

Cougar Chit-Chat

Trump-ing Inauguration 2017

by Daniel Werkeiser

Jan. 20, 2017, is an important date, and it is approaching quickly. It will be the start of a new era in the United States. President-elect Donald J. Trump will become President at noon of that day.

Leading up to the inauguration, the current president, Barack Obama, will give a farewell speech. Rather than making this speech in Washington, D.C., Obama plans to do this in his hometown of Chicago, IL, with some saying that this is symbolic of him returning to the place he began his political career as a U.S. senator.

He will likely highlight successes during his tenure by mentioning important milestones such as becoming the first African-American President, dealing with foreign affairs, ending wars, involvements, and deployments in other countries, legalizing same-sex marriage nationally, and encouraging the nation when there were unfortunate events.

This January that will all come to an end. Part of President-elect Trump's transition into the office of president will be the appointment of his advisors for high-profile cabinet and advising posts. Among individuals being considered, in addition to their position, are Rex W. Tillerson, Secretary of State; Jeff Sessions, Attorney General; Elaine L. Chao, Transportation Secretary; James N. Mattis, Defense

Secretary; Ben Carson, Secretary of Housing and Urban Development; Mike Pompeo, C.I.A. Director; Betsy DeVos, Education Secretary; Wilbur Ross, Commerce Secretary.

It will be President Obama's final hours of an honorable Presidency.

This January that will all come to an end. Trump will state the oath, "I do solemnly swear that I will faithfully execute the office of President of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States."

Before all this, the President-elect usually attends a morning worship service at a church of his choice. The President-elect and sitting President usually show up to the services of Inauguration Day together. As a sign of unity, that is important for the citizens of the United States to see and recognize.

After Trump takes the oath of office, he will give his Inaugural Address, which usually is a chance for new Presidents to state their policies and provide some insight for the future. After the ceremony, the new and old President will leave together and attend a lunch in Sanctuary Hall. This usually occurs slightly before the Inaugural Parade.

After everything is settled, the evening of Inauguration Day shows a visual representation of hope and happiness. The inauguration ball takes place, where the new President dances and celebrates his upcoming Presidency. Then after the rest will be history.



Photo Courtesy of Google Images 2016

President-elect Donald J. Trump presents a speech during the campaign.

Forever Home for Kids

by Nancy Cruz

Sometimes you don't know how good you have it. The Hazleton Area High School is filled with students who have their needs met by supportive families. But, what about

those kids who don't have that? Right here in the Greater Hazleton Area, dozens of kids go without the basic necessities of life--food, shelter, personal items, love.

Many people do not know much about Brandon's Forever Home or realize the story behind it. Most assume it is an adoption agency, but it is much more than that.

Brandon's Forever Home, located on North Church Street in Hazleton, is a foster care home for kids that need love in their life. Items can be donated to help out the kids because every month the adults who operate the home are in need of food, clothes, shelter and activity options, toiletries and personal products, but most importantly love.

A little boy name Brandon tragically passed away while in a foster home. To honor Brandon, who is the namesake of the facility, and all those who have suffered while in the foster care system, this refuge was founded.

Brandon's Forever Home was founded. This foundation was formed by State Rep. Tarah Toohil and Attorney Lorine Angelo Ogurkis. They decided to form this organization to help kids that are need.

The kids in this home vary in ages, from

infants to young adults. Many of kids in this program either live with their families or live in Brandon's Forever Home.

Sometimes the kids all gather together in Brandon's Forever Home to have fun and play with the other kids or gather together to eat dinner. This amazing place is located on 187 North Church Street.

Brandon's forever home also has a website you could go on to see what you can do or what you could donate to the kids. The website is www.brandonsforeverhome.com

Every month Brandon's Forever Home does a fundraiser to help the kids that need help. The one thing that Brandon's Forever Home does not ask for is money. Everything that is given to the kids are donations from generous people.

Media Matters

by Taylor Sharp

Social networking has taken over today's culture by storm. Students have pointed out that social media is great for many things, but it can also be very distracting. If you are like most people, you use at least one social media network, but some students disagree on whether it is a good or bad thing.

Students that have access to the internet, believe that social media helps them learn and discuss educational topics.

Hannah Matarella says, "Social media has helped me better understand politics and what was going on in our country."

Social networking sites spread information faster than and other media. This is how most people learn about breaking

news. Social media has many other pros like keeping in touch with friends and family. For many seniors social media is also a way for you to meet a potential roommate for your next year of college.

Even though there are many pros of social media, Students believe there are a few cons. Social media causes people to spend less time interacting face to face. People will have their heads in their phones and not pay attention to anything that's going on around them.

Nathan Mckeown says, "Social media may distract you from what is actually important."

John Cibulish also states that, "Social media can be used to bully or hurt someones feelings."



Photo by Taylor Sharp

Some of the most popular social media logos are depicted in this photo clockwise: Instagram, Twitter, Snapchat, and Facebook.

Words of Wisdom

by Kyle Smith

A new semester, much like a new year, brings about many different emotions. Students, teachers, and administrators are busy, busy, busy as well with final projects, exams, scheduling, athletic events, and extra curriculums. Then, add in afterschool obligations from family to another job. Winter travel can factor in making getting places difficult. Yet, as the days get longer and nightfall coming closer to six in February, there is light at the end of the tunnel...

Flawless Students

by Endy Santos

Is there such thing as a perfect student? Many people wonder what a perfect student might be and what would make a perfect student. The answer to this that student should have many different characteristics. Many teachers wish to have perfect students meaning responsible and respectful students.

One feature that a perfect student should have is being on time. High School students struggle with this basic responsibility. This harms them since they miss out on their education which transfers into them not reaching their fullest potential which affects their grades.

A second feature that would make a perfect student would be following the dress code. This is roughly something many students do not follow which affects them by getting in ISS (IN School Suspension).

Another feature that would make a perfect student would be a respectful student, yet many students lack basic respect. For example, a student should not talk back to teachers who are just trying to educate them. Also, students should respect every single one of their class mates because it can start unnecessary actions.

So, students take notes and start trying to be the most perfect individuals as you can be. These are only some of the features a perfect student should have but there are many more. Work to achieve these characteristics, and you will be that much closer to Hazleton Area High School's perfect student.

For high school students with block scheduling, as HAHS has, a new school year begins on Jan. 25. Brand-spanking new schedules are distributed in first period semester 1 classes. Students then are off to Semester 2--Period 1. Here goes...

Some students (and perhaps teachers) find themselves ending that day nostalgic for what they had. Teachers, courses, and students are missed. This may take some getting used to...and, perhaps, a scheduling change. Guidance counselors, get ready, in addition to finalizing Keystone makeups, you may be seeing more students for the next few days.

Don't worry though. HAHS students are smart and have much to say on the topic of transitioning to the second half of the school year. Here are some of the best quotes:

"Half-way done toward graduation,"--Nancy Cruz.

"Hey, I'm bored. Oh yeah, what's the calc homework,"--Josh Capriotti.

"Hopefully I'm not late tomorrow,"--Frank Mussoline.

"You either pass or fail. There is no such thing as either passing or either failing,"--Dan Werkeiser.

"Wake up, go to school, do it again,"--

Andrew Whitesall.

"Starting the second semester on time; January 25...LATE,"--Endy Santos.

"Miss, I wasn't looping...this time. Fundraising machine,"--Raul Geronimo.

"Hearing my name called at graduation will be worth the 4 years of hard work in high school,"--Gia Sloane.

Before you know it, it will be warm outside, spring sports' will be practicing, the Easter holiday will be here, and prom/graduation will be the hot topics. So, Cougars, be ready!

HAHS Student's Consideration

by Endy Santos

Several students from the Hazleton Area High School were asked a very important question: If you had the power to change anything about the school, what would be your number one change, and why? Many students gave worthy responses that the Hazleton Area School District should perhaps take into consideration.

Daniel Werkeiser said, "I would either make the building bigger or move the high school to a bigger building, so it's not as populated, and crowded. It would make smaller classes and more one-on-one with teachers and students. Also it would provide more jobs in the Hazleton Area school district with teachers, and maintenance."

Some teachers even believe that the classes might just be too crowded and should have a maximum number such as about 25 students per class.

Several students believe that school starts too early in the morning.

Nathan Mckeown said, "I would change the school hours to start at 9:30 a.m., and still end at 2:30 p.m. This would keep students more attentive and still keep the sports after school at a decent time. Most likely grades will go up for students, even though the times for class would be shortened."

In the United States, 43% of public high school starts before 8:00 a.m.; however, students who are tired can't learn at their best, plus lack of sleep impedes learning and memory. On the other hand, if school was to start later, students might just be more alert, less moody, and less likely to sleep in class.

Students such as Yareliz Nunez would just like more opportunities in classes they wish to have.

Yareliz said, "My number one change would be to have a bigger variety of classes we can choose from because I guarantee you at least half of the school's students have a class they wish to take or learn more about. Also it would be a good chance to have more classes that count as college credits."

Here are some other honorable mentions.

Samantha Wersinger said, "My number one change would be change the dress code because students should be allowed to be comfortable and wear the outfit they desire to some level of course for example jeans."

Another worthy change would be, as Nancy Cruz said, "I would change the school food because some students don't like the food that's being served. They should be able to order food from outside the school or at least change the recipes and ask student what they like to eat."

And finally, as Janessa said, "For my number one change, I would want the HAA+H (Hazleton Area Arts + Humanities Academy) to have its own space/building."

Well folks these are the number one changes students from the Hazleton Area High School would make if they had the power to change anything about the school. Perhaps the Hazleton Area School District should start coming up with ideas to achieve some of these magnificent thoughts from the HAHS students.



Photo By Endy Santos

Nathan Mckeown (left) and Daniel Werkeiser (right) wore black on Oct. 28, for the black out football game.



Photo By Endy Santos

Yareliz Nunez was one of the several students interviewed in the HAHS.



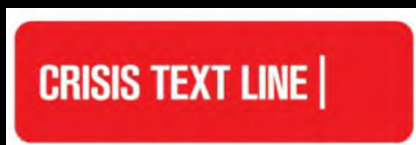
Photo By Endy Santos

Nancy Cruz was also another student that's was interviewed for this article.

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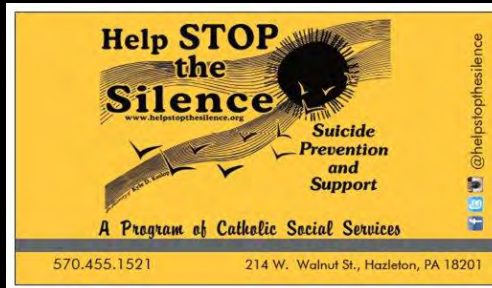


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More Than Meets the Eye

by Dominique DeSpirito

For teens and average adults, spending some time on the Internet and social media is not uncommon. But, is it doing people more harm than good?

Social media has made a huge impact on self-esteem and body image. Celebrities, models and other big name people post pictures of these picture perfect bodies not realizing how they are perceived. Seeing someone as "perfect" and realizing normal bodies aren't the same gives a skewed impression of what bodies should look like. It can be damaging to self-esteem.

Carson Kinney, an HAHS senior, said,

"Social media and society has a negative effect on body image because you see all the models and their nice bodies and you try to compare yourself to them."

People get positive attention by losing weight but get negative attention when they gain it or they're not a size 2 and comfortable in their bodies.

Students such as Hope Kinney and Cody Tallarico said if they gain weight they wouldn't look at themselves the same way because Hope is

"Trying to lose weight," and Cody "was bigger when he was little and thinking about going back to that would upset me."

Many bigger teen stars are criticized online about their weight. The hurtful comments get viewed by many young girls; these young girls are still growing and learning to understand life. Many of these girls begin to view themselves differently and take

negative consequences and starve themselves and extreme diet.

Low self-esteem makes it easier to let comments and pictures affect the way you view yourself. People care more about what others think rather than being happy with yourself and loving yourself.

Lupita Gonzalez said, "Girls are affected by self-esteem more because I'm a girl and I hear the way my friends talk about themselves and about others."

But student Ally Hudock, had a different view on things. Ally said, "Boys have worse self-esteem than girls because they don't speak about it like girls do."

"Boys will be boys" is a common phrase said by many. Boys insult each other because it's said that, that is just what boys do. Boys don't talk about their

feelings so is there more damage being done than just fooling around? Boys are very self-conscious and care highly about how they look.

The people, pictures and comments online give the internet users unrealistic expectations instead of teaching young girls to love their bodies.

The Internet is a powerful source, its being used to tear people down instead of building them up. Personality traits are more appealing than looks. The major question is "Looks or Brains"? Students were asked, and 4 out of 5 replied brains..

No matter what someone looks like, if they're healthy, they should be happy. Learning to love yourself in the body you are in is important. Everyone is beautiful in their own way. There is more than looks that meet the eye.

Insane for Good Grades

by Dominique Despirito

Is the destination more important than the journey? Is learning and remembering the information more important than passing the test? Are students in school to learn or to pass?

It is mandatory for the teachers to teach the same material the same way and make sure the students pass.

Albert Einstein once said, "If you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid."

The grade is not more important than the lesson learned, so why is it taught

that way? Why do students forget the information after the test is over? The grading system removes the interest in education. The grading system does not make known how much we learned and the lesson we took out, but how much we studied to remember for a short period of time just to study the information again when finals, mid-terms and standardized testing come around.

More students put their grades and school before their mental health. Parents get mad when their child gets a bad grade but do not try to understand why. Is it the way things are being taught or is it that the child does not simply understand.

Modern-day schooling has not changed in hundreds of years. Each stu-

dent is taught the same way, but not everyone learns the same. Some students are much bigger than math and English but never understand the education system doesn't help find each student's gifts.

Schooling was made to train people for factories, explains why students are put in rows and are told to raise their hands if they want to speak. We are all competing to get an A, the grades are used to determine product quality, but students are not products.

The standardized tests are just multiple questions that are supposed to determine success.

Fredrick J. Kelly, the inventor of standardized testing, said, "These tests are too cruel to be used and should be aban-

doned."

Math is important but no more than art or dance. Every gift should be explored and every dream should be listened to.

Countries like Finland have shorter school days, homework is non-existent, and they focus on collaboration. Their education is top and outperforms every other country in the world. Students are the future and everyone should be focusing more on decreasing dropout rates and failures. Mental health is more important than grades and should be taught that way.

“Gears of War 4” Review

Coalition’s Comeback

by Justin Vargas

Epic Games created the original trilogy for "Gears" after they completed the trilogy "Epic Departure" from Microsoft. Then, the studio People Can Fly took over for the series, and the first game they released was "Gears of Wars Judgement."

The game was not as highly praised as the other games in the series. Much of the community thought that the game was too casual and not sticking to its roots.

Over the next couple of years, People Can Fly became Coalition and started to revamp the series with "Gears of War 4." "Gears of War 4" released on 10/11/16; it was what fans were looking for, and it had everything what made people love the gears series.

The story continues 25



A screenshot from an Xbox One by Justin Vargas

This photo depicts a mission in the campaign where you get to play as a giant mech.

years after "Gears of War 3." The game focuses on the son of Marcus Fenix and Anya Stroud, J.D. Fenix, alongside his friends Delmont Walker and Kait Daiz.

At the end of "Gears 3," they dropped a light mass bomb on the enemy Locust which supposedly "killed" them, but they return in "Gears 4." The new Locust took Kait's mother, and

the whole campaign revolves on saving her.

Not only is the campaign of "Gears 4" great, but the multiplayer is fantastic running 60fps and on dedicated servers. At launch of the game, it came with 10 maps and 10 more as DLC. In the multiplayer there is many ways to customize your character and weapons. Also

there is a good mixture of maps and game modes to play, from playing quick play to playing a ranked match.

If you're not into multiplayer, you can play horde mode where you and four others try to survive "50 Ways of Locust Onslaught." Coalition had brought back the trust that they lost with their fans with "Gears

of War 4."

This game has brought back the series roots and showed that Coalition can make a good Gear's game. Many major game reviewing sites have also praised that Gears is back in business and many from the community are ready for what's next in the series.

Are Gamers Getting Played?

Welcome to the Gaming Industry Where Game Developers Play You

by Justin Vargas

There are many gamers around the world having a lack of trust with game publishers and developers. For example pre-order sales and day one sales are getting lower every day because of this lack of trust. The reason for this lack of trust is because many games on launch day are broken and for many gamers this is a problem because we are paying \$60 for a game expecting to work and it doesn't. Along with the game being broken, many developers had lied to fans of saying what content is in there game that's not there.

A great example of this is from the game "No Man Sky." "No Man Sky" was a hyped up game about space travel, exploring the universe, naming planets and wildlife that you will encounter. Sounds like a great

game right, but the truth was the game wasn't as expected. At launch, the game crashed, many frame rate issues, many of the planets look alike and many of the wildlife looked very odd.

Many gamers became outraged asking for refunds, begging Hello Games to fix all the issues in game, and also add new things to it. Many patches later the game was fixed and they added content but much of the player base has given up on the game.

Another game that is known for lying to its player base is Bungie studios with their game "Destiny." When "Destiny" launched in its first year, many players were expecting open world exploration, space travel, many quests, and especially, a story that the player base could understand. When

"Destiny" launched it had nothing of what it had promised, it lacked a story and game material/gameplay. Many players felt that the game lacked content and felt it was empty.

After two expansions the game became way better and the community has accepted the game more. Ubisoft is also on that boat for lying to gamers with the game "Assassin Creed Unity." The game launched with plenty of bugs and glitches, the game was basically unplayable. Ubisoft then fixed the issues and they gave everyone free DLC.

Right now the gaming industry is in an awkward place where people want to buy these games but having the fear of it being broken and wasting their money.



Photo from Bungie studios website

The logo for Bungie Studios

Bad Reputation? Says Who?

by Justin Vargas and Kyle Smith

Many people think gaming communities are really toxic but that's not the case for everyone. In fact many gaming communities help build the game

and shape it. Without gaming communities many game developers wouldn't know how to build the game for their audience.

Some of the people in these communities that participate get pushed to community manager and

get jobs by the game studio. Gaming communities also can help other gamers in a time of need, for example some gamers suffer from depression or a disease and they look for others to seek support if they don't have anyone.

Some use the gaming community to find help on a difficult part of a game or just looking for a friend. Many use this as a way to escape and express opinions on a game.

Those opinions/ideas can improve a game and

make it more enjoyable and better for the players. People like to judge gaming communities, and think it's just a place where nerds hangout which is not true. It's really a place to find friends, solve issues, and be who you really are.

Lizard Squad's 2014 Hack

By: Andrew Whitesall

Two years ago, an anonymous online hacker group known as "Lizard Squad" hacked well known console platforms, Sony and Microsoft. Both companies gain money through subscriptions from their consumers. These subscriptions range from twenty dollars to sixty-dollars. Since each customer must renew their subscriptions every month or year, both companies, "Should have more than enough funding to protect against these attacks," says Skynews.

To set this straight, Lizard Squad went through with this attack because they wanted to show how vulnerable their networks were. The "attack" was a DDos which stands for a "distributed

denial of service." What this means is that multiple compromised systems are all equally used to target a single system. Since their intentions were to raise awareness it seems as though they are white hat hackers, meaning that they use their computer manipulation skills for good.

Despite the reasoning, customers of said businesses were outraged. Imagine getting something you have been waiting for and then not being able to use it. Now imagine how much money the companies lost from a day without service.

Both sides are

victims because of the lack of attention Sony and Microsoft put into their network security. What makes matters worse is that Lizard Squad announced the attack two weeks in advance. Even if security was being fortified by these companies, the ease of access is concerning.

"Sony and Microsoft should have more than enough funding to protect against these attacks," according to those involved in the industry.

Now that you are informed of their last hack, you may realize what other threats they pose to other companies. The small group's last widespread hack was on Blizzard Entertainment, makers of the newly released team-based first-person shoot-



Photo taken by Andrew Whitesall

Playstation 4 (right) and Xbox One (left) controllers

er, "Overwatch." Since this is more recent, the attacks from two years ago are still relevant in plans for more secure servers.

It seems as though Lizard Squad did the same thing with Blizzard and plan to keep doing good rather than evil with their influential skills. Consumers of their games were outraged until they found out the reason behind the DDos.

Now that the knowledge of hacking is all

around the Internet, it is increasingly more common to see hacking in general affect certain things. Everyone is vulnerable, so try to update passwords and emails every month or so. It is not too concerning as of now to people because nobody thinks anything will happen to them. The moral of the story is, just remember to take extra precautions and be safe than sorry when browsing the Internet.

FBI Career Description

by Andrew Whitesall

In this month's job description, an FBI Agent will make you rethink your life career plans. As an FBI agent, you hold a lot of responsibility on your chest, the requirements laid out make this apparent.

All applying agents must qualify for one of the five SAEP's or "Special Agent Entry Programs." Once you qualify for one, you will be employed based on critical skills that each of the five requirements possess. Language Law, Accounting, Computer Science/Information Technology, and Diversified are all of the "SAEP's" mentioned.

Next, the application process starts. Now that the internet is a more common form of communication, you will apply online. Upon completion of your application, you may be selected for testing. At this point, you have passed two phases set in place and will be contacted and given a background check.

Just like in the police force, you must take a physical fitness test and medical examination. The average salary for a starting agent is



Laptop Cropped Picture credited to Andrew Whitesall

Laptop and FBI logo side by side.

\$43,441 per year.

Next, when you are hired, it is imperative that you understand and abide by the law you are sworn to uphold. Certain duties correlating to your hired attributes help you follow through with your vow.

One example of a job in the five categories is a forensics scientist. You become a forensics scientist through qualifying under the "Science /Information and Technology" category. This particular type of scientist deals with

finger prints, DNA, and other important evidence to help your team solve a case.

One final interesting aspect of this job is that you may arrest culprits like a cop, but you get to work with a little more. If you are interested in

this job as described, it would not hurt to check it out any time soon.

Eat Clean

by Jordan Bircea

When trying to make gains, it is important to stay on a consistent eating routine. When trying to sculpt a body to powerful standards, you need foods that are high in carbohydrates and proteins.

Many critics like to use the phrase, "You are what you eat."

This saying is on par because

one person who likes to relax and eat junk food all day will most definitely not be as fit as one who doesn't.

When building your body it is a must that your diet is strict to all healthy foods that fuel your body.

Following a diet plan is hard but it is necessary upon achieving your maximum gains.

It is important to eat a good breakfast, and remember to eat every

3-4 hours. Eating every 3-4 hours keeps the metabolism active. To become stronger and more fit, the diet focus should be carb and protein based.

Carbs are required for the fact that they provide energy, and they also recover and rebuild muscle tissues that are torn down during workouts. Some common carb foods good for post workouts include baked po-

tatoes, brown rice, and pasta.

Proteins are a must for building muscle mass. Great sources of protein include fish, beef, yogurt, eggs, and nuts.

The commitment isn't only to maintain a good diet, but to use the food eaten as a source for a good workout.

Workout: Body Benefits

by Jordan Bircea

Putting your body to the test by working out is a hard thing to stay committed to. It is easy to have a so-called "cheat-day," but often times a "cheat-day" turns into a routine of unhealthy instances. If workouts are done consistently and efficiently, results will be evident in no time.

Motivation is the most important factor in trying to sculpt the body to perfection, or just in adequate healthy performance. Once motivated and focused, it is now time to hit the gym.

One way to stay motivated is to find a partner wanting to achieve the same goals. Finding a partner is ideal because both partners can lift each other up when they lose the drive. Another reason to have a partner is because certain workouts require a spotter, which is where the one will assist the other in certain workouts. Not having a partner is never an excuse as there are many workouts than can be done alone.

Finding time to work out can be difficult, but it is definitely something to try and fit in a daily routine. Thirty to forty-five minutes is enough time to get an efficient workout in. As a beginner it is best to do 2 consecutive days of workout followed by a rest day. A rest day should be a day where you let your body recuperate to be ready for the next workout day. The 2 days are not to be taken lightly as you should workout as hard as possible while maintaining good form.

It is important to remember it is not how long you work out it is how hard.

Yoga: Soul, Mind, Heart

by Maria Pauline

Starting new things can be difficult, but beneficial in this case. When you first start out you should start with some beginner poses and a routine that targets your whole body. Here is a good example of a beginner's routine:

First pose is Mountain pose; in this pose you need to stand straight up feet shoulder width apart. Once standing you need to bring your arms straight out to the side of you and slowly lift them up above your head while inhaling through your nose then slowly bring them back down exhaling through your nose. You should repeat this a few times before moving on.

Second pose is Child's pose; in the pose you will need sit on your knees preferably on a yoga matt or comfortable surface. Once sitting brings your arms out in front of you and lower your butt to your heels or as far back as you can go. You should hold this pose for a bit before moving on to cobra.

Third pose is Cobra; this pose should be a smooth transition from child's pose. You should use your body weight to push your body forward moving your legs out behind you and your chest to the ground, lying flat on your stomach. Once in this position slowly bring your chin up, your chest up off the ground and slowly move your shoulders back.

Fourth pose is downward facing dog, again this should be a smooth transition pose. You're going to put your hands on the ground so you're on all fours, and then slowly straighten out your legs and arms. From here you can either move right into the next pose or go back to child's pose.

Plank position, a fairly simple pose, is next; you're going to just get into a stance as if you were doing a push up, legs straight out behind you and arms shoulder length apart and elbows bent with your hand flat on the ground. You should hold this pose for as long as you can.

Sixth pose is Warrior 1, while this pose is very easy it can be a bit tricky to transition into. From the plank position you are going to bring your either your right or left knee up and in towards your stomach then you're going to slowly place your foot down in-between your hands into a lunge position. Once you get your balance you're going to slowly bring your arms and upper body up and put your arms straight up above your head slightly arching your back.

Seventh pose is Warrior 2; all you are going to do is keep your arms raised but instead of straight up make them parallel to the floor at your sides next you are going to turn your thigh of you none bended leg outwards so that you knee cap is in line with your ankle. The foot on leg you don't have bent you are going to turn leg slightly to either the left or the right depending on which leg you have bent. You are going to move your arms so that they are still parallel to floor and rotate your waist a quarter turn. Once you are done with this pose, go back down to Warrior 1 and switch legs and repeat the same steps.

Tree Pose transitions to a straight standing position. Then move your feet shoulder width apart and slowly raise either left or right leg up to your knee placing the bottom of your foot, turned down, on the inner side of your lower thigh. Next slowly bring your arms up over your head. You should hold this pose for about 30 seconds if possible then repeat it using the opposite legs.

While practicing this routine, you should start off with the first pose and move slowly into the second and third, you should keep repeating the poses each time adding another one until finished with the routine. Repeat the routine all the way through a few times; you'll get the hang of it!



by Maria Pauline

This a Picture of the cobra pose.



Photo by Diane Fagan

This a a picture of the plank position.



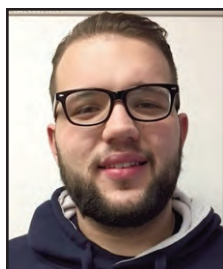
Photo by Diane Fagan

This is a picture of "Tree Pose."

Super Bowl Fever

by Frank Mussoline

Welcome to post-season NFL football! Throughout the regular season, AFC and NFC divisions have been close. The two best teams in both conferences are the



Frank Chits...

Dallas Cowboys in the NFC with a 12-2 record and the New England Patriots also with a 12-2 record and are No. 1 seeds for their conferences.

Right behind those high powered teams are the Oakland Raiders with a 11-3 record and in the NFC the New York Giants have a 10-4 record, but right now they are in a wild card spot because of the Cowboys who are in the same division as the Giants. Now going back to the AFC, Oakland right now is the 2nd seed but right behind them in their division is the Kansas City Chiefs with a 10-4 record.

Two of the hottest teams right now are the Pittsburgh Steelers (AFC 3rd seed) and the Green Bay Packers (NFC). Both teams are on 4-5 game winning streaks.

Teams who are on the bubble and right there for making a wild card spot in the AFC are the Ravens (8-6), Titans (8-6), and the Broncos (8-6), and in the NFC there are the Packers (8-6), Redskins (7-6-1) and the Vikings (7-7).

Throughout the years the Patriots are always a favorite in the playoffs because of their experience and also having one of the greatest quarterbacks of all time, Tom Brady.

Looking at both conferences, the NFC looks like their seeds will still the same with the teams already in the top six, but in the AFC seeds can change from two through six because teams are only a game back and some teams that are in the bubble and some of the hottest teams right now and could end up being either the 2nd seed or not even making it in the playoffs.

After the first week of the wild card games, there really wasn't a close game. In the AFC, the Texans beat the Raiders (27-14); the Steelers beat the Dolphins (30-12). The Texans will play the Number one seeded Patriots on Jan.14. The Steelers will be playing the number two seeded Chiefs, which will turn out to be a hard fought game between these two equal teams.

Now in the NFC, the Seahawks made it look easy against the Lions by beating them (26-6); the Seahawks defense always come alive in the playoffs. The Packers vs. Giants was the biggest game in the wild card round, both teams with even rosters, coaches, and talent were set up for a great game the only slight advantage was the game was being played at Lambeau Field, which is very hard to play at in January. At halftime the score was 14-6 Green Bay, but in the end, the Packers ended up scoring 24 unanswered points blowing the Giants out 38-13. The NFC bracket is looking like the Seahawks will play the number 2 seeded Falcons, who have one of the best offenses in the NFL right now. The Packers set themselves up to play the Cowboys in Dallas.

College Football Re-Cap

by Kenny Jose Coto

College football has been everything it was expected to be--wild, thrilling, and breath-taking. The unexpected became the expected this season.

Teams that are not normally ranked are ranked this year like Colorado at 8 Penn State at 6 and many more. From wild upsets through the season such as Houston dismantling Louisville to Kentucky's win over rival Louisville, and Clemson's heart-breaking loss to Pittsburgh. Plus, Michigan losing to Iowa this year was a big turn of events which almost led to a two team tie in the Big Ten North. The biggest shocker was Ohio State's loss to Penn State.

Penn State was seen as a team building and quickly became America's team. They were proving everyone wrong. They went on to win the Big Ten Conference in which they played Wisconsin and will be remembered as one of the greatest comebacks in college football history.

This raises many questions because Ohio State made the playoffs, but they did not win or play for the conference. Penn State lost to Pittsburgh and Michigan. Michigan was ranked 5th in the country despite losing two games in a row; first the upset by Iowa, then the next game of the year also the biggest rivalry in college football, Ohio State-Michigan. They lost a heart breaker in double OT. Michigan was ranked 2 in the country and dropped one spot prior to each loss. Michigan still finished 6th in the country, and they didn't play in a bowl game.

Clemson cruised through the ACC, which would put them for a lock in the playoffs. The college playoffs consist of the top four teams in the country. Only one team was locked in all season, and that was Alabama which dominated all season. Clemson was ranked 2 after completely manhandling Georgia Tech in ACC Championship game. Ohio State fell one spot due to Clemson's win, and the fact that they did not play in their conference championship game.

Washington claimed the fourth and final spot after victory over Colorado in Pac-12 championship game.

In this playoff system, the number one team plays four and two plays number three. The matchups are set. Alabama faces Washington and Clemson faces Ohio State. The winners of both these bowl games will move on to play for the national championship the 3rd of the playoff area.

Cougar Hoops Dominate



Photo by Nancy Cruz

Cougar ballers in action; get ready for action-packed seasons from the girls and the boys!

by Josh Capriotti and Kenny Jose Coto

As the cold weather is starting to push people inside more and more, the same also follows with sports. Instead of hearing hard-hitting tackles and football pads colliding, the sounds of the ball bouncing on the court and the net swishing start to work their way in. This season, the Cougars have high expectations to live up to for both boys' and girls' teams.

The boys finished just short at a hard-fought district semifinal, on a bitter February night vs. Abington Heights. Despite losing two starters, the Cougars have many returning core players that provide depth and experience that can contribute to bringing a district championship to the Hazleton Area Cougars' gymnasium. Losing senior Bobby Planutis includes losing the 20 points per game he carried with him.

However, the Cougars still have assets that can find the basket, including all-conference forward Josh Samec, who averaged nine points per game; Jeff Planutis, who averaged 7.7; starting point guard, Mike Cusatis, with 6.9; and, junior Joe Grula, with 5.7.

As far as scoring goes, a wise-man once said, "Offense wins games, defense wins championships." The Cougars have length and height to complement their strong offensive attributes, and defensive presence, which makes for a well-rounded roster, with the team's overall height averaging 6 foot 4 inches, one of the tallest in the district.

Having the ingredients to be a powerhouse in the Wyoming Valley conference, the Cougars have set themselves this year in particular, to a high standard. However Cougars are familiar with having high expectations, after many winning seasons, anything short of superb would be consid-

ered a let down. With the talent and the team chemistry the 2017 Hazleton Area Cougars boys basketball team have to utilize, this season should be one for the ages.

The Lady Cougars started the season strong with a win in their home opener over Abington Heights final score of 61-43. With almost a completely new line up on opening day, they got the job done. Losing four of last year's five starters including three time Wyoming Valley MVP Makenzie Yori also apart of the 1000 point club.

Only returning starter is Kendra Peil the rest of these year starting lineup consist of Maddie Marochko, Alexis Sheeto, Megan Trivelpiece, and Marissa Trivelpiece. The lineup is smaller than last years.

Their victory over Abington Heights consisted of relentless defensive attack and a flurry of threes. Junior Maddie was firing on all cylinders especially from behind the three point arc. It was easy to see why Maddie won "Athlete of the Week" honors.

Other key contributions came from under classman as well to name a few junior Erica Book and sophomores Virginia Yurchak, and Katie Lipinski. Erica was crashing the boards all game whether it was on offense or defense. She was key to the tuff defense down on the lower block. Virginia and Katie sophomore duo were valuable to the great guard play on the wings whether it was making the extra pass or hitting the open jumper. Both will get better over the season gaining experience each game that goes by.

Here's looking to great basketball and winning seasons!

Swimming to Victory

by Raul Geronimo

Winter sports season has already started. The Hazleton Area Cougar swimming and diving team is back with amends to better from last year's season. Both boys' and girls' teams starting their season off 2-0 with means they will continue a strong on-going streak.

The Hazleton Area Cougars have a younger team with not as much experience but the right attitude to be better and dominate the craft that is swimming.

The divers also with much young talent rising up with very impressive scores in their second meet of the season against Wyoming Area. Fellow diver/swimmer Jordi Soto set the bar with scores of 5-6. The rest of the diving roster made their way up the bar with scores from 5-6 as well.

Many young athletes on the swimming and diving roster have much potential to be a tough team now and in future seasons to come.

The team, compared to last year, is looking good and is said to tie into the same momentum as last year or to even surpass it. It is expected for all the swimmers to become way better than what they already are after the traditional, intense training program that is right around the corner.

This is a younger team with lion heart's and with the attitude to get better every day. The Hazleton Area Cougars are like a family, always helping and pushing each other to become stronger as both a whole and individuals. They are always supporting each other no matter what no team member thinks of himself or herself as better than anyone.

As Head Coach Michele Yakubowski said, "The team is only as strong as their weakest member."

The team roster includes Eden Triano, Destiny Rosario, Jayleinette Gonzalez, Natalie Burgos, Marina O'Hara, Mattea Palma, Arianna Stranko, Hannah Mintz, Hannah Krall, Cassie Longazel, Tiana Treon, Nicole Miller, Amy Collins, Nicole Dietrich, Alberiluz Alcantara, Lizardani Ventura, Rose Flanagan, Megan Llewellyn, Madison Light, Allison Lloyd, Maggie Huntzinger, Lina Girgis, Halle McMinn, Brandy McGlynn, Hailey Fellin, Maggie Yannes, Haley Sanko, Alissa Platukis, Haylie Chyko, Anna Truskowski, Melanie Rodriguez, Jessica Murman, Sarah A. Myers, Mckenzie Wesner, Sarah Lloyd, Ann Marie McGrogan.

Jorge Moncayo, Jorge Tirado, Jordi Soto, Gregory Marte, Jason Ramos, Dionel Alonzo, Justin Reyes, Luciano Stranko, Noah Ancharski, Ben Sabatos, Brandon DaGrosa, Paul Flowers, Dylan Gould, Cody Manherz, Basil Stetz, Bryan De La Cruz, Samuel Figuero, Raul Geronimo.



Raul Chats...

Winter Fun for Everyone

by Kyle Smith and Gia Sloane

Although there may be snow on the ground and the air is freezing, you can still have fun this winter! Don't let this frigid weather keep you indoors. There is a wide variety of activities to participate in with your friends and family such as snowboarding, sledding, ice skating, snowball fights, and building snowmen. These winter activities are fun for all and can even be performed with entire families.

Snowboarding is a particularly fun activity to do in the winter. Snowboarding is a popular sport so popular that it is in the winter Olympics. Although it is considered a sport or even an extreme sport anyone can do this for fun or sport. Children old enough and with well enough balance certainly enjoy this. Children can go down medium or large sized hills. Teenagers or adults may head to the ski park to go on a more sport like level going to down actual slopes. As well as being a fun activity it burns quite a bit of calories.

If you enjoy snowboarding or skiing, the Eagle Rock Resort in Blue Mountains near Hazleton is the place to go. This resort is an upscale retreat that features an incredible ski mountain along with other activities to participate in such as a golf course and a spa.

Eagle Rock Resort is not the only place to go snowboarding and skiing. Big Boulder, which is located in the Poconos, delivers a fun and unforgettable time. If you struggle to ski or snowboard, there are people there who will assist you. Price varies by how many people are on the trip and what package you decide to get that day.

Sledding is like snowboarding in the sense that you slide down a hill covered in snow, but it's not as extreme or as dangerous. Sledding can be done by people of all ages and can be a family activity for children of all ages with their parents. Sledding can be done with a sled, toboggans, or flying saucers. All of these can be purchased relatively cheap from any supermarket during the winter.

Ice skating is hard to learn, but it is very fun once mastered. In ice skating the performer slides around on the ice almost as if they are dancing upon a frozen lake. Ice skating can be done indoors on a rink or outside on a frozen pond or lake which is not the safest option. If you are interested in hitting the ice this winter, you can go ice skating locally and at an affordable price. The Toyota SportsPlex in Wilkes-Barre is guaranteed to offer a fun and entertaining time out with your friends. Admission is \$7 and the ice skates are \$3. This is the perfect opportunity to enjoy the holiday season.

If you are the type of person who prefers to have a more relaxed time this season, fishing is perfect for you. The Community Park in Hazleton offers fishing for days when you want to sit back and enjoy nature. Stay at the park from sun up till sun down and share a cup of hot chocolate while reeling in your catch.



Photo by Maria Pauline

This building located on north laurel street in Hazleton is home to Divine Providence Homeless shelter.

Homeless in Hazleton

by Maria Pauline

Did you know that there is about 16,200 people that are considered homeless in Pennsylvania and that about 13,000 of those people are children?

In the last few years the number of homeless people in Hazleton has increased and has become a problem, in the cold months especially. Most of the people who are homeless here often stay in encampments usually referred to as "Tent Cities," one of the biggest ones is located in the woods not far from Giant Food Market. They also stay in their cars or abandon houses or buildings.

While the homeless or people in need can turn to the Salvation Army for food, it is only open during the weekdays and closes early so people are then left without food or shelter during the cold evenings and nights. Until this past year, there was no homeless shelter in this area. Catholic Social Services would have to buy bus tickets to send the homeless to other shelters, mainly the ones in Wilkes-Barre.

In February 2016, Neil Oberto from Catholic Social Services started a pilot program for the homeless. He offered shelter and

counseling services to help the needy with addiction, getting jobs, and finding a permanent home. The program also offers them a place for an evening meal. The shelter started out as a nomadic shelter moving from church to church but has now taken a temporary residency at Buenas Nuevas Church along North Laurel Street. This is of course, until they can find a permanent housing space. The shelter can comfortably house up to 24 people a night and people who wish to stay there must register. Registration is open until 10 pm however; they do take in people from the emergency room and the local police department after 10 pm.

If you would like to help out in any way you can call Catholic Social Services at 570-455-1521 or visit their website. They are always in need of things like underwear, socks, hats and gloves. In fact in the past few months a campaign called the giving shelter campaign was started to help collect things that the shelter needs. If you visit <http://www.ssptv.com/> on the side of their website they have a link to the giving shelter campaign's PayPal account to help make donating to the shelter easier.

What Phobia?

by Gia Sloane

Whether its spiders or heights, people around the world have a sense of fear called a "phobia." A Phobia is an extreme or irrational fear of or aversion to something. Although it may seem like a simple fright to something simple, the horror people feel from their phobia's can be overwhelming.

This fear can be so intense that people try to avoid their fear at all costs and even pass out if their phobia gets to be too much in the moment. A phobia is not to be confused with the common term "fear." It is much more horrific to people who have this issue.

There is a wide variety of phobias. Some of these phobias include clowns, animals, height, and darkness. There are also phobias that you might not expect. For example; Arithmophobia is the fear of numbers; arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth; amblyophobia is the fear of walking; and, chorophobia is the fear of dancing.

The lists of phobias are endless, and although they may sound ridiculous, they are in fact real.

Students and teachers were asked, "What is your Phobia?"

Mrs. Riedel – Acrobia (fear of heights).

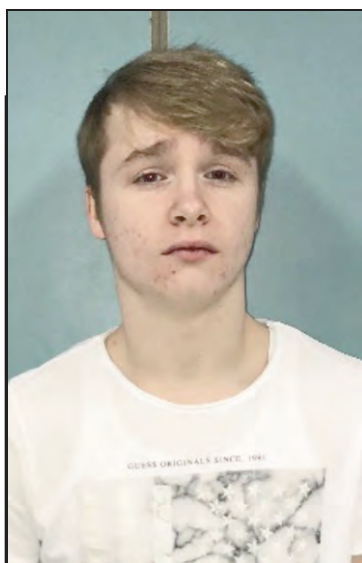
"For as much as I love roller coasters, you would think that it would not bother me to have my feet firmly planted on the ground. Once I'm in the air, I can even handle to airplane ride. Stand me on the edge of a building or mountain, and I would rather be having a root canal."

Caitlyn Braskey – Thalassophobia (fear of the sea). "You don't know what's down there, seriously! Like there is so much ocean that hasn't been discovered yet and that is freaky."

Lexi Sanford- Mottephobia (fear of moths).

"I feel disgusted every time I look at a moth. When they fly near or land on me, I freak out. Not only does their fur disgust me, but also the shape of their body and antennas. They are just terrifying."

Is Diet The Healthier Option?



by Daniel
Werkeiser

At first glance, a person would assume diet drinks are healthier than normal soft drinks because there aren't any calories. The reality of it is that diet drinks manipulate your senses. They have artificial sweeteners that would be naturally too sweet for the body. For example a person who normally drinks diet, fruit might not be as sweet as normal.

Diet soda should not be chosen over normal soft drinks for weight loss, because the artificial sweeteners trigger your insulin, which makes your body store weight and leads to weight gain.



Iris
Candelario

It can even lead to change a person's body shape. Researchers from the University of Texas found that over the course of a decade, diet soda drinkers had a 70% greater increase in waist circumference compared with non-diet drinkers.

According to another study from the University of Minnesota, drinking one diet soda a day increased the risk of diabetes and metabolic syndrome by 36%. People with metabolic syndrome are at higher risk for heart disease, stroke, and diabetes. Also diet drinks bring you no nutritional value.



Brandon
Sabulsky

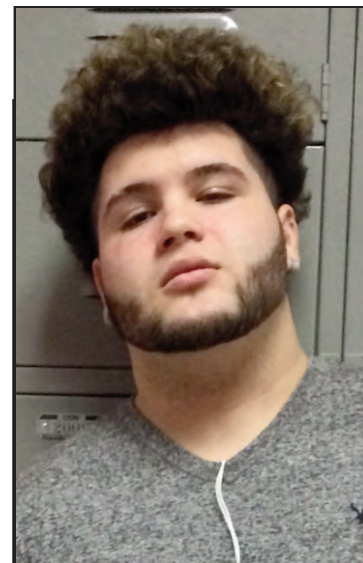
If a person wants a healthy no calorie drink, they can try water. All soft drinks are bad for your teeth because they contain citric acid. Citric acid weakens and destroys teeth enamel over time. Also people who drink soft drinks regularly, have a higher possibility of having lower bone density when they get older. These high school students were asked the following questions which do you think is healthier?, diet or normal soft drinks, and why?



Joey Caskey

Iris Candelario, an energetic 10th grade, student believed diet was healthier because they have less sugar compared to regular soft drinks. They do have less real sugar but are filled with artificial sugars that are bad for you.

The next student asked was Brandon Sabulsky. He also believed diet soft drinks were healthier. Sabulsky was under the impression diet had less fat than regular drinks, which is not necessarily true because most drinks differ. When informed regular soft drink are healthier he said, "I guess it's true, you learn something new every day."



Felix Zayas

Joey Caskey, a fashionable 11th grade student, believed diet was healthier because it has less sugar. When informed diet was actually worse he was grateful and now believes regular soft drinks are healthier.

The last participant of this survey was Felix Zayas, a 12th grade student. He knew diet has more artificial sugars and is worse than regular soft drinks. Felix knew this because he saw it on social media.

2017 Resolutions

by Madison Hauze and Nathan
McKeown

A popular comment or statement made by many Americans is, "This will be my New Year's resolution."

Do you ever stop and think, "Okay, but will you stick to it? For how long?"

Well, the beginning of a New Year is a very popular time to set attainable and positive lifestyle goals! This action is in fact a tradition! It is known as a promise made by a person promising self-improvement of some sort. Many resolutions are small, and some are large and sometimes difficult to follow through on. Let's hear some of yours!

Freshman Peyton Perchansky stated that his

favorite part of the New Year is starting over and getting a new start to life. His New Year's Resolution is focusing more on his school work and being the best he could be! He wants the year of 2017 to be a year of him staying focused and the hard work showing off by getting good grades!

Sophomore Daniel Werkeiser stated that his favorite part of the New Year is spending time with his family and friends. He is a strong believer that it's a necessity because, you never know when the last time you'll be able to see someone, so he tries to cherish every opportunity. His New Year's resolution will be to try better things for himself mentally, physically, and financially for his future. He wants

the year of 2017 to be stress free and full of fun!

Junior Edward Shoepe stated that his favorite part of the New Year is getting a fresh start and obtaining and completing more goals, he thinks it is a great way to let problems you once stressed about in the past. His New Year's resolution is to get into

sports and concentrate as much as he can! He is a strong believer that setting the goal and having the motivation before you begin is an easier way to have it completed in the long run! He

wants the year of 2017 to look very accomplished and full of fun!

Senior Hannah Matarella stated that her favorite part of the New Year is getting new opportunities! She is a strong believer of trying new things and having a full year of new things always happening! Her New Year's resolution is to stay concentrated and

stay determined for not only self-benefits in the present but also the future!

"Keeping a positive mindset and setting goals such as a New Year's resolution is

what keeps me going, it's remembered every time I begin to give up what I truly want and all the hard work I put in already and so much more I have to until I get there and just simply to never give up."

She wants the year of 2017 to be very exciting and the year where she gets the most completed! This is the year of graduation, and all the fun activities that come along with being a senior here at HAHS!

10 Reasons to Switch to a Healthy Diet

by Sammi Wersinger

There are numerous reasons for wanting to eat healthy. The well-known ones are weight loss and all around general health, but the advantages to eating healthy go beyond that.

No matter what motivates you, here are 10 reasons why you should sneak a few more nutrient-packed foods into your diet:

You can be more productive. Eating a healthy diet to make sure your brain has the fuel it needs means more energy and increased productivity at school. Eating certain healthy foods like fatty fish and leafy green veggies may also help prevent Alzheimer's or dementia.

You'll be happier. What we eat impacts our brain. Eating healthy food like bananas and small amounts of dark chocolate can be a booster to our mood. But the key is to eat mindfully – be aware of what you're eating and why, allowing yourself to slow down and enjoy it.

You will reduce your stress. Eating certain healthy foods, like protein-rich foods, have the ability to moderate our body's level of cortisol, which is the stress hormone. Other healthy foods also have so many different benefits for our brains and bodies when it comes to stress.

You can save money. Eating healthy can contribute to potential savings. Since you will be healthier, you should have fewer medical bills and prescriptions. By snacking on things like apples and broccoli instead of candy or chips, you are getting more nutritional value bang for your buck!

You'll be healthier. This one is pretty much a no-brainer. Eat healthy to be healthier. By doing so you can lower your risk for chronic diseases such as cancer, diabetes, obesity and heart disease.

You'll control your weight. Simple, healthy choices like choosing water over soda, can help you lose weight and control your appetite.

You will start to think healthy food tastes better. Healthy food can taste delicious if it's prepared well. And, the more healthy foods that you eat, the more you'll crave them and turn away from junk foods.

You'll age better. You might not think of this now, but it will become gradually more important to you as you age. Eating fruits and vegetables high in antioxidants can help protect and improve your skin. Also, those fatty fish and leafy greens help your brain stay healthy, as mentioned before.

You will eat less. Quality trumps quantity when eating. Fresh foods contain fewer low-nutrient calories that the body can burn through quickly. You'll fill up faster and gain more energy from eating healthy!

You'll live longer. It's safe to say that all of the above benefits compound to help you put more years in your life and more life in your years! You may not think so, but fast food has the opposite effects on your body.

So, be sure to try to eat healthy to maximize your overall health. Start small if it seems daunting – gradually add in healthy foods and cooking at home, and increase as time goes on. If you're already eating healthy, good for you! Keep it up, and feel free to encourage others to do so as well!



Photo by Sammi Wersinger

Visiting local, seasonal farmer's markets and even grocer's produce sections can bring an abundance of healthy food options.

Alta Pizzeria & Alfredo's Brick Oven Pizza

by Faith Elko

Alta Pizzeria & Pasta House is a local favorite. It is located on South Popular Street of Hazleton and is a wonderful family owned business.

Their hours vary depending on the day. Monday through Thursday they are opened from 10 a.m.–10 p.m.; Friday from 10 a.m.–11 p.m.; Saturday from 11 a.m.–11 p.m.; and, finally, Sunday from 4–10 p.m.

It is very casual place to eat out and extremely family-friendly. The good news is that they also deliver! The service that is provided is very

kind and that they treat every customer like family.

Most recently, they have updated the area around them and added an outdoor sitting area which would be fantastic when it starts to become warmer after the winter months.

The menu consists of a variety of Italian foods, starting from pizza and pasta all the way down to chicken fingers and French fries for the kids. Anything you try from here you will be pleased with!

The only downside to this establishment is that the prices may be a little steep, but it is well worth it for a good meal. Stop in and try it for yourself soon!

by Faith Elko

Another local favorite is Alfredo's Brick Oven Pizza and Restaurant. This is a very cozy and casual environment and a great place to sit down for an enjoyable family meal.

Located on North Church Street of Hazleton it is a must to stop in and try their food out for taste, or even order out. If interested, their hours from Monday through Saturday are consistent

with opening at 10:30 a.m. to 10 p.m., and noon–10 p.m. on Sundays.

This restaurant is very ideal if dining with a larger group of people and has great employees that provide outstanding services. A exceptional aspect of their service is that they are always on top of everything and fulfill all your wants and needs.

It is a great place to bring your children, and a bonus is that it is wheelchair accessible. They also provide takeout!

"Hazleton offers some of the best pizza places in northeastern PA,"

according to a survey of local high school students.



Coffee for All Seasons Sip, Sip, Yum!

by Corrina Slavescu and Devon Gaydoscik

As soon as fall arrives, everyone is crazed about the pumpkin spice latte. As the weather gets colder and the days get shorter, everyone wants to just cozy up with a nice hot coffee.

McDonald's, Dunkin Donuts, and Starbucks are just a few of the places near us that sell the all time famous, pumpkin spice latte. The first place we tried coffee from was McDonald's, and it tasted absolutely terrible! It had an odd flavor that almost tasted like



Price and Participation may vary. Limited time offer. Flavored lattes are pre-sweetened and naturally and artificially flavored.

Photo provided by Dunkin Donuts' website 2016

Some sweet treats make it worth your while to visit a Dunkin Donuts!

ranch dressing, and even the smell of the coffee was unpleasant. Normally McCafe's coffees are delicious, but something clearly was not right here.

The next coffee we tried was from Dunkin Donuts. Let's just say, it

was way better than McDonald's. It was the perfect mix between the cinnamon flavor and delicious coffee. Once you take the first sip, you will gladly come back for more and maybe even find yourself craving it.

The last place we tried coffee from was Starbucks. The coffee, the milk, and the pumpkin spice flavoring were all perfectly balanced out. Although it was delicious, the distance from home and the price made

Starbucks not the best option for everybody.

So, if you ever find yourself looking to get into the autumn spirit, head on over to Dunkin Donuts and try their Pumpkin Spice coffee!

Tis the Season!

Hot Coffee Variations Warm Up the Winter

by Corrina Slavescu and Devon Gaydoscik

Christmas time is the most wonderful time of the year and so are all of the amazing flavors and snacks that come along with it. Starbucks is known for their amazing coffee, along with the the cute red holiday themed cups that make the perfect Instagram shot. Some of the most popular flavors this year were the Peppermint

Mocha, the Caramel Brulee Latte, and the Chestnut Praline. All three coffees were good, but there was one that really stood out and could put the others to shame. That was the Caramel Brulee Latte. If you're a coffee addict with a sweet tooth and a love for caramel, then this coffee is like a match made in heaven.

Although, Starbucks is quite far away and can get a little pricey it is definitely worth a try. A majority of us find ourselves doing our Christmas and holiday shopping in Wilkes Barre anyways, so you might as well stop at Starbucks for a nice caramel pick me up!



Photo by Corrina Slavescu

The Starbuck's logo is universally known for its quality coffee.

Customers Choice--Which Do You Prefer?



Dunkin Donuts is preferred 2 to 1 over all others.



McCafe is the choice of hard-core McDonald's customers.



Starbucks is the choice for those who don't mind driving to get their coffee.



Starbucks is the choice for those with no regard for price.



Photo by Kiani Castillo

The university offers dozens of majors; shown here is the business college's entrance.



Photo by Kiani Castillo

The Bloomsburg University campus is vibrant and inviting to students making it an ideal college choice!



Photo by Kiani Castillo

The school mascot, the Bloomsburg Husky, greets all who enter the student center.



Photo by Deb Victor

Mrs. Victor's SAT Prep students take timeout from the informative day to pose for a photo!

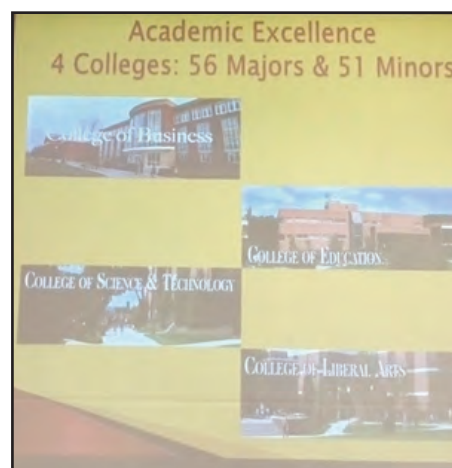


Photo by Kiani Castillo

The presentation highlighted Bloomsburg University's academic statistics.

2016-2017 Cost Per Academic Year		
	PA Resident	Non-Resident
Tuition	\$7,238	\$18,096
Fees	\$2,916	\$3,150
Room & Board	\$8,912	\$8,912
Total	\$19,066	\$30,158

• Each year the Board of Directors set the cost of tuition in mid-July
 • Please factor in the additional cost of books and supplies

Photo by Kiani Castillo

Bloomsburg University is very affordable, especially for PA state residents.



Photo by Kiani Castillo

Students attending BloomU are surrounded by beautiful architecture on campus and the quaint small-town feel of the community.

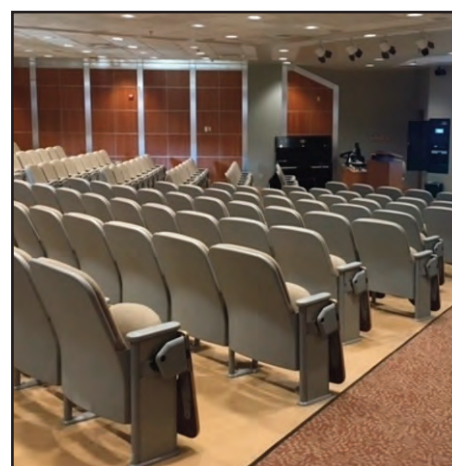


Photo by Kiani Castillo

A typical lecture hall setting where students and instructors interact is shown here.

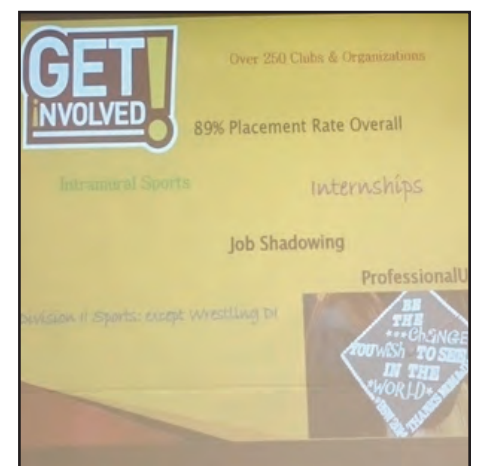


Photo by Kiani Castillo

It's easy to find your place at Bloomsburg University with abundant opportunities.