

HAPPENINGS

Volume XXVII
April 12, 2022
Issue 17

A PUBLICATION OF HAMBURG AREA HIGH SCHOOL

School start times affect academic performance

Emily Smith - 11

School start times have been a recent controversial issue that has raised many questions regarding how teenage brains think. Traditionally, high schools in the United States begin school between seven to eight in the morning, where most students have to wake up between five to six in the morning. In order to get the required amount of sleep, students would have to go to sleep at around nine o'clock at night. Studies have shown the benefits of an altered schedule that improve grades and change the structure of the school day. Could Hamburg implement a new schedule that would boost student grades?

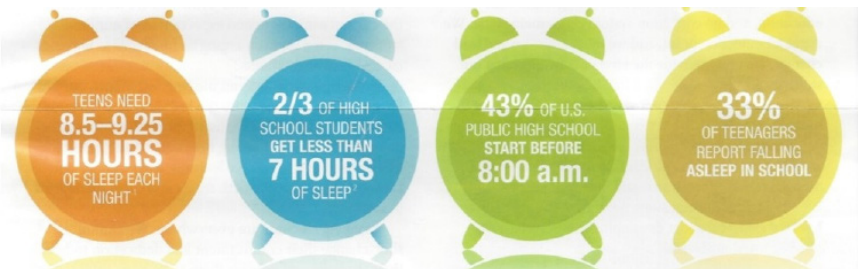
The teenage brain releases melatonin, the hormone responsible for sleep, until as late as eight o'clock in the morning. This means that the sleep cycle for teenagers is interrupted between two to three hours earlier than the brain needs to perform at optimal function. If the school day were to begin at 9:00 a.m. for high school age students, sleep patterns would be at less risk of interruption. This would result in an increase in focus when in classes and likely improved test scores for many sleep-deprived students.

Hamburg students and faculty agree that even a start time one hour later would increase energy and grades. "I would have more energy," says junior Jonathan Cabello. Cabello thinks that the most important benefit of a later start time would be feeling less tired throughout the day.

"I would like a new schedule because I would have more time to do things in the morning, and I would like to sleep a little longer," says junior Madison Starr. She agrees that it would be nice to have an opportunity to have more time in the morning to eat a better breakfast or even workout prior to the school day.

"I think for high school age students it would be better for them to sleep in longer, everyone would be more alert, awake, and ready to go," says Spanish teacher Mrs. King. Mrs. King thinks that the start time should be no later than one hour after the usual start time to give students enough time after school for extracurricular activities.

For more information on school start times, please visit:
<https://www.everettsd.org/cms/lib07/WA01920133/Centricity/Domain/2847/Later%20School%20Times.pdf>



Looking forward to Easter traditions!

Grace Cromyak - 9

Easter is typically not an important holiday to some people. But to religious people such as Christians and Catholics, it is very important because this is the day that Jesus ascended to heaven. His female followers went to visit the tomb he was buried in. He was resurrected from the dead three days after he was put on the cross. People who are not very religious do not really know what Easter really is and what happened. Easter is usually on different days, and it usually depends on where the moon is.

Others may think about Easter traditions as spending time with family and having nice traditional dinners, including children getting their Easter baskets filled with lots of candy. The most common candy to be put into baskets are marshmallows and chocolate, most likely Reese's Peanut Butter eggs. Other candy that children may receive is the huge hollow chocolate bunnies, KitKats, some fruity kinds of candy like Sourpatch Kids, and maybe gift cards or money.

A lot of people have different traditions for Easter. The night before the day of Easter, my mom and I watch the 10 Commandments movie. The Ten Commandments establish rules of worship and forbid actions such as murder, theft, and adultery. The morning of Easter, I wake up and open my Easter basket from my parents. Afterwards, my mom, dad, and I drive down to my uncle's house for dinner where I can see some of my cousins, my grandparents, my aunts, and uncles. After eating, we usually take the golf carts out for a drive, since my uncle is the manager of a golf course. I love driving the golf carts around because I like enjoying the nice sunshine and enjoying how beautiful nature is.

Freshman Ashley Moyer stated, "During Easter, I love spending time with my family and close friends by dying Easter eggs, watching spring-time movies, and making Easter-related treats."

Freshman Izzy Forte said, "My family usually decorates before Easter. Sometimes we throw together a party for family and friends, since it's spring break. My friends, cousins, and I bring out my golf carts for the day and mess around in the yard or in spare land."



Taylor Henn interns at Tilden Elementary

Hannah Kristiniak - 9

Taylor is a senior at Hamburg Area High School and she is currently interning at Tilden Elementary School as part of the PFE program.

Taylor wants to be an elementary school teacher. She has considered other careers, but she feels she always knew teaching was the right thing for her. She decided to go into elementary teaching because she enjoys that age group better and likes the idea of teaching all the subject areas.

Taylor contacted Mrs. Benz during her junior year to discuss PFE. This program is extremely helpful for her future because she earns a credit in something she actually wants to do instead of taking electives her senior year that she was not interested in. Taylor said, "My experience at Tilden is greatly benefiting my future. I feel like I have an advantage over others, as I have first-handedly seen the aspects of this field before I have even started college."



She is able to see different methods of teaching and interact with students whose teaching needs differ which will prepare her for what she might see in her future classroom.

Taylor goes to Tilden every day during the school week and is there for three hours each day. She works with Mrs. Garland in her classroom. Taylor chose Mrs. Garland because she was her 4th grade teacher and she has a lot of experience in education and truly has passion for teaching. Taylor describes this experience as full circle because she gets to be an intern in the classroom where she was a 4th grader. She leaves after her lunch and stays at Tilden until the students are dismissed. She does a variety of different things while she is there, but typically she will work with students individually or in small groups. Taylor works with the same few students individually every day. When she is working in a small group they typically go over worksheets or introduce a new strategy in math. She will also take small groups of students who are struggling in certain areas or who are behind on material to help them catch up and succeed. During this quarter Taylor has also instructed two whole group science activities. She says, "I was somewhat nervous at first since I was leading the lesson instead of my mentor teacher, but I loved doing it."

Taylor plans to attend Penn State University, the Berks campus for Elementary and early Childhood Education and a minor in Special education. With that degree she plans to obtain her certification to teach PreK through 4th grade and hopes to get another certification to be able to teach grades 5 and 6 as well.

Taylor says, "If a junior wants to participate in the PFE program they should email our career specialist, Mrs. Benz, in order to set up a meeting to explore their options. During this meeting, they will discuss their career goals and the field they want to pursue after high school in order to find a local business to partner with. After finding a business and mentor for the student, the student will then need to fill out the necessary paperwork in order to pursue their PFE."

Berks County Arts Awards

Digital Drawing 3rd

Alexandra Reed

NOTA: Honorable Mention

Angie Escobar

Reading Berks Guild of Craftsmen

Award of Merit

Alexandra Reed

Reading Berks Guild of Craftsmen

Wib Lauter Award Best Traditional Work

Avery Tworkoski

Berks Arts Council Fast Lane

Tatiana Short

Berks Arts Council Fast Lane

Alexandra Reed

Diversity at HASD

Carol Cegarra - 9

Hamburg Area High School has noticed a change in the amount of students' race like white, Latino/Hispanic, African American, Asian, and many other kinds. There have been spikes of new cultures like Hispanic or Latino and new languages like Spanish or French at HASD. In the latest year is when I have seen the most change when it comes to races and ethnicities like Caucasian, African American or colored people. This is because as a new freshman it was a fresh look into high school. Asceniah Pinter, also a freshman, had a point that lately houses in Hamburg have been a lot cheaper than houses in other cities. This can make an effect because bigger families with different races or ethnicities choose HASD to be their children's school.

Asceniah Pinter also included how this can be a good thing because of the way that society has been lately involving inequality and students from small towns not being able to understand how people can be different. This is because living in a small town makes you interact with the same people and the same families multiple times.

Raymond Garcia pointed out how in his opinion, HASD needed to be adapted to be near different people. This does not only apply to the people in the district but also the people in the town to interact with different types of students and families to really understand their point of view.

Raymond Garcia mentioned that another reason why there are people with different races and ethnicities moving to Hamburg is because parents want a safer environment and a more educated one.

In the website Usnews.com it shows how the rates of diversity in school districts vary. For example at Governor Mifflin School District they have 37.1% of their students that have different kinds of races and ethnicities. There is a big difference compared to the rate of diversity at HASD which is 10.1% of its students. This is a big difference because compared to Hamburg, Governor Mifflin is 15 minutes away from the city while Hamburg is 30-40 minutes away. This all makes a difference because it proves the point that families are starting to move out of the cities and come to small towns like Hamburg resulting in having bigger diversity percentages in the district.



How this cheer season has been different

Deja Wagner-Wakefield -9

The Hamburg Area High School cheer team has put in many hours of hard work this year and continues to work hard every practice. The team has cheered on the sports teams during all weather conditions and has demonstrated true school spirit. The team has cheered at various games, from soccer and football in the fall season and basketball in the winter season. Now that all the games are over for the winter season, we continue to work hard and prepare for our upcoming competitions.

We had our first one on February 5 at Schuylkill Valley High School. We placed 3rd out of five teams. Our second competition was scheduled for March 12 in Milton, Pennsylvania but that was postponed due to weather, and since the location has moved we will not be attending that one. Fortunately for us there will be a third competition on April 2 in York, Pennsylvania.

Devan Yoder, a junior, has participated in cheer for one and a half years. She started in the winter of her tenth grade year. Devan continues to cheer all through her eleventh grade year but only plans to cheer for football next year, but her beginning was when she did cheer for one year in second and sixth grade. Devan got back into cheer once she was in tenth grade because her friend wanted to join but did not want to be alone. She has said things have changed since last year, "We don't have to wear masks during practice so I can breathe and I don't have to scream as loud, also we have competitions this year." Along with not having to wear a mask, distancing has also been more relaxed, and sanitizing hands after every stunt is not mandatory anymore. Devan's most memorable experience this year was her first competition and the first football game of the season. Her favorite game she cheered for this year was the Mahanoy football game when we were all treated to Chick-fil-A and won the game. Another part of this year that has made it memorable for her has been meeting all the freshmen and getting to them all. "The freshmen are one of my favorite parts of this year because they are really nice."

Peyton Snyder, a freshman, has cheered for many years starting in elementary, she continues to cheer in high school and plans to cheer all throughout high school. Without cheer "I think I would get really bored really fast, because I've been cheering for most of my life and it's become a really big part of my everyday life." Compared to the 2020-21 season she feels like the team is more focused and successful during practices, competitions, and games. She also feels that some cheers are more difficult than middle school but she still enjoys it very much. Also, stunting is more advanced and more complicated than last year. In high school the cheer season goes a lot longer than middle school. In middle school the year would either end in a competition or just end at the end of basketball season. Masks and Covid have affected the team throughout the year because we did not have to wear them in the beginning then we had to wear them for a little. Now we do not have to wear them again. "I think it's better for the team now that everyone can breathe normally and now we don't need such long breaks" Also, when the school was doing contact tracing and someone was near someone else with covid would have to quarantine which would mess up stunt groups and formations also "With quarantining stunts are weakened due to part of the group missing." Her favorite memory from this year was when the biggest stunt in the competition routine finally hit after struggling to hit it. Also, her favorite game we cheered for was the basketball game against Schuylkill Valley, because so many people came to cheer on the team and the opposing side's student section was very loud. That game was very competitive, but in the end we won. Overall, this cheer season has been different and has been very different especially for freshmen, because this is the first year being involved in a high school sport.

Teachers can help struggling students

Olivia Kocher - 9



Many students are struggling with stuff in their personal lives, whether that be at home or with friends. Sometimes if a student feels

comfortable enough they will go to a teacher they know they can trust. The teacher may not know how to help though so it is best to know the right way to go about things.

The first thing to do is to make sure the student knows that this is a safe space and they can speak freely. After talking, checking in with them a few days later to make sure they are ok could show them the teacher cares and is willing to listen. This could show them that it is not so scary to talk to an adult if they know they are trustworthy. If the student is struggling with anxiety, teaching ways to cope with anxiety could help them a lot with dealing with theirs.

Students want to know they have a safe place to open up to someone. It is good to let them know they have someone to go when they need this vulnerability.

Mrs. Esbach says, "I could talk with students privately, try to connect the students to a trusted adult or friend, and also help them with resources for their problem."

For more information go to: <https://www.hopskipdrive.com/blog/how-educators-can-support-students-in-difficult-home-situations/>

BTR makes a comeback

Sara Fitzgerald - 10

BTR, which stands for Big Time Rush, is a boy band that is making a comeback in 2022. The band was formed in 2009 and consists of four real-life best friends: Kendall Schmidt, James Maslow, Carlos Pena Jr. and Logan Henderson. The boys have their own TV show called Big Time Rush and use their real first names. The boys became most famous off of this show. The band went on an indefinite hiatus in 2014 that lasted until 2021 when the group released the single "Call It Like I See It" and resumed live performances. Although the band split up, there was no bad blood between the boys and they continued to remain friends even while focusing on their own music.

The Big Time Rush: Forever Tour will begin on June 23, 2022 to August 26, going all over the country and even as far as Mexico. The closest the boys will come to Hamburg is Philadelphia PA on June 28th and Hershey PA on July 1. According to long time BTR fan Lyndsay Fitzgerald, her favorite member is Kendall because of his loyalty to his friends. Her favorite song is "Til I Forget About You", the song coming out in 2010. She began listening in 2009 after watching the show on Nickelodeon and is excited for the upcoming tour. As life returns to normal, fans are excited to get Big Time Rush back.



Friends Review

Genevieve Arena - 9

Since the recent TV special Friends: The Reunion was released in May of last year, the original show is making a huge comeback. Starring Jennifer Aniston, Courtney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry, and David Shwimmer, the show ran from 1994-2004, with a season per year.

It focuses on six friends living in an apartment building in New York City together, navigating, work, romance, and life overall together. The show was extremely popular in the early 2000's but recently during Covid years, it has become popular, as it was on cable tv on NBC, and CBS, and even Netflix for a short while in 2020, and the reunion released in late 2021 also got the show a lot of extra revenue.

Hamburg students have called the show "hilarious" "relatable" and "entertaining" saying that "Chandler is by far the best character" for his crude or dry humor, while Phoebe's joyous perception of reality entices viewers to have a happier outlook. In conclusion the show is upbeat and enjoyable to watch, while also having that reality component viewers eat up. Make sure to check out the show!

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