

HAPPENINGS

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October acknowledges Breast Cancer Awareness month

Kiana Wright - 12

October is the month to recognize and bring awareness to breast cancer. This month is about spreading the word on how to detect breast cancer and what the proper measures are if this type of cancer is developed. October shows its support and awareness for breast cancer through the pink ribbon. Susan G. Komen was the first person to use the pink ribbon during races that raised awareness to breast cancer in the 1980s and 1990s. In 1990, the first survivor program was launched and the survivors wore buttons that had pink designated as the color to promote awareness. In 2007, the pink "running ribbon" was introduced into society and from there on the pink ribbon has been the symbol of breast cancer awareness.

The CDC defines breast cancer as the disease in which cells in the breast grow out of control and includes that there are many different types of breast cancer. The type of breast cancer that a woman could have determines which cells in the breast would turn into cancer. The two most common kinds of breast cancer are invasive ductal carcinoma and invasive lobular carcinoma. Invasive ductal carcinoma is when the cancer cells grow outside the ducts and move to other parts of the breast tissue, however invasive lobular carcinoma is when the cancer spreads from the lobules to the breast tissue that is close by.

"Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point." As long as the breast cancer is found and treated early, most women will have a high chance of surviving. The best way to early detect breast cancer is to go to a doctor and get a mammogram. Usually doctors encourage women between the ages of 40 and 49 to start getting these frequent checkups.

For more information visit: <https://healthfinder.gov/NHO/OctoberToolkit.aspx> & https://www5.komen.org/uploadedfiles/content_binaries/the_pink_ribbon_story.pdf



The annual Powder Puff Battle

Eliza Moseman - 12

Homecoming is not only for those returning from college or who are on Homecoming Court, it is also for the roles to be reversed and to watch the Junior and Senior girls face off in a flag football game. Not only that, but male football players from their respective grade coach the girls, into well-trained football stars. The Seniors this year were primarily coached by Logan Herber, but were also assisted by Donovan Remp. The Juniors were coached by Cole Schlenker, Alex Norton, Brendan Hamilton, Justin Contraras, and David Hummel.

But what is a football game without cheerleaders? That's right, Powder Puff, features Hamburg's finest cheerleaders rooting for their grade on the turf. But because the roles are reversed, the boys of each grade parade around in their best cheerleader apparel, and rally for their team.

The Juniors, in their all-black apparel, began with a huddle, followed by a Junior chant. With their cheerleaders donned in their best wigs and crop tops, the game was just about to begin. The Seniors, on the opposite side of the field, wearing pink and purple tie-dyed shirts, did the same- a huddle followed by encouraging year cheers. The Seniors also were accompanied by a pep band who played some marching band favorites depending on the performance of the Senior team.

The game ended in a double overtime, with the seniors ultimately winning their second consecutive powder puff. Double overtime offered each of the teams to run four plays, then two until a winner would be crowned. While the seniors did reign victorious, the Juniors fiercely held off the Seniors, which is due for a congratulations.

Powder Puff is an annual event occurring every year before Homecoming. So if you are an underclassman, do not worry, your time to take on Powder Puff will certainly come!



Running introduces life-saving benefits

Quinn Holl - 10

Fall has arrived, meaning tolerable temperatures have emerged and making it an ideal time to begin running. A sport that not many individuals consider doing, but perhaps the benefits of running that are soon to be listed might encourage others to partake in the exercise.

Did you know that running decreases your risk of heart disease? Compared to non-runners, regular runners have half the chance of dying from heart disease. A rather drastic difference, and it only takes about a five to 10 minute run every day to receive such a benefit. The science behind this phenomenon is every time someone runs, a decrease in the resting heart rate occurs, making it so the heart does not need to work as hard. In addition, women who run also have a decreased risk of getting breast cancer.

Running not only improves one's overall health, but it also strengthens one's joints. A study of nearly 100,000 runners and walkers revealed that running does not increase the risk of osteoarthritis, even people who run 26.2 miles daily. The study shows that runners are half as likely to suffer from knee osteoarthritis compared to walkers. Supposedly, every time a runner pounds the surface, the bones and cartilage are stressed, causing them to spring back stronger. Low-impact exercises, such as walking or swimming do not have possess the same bone-building benefit. The body's biggest muscles are in the legs, and running benefits them all, meaning the inner and outer thighs, quads, hamstrings and calves.

A rather obvious, yet crucial benefit, running helps to lose unwanted weight. On average, a 150-pound person will burn 12.2 calories per minute running a 10-minute mile. Furthermore, running is considered a meditation. Running is an ideal outlet that many use to find time alone, think and problem solve. In fact, a research shows that meditation can boost an individual's gray matter, improve focus, and fight depression and anxiety. In addition, running has been proven to keep the mind sharp and helps reduce symptoms of dementia and protect the brain against Alzheimer's, even for those with a family history of it.

Lastly, possibly one of the best benefits of running, you can do it right now! There's not much to learn when it comes to running compared to other fitness activities, such as dance classes, lifting or yoga. Running can also take place in nearly any condition, weather or temperature, and most importantly, the exercise is free.

I asked Megan DeAngelo, who is an active runner, how these facts will impact her running career, "It will definitely give me more motivation to get out and run even more than I do now. I like knowing that running is helping my body in many different ways besides the physical benefits, like fighting depression and anxiety, and helping to remain focused."

For more information visit: <https://www.fitnessmagazine.com/workout/running/benefits-of-running/?page=3>



Students Hike to Hawk Mountain for fall migration

Jennifer Hoshauer – 12

The environmental and nature resources classes that Mrs. Bucheit teaches went to Hawk Mountain Sanctuary on October 5, 2017.

The day started off with a live raptor meeting. Erin Brown who is the education director, gave students a presentation about a real raptor that has been at their rehab center. It has been at Hawk Mountain because it was hit by a car and has a broken wing. The raptor that she was presenting was a Red-tailed Hawk, which was around 1-3 years old. If this raptor would be in the forest, it might stay all year or it might just go to Florida and not all the way to South America. The Red-tailed Hawks make their own decisions and choose if they are going to migrate or not. Some other raptors have no choice because the type of raptor it is.

This field trip was planned for students to get to see of the raptors that are migrating south for the winter. There are two lookouts: the south and north. The south lookout is not very far from the visitor center. The north lookout is about one mile from the visitor center, but is nice and easy hike. Some of the raptors that students saw at the north lookout were Turkey Vultures and Sharp-shinned Hawks.

At the north lookout there are bird counters that sit up there during the fall migration months who count every bird that is migrating through. Hawk Mountain is a popular place for birds to be migrating because of the terrain of the mountains and drafts that help the birds to fly. The total of raptors that have been recorded this season is 12,222.

Alexa Althouse is a senior here at Hamburg. She said "my favorite event on this field trip was seeing and learning about the injured Hawk that they had at the sanctuary."



Is the flu shot really necessary?

Carly Levan – 12

It is recommended by the Centers for Disease Control and Prevention (CDC) that everyone over the age of six months gets the flu shot each flu season. However many people choose not to get the shot because they either think that since they have not gotten it yet they never will or that if everyone else gets the vaccine they will not need to worry about it. Even some medical professionals disagree on the importance of a flu shot.

Basically, the flu is a contagious disease that spreads through contact with anyone with the flu. A person can get it from touching dirty tissues, touching doorknobs or other objects that someone with the flu touched, and a person can even breathe it in. The virus then enters the body when hands are touched to the nose, eyes, or mouth.

It is implied that the flu shot is 100% effective, but a recent study has shown that the flu shot is only effective in 60% of 18-65 year olds. Despite this many doctors still recommend the vaccination, especially to people who are vulnerable to complications from the flu.

For anyone considering skipping the vaccination, it is important that they know that usually people who get the flu are sick for a week and miss about three days of school or work. The flu can also lead to more serious health issues such as bacterial pneumonia, sinus infections, ear infections, dehydration, and worsening of chronic health conditions, such as diabetes and asthma. The CDC has estimated that between 1976 and 2006, deaths per each flu season have been between 3,000 and 49,000 people. Another major reason to get the vaccine is to avoid spreading it to the elderly as the vaccine does not work as well for them, and they are more susceptible to complications.

However it is impossible to predict whether any of these issues could pop up and many or the reasons to get the shot do not apply to everyone. Most people do not experience any further complications with the flu, and as long as someone is careful to stay home and contain the sickness, it will not affect someone that is less fortunate. The school nurse, Mrs. Long, said, "I think that it is really important to get flu vaccines because it prevents people from getting the flu and it helps to prevent the complications as a result of getting the flu. Especially in people that have chronic health problems that they are already sick with something." Whether someone wants to get the shot or not is their decision, but it is not a decision that should be taken lightly.

For more information, visit:
<https://www.webmd.com/cold-and-flu/flu-guide/default.htm>



Students learn about clubs

Michaela Sturm - 11

Junior, Mikalee Kerr, participates in L.I.S.A and the Wilderness club, Chem club and prom committee. Mikalee has contributed to all clubs since freshmen year. The club that reads to elementary school is L.I.S.A which stands for Leadership In Student Athletes which gives encouraging attitudes to elementary students and volunteers with elementary schools throughout the school year. Wilderness Club allows students to be active in their community by volunteering at many different places such as the Hamburger Festival, Hamburg Rod and Gun Club, The Pancake Breakfast, Iron Chef and King Frost.

Mikalee plans on being in clubs for the rest of her high school career. She has participated in many volunteering opportunities with the Wilderness Club such as the Fishing Rodeo, Hamburger festival, and the King Frost parade. She has also participated in many things for L.I.S.A such as reading to kids in the elementary schools during Dr. Seuss Week.

Another student that participates in Wilderness Club and L.I.S.A plus Chem Club and Life Skills Club, is junior Jasmin Modricker. Jasmin has helped out Wilderness Club and L.I.S.A Club since freshman year. She has recently joined Chem Club and Life Skills Club this year.

Chem club does a bunch of different chemical experiments and then at the end of the year they go to Hershey to learn the Science of rides. Life Skills Club makes food and helps out with life skills students. Jasmin has been very active in Wilderness Club. She went to West Virginia for a rafting trip for four days. She is also active in L.I.S.A by reading to elementary students. Jasmin plans on continuing to do clubs

for the rest of her high school career because of how much she enjoys them. For students who are interested in join any of those clubs, please contact the teacher in charged such as Mr. Hetrich for Wilderness Club, Mr. Menapace for L.I.S.A., Mrs. Miller for Life Skills Club and Mr. Wolfe for Chem club.



Fun and quick treats for Halloween

Paiton Albrecht - 10

As the weather turns to a crisp cold everyone gets excited for Halloween. Holidays are one of the best times to make treats for all to enjoy. A quick treat to make is witch hats, with just a few easy steps.

1. Collect all supplies, colored icing of choosing, fudge cookies and Hershey kisses.
2. Next, pick out a dish to put the final product on. The more Halloween like the better! It is best to put the hats on the dish as one finishes them
3. Lay out all the cookies and the Hershey kisses and pair them up
4. With the icing of choosing ice the bottom of the Hershey kiss and place on the top center of the cookie
5. Lastly, make any final touches and give out to all and have a spooky Halloween!



This treat is great for Halloween parties and easy to wrap up in goodie bags and give out as



Veronica Crespo and Logan Herber at Homecoming

Students respond to gender-neutral graduation robes

Sarah Gould – 12

One of the largest concerns Mr. Spohn has had in prosing the switch to gender-neutral graduation robes was the backlash from the community of Hamburg, but the general consensus from the student population seems to be much more underwhelming and less passionate than had been anticipated.

The initial hints of opposition to gender-neutral robes came from the senior class officers. Mr. Spohn said that they were hesitant about the potential change because senior picures had already been taken, and Lyndsey Carr opposed the change because everyone wearing the same color would look like "a giant red mass." That being said, the notion of gender-neutral graduation robes was not something Eliza Moseman or Lyndsey Carr opposed, it was just the last minute decisions that put the two on edge, with Eliza saying, "Hamburg needs to think current and plan for future student bodies."

In addition to frustrations with logistics, the other major opinion on the issue is indifference. Natalie Clark stated that she was indifferent on the issue, and Seth Boyce, while opposing gender-neutral graduation robes, stated that he thought all students should be able to decide whether they wanted to wear whichever color they thought best suited them. Justin Reppert also felt largely indifferent because "this is a petty thing to be dealing with right now" and "it should not matter" what a student wears to graduation. "Whatever best represents our school is the color one should choose," Justin concluded.

The consensus of the student body appears to be general indifference, and if any opinions are expressed, the students are simply frustrated of the abrupt change. The true source of concern appears to be among administrators, who fear lawsuits and community backlash, which will be explored further in the next and final article in this series.

Photo courtesy of: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRiZhKJUqiQ9cU8ns3r1v-a6E9OD0BjOetxzZyVKq1jWmac5-ei>