

# Hawk Happenings

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## Spring concert approaching

Rylee Strunk - 9

The spring concert is fastly approaching and students are getting prepared for the concert on Tuesday May 6, at 7:00 pm. in the high school auditorium. There will be many ensembles that will be performing including the band, orchestra, choir, jazz band, and many more. The music directors include Mrs. Kline, Mrs. Godek, and Mrs. Jackson. Each ensemble has been preparing since after winter break and have many songs they will be performing. The concert is meant to show friends and family all of the hard work that the students have put in over the past few months.

Many students participate in more than one ensemble including Greta Fink, Maya Fultz, Jacob Schroeder, and Nodin Miller. These students are very talented and put in lots of effort when practicing for this big event.

Each ensemble will be performing three to four songs during the concert. "My favorite band song we will be performing is Celebration Tribalesque," said Nodin. Jacob's favorite song in orchestra is Russian Sailors Dance and for the band it is Benjamin Franklin. "My favorite song to play in orchestra is Blue Rhythmico and Hallelujah," said Ana Smith. Each ensemble has been putting lots of hard work and effort into practicing for the concert. "I think we are almost prepared, just a few more weeks of tweaking and adjustments and we will be ready," said Nodin. Overall each ensemble is ready for the concert, just needs the final touches. This will be a great concert with amazing music from all.

## Students are excited for the end of the year

Alaena Cox - 10

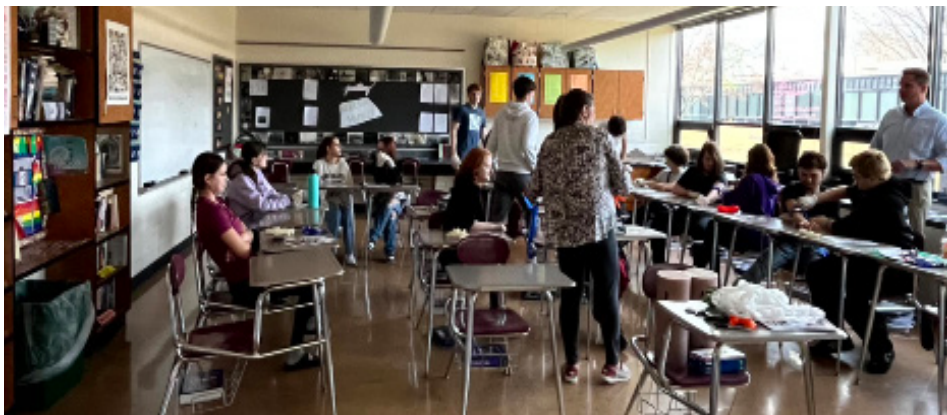
On March 26 the final quarter of the school year began for the students at Hamburg Area High School. There were a ton of different emotions for the end of the year.

Most of the seniors were surprised at how fast the year went. Summer Bonser reported, "It felt like winter just started, now it is over" when she was asked about how quickly the year went.

Many of the students from all grades were excited for upcoming events during spring. In May the school has a May Day which allows the students to participate in fun activities and fundraise through drinks and food.

To wrap up the final quarter many students have set goals that they wish to obtain throughout the last quarter. Lilly Gibson wishes to "Finish the year with a good report card."

It seems like grades are a big commotion at the school. Some are so displeased with their third quarter grades that they hopefully want to raise it during the fourth quarter. Some are very pleased with their grades and hope it stays like that for the remainder of the year.



## Students attend Stop the Bleed

Zach Spatz - 11

Some Hamburg area high school students got a little appointment paper on Wednesday, March 19th. All it says is stop the bleed in room #2 at 1:15 pm. Students were confused when they received this paper and asked around to see which other students were going. When the time came, students lined up outside the door, and when they went to walk in, Mrs. Jackowski, the middle school nurse, was standing holding some papers. Everyone sat down, and she explained, "This class is to teach you what to do and how to respond to stop uncontrolled bleeding in emergency situations until first responders are able to take over care of injured person. You will learn about tourniquets applying pressure to wounds and how to assist someone with a bleeding wound." It is a good class for students to learn good life skills to save lives, and it helps with graduation requirements.

Damon Biondo is one of the students who attended Stop the Bleed. He has to say, "I quite enjoyed the Stop the Bleed program. It made me get out of my comfort zone and really prepared me for an emergency. I definitely recommend that every student take the class at least once so that they, too, can Stop the Bleed."

Zach Spatz was another student who attended the Stop the Bleed program. "I thought it was a good thing to learn. I kind of wish they had other classes like CPR training, seizure training, and what to do if someone has a stroke. Those are some good things to know so you could possibly save a life."

This is a beneficial class that every student should take. It is a good life lesson, and more than 4 million people worldwide have learned to stop the bleed.

For more information on this program, visit [stopthebleed.org](http://stopthebleed.org).

## Students share expectations for AP Language in junior year

Lilly Gibson - 10

AP, or advanced placement classes are considered to be some of the most difficult classes for a high school student to take. It involves heavy workloads, complex content, making use of time management, and so many more things. When a student takes one AP class, it is difficult, but there are many students who take two or even three AP classes. When a student takes more than one, they are faced with the task of working hard in each class and getting used to constructive criticism. For many, these factors deter them away from AP classes and choose to stay in regular classes, but not everyone is the same. Three sophomores, Kaitlyn Gallagher, Sheila Kern, and Evangeline Kern are deciding to face these challenges head on and give it their best shot. All three girls have high hopes for the class and also hope to achieve important milestones while in an AP class offered at Hamburg, AP Language.

AP Language at Hamburg is taught by Mrs. Texter, who also teaches 10th grade English, 10th grade PS English, and honors 10th grade English. All three girls have her for their English classes right now and enjoy it a lot. Evangeline has her for PS while Kaitlyn and Sheila both have her for honors. Right now, both Kaitlyn and Sheila are using new techniques and advancing their styles of writing everyday. When they find out they were being recommended for AP Language, they were both excited but also nervous. This AP class is more research based rather than literature based, which is something the girls have not really had much practice in. While it is something new, both Kaitlyn and Sheila are excited to experience it. They hope to be in the same class as they are best friends and want to learn alongside each other.

Evangeline is currently in PS, which is a post secondary class. In her freshman year, Evangeline had taken honors English. She chose to drop down, deciding to take it easy so she could focus on deciding what she wanted her career to be. After taking PS this year, she is ready to step back up into the advanced classes for her junior year. She is both excited and nervous. She is excited because it is something new and something she thinks she will enjoy but also nervous because had gotten used to PS that she is not sure how much of a change it will be for her. Despite being nervous though, she is ready to take on the challenge and try her absolute best.

For Kaitlyn and Sheila, they each have nearly the expectations for the class. They want a class that will not only teach them but also a class that will teach skills they will use for the rest of their lives. Many kids nowadays often ask the question "when will I ever use this?" and most teachers have an answer. Each job is different and requires different skills so why not have been taught them all. Sheila wants to be a psychologist, which will require high levels of thinking for her degree but also when she is a certified psychologist. It will require her to think critically and write papers or articles based on her findings. For Kaitlyn, she wants to do something related to history. History is a subject that requires looking back on records, history, and many other things. She will need to know how to write research papers and articles using evidence she has found or discovered. Evangeline on the other hand wants to be a fashion designer. This job will include tons of research in order to make the clothes. She will need to write articles and papers on her designs and ideas behind them. AP Language will help her with that goal.

For all three girls, they have high expectations for the class. They hope to learn new skills and refresh their mind of skills in the past. For more information about the AP Language course, go to the student handbook.



## Leona shares stories of The Great Depression

Bethany Stufflet - 11

On October 29, 1929, the stock market crashed, leaving millions in debt. This event marked the beginning of something known as the Great Depression. Because this event took place almost 100 years ago, it is hard to find primary sources, and instead, we are forced to turn to the history books. However, I know a first-hand witness of this tragedy. Leona Hracho was born on March 15th, 1922, and is still

thriving to this day. At the ripe age of 103, Leona still has vivid memories of what it was like for her family not only during the Great Depression but also during World War II.

During World War II, the US underwent a time of rationing. The term rationing refers to limiting the amount of supplies and goods that civilians can get at a time. The purpose of this was so that we had enough supplies to support the soldiers that were fighting in World War II. When I brought up the use of a ration coupon book to Leona, she told me that she had just found an old one a few years ago and ended up throwing it away because she had no use for it anymore. She remembered that the only way she could buy gas was through this coupon book. For every good or necessity that Americans needed during this time, they had to have a coupon for it; otherwise, they could not get it. Another thing that Leona remembers about World War II was that her husband was fighting in Germany while she was at home.

For those who wonder how someone of Leona's age could still be thriving at her old age, she responded that she does a lot of coloring and puzzles to pass the time, and she keeps her mind sharp and stays active.

## GSA Participates in the Day of Silence

Autumn Beltz - 9

The Day of Silence is a day of action held annually by the Gay Lesbian and Straight Education Network (GLSEN). On this day people participating do not speak. People do this to protest and acknowledge those in the LGBTQ+ who had to face being silenced by discrimination and harassment. This national day of action has been held annually in April since 1996. This year's Day of Silence is being held on April 11. The GSA organized stickers that were handed out to anyone who wanted to participate. Sign ups to participate were held on April 8-10 outside of the cafeteria during lunch A and B.

Last year, GLSEN proposed a new approach to the Day of Silence, the Day of (No) Silence. In attempts to bring light to the current discrimination and erasure of LGBTQ+ individuals especially those who are Transgender and Nonbinary. The day of (No) Silence is held on April 4 and was also represented by the GSA this year in the form of a video. The GSA have worked together to make a video which will play on the announcements showcasing the struggles and opinions from LGBTQ+ Members in HAHS. Twighla Keppley says, "It's important that you stand up for yourself and others, especially when you are in a community like this. The Day of (No) Silence and the Day of Silence really help show others that our community is valid."

GSA members celebrated their awareness at a party in room two in flex where they broke the silence with some refreshing ice cream, handing out some to others who didn't participate but helped those who did!





# How a creative person dreams vividly

Joshua Castro - 11

Dreams are a surreal and uncontrollable part of sleep. Many have no definite cause and are a random series of events. People often dismiss dreams, which causes them to forget them. However, they have long inspired creative new ideas and theories. At HAHS, Sophomore Michael Long uses his frequent and often absurd dreams and nightmares to inspire his art.

Dreams often have no basis in logic, and Michael’s dreams are no exception. One of his convoluted dreams started when he went to the doctor for his feet and was prescribed a Lego treadmill-like object that was moved in a diagonal path. After using it, he ran away and found Queen Elizabeth’s hideout. The famed queen happened to be his grandmother, and the hideaway contained a collection of her well-known hats and jewelry. Michael thought he was safe, only to realize that a past acquaintance was haunting him to avenge the wrongs done to them. The dream ends when he catches the perpetrator, only for them to disappear in thin air.

The dream is just one example of Michael’s unconscious creativity while sleeping. He sees it as “extremely weird and normal,” and the ending highlights how Michael often has more nightmares than dreams. Science can correlate nightmares to creativity, as a study found that people with more nightmares demonstrated increased creativity with their words and how they connected them to different ideas compared to normal sleepers, according to Men’sHealth. Also, his ability to recall his dream in detail further demonstrates his creativity. For instance, a study of people who could recount their dreams more often noticed that frequent dreamers scored higher on a creativity test, which involved test subjects stating the different uses of an object in a short period, as stated by PsyPost.

Many of Michael’s artistic renditions are inspired by nightmares. One of his friends, Al Diegel, explained, “I like the art because of its style.” Whether or not dreams and nightmares improved his creativity or his art enhanced the creativity of his dreams is debatable. However, what is certain is that Michael Long is a talented creator with an innate ability to channel his inner experiences and turn them into art.

For more information, visit: <https://www.menshealth.com/health/a19523584/creativity-and-nightmares/> and <https://www.psypost.org/heightened-dream-recall-ability-linked-to-increased-creativity-and-functional-brain-connectivity/>



# Students chew gum

Madeline Handwerk - 11

Gum is really popular among high school students. Some just like the flavor, while others chew it for a different reason. Many students chew gum to help with anxiety. Gum takes the mind off of other things going on that might make one anxious. Studies show that chewing gum reduces anxiety.

There was a research study trying to see how chewing gum affects consumers. When chewing gum, it was found that most people had reduced anxiety and depressive thoughts. Therefore, chewing gum in school can help students feel less anxious when doing their work, which makes school seem to be more of a safe and fun environment.

Gum is affordable for students, and a pack usually is only a dollar or two depending on what brand the gum is. There are so many different flavors one can buy, such as spearmint, peppermint, cotton candy, and even strawberry! There is a flavor for everyone!

In classes here at the high school, most teachers let students chew gum. It really is not that distracting for students, and honestly helps most students stay on task.

Skylynn Binder, a senior at Hamburg Area High School, says she loves chewing gum. Sky expresses that she will not go out and buy her own gum, but if someone has gum, she will ask for a piece. She explains, “It definitely helps me because it is something that helps keep my mind off of things. It is similar to background noise for me. It helps reduce my anxiety.” She loves watermelon-flavored gum, specifically the Extra gum, and her second favorite kind is Arctic Grape.

Zach Spatz, another student at Hamburg Area High School, chews gum daily. He says, “I know for me personally, chewing gum helps relieve stress and keeps me focused.” His all-time favorite flavor is spearmint.

For more information about this topic, visit <https://www.newcastle.edu.au/hippocampus/story/2023/can-chewing-help-manage-stress#:~:text=Chewing%20gum%20can%20be%20an,a%20significant%20reduction%20in%20anxiety.>



# Seniors discuss favorite school-assigned books

Hannah Kristiniak - 12

As their final year of high school comes to an end, seniors are reflecting on all the classes and experiences they had. Part of this is thinking about the books they were assigned to read for school. High school is a great opportunity to explore so many different texts that lead to essays, projects, and a lot of learning!

Hailey Quinn’s favorite book was *The Awakening* by Kate Chopin. She read this book during her junior year in AP English Language and Composition taught by Mrs. Texter. It was Chopin’s writing style that first captivated Hailey. Additionally, the characters were interesting and the plot was very compelling. It was a really beautiful book, Hailey adds, and she would definitely recommend that others read it as she would read it again. This novel was assigned to the whole class and students were expected to keep journals and participate in two Socratic seminars. Hailey believes that assigned books can be scary, especially if someone is picky about the books that they read. This can make reading feel like more of an assignment than it already is. However, Hailey concludes by saying, “I think it’s important to try to find fun in the books you have to read for school, and it’s even better when a book is assigned to you that you end up really enjoying.”

Alyssa Brensinger, another senior, chose a book that she read during her freshman year. The whole class had to read *Animal Farm* by George Orwell in Mrs. Trubilla’s class. Overall, Alyssa thought the book was interesting. She liked the book and especially enjoyed that it was an allegory. Learning about the background and being able to compare it to the novel was very engaging. The class also got to watch the movie after they finished reading. Everyone had to write a large synthesis essay comparing the book and the movie, which Alyssa had a lot of fun doing.



# HAHS students participate in Transition Academy

Victoria Snyder - 9

Transition Academy is a community based program that focuses on helping students with disabilities develop adult life and work skills. The participants are usually 18-21 years old. The program helps prepare them for life after high school and postsecondary careers. Some of the skills that they teach are self care skills as well as safety, communication and social, and basic life skills. In the end the main goal of the program is to have taught the students how to advocate for themselves and become responsible adults.

Some challenges that may be faced along the way are the fact that it is new and that can scare some people. It is also preparing students for a new and important part of their life, adulthood. It could also be challenging figuring out the basics as well as what people are comfortable with talking about. The results of the program could vary depending on the person it is being taught to because everyone learns differently.

It was brought to HAHS in 2018 to give some students the extra little push that they may need in order to become an employable, working citizen in his or her community. Mrs. Herber is the Transition Academy teacher/coordinator and is the one that organizes the exercises based on the students abilities. There are two paraprofessionals, Stephanie Russel and Michele Smith. They take the students into the community for more world experience. The program helps with so many different things and covers a wide range of important topics in a shortened amount of time while still making it enjoyable to learn.

# Students share their favorite items to bake

Tia Adam - 11

With many food-filled events taking place recently, many students are baking all sorts of delicious items from cookies, cupcakes, cakes, brownies, and even more. Some students have their own special recipes, and others just use simple ones.

Some people like to make cookies. Sophomore Molly Fox loves to make chocolate chip cookies and her favorite recipe comes from her family. Overall they are very simple to make which is why she has made them many times. Freshman Rylee Strunk loves making cookies also, specifically Cookie Monster cookies, with a recipe from Pinterest. It ultimately is not a hard cookie to make initially, until there are all of the add-ins that are needed such as chocolate chip cookies, Oreos, white chocolate chips, and if desired, chocolate eyeballs. Due to all of the needed add-ins, she has not made them a lot.

Other students prefer to bake desserts that are not cookies. A simple other dessert is brownies, which junior Bethany Stuflet enjoys baking the most. Her recipe is simply from the back of a brownie mix box. Since box brownies are very easy to make, she makes them once every couple of months. Besides brownies, sophomore Kaylum Riegel enjoys making his homemade smore cupcake recipe. The recipe is fairly easy to make as long as there are no mistakes made, which is why he has made the recipe around 20 times. One other dessert is creme brulee. Junior Allie Houck discovered the recipe from her dad who found it on a website one time and then altered it. The recipe can be simple, but it can also be difficult which is why Allie has only made it once or twice, but her dad being that he is more used to it has made it many times.

Overall many different students favor many different desserts to make. In the world of baking there are so many possibilities to make that it is hard to limit what can and cannot be made. Every student has their own preference, which is why everyone has a favorite item to bake.



CALENDAR OF EVENTS

May 5 - Hawk Olympics (Rain Date May 6)

May 6 - HS Spring Concert

May 7-8 Class of 2026 Senior Pictures

May 16 - Prom

May 12-13 - Keystones - Literature

May 14-15 - Keystones - Algebra

May 19-20 - Keystones - Biology

May 22 - May Day

May 23 and 26 - No School

# Movie review - The Martian

Autumn Beltz - 9

The Martian, directed by Ridley Scott is a science fiction classic. This popular hit was first released in the US on October 2, 2015, and is said to be one of the best space movies out there. Many people believe that The Martian lives up to its expectations, keeping those who watch it on the edge of their seats for almost the full two hours that the movie runs.

The movie is set in the not too distant future, about 2035. The plot follows its main character Mark Watney, played by Matt Damon. Mark was left after being struck by debris and being presumed dead. Due to a heavy storm that nearly crushed the Ares III Crew’s Mars Ascent Vehicle. This leads to Mark being left behind. Mark uses his knowledge to figure out how to survive until the next Mars mission that is not scheduled for another four years. Mark is estimated to survive about two and a half years on Mars until his crew came to save him and return safely to Earth.

This movie is an outstanding attention grabber. It reeled me in as soon as I started watching it. Considering that this movie is based on a book, and though I did not personally read this book I have heard only good things about the movie adaptation. This movie had some of the most beautiful visuals, really capturing the scene and environment of Mars perfectly.

Overall this movie is a great watch for space or science fiction lovers, and I would definitely recommend watching it.

For more information please visit: [https://www.rottentomatoes.com/m/the\\_martian/reviews?type=user](https://www.rottentomatoes.com/m/the_martian/reviews?type=user)



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