

# HAPPENINGS

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## The struggles of transitioning from winter to spring sports

Alexandra Kline - 11

From shooting basketballs in hoops to hitting baseballs for homeruns, the transition from winter to spring sports can be dramatic. Many athletes play multiple sports throughout the school year.

Some sports, like cheerleading, are year-round. Cheer takes place mostly during the fall and winter seasons: cheering for sports such as football, soccer, basketball, and the occasional wrestling match. When those sports are over, competition season begins throughout much of spring and part of summer. Throughout the rest of the summer vacation, cheer open gyms take place outside of the high school to prepare for the school year to come.

Winter track is another sports that does not change as dramatically as basketball to baseball. Winter track takes place indoors, including the track meets at indoor tracks in nearby colleges. At the meets, there are usually multiple schools arriving to take place in the competition instead of just our school and one opposing school.

Spring track takes place outdoors at high school tracks with only one opposing school, unless it is an invitational meet, or counties and districts, with specific marks needed for an athlete from each school to participate. The spring and winter track seasons have most of the same events, but there are more throwing events during spring since it takes place outdoors. Other than those few things, track & field do not change as much as two separate sports.

Basketball and baseball are very different sports. Basketball is indoors with only five players on each team, one basketball, and a hoop. Baseball is outdoors with as many as nine players on the field at a time, gloves, a baseball, a bat, and runners rounding the plates. The difference between these two sports can cause traumatic changes for the athletes who play both sports, but they are strong enough to overcome these changes and make a great season for themselves and their team.

Ethan Naftzinger, a senior at Hamburg Area High School, has described the two different sports as having different "work ethics." Naftzinger plays both basketball and baseball. He reveals that basketball trains with "conditioning and ball handling" while baseball has "hand-eye drills with arm stretching." Even though they are different sports, Naftzinger says that within both sports, they "get to look forward to making memories."



## Are humans living in a simulation?

Grant Doklan - 10

The simulation theory proposes that the entire universe is a simulation, specifically a computer simulation. Most recent interpretations of the theory state that super intelligent life forms created a simulation so realistic its inhabitants believe it is reality. Well-known scientist and entrepreneur Elon Musk believes there is only a "one in billions" chance humans are not living in a simulation.

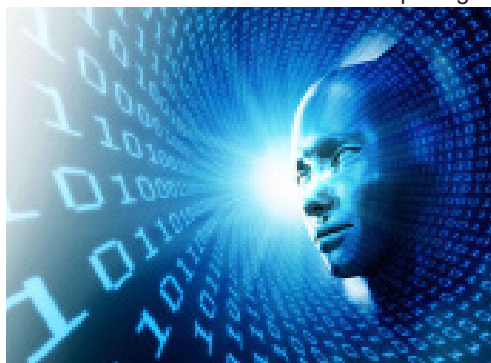
Musk believes that the most compelling evidence for the simulation theory is the development of human technology in the last century. He mentions that only 40 years ago, the game Pong was technologically advanced, while now there are virtual reality games that are so realistic they can be indistinguishable from reality.

British philosopher Nicholas Bostrom believes there are three possibilities for the state of our existence. One is that humans are living in a computer simulation. The second states that advanced civilizations avoid making simulated versions of the past, called "ancestor simulations." Finally, the third possibility is that some force destroys all advanced civilizations before they are able to simulate consciousness.

Emily Martin believes it is a possibility humans are living in a simulation. Emily sums up her position by saying, "With all the advanced technology humans are able to make, why couldn't there have been a civilization before humans that did the same thing?" However, Emily is not phased by the possibility that her life may be simulated because her experiences still feel real. "Who cares if it's simulated or not, I still enjoy life."

Sarah Kramer does not believe it is a possibility humans are in a simulated universe. "There is no way something could simulate the range of emotion people feel." Sarah believes human consciousness is too complex to be a simulation. Sarah said it would upset her to learn that life was a simulation.

For a better understanding of the simulation theory, visit [https://motherboard.vice.com/en\\_us/article/8q854v/elon-musk-simulated-universe-hypothesis](https://motherboard.vice.com/en_us/article/8q854v/elon-musk-simulated-universe-hypothesis)



## High School students turn to vape products

Madison Riegel - 9

Every high school student knows one person, at the least, who uses vape products such as Juuls. This person might be a classmate, family member, or a friend. While it may seem cool, it is not. High school students are rapidly getting hooked. The percentage

of high school students who have used vape products in the past 30 days went up in the last year 75%.

Using these products can have long term effects. Vapes often contain nicotine, which is highly addictive. It raises blood pressure and spikes people's heart rate, which is how it doubles the risk for a heart attack. The chemicals in the juice flavorings can damage blood vessels. Many teens who use vapes experience depression.

There are many reasons to quit. Vaping is less harmful than traditional smoking, but still exposes the body to chemicals which are harmful. Buying devices is not cheap. The device itself usually starts at \$20, then users have to buy refills. Another reason is that in Pennsylvania the sale of vape products is illegal.

It is best not to expose the body to vapes. There are many options to help quit vape products. To talk to someone, the guidance office is always open to give advice. For more information please visit, <https://www.thetruth.com/categories/vaping/fact>

## CD review: American Teen by Khalid

Taylor Henn - 9

Khalid is a 21 year old singer-songwriter who conveys many stages of teenage years in his own songs, including relationships and the feeling of loneliness. With the help of many breakthrough singles, Khalid released his first album on March 3, 2017, titled *American Teen*, which automatically grew in popularity and hit the billboards.

This album contained three singles which include; *Location*, *Young Dumb & Broke*, and *Saved*. *Location* is about young love and how far people would travel to be together, even if it is not easy. This single peaked at number 16 on Billboard Hot 100 and became certified platinum. Khalid wanted his other single, *Young Dumb & Broke*, to be more upbeat and he said that this song was all about him. He said he was once young, dumb, and broke, so that is how this song was created. The last single on the album titled *Saved*, is a more personal song because it is about one of Khalid's relationships that ended, due to distance, but they were always there for each other whenever they needed one another. His relationship is what sparked *Saved*.

On top of the three singles, there are 12 more songs on this album. Some of them include *Keep Me*, *American Teen*, *Shot Down*, and *Coaster*.

This album is a great pick for teenagers because of how relatable all of the songs are. Khalid has went through many experiences in his life and puts them into his music.



## Mr. Kline teaches 'Art History'

Chaslyn Christman - 11



For any student interested in art and history, Mr. David Kline offers a course that covers both topics. The course is called 'Art History' and is one semester filled with interesting knowledge regarding art and history.

Throughout the semester, Mr. Kline covers multiple art genres such as Baroque, Greco Roman, Impressionism, Post-Impressionism, Mannerism, Realism, and Rococo. Each genre demonstrates unique techniques, such as brush stroke, color scheme, perspective, etc. While the genres are unique, artists tend to create art using a genre they are comfortable with, which is often only one. Once Mr. Kline teaches multiple art genres, he teaches his students about multiple artists such as Leonardo da Vinci, Michelangelo Merisi da Caravaggio, Michelangelo di Lodovico Buonarroti Simoni, Johannes Vermeer, etc.

At the end of the semester, Mr. Kline requires students to select an artist for a research project. Once the students select their artist, they are to research them in great detail. Once the student has information gathered, they are to put the information, along with sample pieces of art, onto a posterboard. The students then present their poster in the library for anyone to view. All classes and staff are invited to the showing.

Overall, students enjoy the class very much. Senior, Ryan Wagner, says "My favorite part of the class was being able to learn about the different artist throughout history and being able to appreciate what they contributed instead of just seeing colors on a canvas."

When choosing an elective for the 2019 - 2020 school year, be sure to take 'Art History' into consideration.







# The Glass Castle penetrates the heart

Quinn Holl - 11

Heart-felt and perplexing, *The Glass Castle* by Jeannette Walls convinces readers to accept and embrace their past, no matter how imperfect it may have been.

*The Glass Castle* is a memoir based on the life-events in Walls's life. The memoir primarily focuses on Walls's childhood, connecting those memories, the good and bad, the future she eventually pursues.

In the first several pages of the memoir, Walls notes her earliest memory when she was only three years old. Walls, who frequently cooked by herself, was boiling hot dogs unsupervised; without warning, her dress caught on fire. Walls's mother, Rosemary Walls, who was invested in painting a photo, heard her daughter's shrieking. Walls was quickly sent to the hospital, and, in contrast to her normal life, which consisted of hunger and temporary residency, Walls found the hospital to be somewhat of a luxury. She noted the endless supply of food, specifically.

In order to prevent paying medical expenses, Walls's father, Rex Walls, did a skedad-dle. A skedaddle, which the Walls were notorious for, was basically leaving a specific location unexpectedly, quickly and without anyone else noticing aside of the immediate Walls family. In other words, there was a significant lack of consistency and stability in Walls's life, all of which stemmed from her parent's inability to sufficiently provide for their children; however, in spite of Walls having to deal with poverty, a self-absorbed mother as well as a drunken father, the *Glass Castle*, according to Walls, provided "hope for the future" as opposed to another one of her father's "drunken promises."

For as long as Walls can remember, her father promised to one day, after they are done skedaddling, build a Glass Castle – a house entirely made out of glass; of course, Walls assumed that the Glass Castle would never be built, but served as a pipedream that, in a sense, both tightened the family connection and loosened it, as well.

Eventually, the relationship between Walls and her father, which was very tight-knit in years prior, began to strain; as a result, Walls and her three siblings – Lori, Brian and Maureen Walls, adopted an impressive work-ethic in order to, hopefully, earn enough money to move from West Virginia to New York City.

Walls, who moved away senior year of high school, attended Barnard University and later obtained a career in journalism shortly thereafter. She wrote columns about celebrities, completely losing her former-identity, so far as to hide her past from her peers for fear of social rejection.

Walls's parents eventually moved to New York City, close to where Walls resided. Walls, however, was swimming in luxury while her parents were drowning in poverty on the streets. Guilt invaded Walls's life, but she still maintained a grudge towards her parents for their neglect and irresponsibility when she was a child.

It was not until the end of the memoir, where Rex Walls is on his death-bed, that Walls reflects on her life-events, both the good and bad, and, learns to accept her past.

She learned to accept every memory torched with anger and sorrow – repeatedly arguing parents, Rex's drunken rage and her starving belly. She learned to accept every memory tinged with glee and sentiment – adventures in the woods and sleeping in the desert. One memory, in particular, stuck with Walls throughout her life.

One Christmas day, the Walls family had no money for presents, so Rex decided to give each of the four children a star for Christmas. Walls, captivated by the brightest speck in the sky, chose the planet Venus instead of a star. Rex Walls willingly gave Walls a planet, and, later stated, a quote that stuck with Walls, that – "Years from now, when all of the junk they got is broken and long forgotten, you'll still have your stars."

In 2017, the memoir was made into a movie, and, similar to the memoir, received a flood of praise. The content is raw, genuine and reveals the complexities of both love and hate.

Megan DeAngelo, who watched the movie, noted that the story was "eye-opening," because it reveals that "everyone has a past and we shouldn't be ashamed of it."

To watch an interview with Jeanette Walls, visit: [https://www.youtube.com/watch?v=0OFmona\\_\\_4M](https://www.youtube.com/watch?v=0OFmona__4M)

# Grapefruit filled with health benefits

Julia Doklan -12

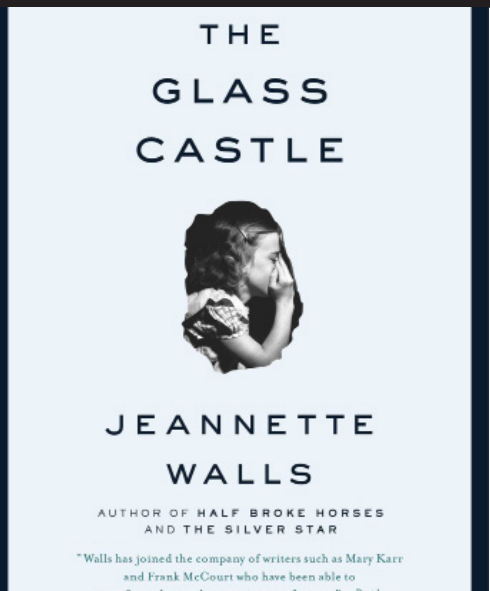
February is National Grapefruit Month. Grapefruits come in four different popular varieties. All grapefruits are a cross between a pomelo and an orange, and each specific kind is a different blending of these. The different varieties include Oro Blanco, White, Red, and Pink. The majority of grapefruits in the world are grown in Florida. They are high in vitamins C and A and packed with potassium.

Grapefruits are low in calories and contain a lot of nutrients for the body. Oddly, July, August and September are off-peak months for the fruit while they can be picked in all other months. This is because they grow during the summer months and take many months to ripen enough to be picked. They are best picked when the peel turns yellow and pink; the longer they stay on the tree, the sweeter they will be. They were named grapefruits because they grow on trees in clumps as grapes do.

Because of the growing season, grapefruits are a great fruit to have during the winter. This is why February was picked as National Grapefruit Month. It can be a snack to eat that is low in calories yet high in vitamins during the early spring months.

For the people who do not like tart tastes, sprinkling sugar onto the grapefruit can give it a sweeter taste. Grapefruit juice can be squeezed into water, just like a lemon or an orange. This puts the nutritional elements into a drink, still giving the health benefits of the fruit. The fruit is shown to improve skin health and digestion.

Go to [www.medicalnewstoday.com](http://www.medicalnewstoday.com) for more information.



# Welcoming Mr. McBreen to Hamburg Area High School

Alexandra Kline - 11

On December 18, 2018, Hamburg Area High School received a new history teacher, Mr. McBreen. In Room 14, he takes over for Mr. Buggy, who is now the assistant principal. When first arriving to Hamburg, Mr. McBreen thought that "the students appear to be very hard working. They appear to want to do well. I think it's a very nice school where it offers an environment where kids want to learn. I think it's a very positive environment and enjoyable."

Before Mr. McBreen came to Hamburg to become a history teacher, he went to high school and college. Graduating from Minersville High School in 2013, he went to West Chester University for his undergrad to become a chiropractor. Moving into his junior year at West Chester, he changed his major to earn his history degree.

Once he earned his undergraduate degree, he went to Kutztown University to receive a masters in education and earn his teaching certification. From there, he did his student teaching at Dieruff High School in Allentown. Including his student teaching, all of last year, he was substituting for teachers all over Schuylkill County.

Along with teaching here at Hamburg, Mr. McBreen also plans on coaching for the Hamburg High School football next season. He also coaches basketball at Minersville.

One might ask how to become a Hamburg teacher. Mr. McBreen gives detail of how he became a history teacher here. First, he had to fill out an online application that took him about a week to finish due to waiting for some paperwork to finish finalizing for the application. About a day or two after he submitted the application, he received an email with time slots for him to come into the school and take an interview.

A week after he was interviewed, he was invited back to come in to the school and meet with Dr. Mextorf, our superintendent. The following Monday after speaking with Dr. Mextorf, the Hamburg School Board approved him. The next day, he was an official Hamburg High School history teacher, teaching in Room 14. He finished his student teaching on December 13, graduated from school on December 15, and started his job here on December 18. Those are some quick transitions!

After working here at Hamburg Area High School for about a month and a half, Mr. McBreen still believes Hamburg to be a great school with great students and teachers attending. "I think there is a lot of opportunity for kids to succeed. I think the teachers really care about the students and want to see them do well. And I just think it is a very nice school. The motivation of the kids is impressive and I look forward to being here for the rest of the year." Let us keep Mr. McBreen welcomed throughout the school year.

# Alumni Spotlight: Colton Nester

Lauren Shebby – 11

Currently enrolled and attending Delaware Valley University, Colton Nester continues his science-oriented career path, majoring in microbiology and biotechnology. Delaware Valley, or DelVal for short, is a private university in Doylestown, Pennsylvania. With an acceptance rate of only 69%, DelVal enrolls approximately 1,800 students on its 570-acre campus. In the future, Colton wishes to be a lead researcher specializing in antibiotics and probiotics for the CDC or manage a microbiology department for Eurofins Pharmaceuticals or Bayer Pharmaceuticals.

During his high school years, Colton participated in track from seventh grade to sophomore year. In addition, he was a writer for the *Hawk Happenings* newspaper for Hamburg Area High School. He was also nominated for Snow King by the junior class in 2016. Colton was also given the Rotary Youth Leadership Award by the Hamburg Rotary Club.

Reminiscing on his classes, he says, "My favorite classes in high school were AP Biology, Infectious Diseases, and Anatomy and Physiology." Impressively, Colton also completed four years of German classes with Frau Stevens. He also took AP Comparative Government.

Colton always had a passion for traveling and learning about other cultures. He would love to travel to Sweden and experience life there. Fascinated by Russia as well, he learned the Russian alphabet and occasionally listens to Russian music to immerse himself in the culture. In his free time, Colton also enjoys skiing and would often go on Ski Club trips with Hamburg Area High School.

Since moving to college, Colton has joined a plethora of clubs, enabling to network and meet people with similar interests. He is in Biology Club, Animal Lifeline Club, Vaulting Club, Podcast Media Club, and the Apiary Society, which is essentially a bee club. He says the best thing about college is "being able to get things done on my own time and having the freedom to be an adult and make my own decisions." However, he does admit that he misses his "friends, teachers, and the little studying required for classes in high school." Colton also claims to miss the simple routine of high school.

All the hard work Colton did in high school helped him get into the school he wanted, giving him the opportunity to pursue the career he wants. Despite not always liking his classes, or always having perfect grades, he worked through adversity and completed his AP courses, which helped him later on. Once in college, joining clubs allowed Colton to meet more people that he could relate to and enabled him to feel more at home at a place that was initially foreign. Although Hamburg misses Colton's comedic and positive spirit, it is reassuring that he has found a home in Delaware Valley University and will continue to succeed in his endeavors.





# Throwback album review - Taylor Swift - Red

Grant Doklan - 10

*Red* is the fourth studio album from American singer-songwriter Taylor Swift. It was released in October 2012 following her *Speak Now* album, which was completely self-written. The trend of Swift's music being influenced by her critics would continue onto this project. However, this album is the first to fully display Swift's frustration with the media's portrayal of her. Ironically, it is also the last to feature a majority country tracks. Swift does dip her toe in the water of creating pop songs on *Red* though, which contributes to the popular opinion that the album is scattered.

The lead single, *We Are Never Ever Getting Back Together*, was released on August 13, 2012 to huge commercial success. It scored Swift her first Number 1 on the Billboard Hot 100 and was nominated at the Grammys for Record of the Year. The song was co-written and produced by Max Martin and Shellback, infamous pop producers. This is the first time Swift had worked with big time pop producers, and the song is the most stereotypically pop off of *Red*.

*I Knew You Were Trouble* is the second single and another from the pop selection of the songs on *Red*. The song debuted at Number 3 on the Billboard Hot 100 and rose to Number 2 off of a massive digital sales week. It sold over 3 million copies in the U.S., becoming yet another commercial success for Swift.

The final single to chart was 22, released on March 12, 2013. The song was the first from *Red* to miss the Top 10 of the Billboard Hot 100, peaking at Number 20. It again features a pop sound, marking Swift's gradual transition out of her country roots.

Other notable tracks include *All Too Well*, which is hailed as one of Swift's best written songs to this day. Swift has described the tumultuous process of writing the song in many interviews. Her emotional performance of the song at the 2014 Grammys is a must-watch.

*Everything Has Changed* is the first of two collaborations between Swift and her good friend Ed Sheeran. As of December 2018, the music video has over 286 million views on YouTube. Fans were ecstatic when it was revealed that their second collaboration would appear on Swift's *Reputation* album released in November 2017. The track is entitled *End Game* featuring both Sheeran and rapper Future. Both songs were released to radio with moderate success.

Mikayla Slichter has been a Taylor Swift fan since the beginning. Red is her favorite Taylor Swift album. Mikayla said, "Every single one of the songs is good; there isn't a single bad one." Her favorite songs include *I Knew You Were Trouble*, *Sad Beautiful Tragic*, and *Starlight*.

To visit Taylor Swift's official website, click here <https://www.taylorswift.com/>  
To stream *Red* on Spotify, click here <https://open.spotify.com/album/1KIU96Hw9nlvqpB-PISqcTV>



# Daytripper to West Chester

Paiton Albrecht - 11

Pennsylvania is home to one of America's largest cities Philadelphia. Just outside of Philadelphia, 40 minutes west lies West Chester, home to PA's largest state school West Chester University. West Chester has grown to be a city full of culture, food, and activities. Perfectly placed

outside of Philly accessible by train, West Chester offers a big town community environment with horse farms and rolling hills just a few miles away.

The best part of a trip is the food! While in West Chester visitors can eat at the Split Rail Tavern. This colonial candlelit dinner will offer comfort foods and some amazing views of the town if one is granted the chance to sit on the second floor. West Chester having over 250 places to eat, visitors are bound to find something they like.

West Chester was rank America's #1 best main street. While walking down Main Street, visitors will become overwhelmed by the smells of different restaurants and bakeries, the conversations of different people and nationalities and the eye-catching storefront from retail to park benches.

West Chester is a great place for students to visit for a college choice or a day of fun somewhere else to experience a different part of the state they live in. West Chester University frequently visits Hamburg Area High School and if interested, students may talk with their guidance counselor to set up a discussion with an admissions representative.

For more information about WCU: <https://www.wcupa.edu/>

P.F.E & JOB FAIR

Hamburg Area High School

Cafeteria 1 & 2

3 - 6 P.M.

February 28

Club Day B

February 26

# Many love the *Incredibles 2*

Valeria Amato - 11

Although, the *Incredibles 2* was released on June 15, 2018, it is still buzzing as if it just came out! Many people were so excited to see the sequel of the original film, including, Shaheed Warren, who says, "I grew up watching the *Incredibles*; it was my favorite movie! When I found out about the sequel I was so excited, so I watched it the day it came out. It did not disappoint." Many can relate to Warren, which can be proved by the box office sales which according to IMDB, reached over \$180 million!

The storyline of *Incredibles 2* basically picks up where it left off in the original *Incredibles*. In the sequel there was quite a struggle between the heroes and the government because superheroes were made illegal due to the destruction that they caused while fighting crimes. There is quite a plot twist when the focused attention is on superhero, Elastigirl, also known as Helen, instead of Mr.Incredible, who goes by Bob. The public is purposely pointed towards Elastigirl instead of Mr.Incredible because

Elastigirl's publicity was a lot more positive and beneficial for the superhero community, which causes for some conflict throughout the film.

Even though, the *Incredibles 2* came out in the June of 2018, everyone is still finding many other ways to enjoy it, thanks to DVD and online streaming. According to Disney News, the DVD and Blu-Ray versions of the film was released on November 6, 2018, while the film has thankfully also been released on streaming platforms like Netflix in the January of this year.

# Lexi Gerner gets ready for softball season

Halle Gerner - 12

Lexi Gerner is a junior at Hamburg Area High School and plays three sports. She plays softball, basketball, and field hockey for the school. Lexi's favorite sport is field hockey, and her second favorite sport is softball. Lexi mentions that her favorite thing about sports is how it makes her forget about her stress and is able to just focus on the game while having fun. Other than sports, Lexi enjoys hanging out with her friends, watching Netflix, playing with her dogs, and attending sporting events.

The sport Lexi is most excited to participate in this upcoming spring is softball. Lexi plays center field and enjoys hitting. Lexi has played softball for over 12 years now and mentioned that softball gives her a sense of security, making her feel at home when she plays the sport. Now that it is February, Lexi is starting to get into shape for the upcoming season and throwing her skills back into gear. She says how she can always expect a great, winning season because the school has had such a great, dedicated group of girls in her past years of playing with the high school.

"It allows me to just relax and play the sport I love, with the girls I love the most. I grew up loving the sport particularly from my dad, who was a great baseball player. He taught me how to catch a fly ball at seven years old. And ever since then, I fell in love with the game," says Lexi.

Lexi's past two high school softball seasons have been ones to remember. The girls made it to counties and districts every year, each with a winning record. Before the season starts, the girls spend their time going to open gyms twice a week to hit, field, and lift weights. Lexi emphasizes how important it is to get into the weight room and become stronger for the season, which is most important for girls to attend this time of the year.

"It is one of the most important things you could do for your body and team. It allows your muscles to build back up again after a long break, while providing great endurance. Although many do not think lifting is important for softball, it has helped our team tremendously the last two years, because the team has made very far in both district and county playoffs," accentuates Lexi.

Lexi believes that with the hard work and dedication of her and her teammates, this softball season can be greater than all other years, and the girls can make history. Although, it is important for everyone to do their part, and better themselves for the whole of the team. Lexi also encourages anyone who is thinking about joining the softball team to do so.

"The softball team is a great environment to be around. You'll never want to go home, and everyone has fun. Nobody leaves anyone out, and we are truly family," explained Lexi. Lexi is eager to work hard and see how this softball season will go in the next couple months!

