

# HAPPENINGS

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

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## Athlete spotlight: Caitlin Steele

Paiton Albrecht - 10

Caitlin Steele, a sophomore at Hamburg Area High School, is a star athlete. Steele gives an insight on what athletic and academic hard work she puts in year round. Caitlin plays Field Hockey in the fall and winter and plays Softball in the spring.

“Playing a sports year-round really help me stay fit and healthy.”

Caitlin is a top academic student. She talks on how she stays focus on getting her work done, while also playing sports, “Playing sports actually helps me finish things fast, since I do not have a lot of time after practice.”

She adds that she loves to play sports because of all the friends and teamwork. “Playing a sport is tough but when you are all in it together, you form a type of team and you are all very close by the end of the season.”

Playing a sport will keep one mentally and physically fit. To play a sport one does not have to be good at it. It is all about the effort they put forward that makes them great on and off the field.



## Students participate in speech contest

Christine Roth - retired HAHS teacher

Is it the Truth? Is it Fair to all concerned? Will it build good will and better friendships? Is it beneficial to all concerned? These are the questions raised in applying the 4-Way Rotary Test to one's belief. On Friday, March 23, three students at Hamburg Area High School applied this test as they gave persuasive speeches on topics they are passionate about.

Speakers were freshman Alexandria Baum and juniors Haley Savastano and Dominic Lombardo. Each presented a five to seven minute speech. Dominic Lombardo spoke about combatting the opioid crisis by following up with both short-term and long-term care following an overdose. Haley Savastano noted the impact of social media on communication skills and stressed the need to curb reliance on social media. Alexandria Baum discussed causes of stress on teenagers today and the importance of learning methods to reduce stress.

First Place winner was Haley Savastano; winning second place was Alexandria Baum; and Third Place went to Dominic Lombardo. Each was awarded a certificate and a cash prize presented by Raymond Frey, Hamburg Rotary Club President. Haley Savastano will represent Hamburg Rotary in the Regional 4-Way Test Speech Contest to be held at Albright College on April 14. In the event she is unable to participate, Second Place winner Alexandria Baum will be the speaker from Hamburg.

This is the 4<sup>th</sup> year that Hamburg Rotary Club has participated in the competition with local students coached by Contest Chair Christine L. Roth.

## Readers learn about Mrs. Texter

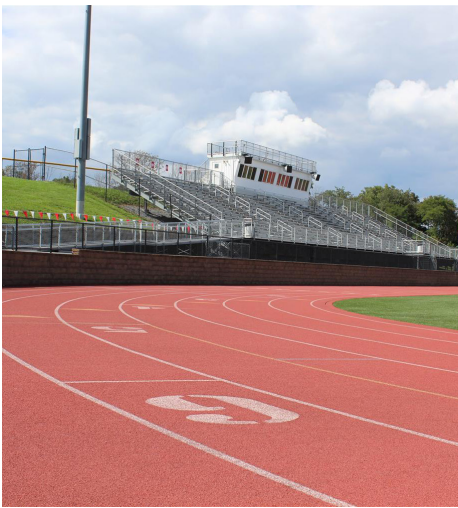
Ashley Lojko - 12

After having Mrs. Texter as a teacher for close to three years, I have gotten to know her and she has gotten to know me. After having long conversations with her about a range of subjects, from my writings in her class to my college aspirations, I wanted to know more about how Mrs. Texter ended up as an English teacher at Hamburg Area High School.

Mrs. Texter attended Wyomissing High School and, since she had a lot of family in the area, decided to go to Rosemont College in Philadelphia. She majored in English and minored in Psychology. Since Rosemont is a relatively small school, they did not have an Education major. However, it is unlikely that Mrs. Texter would have chosen an Education major even if one was available, since she did not always want to be a teacher. She just knew that she loved English and she was passionate about reading and writing.

Outside of work, Mrs. Texter loves to travel and explored many exciting locations before having her two children, Alex and Rose. She went to Japan and backpacked through Europe. She studied in England, New Mexico, and Vermont.

When asked why she chose to come to teach at Hamburg, Mrs. Texter said that, after teaching in Philly for five years, she simply just wanted to come back home, where her family and roots are. Her favorite things about teaching at Hamburg are the students, and their eagerness to learn. Finally, her favorite book at the moment is *A Confederacy of Dunces* by John Kennedy Toole.



## Upcoming season brings spring sports

Meghan Eisenhauer - 12

With the warmer temperatures and chirping birds, it is no surprise that spring is near. This year, spring begins on March 20. The upcoming season also brings sports such as track, soccer, baseball, and tennis.

Many students planning to participate in a spring sport, like Tyler Holl, Colten Eisenhauer, and Julian

Millikan, have already gotten their physical in preparation. Tyler Holl states that she has “already signed up and spoken to the coach.” Not only that, but she received “shoe advice and running tips” from Coach Kistler. Colten Eisenhauer prepares by running every single day after school in addition to participating in winter track. Several sports teams already received their numbers from Mr. Menapace, but if they have not already, students still have the opportunity to sign up for any spring sport.

This year, Hamburg students are certain to excel in their spring sports. Related to spring sports, American Automobile racer, Bobby Unser states that “success is where preparation and opportunity meet.”

## Antioxidants in apples benefit the body

Tyler Holl -12

The old saying, “An apple a day keeps the doctor away,” is truer than it seems. Apples have been put through a study; one that shows that apples fight effects on the aging of the brain, thus potentially preventing Alzheimer's. Eating apples can also decrease the risk of someone obtaining diabetes. Despite the sugar that is contained in apples, the fiber in the fruit keeps the body moving instead of keeping the sugars within the body. The heart is an extremely important part of the body, and keeping the heart healthy is not the easiest thing to do. But a compound found in apples is actually found to reduce the cholesterol build up in the arteries, resulting in a healthier and cleaner heart. Another risk factor to people's lives is obesity and the risk of being overweight. Yet with the inclusion of mild exercise and a fairly healthful diet, one containing apples, weight can easily be controlled. Among other benefits, apples can even boost the immune system. Red apples in particular hold an antioxidant, one that boosts the immune system. Overall, the saying “An apple a day keeps the doctor away,” is relatively true.

With the overabundance of health benefits in apples, it is key that people become more aware of such knowledge. Quinn Holl says “I like to replace my typical sugary dessert with an apple because it makes me feel fuller and it is a healthier option.” Instead of snacking on a sugary candy bar, the apple will not only make the body feel better, but add benefits to the body as well.

Come to the Hamburg Area School District Musical  
Into the Woods

Friday, April 20 7 pm, Saturday, April 21 7 pm,  
Sunday, April 22 2 pm  
\$8.00



# Languages build mental functions



Tyler Holl – 12

While building a background in multiple languages, possessing the ability to speak at least two languages provides benefits beyond social recognition. Decision making skills are often improved with being bilingual, making them more confident in their choices. And just like a muscle, the brain tends to function better as it is worked, and therefor strengthens memory. Learning different languages is like an exercise for the brain: deciphering new vocabulary and the laws of the language help improve such skills. It also helps improve the origin language, for it forces one to take a closer look at the mechanics of language. For example, if one's original language is English, learning Spanish would force them to examine grammar and the structure of sentences. Overall, learning at least one other language is an extreme benefit to oneself.

Quinn Holl has commented upon this topic stating, "English is one of the easiest classes, and I give that to learning German." Having taken two years of honors English, it is not a surprise. Meghan Eisenhauer, having completed four years of Spanish, agrees with the decision making. She says that when it comes to making decisions, they come very easy to her. Whether from learning languages or not, the benefits to learning at least one other language is far too good to pass up.

For more information, visit <http://www.telegraph.co.uk/education/educationopinion/10126883/Why-learn-a-foreign-language-Benefits-of-bilingualism.html>

## Daylight Savings Time rises through the mountains



Jasmin Modricker – 11

Daylight Savings Time is on Sunday, March 11, 2018 at 2:00 a.m. where the clocks are turned forward one hour. It will then be 3:00 a.m. instead of 2:00 a.m. DST in the Spring is also called Spring Forward and it always begins on the second Sunday in March when America spring ahead.

The idea of DST originated from Benjamin Franklin who believed that citizens should conserve candles if people would wake up with daylight. Germany was the first country to start Daylight Savings Time in May 1916 in which they tried to save fuel during the rise of World War I. Then, America followed in Germany's footsteps to take up the practice too. It meant more time for leisure, an increase of sales such as sport or outdoor equipment.

There are some states that do not practice Daylight Savings Time which are Arizona and Hawaii who refuse. Massachusetts and Maine considered stopping DST in their states, but they have not eliminated it. Throughout all nations, 70 practice DST in their countries. Some nations such as China or Japan do not practice Daylight Savings Time though.

Even though losing an hour does not seem like a huge change, it can change the human body's internal clock. This can cause a higher risk of sleep disorder, heart attacks, strokes, and miscarriages. It changes the circadian rhythms which can also affect fertility. In a 2013 study, it was discovered that there was a 25% increase in the amount of heart attacks which occur in the spring of Daylight Savings Time.

Two juniors, Mikalee Kerr and Jenny Chen do not like Daylight Savings Time. They are frustrated that they lose an hour of sleep which the two girls wish they both had. However, Mikalee and Jenny do like the spring weather outside and how it stays lighter out around night in the summer. The sun in the morning wakes Mikalee up from bed because it shines through her windows. Mikalee and Jenny both like Daylight Savings Time in the fall more than in the spring because it is darker out in the morning.

For more information, visit <http://bigthink.com/philip-perry/daylight-saving-time-2018-7-myths-and-facts-about-changing-the-clock>.

## Switching to spring trends style guide

Carly Levan – 12

This strange period between winter and spring is the perfect time to prepare a new wardrobe. Waiting for the cold weather to end before buying new clothes for warmer weather is a bad idea because the weather can change in the blink of an eye. It is best to be prepared to make the transition into spring even more pleasant.

While winter is filled with sweaters and layers, spring is the time to break out more breathable materials, like cotton and linen, to let in the warm air without being overbearing. Sandals are also a good option for footwear to avoid hot and smothered feet in the warmer weather.

As always, floral patterns are perfect for spring. The cheery pattern works well to spread springtime joy and complement the flowers blooming outside. Pastels and bright colors are an essential part of any springtime closet. Introducing lively colors to an everyday wardrobe serves to say goodbye to the dull colors of winter.

As for accessories, it is safe to stick to the rule of anything bright goes. Statement jewelry fits in well in spring and is a simple way to take an outfit to the next level. Pastel or any soft colored nail polish is a great way to complement an outfit and bring color into outfits that are more subtle in color.

# Schizophrenia: a serious brain disorder

Alexandra Kline - 10

Schizophrenia is a brain disorder that affects a person's ability to think, feel, and behave clearly. It can affect the brain at a young age, but it mostly starts around age 14. Schizophrenia requires a medical diagnosis by a doctor and cannot be cured, but there is medical treatment to give to the patient that can help manage them through it.

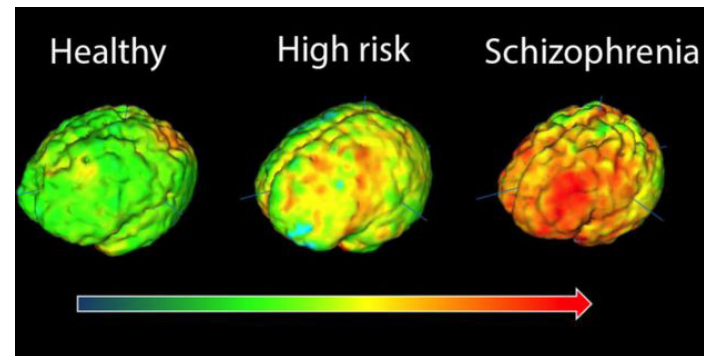
Symptoms of schizophrenia include behavioral, cognitive, mood, psychological and speech irregularities. The patient can become socially isolated, can become violent, and can have inappropriate emotional responses. They can develop a temper, anxiety, hostility towards others (including inanimate objects), fear, paranoia, and depression. Patients will also hallucinate, claim they hear voices, and can have rapid or frenzied speech.

Treatments can only go so far for schizophrenia. There is some medication including antipsychotics and anti-tremors, medicine to stop involuntary movement of the body. Other than medications, there is also therapy and specialists that help patients, but there is no known cure to schizophrenia.

People with schizophrenia do not know better when they act. They cannot distinguish between what is real and what is imaginary, so they do not know how to properly act to their surroundings.

Schizophrenia is a brain disorder that, if left untreated, can lead to brain or mind complications or diseases. Schizophrenia may be caused by the brain-messenger system of neurotransmitters malfunctioning. A neurotransmitter is a part of the brain that sends messages throughout the body, telling the heart to beat, the lungs to breath, and the stomach to digest. If the transmitters are malfunctioning, then the body could start to fail and stop doing its job, causing many problems.

Schizophrenia is a very serious brain disorder without a cure and makes life much harder for those affected by it.



## Easter egg hunts originated from legend

Quinn Holl - 10

A common tradition during Easter, especially in the early years of childhood, is to celebrate Easter with an Easter egg hunt. However, many are unaware of the true origin of this common tradition.

Supposedly, Easter egg hunts have little to do the religious aspect of the holiday. The legend of the Easter bunny bringing eggs was brought to the United States by settlers from Germany. In the legend, the Easter bunny brings baskets filled with colorful eggs, candy, and toys to children on the night before Easter. The Easter Bunny then puts the gifts in a designated place or hides them throughout the house or garden, ultimately leading to the tradition of Easter egg hunts.

Kate Crider expressed her reaction to the origin, "I guess the US really is a melting pot of so many different cultures and beliefs!"

For more information visit: <https://www.gotquestions.org/easter-bunny-eggs.html>

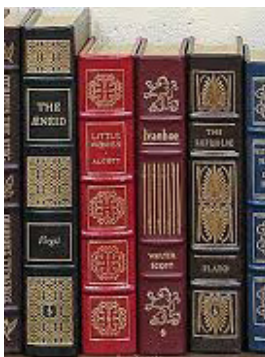
## Readers often improve in school

Tyler Holl – 12

Overall, the American population have slowly started to read less. Restricted to only reading what was assigned in class, American students are missing out on so many of the benefits that come along with reading. Reading outside of school and for pleasure increases vocabulary and comprehension of the text. They are often times better readers, understand grammar, have a better understanding of the world, and score higher on tests in a wide range of subject areas. This constant stimulus of the brain keeps the mind alert and looking for things that non-readers are not in search for.

Meghan Eisenhauer claims to read rather often on her own time, primarily of the older literature, and admits that her grades reflect that. English is easy for her to comprehend and she places well on Literature tests. Quinn Holl agrees, her reading outside of school has prepared her for time management as well as comprehension of text. In general, reading outside of school is a task that many should consider.

For more information, visit <https://education.cu-portland.edu/blog/classroom-resources/how-reading-for-pleasure-helps-students-develop-academically/>





# Readers enjoy *It* by Stephen King

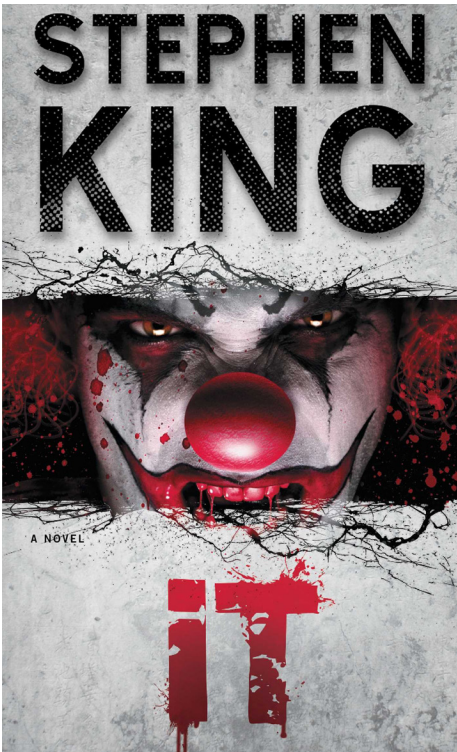
Ashley Lojko - 12

The movie adaptation of *It* was released into theaters late last year, and the hype around this book has been monumental. With Stephen King being the legendary author that he is, it no doubt became a popular book before the movie as well. *It* was released in 1986, and was King's 18th novel under his own name. He had written four books under his pseudonym, Richard Bachman, previous to *It's* release. The book currently has a 4.2 out of 5 on the Goodreads scale, and it is 1,138 pages. *It* is categorized as a horror or thriller.

The book revolves around a group of friends from the small town of Derry. The story alternates between the seven individuals childhood together and their adult life once they have moved on to their separate lives. They were terrorized as kids by an entity they have dubbed as It, mostly taking the form of a clown as a way to lure children. *It* can take the form of each person's phobias or biggest fears. The novel explores the story from both timelines while maintaining a third person omnipresent voice.

I initially picked up the novel after watching the movie and enjoying it. I had been wanting to read a Stephen King novel because of his undeniable fame. King's writing style is addictive and as close to perfect as I think writing could possibly be. He elicits the feelings the characters feel within the reader, bringing those emotions to the surface. After reading *It*, I am exciting to read more of what King has to offer. *It* in particular is a book I truly enjoyed and was engaged in. The story, along with Kings writing, made me feel more fear than I thought the book would. There were some parts where I had to put the book down and bring myself out of the story because it felt so real. I would give the book overall a 9 out of 10 rating.

However, a potential reader should be warned of a few things before picking this novel up. The descriptions within this book are extremely graphic, going into in-depth detail of the events, which are often times violent. There is also strong and offensive language used throughout the entirety of the novel. If the movie version of the book was interesting or intriguing, this may be a good read.



# Join art club!

Valeria Amato - 10

Hamburg Area High School offers several clubs that interest a broad variety of students. One of those clubs is art club. Even if students are not artistically inclined, they can still join and grow artistically.

This club offers a lot of freedom which club member Leah DelRosario explains when she says, "On art club days, I love that we can work on any forms of art of our choosing, I appreciate the freedom." Students can paint, draw, sculpt, and even more.

Art club does not only allow a chance to work on artistic strengths, but it also allows for students that have any art electives to catch up on their masterpieces. For example, Madison Boyer says, "I enjoy art club because it allows for me to catch up on my ceramics pottery!"

If any students are interested in joining art club, contact the club advisor, Mrs. Dommel, or go to the art room on Club day A to sign up.



# Movie Review: *Snatched*

Sierra Fisher-12

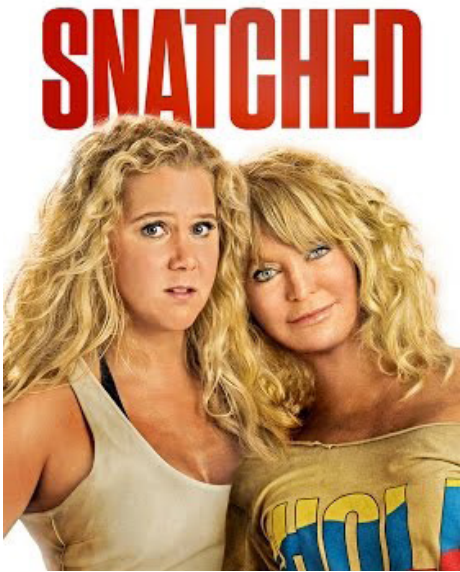
*Snatched* is relatively new to the movie world and has an intriguing storyline. The movie is centered on Emily Middleton (Amy Schumer), who was dumped by her boyfriend the day before their tropical vacation. Middleton persuades her mother, Linda (Goldie Hawn) to go with her on the South America vacation. After a day on the resort, the duo find themselves snatched and must work through their differences to try and escape from the dangerous situation they are in.

Though *Snatched* is a unique story, the ratings are not that great. Rotten Tomatoes gave it a 36% and IMDb gave the movie a 4.3 out of ten. The story behind the movie was definitely intriguing, but the way it was carried out was not impressing. It was definitely dull at times and felt predictable as to what would happen next. *Snatched* is not the worst movie to watch, but if looking for a good movie, this one probably will not do.

Directed by Jonathan Levine, *Snatched* is classified as an action and comedy movie. The movie is one hour and 37 minutes long.

Overall, *Snatched* definitely had a different plot but the acting and dialogue may have ruined it.

For more information, go to: <http://www.imdb.com/title/tt2334871/>.



# Senioritis strikes Hamburg students

Sarah Gould – 12

With less than six months left of the 2017-2018 school year, Hamburg seniors are beginning to suffer from a serious case of senioritis, or the tendency for seniors to be distracted and unmotivated.

"I can't wait to graduate. I just want to move across the country and be done with school!" Amber Fillman joked. She, like many seniors, are ready for high school to end and for their post-secondary plans to take shape.

Mrs. Machamer, one of the two guidance counselors at Hamburg Area High School, says that she understands senioritis since regular schooling for 13 years can be exhausting, especially after seeing the light at the end of the tunnel. In addition to this, she also credits other stressors in a senior's life making seniors anxious for graduation. Mrs. Machamer recommends developing a strong support system, possibly including strong friendships and counseling. She also suggests setting goals for after graduation and to keep working towards them. This can keep students more focused on scholastic challenges.

It is important to remember that there is a light at the end of the tunnel, and colleges will still look at grades near the end of the year, so it is important to keep focused and give the last half of the year the same effort that has been given over the past three years.

# Taylor Swift - *reputation* album review



Grant Doklan - 9

Taylor Swift's sixth studio effort, *reputation*, switches things up for the singer/songwriter by adopting a modern-day trap sound. According to Billboard, *reputation* sold over one million copies in the first four days and is her fourth album to sell one million copies in its first week. According to multiple sources, including Clevver News, Swift's new album focuses, as the title implies, on her reputation being tarnished by drama with Kim Kardashian and Kanye West, as well as her flings with Calvin Harris and Tom Hiddleston.

Songs such as *Look What You Made Me Do*, the lead single released in mid-October, detail what Swift defines as "the new Taylor." Swift adopts this hardened persona for some of the songs on the album, but others are just as soft and vulnerable as her usual lovey-dovey material, leaving the album feeling inconsistent.

*I Did Something Bad* paints Taylor as a heartbreaker. The song details a messy breakup for which the media is criticizing her with lines like, "They're burning all of the witches even if you aren't one." This is immediately followed by songs like *Don't Blame Me* and *Delicate*, which show a softer side of Taylor and the beginnings of a new relationship that she is not sure she is ready to invest in.

*So It Goes...* is a song that, while solid as a stand alone piece, does not quite measure up to the louder, more abrasive songs on *reputation*.

*Gorgeous*, *Getaway Car* and *King of My Heart* are by far the most consistent trilogy of songs on this album. *Gorgeous* tells of Taylor being infatuated with a new man, most likely her current boyfriend Joe Alwyn according to fans at "*reputation* Secret Sessions", an even Taylor hosted where fans got to meet her and preview the album early. *Getaway Car*, according to music news outlets everywhere, is rumored to be about Taylor's very public and messy breakup with Calvin Harris, where she jumped ship and used Tom Hiddleston as a "Getaway Car" from Calvin.

*King of My Heart* is again most likely about Joe Alwyn and details her falling for him hard. The song boasts lyrics such as, "I wanna wear his initials on a chain 'round my neck ... not because he owns me, but 'cause he really knows me." The album closes with a pretty confusing lineup.

*Dancing With Our Hands Tied* and *Dress* juxtapose the romanticism shown in the previously mentioned *King of My Heart*. *Dancing With Our Hands Tied* shows Taylor in a relationship that is under wraps, hence the title and *Dress* comes completely out of left field with Taylor having a friends with benefits type dynamic with someone.

*This Is Why We Can't Have Nice Things* throws more unneeded fuel into the fire of Taylor's drama with the Kardashian-Wests, *Call It What You Want* is yet another song about Joe Alwyn, and *New Year's Day* is just a "duh" moment for a closer on a Taylor Swift album.

Overall, *reputation* is an album that got too big for its britches, making it not flow as well as it could. The album could have easily been cut down because it has such a long run-time of 56 minutes. The songs covering her blooming relationship with Joe Alwyn are some of the best and should have been the main focus of the album, rather than sharing the spotlight with petty drama that Swift overplays. When the album closes out, I am still left wanting something more. *Reputation* just comes off as straight up shallow at some points. It is not a bad album by any means, but the metaphorical patchiness of this record just leaves the listener feeling empty.

Andrew Lenz is usually a fan of classic 50s and 60s music, so listening to *reputation* is a little out of his element. His favorite song off *reputation* is *...Ready For It?*, but he only likes a select few tracks off the album. Kylie White is a pop enthusiast and enjoyed *reputation* very much. Her favorite song is *Getaway Car* which she hopes will be on the radio at some point in the upcoming year.

Review copy courtesy of gomoxie.org. For more critical opinions on *reputation*, visit <https://www.youtube.com/user/theneedledrop>.



# Diabetes in teens

Emma Greenawald - 9

How healthy is the average person? How many people have Diabetes in the US? Although old wives tales say it is gained from how the person eats that is false. Type 1 Diabetes is the serious autoimmune disease in which the pancreas stops producing insulin which is essential for getting energy from food. Diabetes is either something a person is born with or something that you develops throughout life.

Diabetes is commonly written off as flu like symptoms. One thing to look for is many bathroom breaks and increased thirst. This is caused because high blood sugar levels cause the body to pull fluid from tissues. This then leads to dehydration.

The body cannot get the energy it needs to function properly. This causes the body to become more hungry than normal. Another sign could be that the person could experience extreme weight loss.

Some warning sign to look out for are sudden vision change, drowsiness or lethargicness, sudden loss of breath. Diabetes can be extremely threatening and harmful disease is gone untreated. If experiencing any of these symptoms see a doctor as soon as possible.



# Students oppose the “correct” way to hold a pencil

Quinn Holl - 10

Many argue whether there is truly a “correct” way to hold a pencil. Learning how to hold a pencil properly is highly stressed in most European countries, whereas Americans tends to neglect such, resulting in a variation of pencil grippings.

Supposedly, the proper method is to use the tips of one’s thumb and pointer finger to hold the pencil while supporting the pencil on the middle finger. While there is seemingly an accepted style to holding a pencil, others pose differentiating views on the topic.

I interviewed two students in attempt to compare contrasting methods of holding a pencil based on early education.



Megan DeAngelo argued that she was unaware of a “proper” way to hold a pencil and made it clear she has not conformed to the accepted standard. Megan notes that she rests the pencil on her pinkie finger and uses her other four fingers to clamp around the pencil. At a young age, Megan’s father attempted to show her how to hold a pencil correctly, but Megan refused to alter what initially felt natural to her. As a result, Megan believes “as long as a child can write legibly, it should not matter how they hold their pencil. It is similar to typing; as long as you can get the letters down, who cares how they get there?”

Alexander Long states that he holds his pencil in what is referred to by society as the “correct way.” Agreeing with Megan, Alexander believes “writing has no correct way because the correct way is what works best for you.” Alexander further explains the conflict he encountered when being taught how to write at the age of four by his teachers. “Not until a couple of years ago did I learn I was a natural left handed person who was being taught how to write using my right hand, which explained why I was never the best at writing.” His teachers insisted Alexander write using his right-hand, abandoning the natural use of his left-hand.

Seeing that Alexander struggled to conform to the accepted method of holding a pencil, he passionately stated. “My opinion on teachers forcing kids to write the way the teachers want is ludacris.” He further explains how penmanship is key, as long as it is readable, the method of doing so should remain invalid. “In reality though, it should not be stressed to a high degree. I believe that there should be ways to teach children how to write however they find comfortable, but it should not become the sole purpose of early education.

For more information visit: <http://www.creativeblog.com/illustration/how-hold-pencil-correctly-11618880>

# Exploring Alvernia University



Carly Levan – 12

Alvernia University is a local, Catholic college in Reading. Alvernia has many other unique characteristics to offer besides for location, such as their rich history. Alvernia was first started in 1894 when the Bernardine Sisters of the Third Order of St. Francis from Poland formed a ministry in Pennsylvania. In 1925 the ministry was expanded to become an orphanage and later a high school. In 1958

the high school was converted to a college for sisters and postulates and later in the year it became a liberal arts college.

Today Alvernia is known for its nursing program which gives students the chance to work on research projects with the faculty. Another advantage at Alvernia that pertains to all majors is that they have small class sizes. Alvernia has an average 12:1 student-faculty ratio, with fewer than 20 students in most classes. The school also offers more than 55 student groups, including intramural and intercollegiate sports, academic clubs, honor societies, student government, and faith-based, arts, environmental, and service clubs.

The campus is 121 acres and has eleven residence halls including traditional halls, suite-style apartments, townhouses, and apartment-style halls. Students are permitted to choose their roommates or they can fill out a quiz on their Housing Application to be paired with someone with similar interests. In addition, about 99% of undergraduates receive some type of financial aid, including scholarships, grants, loans, and work-study.

For more information, visit: <http://www.alvernia.edu/index.html>

# Organic milk provides benefits

Tyler Holl – 12

Organic milk is one of those beverages that many do not consider in their diet. Whether because regular store bought milk is thought of as just as healthy or due to the cost, many milk buyers will not buy the organic. In total, only about 3% of the milk produced and sold in the United States is organic. Benefits to drinking organic milk outweigh that of drinking non-organic. For instance, there are no extra chemicals or growth hormones going into the human body with the consumption of organic milk. There are also more antioxidants, as much as two or three times higher, and can help prevent numerous eye diseases. Despite being priced higher than regular milk, organic milk is a healthier alternative and can be healthily used in coffee, cheese, cereal, and just to drink.

Meghan Eisenhauer, although agrees with genetically modified organisms, does not agree with the additives given to dairy cows, and finds organic milk to be far more beneficial to regular milk. She even says that she would consider converting to organic milk, a far superior option to regular milk.

For more information, visit <https://www.organicfacts.net/health-benefits/animal-product/organic-milk.html>



# How temperature affects milk

Alyssa Marzili – 12

Milk is a liquid which is in many foods and a lot of people are allergic to. Most know it goes bad if not kept refrigerated, but there is plenty to explore with the changing of milk. I did a little experiment because someone was curious about freezing milk and letting it thaw and what the result would be. I took a normal eight ounce cup and filled it only half way and placed it in the freezer. A few hours later, I went to see if it was frozen yet, but it was not. Instead, the top layer was rubbery and appeared like a thin layer of ice on a lake. I let it alone and came back later. Still it was not complete solid.

The following day, I returned and it was frozen. Interestingly though, it seemed to be a shade lighter than it had been originally, sort of like a cream color. I took it out of the freezer and placed it in the refrigerator that way as it thawed it would not spoil. Knowing how long it had taken to turn solid, I let it alone a full 24 hours. However, it hardly was melted by the time I checked on it.

I returned several hours later, yet it was not back to liquid. There was an ice cylinder in the center and the edges were melting first. After perhaps 36 hours, it was completely back to its liquid form. Then to answer the question, would it taste the same after undergoing the process, I poured a second cup of fresh undisturbed milk. Their colors were the same shade this time – it could have been the lighting affecting the shade of frozen milk – and the one that had been frozen tasted as though it had only just been poured.

The average temperature for a refrigerator to be kept at is 37°F and a freezer only has to be below 32°F. I do not know the exact temperature in which the two I used were at, but somewhere in the range. I did not perform the opposite experiment because the result is no question. If milk is left out in room temperature it will go bad. Experts estimate the time milk is good for is less than two hours. After that it starts to spoil and could be bad to drink. Over in Europe some countries have a special type of milk known as Ultra-High Temperature meaning that the milk can remain outside of refrigeration for very long periods of time if not up until the expiration date. Milk spoils due to bacteria that grows and can make people sick.

Regardless it is better to not take any chances if milk had been left out too long, but it can safely be frozen in the freezer.

For more information visit: <https://www.consumerreports.org/refrigerators/best-refrigerator-temperature-to-keep-food-fresh/> or <http://www.extracrispy.com/drinks/2638/how-long-can-milk-be-out-of-the-fridge>

