

# Hawk Happenings

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## Morgan Riegel hosts exchange student

Kaeli Cox - 11

This year, from March 17 - March 28, Hamburg Area High School is hosting 12 students and 2 teachers from Germany. Students were offered the opportunity to house and guide a student for themselves. Morgan Riegel is a sophomore who took on the shared responsibility with Allie Houck to host a student.

Morgan also shared, "I decided to participate in the German exchange because I think it would be interesting to get to know another individual and their culture. Furthermore I believe participating in the exchange would enhance my skills in the language as I would be able to hear how native speakers talk." This experience allows students to further develop knowledge on other cultures, countries, and languages. It is beneficial for students to have awareness of the customs and traditions foreigners engage in.

Morgan also shared, "I plan to introduce my student to many typical American cultural aspects. Such as typical American style food with the PA Dutch Potluck and typical American clothing styles." It is important to remember this experience is also introducing the Germans to a new lifestyle. The Germans will be introduced to new foods, culture, fashion, language, and more. Morgan said, "I am most excited about taking Viki to classes with me and seeing her reaction to the reality of an American High school rather than the stereotypes she sees on the media." Morgan will also be able to recognize the differences between how Germans actually act and how stereotypes picture them.

Morgan ended, "Other students should consider the exchange because it has many beneficial consequences that go with it. Some are expanding one's knowledge on different cultures, and showing an individual that there is much more to the world than the small town of Hamburg, PA." This experience is very beneficial and recommended by teachers. It allows students, both American and German, to expand their knowledge and make new connections with customs and people they were ignorant to.



## Mr. Kline holds annual Hawk's Nest Speakeasy

Hailey Quinn - 11

On March 8, Mr. Kline held his sixth annual Hawk's Nest Speakeasy. This is a 1920s style simulation in which students taking AP US History dress up and play as famous figures from the era. The event is held in the library, where authentic 1920s foods and drinks are available for purchase with "Kline bucks." There are also several gambling games where students can test their luck to win more money. Many teachers bring their classes down to enjoy the experience as well. The atmosphere is topped off with live music from Mrs. Kline and the Hawk Tones Jazz Band.

Mr. Kline explains, "We run the simulation every year because it requires students to learn a lot about a particular 1920s historical figure, while doing so in a fun and interactive manner." The simulation is often the highlight of many student's year. They enjoy learning about their character and getting the chance to dress up and act like them. Hannah Kristiniak, a junior who participated in the Speakeasy states, "I had a lot of fun putting together an outfit and planning it. I really enjoyed walking around and talking to people."

Mr. Kline introduced something new to the Speakeasy this year. In order for guests to receive their "Kline bucks," they had to interview three historical figures. They were provided with a sheet that had spots to fill out the information, which included the figure's name, occupation, an interesting fact, and the figure's signature. Hannah Kristiniak believes that the new interview aspect was a good idea, adding, "It made it so that the people that were attending actually interacted with the characters, and I also feel like it was a good way for the APUSH students to show off their knowledge on their character and actually be in and stay in character."

The Speakeasy is very unique to our school, and many freshmen are excited when they learn about it. Landon Poullos, a freshman who attended this year's Speakeasy states, "I never knew that the school held a Speakeasy. I was very excited to attend and experience it. It felt like I time traveled and got to talk to people from the 1920s." The Speakeasy is a really immersive simulation that allows many students and teachers to dive into the 1920s experience. Mr. Kline expresses, "my favorite part is getting to set up and run the fictitious bar with all of the delicious drinks." Many students appreciate the mock bar and available drinks. Landon Poullos admits, "I really enjoyed the drinks that you could buy. I tried every option, and my favorite was the cherry bomb!"

Overall, the Hawk's Nest Speakeasy is a fantastic simulation that brings excitement to the school community. It offers Mr. Kline's students the opportunity to learn about the 1920s, while having fun in an interactive environment. Be sure to visit the Hawk's Nest Speakeasy next year to experience the 1920s in an immersive and interactive way!



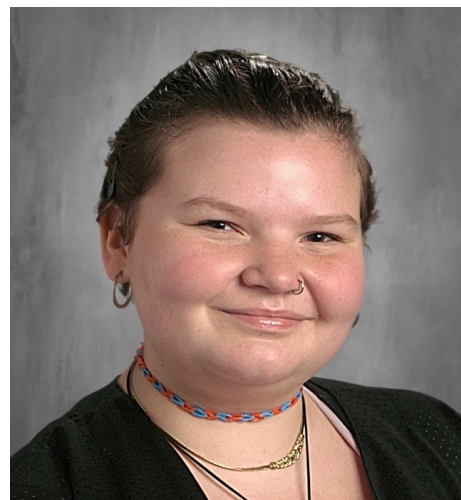
## HAHS juniors attend Alvernia College Fair

Hannah Kristiniak - 11

On March 5, Hamburg Area High School took juniors to Alvernia University where a college fair was held. At this fair there were representatives from over 100 colleges to talk with students and answer any questions they had. Along with Hamburg there were 16 other local high schools in attendance. There was a wide variety of colleges, technical schools, and medical schools to accommodate most post-secondary plans for students. This was a great opportunity for juniors to ask questions and connect with representatives from local universities which will be helpful in planning their future.

Hailey Quinn, a junior who attended this fair, says the experience was beneficial. She made the decision to go on this trip because she felt that it was a good opportunity to talk to and connect with possible colleges and hopefully learn more about them. Learning new things about potential colleges was something that Hailey looked forward to on this trip. On this trip Hailey was hoping to learn information that would lead her in a more specific direction. She did not have many expectations ahead of time, but when she first arrived it was overwhelming seeing all the students and representatives there. After walking around a few times, Hailey started talking to colleges who were very kind and helpful. In the end, Hailey got to talk to five colleges. She does wish she talked to more colleges since she spent some time in the beginning walking around, but she did speak to the representative from Lycoming College which piqued her interest. Lycoming offers an archaeology major, which is the major Hailey is considering at this time. The representative for Lycoming actually majored in archaeology, and it was nice for Hailey to talk to someone who majored in the subject she is interested in. When talking to the Lycoming representative Hailey also found out there are dig sites near campus and many research opportunities. Hailey found out this was common at a lot of colleges which made her more confident that archaeology is something she could pursue. This field trip was very beneficial as Hailey was able to connect with colleges and people without having to go to each individual campus or connect virtually. Juniors in the future should take advantage of this opportunity because even though thinking about the future and college is scary, for everyone including Hailey, it is still an important step and this is a great tool to make that easier. For anyone considering attending in the future, Hailey recommends doing research ahead of time since there are so many schools there and there is only about one hour to walk around.

Another junior in attendance, Madison Redding, also had a good experience at the college fair. Madison decided to go on this trip because she was interested to see what different colleges had to offer. Going to a school out of state is something Madison has already decided she wants. Luckily, there were a few schools like the University of Vermont and the University of Connecticut that she could talk to. The experience was very helpful as it helped her learn important information and it also encouraged her to pursue film and media, one of her passions. Madison got to talk to around five schools and two that stuck out to her the most were the University of Vermont and Stevenson University. She knew that going out of state for college was something she definitely wanted, but this experience helped her realize that she is more interested in going north for college rather than south like she originally thought. Madison recommends that juniors in the future take advantage of this opportunity as it can be beneficial in planning for the future.



## Sid Bonning hosting German Student

Sara Fitzgerald - 12

Hamburg Area High School will be hosting several German exchange students. Priscilla, Sid, Bonning, and her family have offered to host one of these students at their home.

Sid's family has made the decision to open up their home because of their love for traveling. Sid wants to see Germany because of her heritage and the beauty of the country. They want to give this option to the exchange student they will be hosting and allow her to experience America from an average family. The student's name is Tamina, and she loves music, which is something Sid and she have in common. Sid is hoping this will allow them to bond and she is hoping that Tamina will teach her some things and vice versa. Her family is hoping to take Tamina to Hershey's Chocolate World, a staple in Pennsylvania history. They are trying to schedule things for the German student, but Sid believes that in the end they will just wing it and hope that she enjoys her stay in the United States.



# German food differs from US food

Chloee Stitzel - 10

People may be wondering what the top five most popular German foods are and according to [www.expatrio.com](http://www.expatrio.com), the top German food is Brot & Brötchen. Brot & Brötchen is bread, in the form of a loaf (Brot) or a small, usually crusty roll (Brötchen). Germans enjoy a wide variety of bread including grain, Pumpernickel (a typically dense, slightly sweet rye bread traditionally made with sourdough starter and coarsely ground rye), rye, and white bread. German bread tends to be heavier and heartier than bread from Italy, Spain, or France.



The 2nd most famous food in Germany is Käsespätzle. Käsespätzle is made from layering small Spätzle pasta with grated cheese and topped with fried onion. Spätzle pasta is a type of Central European egg noodles typically served as a side for meat dishes with sauce. Käsespätzle is usually served with a salad and sometimes with applesauce. This is the closest that Germany will get to macaroni and cheese.

Currywurst is the 3nd most famous food in Germany. Currywurst is chopped up sausages, fries and a spicy ketchup sauce. It is not a dish that Germans eat at home, but instead it is something that is eaten 'on-the-go'. It is sold from stalls and fast food eateries in many towns and cities. The capital city Berlin is famous for Currywurst.

Kartoffelpuffer & Bratkartoffeln are two different things but are ranked as number four. A Kartoffelpuffer is a shallow fried pancake made from grated potatoes, egg, and flour. It is sometimes eaten with eggs and bacon for breakfast, as a side with meat for lunch or dinner, or is eaten alone with applesauce. Bratkartoffeln, on the other hand, are more like sauté or hashed potatoes. Small chunks or chips of potatoes are parboiled and then fried with onion and sometimes bacon. Like Kartoffelpuffer, Bratkartoffeln can be enjoyed for breakfast, lunch or dinner.

Finally, Rouladen is number five on the most popular list. Rouladen is a German main dish that typically consists of pickles and bacon wrapped in thin slices of beef, or veal. Veal is the meat of calves. It is usually served with gravy, dumplings, mashed potatoes, and cabbage.

According to [www.andrejthechef.com](http://www.andrejthechef.com), Burgers are the most popular food in America. They are famous for their versatility and the ability to add any toppings or condiments to customize them to individual tastes.

In the 2nd spot is pizza. It is made with a variety of toppings on a thin or thick crust and is often served in slices.

3rd overall is hot dogs. Hot dogs are a staple at American sporting events and backyard barbecues.

The 4th most popular food in the US is fried chicken. Fried chicken is made by coating chicken pieces in a mixture of flour and spices and then frying them in oil until crispy and golden brown. They are often served with sides like mashed potatoes and gravy, coleslaw, and biscuits.

Finally, 5th overall is apple pie. Apple pie is a classic American dessert. It is made with a sweet, flaky crust and a filling of sliced apples and spices. Americans often serve the apple pie with a scoop of vanilla ice cream on top.

# How dogs help our students

Isabella Forte - 11

Dogs have long been considered man's best friend for a reason, they not only provide companionship and unconditional love, but they can also have a positive impact on our mental health. Research has shown that owning a dog can improve overall well-being and even help

symptoms of anxiety and depression. One study published in the journal BMC Psychiatry found that dog owners were less likely to experience symptoms of depression and anxiety compared to non-dog owners.

Sophomore Kaylee Fornwalt states, "I love my dog. She makes me feel great whenever I am having a bad day. She cuddles me and lays on me, and I love to be cuddled so much."

Publications teacher, Mrs. McCarthy, states, "Their unconditional love, tail wagging, and emotional eyes are comforting."

Another study published in the Journal of Clinical Nursing found that spending just 15 minutes with a dog can significantly reduce levels of stress and anxiety. Interacting with a dog can increase levels of the feel-good hormones, such as oxytocin and dopamine, which have been shown to improve mood and reduce feelings of stress. In addition to the emotional benefits, owning a dog can also provide a sense of purpose and routine, which can be especially beneficial for those struggling with mental health issues.

Dogs rely on their owners for food, exercise, and companionship, which can help individuals struggling with depression or anxiety to stay motivated and engaged. Overall, the bond between humans and dogs is a special one that can have a profound impact on our mental well-being. Whether it is going for a walk, cuddling on the couch, or simply having a listening ear, dogs have a unique way of brightening our days and improving our mental health.

For more information visit, <https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-016-1111-3>

<https://pubmed.ncbi.nlm.nih.gov/25308197/>



# Military History Club

Harley Davis - 11

Mr. Buggy has been teaching for 17 years and always wanted to be a teacher growing up. He was so interested by history as a child because it came so easily to him that he decided he wanted to teach students history and the back stories as well with

the importance of knowing our history.

The club, military history was already created with a former teacher, but Mr. Buggy wanted to take over and see how the students would love to talk about the historic events that happened. Mr. Buggy loves seeing other students argue with each other about what they believe, and he makes the students come up with reasonable explanations to fight for their side of the stories that they believe.

Mr. Buggy took over the military history club during covid. When he first took over, there was only one student that joined the club. After that year he got 15 students to join. Mr. Buggy now has to decline kids that want to join the club because it is becoming so full. He loves seeing students become more and more involved with his club and likes to see them argue for what they believe.

Mr. Buggy picks two students to be the leader of both groups. They begin by choosing the students they would like on their team. Once they get chosen, we begin by talking as a group about how they would play the Civil War stimulation. The Civil War stimulation is a video game that teaches kids how life used to be during the Civil War. Students get to decide what weapons they would use in the Civil War and where they would go to take out the other tribes. With the club being such a popular choice, people would have to be fast with signing up.

# Hailee Riggeal Freshman Spotlight

Dakota Schneider - 9

Hailee Riggeal, a current freshman at HAHS is fairly new to the district and has only lived here for 4 years. She previously went to Wilson. "Wilson did more after school activities like movie nights and stuff."

Hailee chose a painting class for her electives and has really grown to enjoy it, "Art is super fun and it's definitely one of my favorite classes because the projects are fun and fairly easy to complete." She takes this elective with her close friend, freshman Karma Delong, and it makes it more fun while still getting work completed.

Another one of her favorite classes is English, "I like English because I've always gravitated towards English classes in school since I don't really enjoy any other subjects." Along with that, Mr. Haegele is her favorite teacher. "Mr. Haegele is my favorite teacher because he's very understanding about everything and his class is very fun."

Hailee is currently not doing any extracurricular activities but has been thinking about joining the girls basketball team. After school, Hailee likes to be at her home playing games, listening to music, laying in her bed, watching Pretty Little Liars and Facetiming her close friends.

Hailee is very kind, responsible and hardworking and has accumulated a large group of friends to have by her side. Freshman Chase Brodhead says, "Hailee is an amazing friend and is always there when you need her the most."

**Early Dismissal on  
March 26**

**No School through  
March 27 - April 1**



# HAHS plans prom

Hannah Kristiniak - 11

The prom committee is a club only open to juniors that is held at HAHS every year. In this club, students get to openly collaborate to plan an exciting and fun event. This allows students to be very involved in the process where they can give their input for themes, decorations, and advertisements. Prom at HAHS would not be successful without help from students who join this club every year.

Brooke Tucker, a junior at HAHS, joined the prom committee this school year. Students have

the opportunity to sign up for the prom committee at the beginning of the school year, which is the only time signing up is available. She says the reason she decided to join the club was because she wanted to have a part in making prom special since so many students look forward to it. This club has exceeded her expectations, and she is so thankful she decided to be involved. Brooke highly recommends this club to juniors next year since they will have the opportunity to be involved in something very rewarding. Having the opportunity to collaborate with her peers to make a successful prom that the juniors and seniors will get to enjoy is her favorite part about this club. Brooke really likes the amount of creative freedom that is given to the students and she is super excited to see everyone's hard work pay off in the spring.

Erica Gerner is another junior who is involved in the prom committee. Erica is a class officer, which means that she is automatically part of the prom committee. Regardless of her automatic involvement, she says she probably would have joined anyway because she has older friends who were in the club and really enjoyed it. Having the opportunity to be involved in planning the problem seemed very cool to Erica. Going into this club, Erica knew that it was going to be a lot of work since planning a prom from scratch is not easy, but she says that did not surprise her and all the work that has been put in so far has been very rewarding. Prom committee is something that Erica loves because she gets to be involved in an activity with a bunch of her friends and she gets to work directly with Mrs. Trubilla and Ms. Reppert whom she really likes. At the monthly meetings, there are a variety of things that need to be done, this has varied from selecting a theme, choosing decorations, designing tickets, and advertisements. Erica highly encourages juniors in the future to join the prom committee because the more people there are, the faster things will get done and the more creative collaboration can be done. It is really special for Erica to be involved and to help make the prom special for the seniors.

# LEO Club gets ready for Easter

Bethany Stuffle - 10

Every year before spring begins, Hamburg Area High School's LEO club, fills Easter eggs and counts them to send off to the elementary schools. Every year both of the elementary schools hold an Easter egg hunt for the kids. While I do not remember participating in these egg hunts when I was in kindergarten, I do have other memories of egg hunts. Members of LEO club fill the plastic eggs with items such as stickers, foam stickers, and temporary tattoos. Once all of the eggs are filled, they must be counted.

Sophomores Tia Adam and I typically are the ones that count all of the eggs. It is better to have the same small group of people count the eggs rather than many people that count the eggs at different times to avoid inaccurate counting. Last year we also counted them, but we had a much easier time this year. The purpose of counting the eggs is to make sure that we have enough eggs per student for each school. The elementary schools tell us how many kindergarten and 1st grade kids they have and then we split the eggs up, some for Tilden and some for Perry.

This year Perry split the numbers into kindergarten and first grade while Tilden just sent us the number of students in each homeroom so that we could separate them by teacher. Counting the eggs last year, 2023, was much more difficult than this year, it took a lot longer too. This is because we are more familiar with counting the eggs now and we came up with a system to make it easier. Overall filling and counting the eggs can be a hassle, but then we get reminded of why we are doing it. We are doing it for the younger kids.

Adviser: Mrs. Terri McCarthy-Wright; Editor in Chief: Hannah Kristiniak; Issue Layout Editor: Bella Kenyel; Writers: Tia Adam, Koa Binder, Alaena Cox, Brielle Cox, Kaeli Cox, Grace Cromyak, Harley Davis, Sara Fitzgerald, Izzy Forte, Lilly Gibson, Elaina Hess, Bella Kenyel, Hannah Kristiniak, Morgan Lutz, LeeAnn Mills, Riley Mohn, Landon Poulos, Hailey Quinn, Madison Redding, Dakota Schneider, Chloee Stitzel, Bethany Stuffle, Deja Wagner-Wakefield; Hawk Happenings is a weekly publication created by the students in the Publications class at Hamburg Area High School. It is distributed free of charge throughout the Hamburg Area High School community. A PDF is available at <https://www.hasdhawks.org/domain/181> and an online version at [www.hawkhappenings.org](http://www.hawkhappenings.org). The opinions in this newspaper represent those of the student writers and do not represent the opinions of the faculty, staff, administration, or school board of the Hamburg Area School District. HH is a member of the Pennsylvania School Press Association (PSPA), the National Scholastic Press Association (NSPA), and Quill and Scroll. If you have any questions or comments regarding anything that appears in its pages, or if you would like to sponsor our paper with a donation, please contact Terri McCarthy, Hawk Happenings, Hamburg Area High School, Windsor Street, Hamburg, PA, 19526. Our email address is [termcc@hasdhawks.org](mailto:termcc@hasdhawks.org) and our phone number is 610-562-3861, x2327.