



Animal Shelters

By Kalynn Betts

Have you ever wondered what it would be like to rescue an animal through adoption? Although people tend to shop at pet stores, there are plenty of pets that can be adopted at the local animal shelters. Some people, skeptical of adoption, think that they cannot change an animal's life. With personal experience, and an interview with the local shelter manager, I can adamantly state that adoption has more benefits than purchasing an animal.

When I interviewed Dan, The Center for Animal Health & Welfare Shelter manager, his gentle personality reflected greatly through the animals and the shelter. The first question I asked him was, "Why would you encourage adoption?" Dan stated, "When people purchase through stores, they tend to be naive towards what they're buying and how the animal needs to be a priority, so a majority of them give their pet up for adoption. When those animals are adopted and receive the attention they need, they aren't as high strung. Pet stores are

also overpriced, and their pets tend to get more snappy as they age. Also all of our animals leave here being vet checked, fully vaccinated, spayed or neutered, and get microchipped."

While all of these are requirements for the pets, there are also requirements for the owner. For example, according to Dan, "We need to know the adopter, if they have or ever had any pets, references, their vet's name, the amount of hours the animal will be home alone, and where it would be kept." Also, Dan claimed that "Everybody in the family has to meet the animal before it is allowed to come home." The Center really looks into the adopter because they don't want the pet going home to an unreliable family. When asked how many animals the Center receives, Dan answered, "It's seasonal...about 3 or 4 dogs and 10 cats, but it fluctuates. It's a very variable business."

I asked Dan about the different animals that people can adopt. He answered, "Dogs, cats, rabbits, guinea pigs, and occasionally ferrets, and different

birds." He mentioned, "We do use volunteers. Cat volunteers must be 16 years-old or come with their parents if they are underage. Animals need socialization, so sometimes volunteers can just go once a week and play with all the animals and leave. Dog volunteers must be 18 years-old since they can be more dangerous. They need to be trained before they can volunteer. Once a dog bites someone, it stays on their bite record. We walk the dogs once a day and socialize with both the dogs and cats."

It is a no-kill shelter; most animals that should be put down end up there. They also don't get any donations from the government.

Through Dan's reassuring words, I would encourage everyone to adopt and not shop. Countless animals are hoping to be rescued to start a new life by someone like you. Whether it is at The Center for Animal Health & Welfare, or anywhere else, you could change an animal's life.

- Taylor Garrison: Editor-in-Chief
- Michael Jablonski: Managing Editor
- Scott Marceca: Asst. Editor



The Echo

The Transfer Experience

By Rachael Torres

Welcome to Wilson Area High School! The journey starts now, where your opportunities are endless! At least that's how it was for freshman Marisa Kukla, who is one of 54 new students here at Wilson this year!

I sat down with Marisa to get more information on her first days here and what they meant to her. I started off by asking what school she came from and why she chose Wilson. Marisa said, "I transferred here from St. Jane's (a Catholic School) because it is for students from Pre K- 8th grade. After going there, I had to choose between Notre Dame, Bethlehem Catholic, or my local public school which in this case was Wilson!" Marisa says she misses St. Jane's due to the fact that she was able to study religion there, but now things are much different for her.

Marisa was so extremely impressed with the Student Guide program we

provide here at Wilson; she states, "It was nice to learn the expectations here from another student's point of view." She is thankful for the opportunities that have been given to her, along with meeting many new people who seem to be just like her!

Our New Student Guide system allows for a student, like Marisa, to meet someone on their first day that will guide him/her around and introduce them to their teachers, and to simply tell them how Wilson is and what the expectations are. Our Student Guides are a select group of students who are very welcoming and friendly and outgoing. The New Student Guide group is very diverse for the purpose of making it easier to try to match the new student up with someone closely similar to them, for example, a student might need assistance on understanding English.

According to our guidance department, Wilson has

gained almost 200 transfer students in the past three years, including myself! Mrs. Altemose says, "The amount of students that transfer here varies every year, we get students from schools all around the Lehigh Valley, and this year from New York, California, and cyber schools, also one foreign exchange student from Russia."

Transfer students are considered to be very unique because they have and are currently experiencing a new atmosphere that allows them to be different. To most, being the "new kid" is no fun, but to our fellow freshmen Marisa Kukla, it's a time that she won't forget!



Pictures courtesy of Google

Edition 93, Issue 4

Obama's Hopes For Our Future

By Brenna Blanke

On, December 10th, Barack Obama signed an education bill that replaces the No Child Left Behind Act of 2001 from George W Bush's administration. The new bill is known as Every Student Succeeds and focuses more on eliminating consequences from schools that do not test well rather than holding the individual schools and districts accountable. This new bill also eliminates the Common Core requirement, and keeps the government from creating academic requirements similar to it. Furthermore, Every Student Succeeds makes No Child Left Behind obsolete.

President Obama's main goals of the Every Student Succeeds Act are to set in stone many of the proposals that he has already made during his administration. To break it down simply, Obama's

new bill will help to "ensure opportunity to all American students" by:

- Holding all students to high academic standards
 - Preparing all students for success in college or a real world career
 - Providing more access to high quality preschool
 - Guaranteeing that steps will be taken to help students and schools improve
 - Reducing stress caused from testing while trying to maintain knowledge of annual information
- Promoting local innovation and invest in "what works"

President Obama is trying to eliminate the widespread generalization of the No Child Left Behind Act with the Every Student Succeeds Act and specify and elaborate on certain

problems. With the elimination of the Common Core, states and schools are no longer required to teach federally administered curriculum and may now choose to hone in on certain areas within the schools.

States are now also allowed to make the testing more flexible with deciding when they test their students and have the option to break up the test into a series of smaller assessments. States and schools are now open to improvement on their own terms, instead of the government's. States can now focus solely on struggling schools and work with them on a plan to further that school's success. This new bill, signed by the President, will give states and schools more freedom to do what they want and take the stress off of the federal government.



Pictures courtesy of Google

The Echo

Midterms

By Chelsea Kun

As the first semester at Wilson Area High School came to an end, students were mostly concerned with one thing: midterms.

Many hours of studying are required to succeed. Some of the midterms turned out to be very easy, but others were definitely more on the challenging side. “American Cultures 2 was definitely my hardest [midterm]” says Isabelle Patterson, sophomore at WAHS, “but overall I think they were pretty good.”

Junior year is often considered the most important year of

high school, so many students in that class felt pressured. Personally, as a junior, I absolutely felt the pressure and the weight this year. However, some juniors found it best to stay calm. I would say that my stress level was pretty low compared to other years because many of my teachers did not hand out review packets, so I could study at my own pace,” says Amanda Anglemyer, a fellow junior.

Leah Kun, who is a senior at WAHS, also found it best to stay calm. “I tried not to stress

too much about it because I have a lot of other activities,” she says. It was her last time taking midterms in high school, and she felt “great and relieved that they are over... for now.”

What is in store for students next year? “Get your work done ahead of time,” Anglemyer says, “waiting until the last minute will only make your life harder.” Patterson says, “Study all of your content because you never know what could be on it.”

FBLA Update

By Scott Marceca

Wilson Area High School students are very fortunate to be able to participate in many unique clubs throughout their high school careers. FBLA, or Future Business Leaders of America, is a business-oriented club that allows its members to learn about the business world. Advised by business education teachers Mrs. Hughes and Mr. Loudenslager, our Wilson FBLA chapter has been working diligently to raise money for the Ronald McDonald House, which is the Pennsylvania FBLA state cause. The money that our chapter donates to the charity will benefit the Ronald McDonald House’s programs, such as providing comfort to sick children and their families.

In addition to fundraising, an important aspect of FBLA is competition. Through online testing and projects, our Wilson FBLA members showcased their knowledge about different areas of business. Their performance on these tests and projects in comparison to other FBLA members in our region determined if they qualified for the State Competition in Hershey, PA. On January 5th, 2016, our Wilson FBLA chapter attended the FBLA Regional Leadership Conference at Lehigh Carbon Community College. Alongside other Lehigh Valley high school students, our school’s FBLA members learned if they had qualified for the State Competition.

Of the many members who placed in competitive events, Wilson FBLA members Morgan Heneman, Chavi Sharma, Amanda Anglemyer, Jeanelle Loiseau, Michael Jablonski, Chris Fernandes, Jada Grant, and Jamie Lyn Allen were notified that they placed high enough to qualify for the State Competition. While at the Hershey Lodge in Hershey, PA, these members will have the opportunity to listen to business professionals speak about their experiences, participate in the interesting Pennsylvania FBLA state election process, and compete at the state level. *The Echo* staff would like to commend all of the state qualifiers for their distinguished achievements. Good luck at states!

Edition 93, Issue 4

The Pay It Forward Initiative

By Vanessa Fonseca

Most of us know that Pay It Forward is an initiative where students from our high school perform good deeds for people in the community, so that hopefully the community pays it forward and performs good deeds to others. What most of the student body does not know is the story behind the Pay It Forward Initiative.

In a mission to find out, I interviewed Mr. Edwards, the advisor of the Warrior Club, and he told me that the idea had originally

been his. He had seen this type of initiative before and it seemed like a great thing to start at Wilson. The idea was almost perfect. While interviewing Gwen, a member of Warrior Club, she said, "We wanted to give back outside our school. We wanted to help people in the community." The Warrior club combined both of the ideas and the Pay It Forward Initiative was born.

With a lot of hard work, the Warrior Club raised money for the

initiative by selling breakfast in the cafeteria. Mr. Edwards says that the warrior club hopes "to start a chain reaction of doing good to others because it feels great to give back to your community and do nice things for others for no other reason than you just want to make someone feel good."

The Pay It Forward Initiative is spreading kindness to our community and the students of Wilson Area High School.

Wrestling and Basketball

By Makayla Mckinney

This season has been an exciting one for the both the boys wrestling team and the boys basketball team. Each team held a ceremony to honor all who made an impact in Wilson history.

The wrestlers honored all who won one hundred matches. They also recently held senior night honoring their four seniors. Michael Fabian, Koti Figueroa, Jonathan Cordon, and Tyler Schleicher will all be leaving the warriors sadly this upcoming year.

The boys varsity basketball team also had an amazing night when honoring all fourteen one thousand point scorers. Coach Bob Frankenfield announced earlier this season that he is officially retiring after this year. The ceremony honoring all scorers was something he has wanted to do for

a very long time. Harold Rice, Craig Fuehrer, John Trinchere, Mike Glovas, Joe Aquino, Bill Stocker, Josh Joseph, Gerald Terry, and Phil Pierfy were all ten boys who had reached one thousand points in their Wilson basketball careers. Heather Korhammer, Kris Miller, Kelly Applegate, Haley Lentz, and Sondrine Glovas were the four who reached it on the girls' level.

After the ceremony, another athlete joined the thousand point club. Jeffrey Cooper scored his one thousandth point off of two foul shots in the third quarter against Moravian Academy. Many say he picked the perfect night to reach this tremendous accomplishment. Amir Alexander, Jeff Cooper, Nick Gibson, Jaywon Jefferson, Jordan Meddle-

saint, A.J Raso, Mauricio Smith, and Mike Whildin were all honored for all the things they achieved as Warriors throughout their varsity career during a ceremony on February 1st. It was also Coach Bob Frankenfield's last home game as head coach of the Warriors. Congrats to all those honored in the various ceremonies and to Coach Frankenfield!



The Echo

Band and Chorus Winter Concert

By Annabella Bastien

The Wilson Area School Music Department presented the Band and Chorus Winter Concert on Thursday December 10th, 2015.

The concert started with the lovely voices from our schools chorus. They began with singing songs such as *O Come, All Ye Faithful*, *One Candle, Carol of the Star*, *Rockin' the Glory*, and *Hush, My Babe*. The soloists were Ali Hicks, with a duet from Nicole Karslo and Dylan Lynch, and descant were Madison Greene, Adelyne Ibanez, Rihanna Johnson, Chelsea Kun, Sadie MaCarther, and Sundrena Muff.

Groups formed through the chorus such as Women's Chorale, Quartets, and Wilsonaires also sang beautiful universal Christmas songs. They were songs such as *Snow, Snow*, *Beautiful Snow*, *Santa Clause is*

Coming to Town, and *Conventry Lullaby*. *Rockin' around the Christmas Tree* that was sang by Annabella Gaardsmoe, Chealse Kun, Leah Kun, and Olivia Naylor. The all-time favorite crowd pleaser "*Fruitcake*", was sang by a combination with Chorale and Wilsonaires.

The program continued with songs such as *Have Yourself a Merry Little Christmas*, *Slow Rockin' Christmas*, and *We Need a Little Christmas* that filled the auditorium with joy and holiday cheer. The chorale portion ended with the combination of the Concert Choir and Alumni singing the beautiful Christmas song "Do You Hear What I Hear?" During the intermission guests were encouraged to purchase tasty baked goods from Warrior Club in the lobby.

Soon after the brief intermission the Wilson Area Concert

Band began to perform. The band started with the songs *Celebration* and *Silent Night* with the flute soloist Kalynn Betts and Alto Sax Timothy Horan. Then, they continued on with the fast anticipating song *Yuletide Tapestry* and the slow and graceful song *In the Bleak Midwinter*. To commemorate the new movie **Star Wars: The Force Awakens**, the band played The Star Wars Saga theme. The band ended the concert with the song *Yes, Virginia, There is a Santa Claus* with trumpet solo by Lauren Johnson and Tuba Solo by Matthew Clewell. The female voice was spoken by Adelyne Ibanez and the male voice by Ryan Grelle. Soon after the amazing performances, the crowd burst into immediate applause for Band and Chorus' wonderful performances.



Edition 93, Issue 4

North Korea

By Sam Houser

Just when you were starting to forget about North Korea, it's back in the news again. This time around, they have more weapons, more threats, and more things for the media to buzz about.

Back in early January, North Korea claimed to have test-detonated a "hydrogen bomb." A hydrogen bomb is a devastatingly powerful nuclear weapon which uses power from the release of energy through the nuclear fusion of isotopes and hydrogen, and then uses an atom bomb as a trigger for an explosion. Basically, it's a lot like a nuke, but it's much more powerful. It's hundreds of times more powerful than the bomb that destroyed Hiroshima back

in World War II.

If North Korea is truly in possession of one of these hydrogen bombs, it would mean that their military has advanced greatly in a short amount of time, as a hydrogen bomb is quite a complex piece of machinery. It would also make North Korea much more of a threat.

However, many officials have claimed that North Korea's claim should not be believed too easily. They believe that a hydrogen bomb would be too advanced for North Korea to create in this amount of time.

Yet the possibility of a successful test complicates things a bit in parts of Asia. Apparently, China has become a

lot friendlier in hopes of pacifying North Korea. South Korea claims that if a fourth nuclear test did in fact occur, they would be forced to make a response. Japan seemed to be the most affected by the possibility of a test, saying that it was a huge threat to their security.

As of January 27th, Japan has claimed to have witnessed, via satellite images, North Korea preparing to launch a long-range missile. They claim that, from what they saw, North Korea could be ready to launch this missile as soon as next week. As of now, not much more can be said for the matter, but the idea of a missile launch is truly terrifying.



Pictures courtesy of *Google*

The Echo

How to Stay Organized

By Alexis Vitko

Are you a naturally messy person? Start the New Year off right by making a resolution to keep yourself together and organized all year.

Studies show that disorganization increases the “potential for students to receive lower grades, complete fewer assignments, be less motivated, experience greater frustration with school and have lower self-esteem.” Mrs. Venanzi agreed and reported, “Students who are disorganized often do not hand in homework, cannot find materials, and therefore do not have notes, etc. to complete other assignments or study for tests.”

Keeping organized could be simple if you keep up

with things as they happen rather than letting the mess build up. There are many tools such as folders, binders, and if given the opportunity, lockers, that can do wonders! Start off by getting binders, depending on how many classes you have, and use two folders per binder so everything doesn't get too crowded. Keep the others in your locker, and when you get the chance, go to your locker to swap them out. To be extra organized you can use items such as binder clips, sticky notes, a planner, and you could even color coordinate for each class you have.

Another tip is to put the papers where they belong when you are not using them and only keep the ones you need. Nothing is more messy and confusing than having a bunch

of random papers floating around not knowing what they are for. Overwhelming messes seem unmanageable. Then half-way through the year after mid-terms, get rid of anything that will not be of use to you anymore.

Mrs. Venanzi reports, “The biggest problem students have with not staying organized is they do not use binders and keep separate files for each class. Students should have materials for each class and should take the time to put them in a logical order when given hand-outs, etc. In class students also do not utilize sources that teachers have made available (online lesson plan).”

Use these tips to help potentially lower your stress and help keep up with all of your classes (or anything else).



Pictures courtesy of *Google*

Edition 93, Issue 4

The Final Season of American Idol

By Andorra Bastien

Fox's *American Idol* launches its farewell season for its final search for the next superstar. Judges Harry Connick Jr., Jennifer Lopez, and Keith Urban, along with host Ryan Seacrest are heading into the 15th season with hopes of finding a star to continue the legacy of *Idol*.

"American Idol" has produced stars such as Kelly Clarkson, the first idol winner, Carrie Underwood, Jennifer Hudson, Jordan Sparks, Chris Daughtry, and Adam Lambert. Although the show hasn't produced a superstar in a few years, the judges say this season's contestants could have what it takes.

This season is expected to see the return of the three original judges, Paula Abdul, Simon Cowell and Randy Jackson. Executive producer, Trish

Kinane, won't confirm who among *Idol's* stars will return, but says, "Everybody we've spoken to is really positive about being part of this farewell season." The final season's premiere on Wednesday, January 6 was filled with clips and memories from *Idol's* past. With a cut schedule ending in April, this season's auditions integrated past and present winners and also included stars from earlier seasons advising singers at the beginning auditions.

Ryan Seacrest and judges Jennifer Lopez, Keith Urban and Harry Connick Jr., all gave thoughts on the show's importance on the premiere night. "American Idol changed people's lives. Not just the contestants, not just me, but even the people watching, because it made them believe that they could do anything," Lopez said. "This being the farewell season, I feel like it's

going to be a fantastic year," Connick added, "The opportunity for aspiring artists to audition for the show has ended.

When the Fox hit show premiered for the first time on June 11, 2002, it immediately became a dignitary show. "It's a Cinderella story. For someone like me, it's the American Dream," says Urban. "You can come from a little nowhere town with no connections, no money, no nothing-- just raw talent and drive and ambition. And you can make it. That is what *Idol* offers and people still want to believe in that. Unfortunately, no one will ever have an opportunity to become the next *Idol* after this season, but this show has left behind a legacy of talented stars and has opened doors for pop-culture.



Pictures courtesy of Google

The Echo

Book Review: *And We Stay*, by Jenny Hubbard

By Alyson Ellison

Emily Beam is horrified when her boyfriend approaches her in the school library with a loaded gun. The situation escalates when he uses it to shoot himself. After this terrible tragedy, Emily's parents send her to a boarding school in Massachusetts, hoping she will be able to start fresh. Leaving the past behind does not prove to be an easy task; she is plagued by the memories of her lost lover, and the guilt over what drove him to suicide continues to torment her.

However, she might find solace in something new. Emily

begins to write poetry that comes to her, and she uses it to cope with the unwelcome thoughts crowding her mind. When her French teacher takes notice of her new hobby, she shares with her a biography of Emily Dickinson, who once attended the same school that Emily Beam attends now. Throughout the novel, Emily feels a closer connection to the late poet, who becomes a source of inspiration.

And We Stay has been named a Michael L. Printz Honor Award Winner, and it has received much praise for its emphasis on

friendship and its relevance in today's society. This novel, which takes place in the late 1990s, is recommended to those who enjoy realistic fiction focusing on social issues. The character development is evident throughout the novel, and as Emily grows over time, she comes to the realization that the choices she made in the past do not have to define her future. Furthermore, the thought-provoking poetry Emily crafts as she goes through this journey is arguably the novel's most appealing feature.

Super Bowl Sunday

By Michael Jablonski

Every year, the most popular sports event in the United States takes place: the Super Bowl. This year is said to especially significant, as it marks the 50th Super Bowl. There are plenty of other sports championships that occur throughout the year, such as the Stanley Cup and World Series, so what makes this event so special?

First of all, American football is the most watched sport in the United States, with the Super Bowl receiving over 100 million views. American football also has the highest average attendance per game (about 65,000 people). One possibility for such high numbers may have to do with the

fact that the football season for a team consists of only 16 games in the regular season, while other sports teams have to play over 80 games in a regular season.

Another Super Bowl specialty is the Halftime Show, where a famed group or musician performs for the enjoyment of the crowd. Originally, the Super Bowl would only have marching bands perform during halftime, but in order to boost the ratings, popular artists would be brought in. This tradition started in 1993 with none other than the King of Pop himself, Michael Jackson. Other notable performers include U2, The Rolling Stones, Paul McCartney, and Bruce Springsteen.

Another great aspect of the Super Bowl is, surprisingly, the commercials. Super Bowl commercials generally cost, to air, \$150,000 per second. These commercials have ranged from beer commercials (Budweiser and Bud Light, specifically) to the classic Pepsi commercials. The most common type of advertisement: movie promos, with 36 different movies being advertised over the years.

Whether for the game, or the commercials, or the Halftime Show, the Super Bowl is a great opportunity for family and friends to enjoy watching the championship for a sport which has stood the test of time.

Edition 93, Issue 4

Star Wars: The Force Awakens

By Allison Reiter

This year, December had people all over the world not only looking forward to the holidays, but anxiously awaiting the release of *Star Wars: The Force Awakens*. It has been 32 years since *Return of the Jedi*, which was the last installment of the original trilogy.

The Force Awakens is a continuation of the original trilogy, unlike the previous three prequels. The movie is directed J. J. Abrams, the successful director of the *Star Trek* reboot and many other films. He also co-wrote and co-produced *The Force Awakens*. What had viewers more excited than anything else was the return of the original trilogy's stars: Mark Hamill as Luke Skywalker, Carrie Fisher as Princess Leia, Harrison Ford as Han Solo, Peter Mayhew as Chewbacca and

Anthony Daniels as C3PO.

Abrams film has become the highest grossing film of all time, bringing in, at the moment, \$1.792 billion worldwide. Many attribute its massive popularity to Abrams' faithfulness to many aspects of George Lucas's original film.

Abrams casted newcomers for other leading roles, just as George Lucas did. New to the franchise are Daisy Ridley as Rey, John Boyega as Finn, Oscar Isaac as Poe, and Adam Driver as Kylo Ren.

The movie begins by announcing how Luke Skywalker has disappeared. The First Order has taken over, and Kylo Ren is now their leader. He is attempting to find Luke and eliminate the Republic. General Leia has sent her best pilot Poe Dameron to Jakku to

receive a map to Luke's location. Kylo Ren storms the village, capturing Poe, however his best friend, the droid BB-8 escapes with the map. BB-8 meets Rey and together they team up with Finn, an ex-storm trooper, Han Solo, and Chewbacca. They are determined to return BB-8 to Poe and the resistance and find Luke Skywalker.

See the movie to find out what happens next! The movie is superbly acted and the sets were faithfully recreated with attention to the grittiness of the original trilogy. There was no overdone, cheesy CGI that ruined the movie like in previous prequels. The movie already has people excited for the next one, due in 2017.



Pictures courtesy of Google

The Echo

Senior Spotlight: Aaliyah Sesay

By Jamie Sine

Aaliyah Sesay is an AP student who won the “Best Personality” senior superlative and was previously awarded Student of the Month; this interview proves both these titles to be well deserved.

Jamie: What three adjectives best describe you?

Aaliyah: Complex, adventurous, and...adorkable.

J: Reflecting on the past four years, how would you define your high school experience?

A: It was a fun experience. The teachers are really great, and I developed really great friendships with them.

J: What are you most looking forward to after graduation?

A: New friendships! And pursuing an education of my own choice.

J: What is your favorite class out of the ones you’re currently taking?

A: My favorite is biology because of the environment. Ms. White’s a great teacher.

J: Are you involved in any clubs or sports?

A: I’m on the tennis team...I’m a student director

of drama, and I’m vice president and treasurer of warrior club.

J: How did being Student of the Month feel?

A: It was exciting! I felt like the teachers actually knew me and liked me. It was endearing.

J: What will you miss most about high school once you graduate?

A: The friends I’ve made. Also the childhood that comes with high school...I had cake for breakfast today.

J: What major do you want to pursue in college?

A: Psychology or a behavioral science.

J: How do you spend your free time?

A: Netflix. Also, I’m really

into making videos, filming, and different kinds of arts and crafts.

J: What would you say is your greatest achievement?

A: I learned to accept myself for who I really am.

J: Most valuable possession?

A: My flair pens.

J: Who is your biggest inspiration?

A: My dad...he’s an immigrant and he’s had to jump over a lot of hurdles and through a lot of hoops to get where he is now. He’s very patient and giving- the proper human being.

J: Do you have any advice for the upcoming seniors?

A: Don’t procrastinate! Have fun! Respect others and be compassionate.



Edition 93, Issue 4

Keeping Your New Year's Resolutions

By Taylor Garrison

Did you make any New Year's resolutions for this year? If so, you aren't alone. According to Statistic Brain Research Institute, 45% of Americans frequently make New Year's resolutions. It can be difficult to actually succeed with your resolutions though. In fact, 49% of Americans who make resolutions rarely succeed in achieving them. You may find yourself discouraged from even making resolutions due to a poor success rate, yet resolutions can be achieved!

When you set your New Year's resolutions, write them down and include explicit details. The resolution to read more books is vague; in-

stead, write that you will read two new books every month. Research has found that you are ten times more likely to achieve a resolution if you state it explicitly.

Remember to make your resolutions attainable. Before writing "traveling to Europe" as a resolution, consider if it is within your means. If your resolution is not possible, you may become discouraged when you have not achieved it by December.

Once you have your resolutions written, consider displaying them somewhere you will see them every day, such as on a mirror or door. A constant reminder of your resolutions will keep them

fresh in your mind, and you will most likely seek out achieving them. Keep track of your progress. If your resolution is to read two new books a month, consider a book log as a way to keep yourself on track.

Most importantly, do not become discouraged. If January saw little to no progress towards achieving your resolutions, begin again in February; this applies to any month of the year as well. With a bit of work throughout the year, resolutions can be fulfilled, and you can enter 2017 with a new skill or achievement.



Pictures courtesy of Google

The Echo

Groundhog Day

By Michael Jablonski

Every year, people all across the United States recognize the event known as Groundhog Day. This holiday, which officially started taking place in the United States in 1887, has become well known over time, largely thanks to the film of the same name. The largest celebration takes place in Punxsutawney, Pennsylvania. While all of this is nice, is there really that much significance to this annual event?

It is difficult to give the exact origins of Groundhog Day. The earliest known practices in the United States come from Central Pennsylvania, where the American Dutch would look to

the groundhog to find out if winter would end early or not. The reason as to why the date of February 2 was chosen had to do with the fact that the holiday of Candlemas occurred then. Some accounts claim that the practice originates from Europe, where a bear or badger would generally be used.

Eventually, the tradition of referring to a groundhog would spread throughout the United States, from Ontario to Colorado to even Texas. Since Alaska has very few groundhogs, they celebrate Feb. 2 as Marmot Day. Wherever they occur, the events are popular, although incidents have occasionally occurred, such as the ground-

hog biting the mayor holding it.

The meteorological accuracy of Groundhog Day is... not very accurate. As a matter of fact, the famed Punxsutawney Phil is correct about 40 percent of the time, according to historical records. For the record, Phil has seen his shadow 102 times, declaring a longer winter; conversely, he has had no shadow 17 times, declaring an early spring. (There is no record for the other 10 times.)

Groundhog Day may be one of those landmarks of the year that people look forward to, but it is the coin flip of weather predictions.

What Is Science Olympiad Club?

By Annabelle Gaardsmoe

Have you been walking around the school lately wondering, "WATT the heck is the science olympiad club?" Well, think track and field, but with science.

In the science olympiad club, there are a set of experiments and events that groups of students can choose to participate in. This club explores hands-on activities and team work. In March, students will go to Kutztown to participate in a science olympiad competition where they can compete against their peers in different areas of science, whether it be chemistry, physics, or anatomy.

These experiments can be prepared ahead of time and then

presented at the competition, or students can study beforehand and then present what they have come up with that day. Students can choose from 23 different events. Anyone can join the science olympiad club, regardless of what grade or science class they are in. Mr. Steinmacher is the teacher adviser for this club and encourages anyone to join. If you are worried that you aren't good enough at science to be in this club, never fear! Everyone is welcome to join! There are no tests or grades in the science olympiad club. There are many resources available to help you with whatever experiment you choose.

This club is a good outlet if

you plan to pursue a career in any scientific field, or even if you just want to try something new. It's also a chance for students to learn valuable teamwork skills and contribute their different talents to their group.

This is an exciting new way for students to flex their scientific and problem-solving muscles and increase their knowledge in subjects like geology, technology and mechanical engineering. One event even allows students to solve a CSI-esque case and live out their detective dreams. Join today and who knows, maybe you will have a positive reaction.