If that is the case, then why would this day even exist. Perhaps it just depends on the person and what their lifestyle is like. Humanity is very diverse with different opinions and likenesses. Perhaps there is at least one day of the year that is meant for everybody to enjoy.



Softball holds open gyms

Kylee Landis - 12

Savannah Reichel, 18, has been going to softball open gyms to get prepared for her senior season. She has been playing softball since she was five years old and decided to play this sport because she thought it was a fun sport to play.

The open gyms are open to anyone who would like to play in the upcoming season. During the open gyms students do weight room for the first hour and work on their upper and lower body by lifting weights, doing sit ups, squats, and sitting against the wall. Then, for the last hour they warm up and then they either field or bat. The open gyms take place on Tuesdays and Thursdays from 6:30pm-8:30pm.



Savannah thinks this is a great opportunity for anyone who would like to play. This is great for the freshman to get to know the team before the season starts.

Savannah also plays another sport which is field hockey. She plans to go to Albright College to play on their field hockey team and to study law.

Customers enjoy Louees pizza

Taylor Henn - 9

In the small town of Hamburg, Pennsylvania, there are many little restaurants that people love, one of which is Lou'ees. It is a great restaurant that offers many dishes that have many delicious tastes.

Lou'ees was founded in the year 2000 by Dave D'Addezio. Dave was born in Michigan, and when he came to Pennsylvania in 1987, he wanted to accomplish his dream. He came to Pennsylvania because he bought into a business and he felt like he had more opportunities here. He wanted to build a hometown pizza shop that served quality food at a great value with fast service. He also wanted to make sure the environment was friendly and comfortable.



Lou'ees has a big menu with a wide variety of food, especially pizza. They have many classic pizza toppings like pepperoni, meatball, onion, olive, and more. They also have combos that many people enjoy. Their margerita pizza is a garlic white pizza filled with sliced tomato, seasoned in basil. They have a soft taco pizza which has seasoned beef, Mexican cheese, lettuce, and salsa. They also have other combos like meat lover, Hawaiian, chicken bacon ranch, buffalo chicken, veggie, and three cheese.

Ciara Guinther, a freshman at Hamburg Area High School, gets food from Lou'ees a lot. She said, "I always love ordering out from Lou'ees because they have a lot of options to choose from. Their pepperoni and meat lover pizza is always a good choice."

Other than their great pizza, they also have subs, wraps, cheesesteaks, wings, and salads. Their subs and wraps include meatball, Italian, ham and cheese, tuna, chicken caesar, and turkey. They have many cheesesteaks which include, steak and onion, chicken cheese steak, bleu steak, and buffalo chicken steak.

Lou'ees also caters for fundraiser events. They can cater for schools, churches, little leagues, and athletics.

Overall, Lou'ees is a great restaurant that always has slices of fresh pizza waiting at the front counter. With many food options, they can satisfy everyone's taste buds!

Book Review: This is Where it Ends

Petra Hertzog - 9

The New York Times Best seller, This is Where it Ends, is a compelling and heartbreaking story of a school shooting, written by Marieke Nijkamp. The story is told from four different perspectives of students who are all linked to the shooter in just 54 minutes. A lot of terror spreads as one student's revenge turns into a game of survival.

Tyler Brown's mother died and his father is an alcoholic, so Tyler has dropped out of school. On the first day of the spring semester, he decided to return back to his high school in his small town of Opportunity, Alabama, but not for the right reasons.

His mission is to inflict revenge on anyone who has bullied or offended him in some way.

When everyone at Opportunity High School is gathered in the auditorium for an assembly, Tyler Brown, the gunman, takes this opportunity to lock the auditorium doors. After the assembly is over the students and teachers get up to leave, but they realize that the doors are locked. Then after a few minutes go by, the first shots are heard. The four main characters show many acts of bravery when it comes to trying to help save their fellow teachers and classmates. Unfortunately though, as the story goes on there are many students and teachers that are killed.

This novel gives readers an inside look of what the violence of a school shooting looks like along with different acts of courage from the characters in the novel. Since the story is told from four different perspectives, it helps to sort out the characters and what they are experiencing along with their relationships to one another. The four different perspectives help to really put the book together and makes their stories all connect to really give an insight to readers as to how Tyler goes from a loving brother to a ruthless killer.

Skylar Shuman is a fan of This is Where it Ends. She enjoyed the suspenseful story of the school shooting and she said that she just could not put the book down. Since the story is told in just 54 minutes, she said that she wanted to keep on reading to find out what was going to happen next. She also liked the courageous acts of the characters when it came to trying to save their classmates and teachers. She said, "This book really opened my eyes to school shootings and how scary they can be, after reading this book, it now makes me realize that school shootings can happen anywhere and I need to be more aware of that."

This is Where it Ends gives readers an eye opening experience to school shootings. It helps them to better understand the dangers of school violence and how people are affected. If anyone is interested in reading this novel, they should because it is a remarkable read and it really makes people think when it comes to school violence.



Students watch That '70s Show

Chaslyn Christman — 11

Netflix offers over 1,500 television shows, one being the Emmy Award — winning That '70s Show. That '70s Show is an American sitcom set in the late 70's, even though the show was first aired on August 23, 1998. Up until 2006, That '70s Show was broadcasted on Fox. Currently, the show is available on Netflix and Amazon Prime, for a monthly fee of \$9 — \$13 for Netflix and Amazon Prime.

The show is set in Point Place, Wisconsin, which is a fictional location. The main characters include Eric Foreman, Michael Kelso, Steven Hyde, Fez, Jackie Burkhart, and Donna Pinciotti. Other minor characters include Red Forman, Kitty Forman, Bob Pinciotti, and Leo. The close friends often find themselves in everyday — situations, but with added drama for effect. For example, the friends often find themselves dating one — another, which led to conflict at times.

Even though That '70s Show no longer airs new episodes, the show is still well — known throughout Hamburg Area High School. Junior, Valeria Amato has watched all eight seasons over the course of a year. She exclaimed, "I love that show!" as it has become one of her favorite television shows. Along with Valeria, other students at Hamburg Area High School also enjoy the television show, such as Senior, Cameron Madara.

That '70s Show has also inspired current fashion. For example, Jackie Burkhart, the fashion icon within the television show, has inspired multiple looks that have resurfaced in 2019, such as floral patterns, colorful barrettes / scrunchies, turtlenecks, collared t — shirts, bright stripes, etc.

Overall, That '70s Show is a funny, relatable show for high school students. When in need of a good show to watch, tune into That '70s Show!

Skin care routines help everyone

Lauren Shebby — 11

Everyone has their own unique experience with their skin, but most people can agree that they occasionally struggle with their epidermis. Luckily, there are many solutions for each skin type that could make the skin look and feel healthy.

As a result of the winter, many people encounter dry skin, even when it is not their usual skin type. People who have dry skin tend to have itchy skin, flakiness, cracking, and in more severe cases, bleeding. However, there are many ways to overcome the dry season. One way to prepare skin for the long winter is to take shorter showers, preferably five to ten minutes long, and to keep the water from getting too hot. It is also recommended that after showering, gently pat the skin dry with a towel and immediately apply moisturizer to trap the much-needed moisture. Applying moisturizer any time after washing the face or hands would be beneficial to dry skin. Using creams that contain hyaluronic acid, jojoba oil, glycerin, lactic acid, or shea butter are more effective than a greasier lotion. If the skin is cracked, it is better to use unscented products because they are gentler on the skin. Fires and heaters can cause skin to dry up, so many people use a humidifier to add moisture to the air. If skin conditions do not improve, seeing a dermatologist may be a good idea.

The majority of the teenage population has likely experienced oily skin and complained about their stereotypically shiny face. Oily skin most commonly leads to acne and clogged pores, leading many people to search for any possible way to control the sheen. The American Academy of Dermatology recommends that people with oily skin should wash their faces after every morning, evening, and workout. Check for skin care products that are labeled as "oil-free" and "noncomedogenic" because these features will not clog pores. Use a gentle face wash and do not use oil-based or alcohol-based products because they can irritate skin and even increase oil production. Despite having oily skin, moisturizer should be applied daily and sunscreen should be applied every time the skin is exposed to the sun. If breakouts are a concern, use sunscreen that contain zinc oxide or titanium oxide and stay away from scented products. When using make up, try a water-based makeup and stay away from oil-based makeup. During the day, avoid touching the face and use blotting papers as necessary.

To prevent acne on any skin type, there are many basic rules to follow to keep skin looking and feelings its best. If using an acne treatment, give it a chance to work, because changing acne treatments too frequently irritates the skin. If it does not work after six to eight weeks, then consider a different brand. When using acne medication, apply it to any acne-prone areas, not just to blemishes. Never share makeup, brushes, or applicators because it can cause a transfer of bacteria or dead skin cells that can clog pores. Although it is tempting to many, never pop pimples or try to forcibly remove blemishes because it can cause permanent scarring.

Many people struggle to find a moisturizer for their skin type because of the endless amount of choices and factors to consider. When looking for a moisturizer, it is important to consider skin type. Places like Sephora and Ulta would be great places to find skin products because they carry a wide array and they allow customers to take home a free sample of the products to test before making a larger purchase.



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