

HAPPENINGS

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Historic President's Day

Abigail Behm - 12

Originally implemented by an Act of Congress in 1879 for government offices in Washington, the celebration of George Washington's birthday and all presidents of the United States of America has grown into a national holiday. Today, the holiday is referred to as President's Day and is held annually on the third Monday of February. After the "1971's Uniform Monday Holiday Act in an attempt to create more three-day weekends for the nation's workers," History.com states the day was officially coined President's Day.

While some states have varying methods of celebrating President's Day and the birthdays of some of the more prominent presidents, such as Washington and Lincoln, President's day is now nationally recognized as being for all presidents, past and present, to hold office. The initial movement behind the Uniform Monday Holiday Act was a push for decreasing employee absenteeism through more three-day weekends. Other notable holidays to fall under this act are Memorial Day, Labor Day, Columbus Day, and Veterans Day.

Hamburg Area High School adds a day off of school for President's Day in celebration of the national holiday, providing there are no needed snow-makeup days needed. "The day off of school is good," senior Aiden Rhoades muses. Fellow senior Kate Crider adds that the holiday "gives us a chance to celebrate comradery our own way." While the intention for the holiday might not have been school-based, the national holiday is following the same goals as the Uniform Monday Holiday Act by giving students more three-day weekends.

Connections to our past are crucial, as well as the goals of giving people breaks every once in a while. President's Day is not only an important reminder of America's history, but also a day to boost morale as a break. The conveniently placed holiday allows HAHS to have a snow-makeup day when most of the worst weather should be past, as well as a three day weekend between the two major breaks of Winter and Spring. Students are glad for the prospect of a mini-break to tide them over, but not interrupt academics.

Between the rich history of President's Day spanning from the birthdays of famous presidents to the reflection of America's past and the morale-boosting work-free day, the holiday is an essential part of American culture. Happy President's Day!

Exercise boasts multiple mental health benefits

Megan DeAngelo - 12

It is been a well-known fact that exercise helps everyone feel better as a whole, but what does it specifically aid in? It has been proven that aside from the clear physical benefits, regular physical activity can reduce the risk of depression and help with anxiety, ADHD, and even PTSD.

Exercising for even a small amount of time every day has been found to promote neural growth, reduce inflammation, and produce endorphins, which energize a person and make them feel better all around. A study done by the Harvard T.H. Chan School of Public Health showed that running for 15 minutes a day or walking for an hour can reduce the risk of major depression by 26%.

Exercise also helps the body to relax and release tension from the day, which can help relieve anxiety immensely. Senior Quinn Holl stated that she runs almost every day before she does her homework because it "helps [her] focus more on [her] work" and helps her to "leave the problems of the day behind." The boost in endorphins reduces the effects of anxiety on the body and mind, and the sensation of exercising can be a distraction from what could be causing the anxiety. A popular grounding technique for those with severe anxiety is "grounding", where they focus on what their body is feeling instead of what their mind is thinking. With physical activity, this is the ultimate grounding technique, as it requires a lot of focus and will power, relieving the anxiety to at least some extent.

With other conditions, such as ADHD and PTSD, exercise can still be beneficial. It promotes the production of several brain chemicals which aid in focus and attention, often helping those with attention disorders to get tasks done more easily and quicker. As with anxiety, exercise is a distraction in the case of PTSD. The focus is shifted from intrusive or petrifying thoughts or flashbacks to the feeling of muscles straining and exertion. Instead of freezing in place, physical activity breaks the body out of that conditioned response and gets everything moving again.

So while it has been known that exercise can help make anyone feel happier and more energetic, there are still so many reasons as to why getting out and moving for even a short period of time which can positively affect mental health in the short and long term.

For more information on the relationship between mental health and physical activity, see <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>



Shawna Hauck pursues a career in nursing

Alexandra Kline - 12

Shawna Hauck, a senior at Hamburg Area High School, plans on attending Marywood University in Scranton, PA for a four-year nursing degree while continuing her athletic career in soccer. After the four-year degree in nursing, she wants to continue her education to become a certified registered nurse anesthetist. To help her achieve these goals, Hauck attends a PFE Internship at St. Joseph's Hospital. Hauck attends the internship to determine if this is truly the career path she wishes to take, get experience, and "establish vital connections with staff that may help me be employed in the future." At the internship,

she has a very flexible schedule. She goes to the hospital on Mondays, Wednesdays, and Fridays from noon to 2:30 in the afternoon. This gives her plenty of time for sports and homework.

At the hospital, she interacts with nurses and patients, runs errands, discharges patients, retrieve supplies, help stock supplies and keep things clean and orderly, and is allowed to sit in on surgeries on occasion. Hauck says that "In the first surgery I watched, I saw a surgeon remove a swollen lymph node out of someone's neck." She admits that "They were scared I was going to pass out but I did not."

To get into this internship, Mrs. Benz at HAHS found it for Hauck to apply. The application process is rigorous, but it is a small price to pay for a great opportunity. For the internship, one needs good grades and attendance, be interviewed, write an essay, and attend several meetings. Once accepted, Hauck "had to get clearances, get fingerprinted, and go through a process to get a keycard at the hospital."

Hauck highly recommends joining the internship if looking for a career in nursing. She shares that "I think it really depends on the area you choose to intern in. Surgical areas are usually always busy so I recommend you to intern there if you can. Many of the nurses and doctors may seem scary at first but once you get to know them they are really funny."

Talk with Mrs. Benz if interested in a future in the medical field and would like to apply for the internship.

The countdown is on for the 2020 Summer Olympic Games

Emily Smith - 9

The Olympics are a time honored tradition that have been a part of world history since the nineteenth century.

With activities ranging anywhere from skiing to gymnastics, they are perfect for anyone who enjoys watching sports. This year, the 2020 Summer Olympic Games are in Tokyo, Japan and are featuring six never before used sports, these including baseball, softball, karate, skateboarding, sports climbing, and surfing. The Paralympics, created in 1948, will also be making

a triumphant return to Tokyo, featuring 22 sports ranging from equestrian to volleyball.

Some other notable changes include the National Stadium in Tokyo which hosted the 1964 Olympic Games. It has been newly redesigned by architect Kengo Kuma to host the opening and closing ceremonies of this year's games. With 64,000 seats available, the Tokyo 2020 CEO believes that the stadium will be the perfect venue for not only this year's Olympics, but for future sporting events as well. "We believe the stadium will become an irreplaceable legacy - a place that will allow people to spend healthy and fulfilling days enjoying sport for another 50 years or even longer."

The city of Tokyo is extremely excited to be the location of the 2020 Olympic Games. Millions of fans have applied for tickets since they have went on sale, with sale phase one bringing in over 3 million tickets and the total so far reaching 8.8 million. In addition to fan enthusiasm, the staff are ecstatic and ready for the games to begin. The Tokyo 2020 spokesperson Masa Takaya commented, "With the Olympic year finally here, everything is coming together. We've spent the last seven years working toward this, and now with just six months to go we're excited to see the pieces falling into place. From venues to volunteers to ticketing, preparations are exactly where we want them to be at the six-month mark." Be sure to catch all the sports action this summer, from July 24 to August 9.

For more information, please visit:

<https://www.olympic.org/tokyo-2020>

<https://tokyo2020.org/en/>



Athlete Spotlight: Jayden Hiester

Quinn Holl -12

Jayden Hiester, an active participant of Hamburg Area High School's cross country and track & field program as well as a former participant of Muhlenberg's, reveals his reactions towards his years of experience.



Hiester has participated in track for six years and cross country for five years.

"My friend wanted me to do it, and I just ended up being good at it."

Throughout Hiester's years of participation, he ended up scoring times including a 4:46.30 in the 1600 meter run, a 10:51.16 in the 3200 meter run, and an 18:10.32 in the 5000 meter run, clearly proving himself to be a well-achieved athlete.

Despite Hiester's achievements in track & field, cross country is his favorite sport.

"It's [cross country] always different. It's never the same race," insinuating the ever-changing courses, which vary in hills, ground, and scenery. As a result of Hiester's passion for running, he plans on running in college. Currently, Hiester is interested in studying at California University of Pennsylvania.

After running for eight years, Hiester's best and worst running memory is the first time he broke five minutes in the mile, clocking in a 4:46.06 in 9th grade. Rather than celebrating such an admirable time, Hiester was rather devastated.

"I was mad because I was 0.6 seconds away from qualifying for Counties."

Nevertheless, Hiester remains persistent, as his role model, Jonathan Thrush, a senior at Muhlenberg High School, is continuously inspiring him. Thrush was runner-up in the BCIAA Cross Country Championships last fall and has even dipped below 16 minutes in a 5k.

As the winter season comes to a close, Hiester's has his eyes set on breaking the school record for the 3200 meter run, which will require a lot of extensive training to do so, but Hiester is eager to accept the challenge.

Artist/Musician Spotlight: Grant Doklan

Ashley Perlaki - 11

Grant Doklan, a junior at Hamburg area High School, has been pursuing music since a very young age. Grant currently produces music and uploads to SoundCloud as well as having his own Youtube channel. Grant enjoys all types of music, pop being his favorite. He is inspired by many artists. Some favorites consist of Taylor Swift and Demi Lovato. He finds that the music he is inspired by reflects onto the music he produces. To Grant his music is very personal and is a reflection of his personality and his feelings. He has produced many songs, his most popular song being Bruce Lee a pop/rap mashup that is fun for anybody to dance to.



Along with being an up and coming musician, Grant also excels in his artistic abilities. Grant takes drawing classes at Hamburg and has received recognition from Mrs. Dommel. He is also designing the backdrop for the Senior prom at Hamburg. However, his artistic abilities are not just on canvases, they also apply to the face! He is a great makeup artist and applies his artistic abilities to create powerful and colorful makeup. Most of his makeup is done on his own face however, he has done other makeup looks on other people. He also demonstrates his makeup technique on his Youtube channel. Grant hopes to continue making songs and doing makeup, however, he plans on taking a career in English because he is a very talented writer who enjoys teaching others.



Selena Gomez - Rare album review

Grant Doklan - 11

Radio-friendly pop songstress Selena Gomez delighted fans when she announced her third studio album titled *Rare*. Gomez earned her first number one atop the Billboard Hot 100 with the lead single, *Lose You To*

Love Me which released October 23, 2019. The critically acclaimed song excels especially in its lyrical content and is believed to be about Gomez's on and off relationship with fellow pop star Justin Bieber. Production was headed by Swedish duo Mattman & Robin and assisted by Finneas, who is Billie Eilish's frequent collaborator and brother.

The following day Gomez released a promotional track titled *Look at Her Now* which showed a more empowering element to *Rare*. The song was a success, reaching the top 40 inside the United States. Three months later, on January 10, 2020, the entirety of *Rare* was finally released. Much like its singles, the album was praised for its lyrics and clean production. Some critics have hailed *Rare* as Gomez's best album. Notable tracks include *Crowded Room* featuring 6lack and *A Sweeter Place* featuring Kid Cudi.

Ayla Dimalanta is an occasional Selena Gomez listener and has a positive opinion of *Rare*. She especially enjoyed *Lose You To Love Me*, calling it "moving."

To stream *Rare*, click here <https://open.spotify.com/album/3YPFaTr7Wmi1Hd-4NVKdCjX?si=vvii8A2UcTRmoDxoGeuYDmg>



2020 introduces new makeup trends people love

Clarissa Dimovitz - 9

With 2019 gone, 2020 leads the way for new and exciting fashion trends to take the world by storm. The secret to having fun with the beauty routine is to take it one trend at a time. There are makeup trends already starting to arise and gain momentum. From lipstick to eyeshadow, here are five of the best makeup trends to date for 2020.

One of the trends that have arose in 2020 is flushed, glossy lips. This style is said to take tinted lip balm and make it better. It is a combination of tinted lip balm and nude lipstick, and it gives off a nice, glossy tone. According to Refinery29, Nikki DeRoest, a woman who uses many of the arising 2020 style trends quite often and works with multiple clients in makeup, says that "The shade vibe is going to be all about sheer nudes and earth tones, and the finish is going to be almost glossy, not sticky or shellacked, with a barely-there balm shine as opposed to matte." This will leave a great shine to your lips, and will make your lips stand out a bit.

Another trend that is said to take the spotlight is pre-highlighting. Pre-highlighting is generally used to give the person glowing, highlighted skin. This highlighted skin then brings out other features of the face. "After a moisturizer, I'll use a liquid highlighter, massaging it into the cheekbones, up on the forehead, and down the nose," DeRoest goes on to explain. "That first layer of glow comes through the foundation and concealer and reads as radiant skin, not makeup." This tactic will give the face that "pop" it needs to truly shine and glow. This tactic can also be used as contour, but it's main purpose is to highlight the face and make it glow.

The third makeup trend is water-tint foundation. It is used to make skin look more smooth and shiny, as well as providing hydrating coverage. The hydrating cover will make the face look less dry and dull, and will bring out a whole new color and tint to the face. "I think we're going to see more water-tint foundations as a base," says DeRoest. "It's not a ton of coverage, but it evens the skin and adds a little glow, so the skin looks like there's nothing over it." Using the water tint foundation as a base will work better than using it as anything else since the hydration it gives will lighten up the face. Many people who do not like to wear a lot of makeup will like this style since like DeRoest said, it appears as though there is nothing on the skin. It looks more or less like the face got a bit more shiny, but it is nothing too heavy.

The fourth makeup trend iridescent lilac eyeshadow. Its glitter eyeshadow mixed with a lavender tone. The lavender tone will bring out the eyes of the face nicely, and will bring them out more and make them more prominent. It'll make eyes of any color look great. "This one's a bit of a curve ball, but I think we're going to see a purple-shadow moment coming up," says DeRoest. "It's going to be a lilac shade, not chalky at all, but almost iridescent ethereal." The style will be a great addition to people who like eyeshadow and eye makeup, giving them a new tactic to learn in the arsenal. The lilac colors and beautiful mastery will ensure eye-to-eye contact with whoever you meet or talk to, which is something people all around the world need to practice.

The fifth and last makeup trend that will be arising in 2020 is feathered brows. Feathered brows are a tiny beauty tweak that make a huge impact. They make it seem as though your eyebrows are lifted and have a more feather like appearance. They provide great coverage for people who would like lifted-up brows and a light appearance. "My clients are obsessed with a feathered brow," DeRoest says. "I fill in any sparse areas with a skinny pencil, then brush through the hairs with a spoolie." A spoolie is a type of mascara wand that people can use for their eyelashes and can also be used for plucking brows. Never-the-less, all of these fashion trends are known to take people by storm and are starting to be seen everywhere around the world.

2020 has only just begun, and yet fashion and makeup is already changing from 2019. There are a lot of days left in the year, and 2020 fashion trends will surely develop more and change again. Even when we eventually get to 2021, fashion and beauty trends will change once again. Students are loving these new and exciting trends, and have started to practice on how to apply these tactics for later use. These makeup trends can improve anyone's facial beauty for the better, and students are enjoying the new styles and love learning them. These trends can give them more variety and give them more trends to catch onto and get the hang of. For now though, let us start the year off right and join in with the trends.

Adviser: Mrs.Terri McCarthy; Editors in Chief: Quinn Holl and Alexandra Kline; Issue Layout Editor: Samantha Gingrich; Writers: Paiton Albrecht, Lauren Atkins, Abigail Behm, Keira Conrad, Megan DeAngelo, Clarissa Dimovitz, Grant Doklan, Tabitha Engel, Domanick Ernst, Samantha Gingrich, Alexandra Kline, Aaron Kurtz, Amanda McLaughlin, Ashley Perlaki, Victoria Rhoades, Lauren Shebby, Emily Smith. *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. 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. We are 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 *Hawk Happenings*, anything that appears in its pages, or if you would like to sponsor our paper with a donation, please contact Miss Terri McCarthy, *Hawk Happenings*, Hamburg Area High School, Windsor Street, Hamburg, PA, 19526. Our email address is termcc@hasdhawks.org and our phone number is 610-562-3861, x2327.