

DECEMBER 2022



Harrington Field Hockey 2022 Season

By Siena.S

Harrington's Field Hockey team had a very strong and competitive season. This team ended the season with a 5-3-3 record. Accomplishments they had this season were winning against Medford and Kingsway. Both of these teams are known to be very good and competitive when it comes to Field Hockey. Harrington's team was always enthusiastic about playing and no matter how hard it got they never gave up. This field hockey team had some amazing 8th graders, who we wish the best of luck at Lenape next year. Coach Molinaro and Coach Dunn can't wait for next year, so they can continue to build the team with Harrington's 7th graders.

YouTube Poll

By Ethan L.

Are you a small YouTuber trying to get your channel out there? Well, this is for you. In January, there is going to be an article with many small youtubers sponsors, and I want you to be one! Email eleitinger096@mtlaurelschools.org to be advertised in this upcoming article. Make sure to include your youtube name/handle, what you do, and your size of channel. Hopefully this will allow you to grow your channel just a little bit more!

2022 TRENdING Christmas Gifts BY: Nelly, Zaylie, Lyla, anyia

Shoes	Shopping:	Sports:	Clothing/accessories	Other:
-Air Jordan 1's -Jordan 4's -Crocs -Yeezy slides -Foam runners -New Balance -Air Forces -Blazers -Tasman Ugg Slippers	-Lululemon -Amazon gift card -American Eagle -Nike -Crumbl Cookies	-massage gun -basketball shoes - football - basketball - soccer ball -volleyball - safety pads - Nike elite backpack	-Pajama pants -Nike tech -puffer vests -Nike hoodie -Hmbl jacket -Sp5der hoodie -graphic tees -claw clips -blue light glasses -charm bracelets -flare leggings	-Ipad -Mac books -Sunset lamp -Ps5 -Brazilian Crush body mist -Iphone 14 -Heatless curler -Dyson -Mini fridge -sugar scrub

This Month in Science

By: Sanchita S.

Who knew that a 239-year-old invention could help us survive Venus' hellish atmosphere!?!

Based on thorough research, Venus was once a very different planet than it is today. If it wasn't for a massive resurfacing event triggering a runaway greenhouse effect that led to Venus being the hot, and hellish environment it is today, Venus could be filled with life.

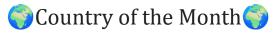
In the very near future, NASA plans to send a lighter-than-air mission to Venus to explore the atmosphere above the planet's thick, acidic clouds, where temperatures are stable and the atmospheric pressure is similar to that on Earth.

With support from NASA, engineers in West Virginia University (WVU) are working hard to develop the technology that will allow balloon-based aerial robots, or aerobots, to conduct a survey in Venus' atmosphere in small fleets. This is an idea that has been tested and succeeded during the first hot air balloon flight in 1783 (nearly 239 years ago!)









By: Nitya R

Every month for the rest of the school year, one lucky country will be chosen and get its article in Paw Prints newspaper. So, since it's the holidays, I decided to choose a country that celebrates many holidays throughout the year: India!

Five Fun Facts about India:

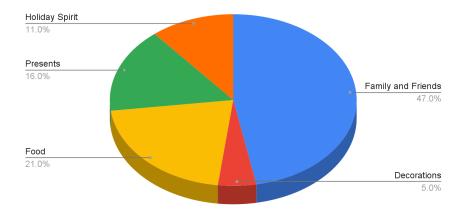
- 1. India celebrates 21 holidays throughout the year, making it one of the most diverse countries in the world.
- 2. Rajasthan has a temple dedicated to rats which might not seem like the first animal you might worship but the people of Rajasthan worship rats.
- 3. Some places in India use Coke and Pepsi as pesticides since they are cheaper than other pesticides in the market.
- 4. In Varanasi, frogs are married off to each other. They are caught and married to each other to please the rain gods.
- 5. The Taj Mahal is slowly changing colors, going from white to yellowish. The Taj is turning yellow because of the contaminants and pesticides in the air.



What Do You Love Most About The Holidays?

By: Aarav S

Recently, I surveyed many students and staff and asked them "What Do You Love Most About The Holidays?" Here were the results:



Books and their First Lines

Dark Academia Edition

By: Joanna L

"By the time Professor Richard Lovell found his way through Canton's narrow alleys to the faded address in his diary, the boy was the only one in the house left alive." — Babel: An Arcane History by R.F. Kuang "The day Libby Rhodes met Nicolas Ferrer de Varona was coincidentally also the day she discovered that 'incensed,' a word she had previously had no use for, was now the only conceivable way to describe the sensation of being near him." — *The Atlas Six* by Olivie Blake "By the time Alex managed to get the blood out of her good wool coat, it was too warm to wear it." — The Ninth House by Leigh Bardugo "First-day back assemblies are the most pointless practice ever. And that's saying a lot, seeing as Niveus Academy is a school that runs on pointlessness." — Ace of Spades by Faridah Àbíké-Íyímídé "Delaney Meyers-Petrov wasn't made of glass, but sometimes she felt as though she might me." —The Whispering Dark by Kelly Andrew "Something. Way out in the white-dark. Between the trees, moving where the thickets swarm. You can see it from the roof, the way the brush bends around it as it rustles to the ocean." —Wilder Girls by Rory Power "It's a miracle anyone gets out of high school alive. Everything is a risk or a well-placed trap.

If you're not done in by your own heart, so trampled and swollen, you might fall victim to a

—They Wish They Were Us by Jessica Goodman

totally cliche but equally tragic demise."

Who Is Better? Messi Or Ronaldo?

By: Aarav S.

Right now the World Cup is going on. Two of the most famous soccer players are Lionel Messi and Cristiano Ronaldo. I gathered many facts about them so you can decide who you think is better.

Messi

- He has won no world cups.
- He has scored over 785 goals in his career.
- He has received 86 yellow cards in his whole career.
- He has received 3 red cards in his whole career.
- He has won 28 awards.
- He is 5'7.
- 148 lbs.
- 35 years old.
- Can run up to 20.19 mph.
- He started his senior career in 2003 and is still playing.

Ronaldo

- He has won no world cups.
- He has scored 817 goals in his career.
- He has received 131 yellow cards in his whole career.
- He has received 11 red cards in his whole career.
- He has won 22 awards.
- He is 6'2.
- 187 lbs.
- 37 years old.
- Can run up to 20.89 mph.
- He started his senior career in 2002 and is still playing.

Now that you know many facts about these players, it's time for you to decide who is better!

Holiday Movie Reviews By: Rose N.



Holiday movies are a staple of the winter season. Although, you may have a hard time choosing which movies to watch as you cuddle up with a blanket on a cold winter day. Here are some well-known holiday movies that you should definitely take a look at this season.

Elf. A favorite and popular movie choice. *Elf* was released in theaters in November of 2003, and was released to be streamed in November of 2004. It's rated PG (parental guidance is suggested) and is appropriate for all families. The TomatoMeter rates *Elf* at 85%, while the

Audience Score is 79%. The humorous movie is about Buddy who was accidentally transported to the North Pole as a toddler. Santa's elves raise him to adulthood, but Buddy knows he doesn't fit in. Buddy travels to New York to find his real father. As Buddy tries to be closer to his father, something surprising happens.

The *Home Alone* movie series is also a great choice. While there are many sequels, the original is notably the most successful. *Home Alone* was released in theaters in November of 1990, and released to be streamed in December of 2004. This movie is rated PG. It's an enjoyable holiday movie and it's very humorous. The TomatoMeter rates Home Alone at 66%, and the Audience Score is 80%. In *Home Alone*, an 8-year-old boy acts up the night before the large family leaves for a trip to Paris, so his mother makes him sleep in the attic. The family mistakenly departs for the airport without Kevin. This leaves him to wake up to an empty house and assumes that his wish to have no family has come true. However, the issue occurs when two men come to rob the house. Kevin must figure out a way to protect himself, and his house, while his family isn't there to save him.

The Christmas Chronicles 1 and 2 are both new holiday favorites. The Christmas Chronicles 1 was released in November of 2018. The Christmas Chronicles 2 was released in November 2020. Both of The Christmas Chronicles movies are rated PG, so they are enjoyable family movies. The TomatoMeter rates the first movie 68%, and the second 65%. The Audience Score is 75% in the first movie, and only 45% in the second. In the first movie, a sister and brother go on a mission at night to catch Santa Claus, but it turns into an unexpected journey. In the second movie, the sister is reunited with Santa Claus, when a troublemaker threatens to cancel Christmas forever.

Everyone knows the movie How *The Grinch Stole Christmas*. This movie has been remade several times, but one of the most well-known versions includes Jim Carrey. It was released in theaters in November of 2000, and was released to be streamed in November of 2003. *How the Grinch Stole Christmas* is rated PG, and the TomatoMeter rates it 49% while the Audience Score is 56%. These low numbers are surprising because *How The Grinch Stole Christmas* is such a well-known holiday movie. In the movie, the Grinch (Jim Carrey) chooses to ruin Christmas for the residents of Whoville. The Grinch attempts to rob everything and anything holiday related from Whoville. However, he encounters an issue when he runs into a young girl named Cindy Lou Who.

A Charlie Brown Christmas is a wonderful throwback. It was released in theaters in December of 1965, and only released to be streamed in September of 2000. A Charlie Brown Christmas does not have an age rating, but it is suitable for older kids. The TomatoMeter rates it at 85%, and the Audience Score is 86%. In the movie, Charlie Brown complains about the materialism that he sees in everyone during the Christmas season. Lucy suggests that he become the director of the school's Christmas pageant. Charlie Brown agrees, but it is a struggle. As everything is not progressing according to plan while he's trying to restore the proper spirit, he sees that he will need Linus' help to learn the true meaning of Christmas.

Next time you're looking for a holiday movie to watch, consider some of these!

How Every NFL Team Got Their Name (Part 1: NFC)

Written by Jules G.

Have you ever heard of the Dallas Rangers? They never existed but it almost happened. That was franchise owner Clint Murchison Jr.'s first choice for the naming of the Dallas Cowboys back in 1959. But, since a minor league baseball team already had that name, Murchison settled for the Cowboys instead. In this article I will give you a walkthrough of how the NFL teams got their current team names and for some of the teams, their runner-ups.

* Since there are 32, I'm only going to do the NFC teams. But, hopefully, you can expect to see the AFC teams in the January edition.*

The Rest of the NFC East teams:

- Commanders: Pretty recently, the Commanders changed their name. They used to be called the Redskins but due to the name being quite offensive to Native Americans, they decided to change it in 2020 to the temporary name of the Washington Football Team. But, in late-January/early-February, they officially changed their name to the Commanders. Other names they were considering were Armada, Presidents, Brigade, Redhawks, RedWolves, Defenders and Football Team.
- Giants: The New York Giants were a successful baseball team at the time when Tim Mara founded the NFL's version of the Giants in 1925. He decided to build off the name of the baseball team, which made sense considering they would play in the same stadium.
- **Eagles:** In 1933, the financially struggling Frankford Yellow Jackets were relocated to Philadelphia after the franchise rights were given to Bert Bell and Lud Wray. They chose the nickname Eagles as a hat tip to President Franklin Roosevelt's New Deal program, since an eagle was featured on the National Recovery Act's emblem.

NFC West Teams:

- Cardinals: Back when the Arizona Cardinals were in Chicago, one of the team's first owners, Chris O'Brien, bought used jerseys from the University of Chicago in 1901 to wear during the season that were a faded maroon. This prompted O'Brien to say, "That's not maroon, it's Cardinal red!" according to the team's media guide. The name and color stuck.
- Rams: The Rams's first general manager, Damon Wetzel, was a fan of the Fordham University Rams, so he decided to bring the nickname to the pro ranks, and along with owner Homer Marshman, they officially named the team, the Rams. The Rams called Cleveland home for 10 years before they relocated to Los Angeles in 1946, then eventually went to St. Louis in 1995, to then return to L.A. in 2016. But even with all the moving, organization still retained the Rams nickname throughout.
- **49ers:** When the team was born in 1946, one of the team's co-owners suggested it should be named after the "voyagers who had rushed the West for gold." Primary owner Tony Morabito and the rest of the group agreed, and the rest is history.
- **Seahawks:** In 1975, fans were asked for suggestions on what they should name Seattle's expansion team for the next season. According to the Seahawks' website, more than 20,000

entries produced more than 1,700 different suggestions. Some of the options were Bigfoots (a nod to Pacific Northwest lore), Rainbirds (a nod to its weather), Chowderheads, Sperm Whales, Space Needlers (a nod to Seattle's most famous landmark), Ding Dongs, and Orangutans. The eventual winner, Seahawks, was proposed by 153 people.

NFC North Teams

- Bears: The franchise (under the direction of team founder George Halas) was originally called the Staleys. When the agreement to keep the Staleys name expired in 1922, Halas decided to rename the team the Bears. He considering using the name Cubs, but ultimately felt that since football players are bigger than baseball players, football players should be called Bears.
- Lions: In 1934, the franchise moved from Portsmouth, Ohio, to Detroit after being purchased by a group headed by George A. Richards. As the new guys in town, they wanted to stay consistent with the city's image with the professional baseball team, known as the Tigers, so they settled on being called the Lions.
- Packers: The team actually was referred to as both the Packers and the Indians upon its inception in 1919. But two days after the local paper, the Green Bay Press-Gazette who initially used both names, it began referring to the team only as the Packers. Indians came from the Indian Packing Co., a meatpacking company that was the team's original sponsor. According to the Packers, it's not clear who coined the nickname, but it was likely one of the Press-Gazette staff members. Years later, when Acme Packing joined Indian Packing as a team sponsor in 1921, sticking with the name Packers made even more sense.
- Vikings: There were several nicknames suggested when Minnesota was granted an NFL franchise in 1960, including Chippewas, Miners, Voyageurs and Vikings. Bert Rose, Minnesota's first general manager, recommended the Vikings nickname to the team's board of directors to pay homage to the state's deeply rooted Scandinavian American culture. The name was chosen because it represented both "an aggressive person with the will to win and the Nordic tradition in the northern Midwest," according to the team's website.

NFC South Teams

- Falcons: The Falcons received their name as a result of a contest in 1965. Multiple people suggested the name Falcons, but the team gave official credit to Julia Elliott because of her reasoning. According the team's website, it's because "the falcon is proud and dignified with great courage and fight. It never drops its prey. It is deadly and has a great sporting tradition." The team has only been named the Falcons since it started play in 1966.
- Panthers: Carolina panthers were prevalent in North and South Carolina before going into near extinction in the early 20th century. Beyond that and owner Jerry Richardson wanting the dominant team color to be black, this was the explanation in 1995 by his son, Mark: "It's a name our family thought signifies what we thought a team should be: powerful, sleek and strong."
- Saints: Inspired by the classic hymn, "When the Saints Go Marching In" that was famously recorded by New Orleans native Louis Armstrong, the team decided to name themselves the Saints to represent the city's jazz heritage.

Buccaneers: In 1974, then-owner Hugh Culverhouse held a fan contest to select a nickname for the expansion franchise, which played its first football in 1976. The moniker "Buccaneers" was selected from over 400 entries, as a nod to the pirates who explored Florida's Gulf Coast in the 17th century.

Thanks for reading! Have an winter-ful holiday season!

Famous People Born In December

By: Aarav S.

There are many famous people born in December. Some of them include:

Britney Spears(12.2) Singer, "Baby One More Time"

Aaron Rodgers (12.2) Quarterback, Green Bay Packers

Tyra Banks(12.4) Model/Host, "America's Next Top Model"

Walt Disney(12.5)Creator of Mickey Mouse and Disneyland

Martin van Buren(12.5) Eighth US President

Larry Bird(12.7)Boston Celtics player turned Indiana Pacers coach

Emily Dickinson(12.10)Reclusive Poet

Frank Sinatra(12.12) Singer and actor

Taylor Swift Singer(12.13)songwriter, "You Belong With Me"

Ludwig Van Beethoven(12.16) Composer

Steven Spielberg Director(12.18), "E.T", "Saving Private Ryan"

Brad Pitt(12.18) Actor, "Benjamin Button", "Legends of the Fall"

Christina Aguilera(12.18)Singer, "Genie in a Bottle"

Samuel L. Jackson(12.21) Actor, "Pulp Fiction," "Star Wars"

Sir Isaac Newton(12.21) Formulated the 3 basic laws of motion

Stan Lee(12.28) Creator of the Marvel superheroes

John Legend (12.28) Pianist/singer, "Ordinary People"

Andrew Johnson(12.29) 17th US president

Lebron James(12.30)Popular basketball player

Tiger Woods(12.30)PGA championship golfer

How to Find Good Gifts to Give People

By Cosmo

Bonjour to all. If you are like many, you may be thinking, "Yo, it's like nearing Christmas and stuff, so I should probably get some gifts for people! ...But then I don't know what to get!!" This time of the year many of us feel unprepared. If you aren't having these feelings of panic, good job, you either don't celebrate with gift giving or you just don't care. Props to you, I guess.

This is only a guide, so don't take my advice too seriously. If you are struggling with what to give people during this holiday season, read on for some tips for how to choose the perfect gift for everyone on your list.

Your first step is to find out the interests of the person that you are buying for. Of course, that's the most important part, because you don't want to give some 5 year old child

a textbook about Newton's law. So you want to just act casual or something, go up to them, and kind of say, "Yo wassup, what do you like to do?" like a week or two prior to your gift giving event. If they find out what you're doing, do something else. Give them a paper for Christmas, slash jay.

Step numero dos. If you're on a budget this year for Christmas, then make something homemade. Don't follow rule one if you're doing something like that. Make sure you don't spend like 5 minutes creating a random lump of paper then giving it to them on Christmas day, then saying "I spent hours on this!!!!". It's sad and a betrayal. In fact, there may be a correct way to do this. The one thing to do is to make it creative. Don't just copy someone's idea and say it's yours. You can use a tutorial if you don't know how to make anything, but make sure to use your own imagination to spice it up a little. Some new colors even if it looks like it went through a car wash. Make sure to really spend your precious time on it, but not too much that you're overworking yourself.

Number three. Have fun with everything. Don't spend time where you're pretty much forcing yourself to do this and not having fun. That's the biggest aspect of the holidays. Don't beat yourself up if the gift you got isn't perfect or not how you wanted it to go. Make sure to give yourself some time with yourself and relax about it. Holidays are about good times, not forcing yourself and stressing yourself all about what you've done. I get that you may beat yourself up about a mistake, but don't do it so badly where you're abusing yourself. Have fun with it or something. Remember it is the thought that counts.

Now for the Cosmo corner that isn't related to this article at all. The current zodiac of the year is Tiger. Hooray. Guess what? That's my zodiac sign, so that's a yay. The current Chinese horoscope for this year's December is the Water Rat. Sounds yucky, but it's cool. Mmm water! This December is all about consideration, understanding others and yourself, and the acceptance of your own inner self. Take this into consideration and accept yourself.

The Anything Article!

By Aiden, The Writer
This is an Article about anything
I feel like! I hope you like it!

I hope the puzzles from November's paper didn't melt your mind too much. This article is about why I called myself "The Writer." I always love writing but can't find the time. Here's an idea that was always in my head, now finally on paper. I'll to make this something that is on its own

Chapter One

Breakfast, Magic, and a Really Awful Surprise

"Bingo, Breakfast!" Emily called, hoping her brother won't sleep in again. Bingo, the collie, came strolling into the kitchen. Emily smiled. "There you are. Good morning! Who's a good boy?" She started to pour some cereal for her and her brother.

The dog quickly turned into a boy around Emily's height, with brown hair, blue eyes, and wearing a pair of pajamas. Emily turned around. She was shocked. She rubbed her eyes just to see if she was seeing things. She rolled her eyes, "Bingo, you need to give a heads up before you do that magic thing."

"Hey, you said good morning. That is a "heads up," isn't it?" Bingo said before a yawn. Emily gave Bingo his bowl of cereal and spoon and sat down with her brother.

Bingo smiled and said quietly, "I overheard Mom and Dad have a surprise for us. I don't know what it is, but that there is one." Emily widened her eyes. The biggest surprise in her life was when everyone saw Bingo turn into a dog when she was ten. Nothing could be more surprising than that. The two finished their breakfast, and their parents came downstairs with baggy eyes and cliché bad-looking hair. "What happened to you two?" Emily asked.

Her dad gave her a huge yawn, "We had to stay overtime at the museum because the people who are supposed to take over the shift didn't come."

"What is the surprise!" Bingo said, bouncing with excitement.

"Bingo!" Emily said, giving him a glance.

"The surprise! We almost forgot!" Their mom, now sounding way more awake, said, "Bingo is coming with you to school Emily,"

"B-b-but-"

"Don't worry. Bingo will be in the exact classes that you are in."

Almost right after she finished speaking, Bingo was over the moon, "Yes. Yes! YES! I finally get to go to school, I get to see why you are gone for like forever, for almost every single day, We will have a gre—"

"NO! No! We will not!" Emily shouted at almost the top of her lungs, "Mom, Dad, You're crazy! Bingo never came with me! What if he turns into a dog in front of other people and gets sent to some secret government lab or to get studied or wor-"

"Don't worry, Emily, you can finally show your friends that "Buster" is Bingo." Bingo said, "There's no better time to tell

them than now." Buster is what Emily calls Bingo when he's a dog when they are outside.

"I don't think they are ready yet."

Emily and Bingo bickered for a little longer. Their dad interupted to break up the two, "We should all get ready for the day." Emily and Bingo went upstairs, brushed their teeth, and got out of their pajamas. Emily changed into a light red sweater and jeans. Bingo pulled on a white shirt with a cute little dog that said, "Who's a good boy?" across the chest and gray sweatpants. Emily came down first. Emily grabbed her silver dog whistle and put the string connected to it around her neck. Bingo came trotting down soon after. Emily packed her backpack and helped Bingo with his. Now they were both ready for school, went outside and waited for the bus.

"Bingo you **need** to **listen,**" Emily said, emphasizing the listening part.

"Ok. Ok. I will," Bingo said back. "and plus, what could possibly go wrong?" As he said that, the bus came screeched to a halt at the stop to pick up a magical boy that can turn into a dog at his own will.

Best Books of 2022

By Anika V.

We've had so many amazing and showstopping book releases this past year. With December finally here and the year almost ending, find out the best books released each month of 2022!

Best Books For the Best Months:

January:



Renowned author of The Lunar Chronicles and Renegades series, Marissa Meyer, wrote one of her newest books last January. Serendipity is a collection of 10

February:



I Must Betray You is a popular novel by Ruta Sepetys set in Romania,1989. Cristian is blackmailed by the secret police to either become an informer for them. If Cristian agrees he must turn in those he Cares for or he can use his informant position to undermine Romania's tyrannical dictator, Nicolae Ceausescu. Cristian

romance tropes written into short stories. Fake dating, unrequited love, first love, all the main tropes of romance are involved and if you're looking for a quick read this book is the one for you.

Chooses to risk everything to unmask the wrongdoings of the government to the world and give his fellow Romanians a voice. He fights for freedom but what will he lose to gain it?

March:



Sabaa Tahir, author of the popular fantasy series, An Ember In the Ashes, wrote All My Rage this March. All My Rage is a novel about two best friends, Salahudin and Noor. Sal and Noor get into a huge argument and

they grew apart. Sal runs his family motel while his father is an alcoholic and his mother is in poor health. Noor is working at her uncle's liquor store while hiding the fact that she is applying to college so she can finally leave her uncle and her town. The two have to consider what their friendship is worth and how they can get through their issues together.

April:



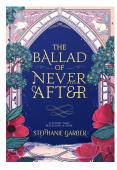
Armadillo Antics by Bill Martin Junior is a lovely book Almost anyone can enjoy. You will be following an adventurous armadillo as they experience nighttime fun! This novel is very deep and emotional, certainly not a picture book meant for young children.

Best Books For the Mediocre Months

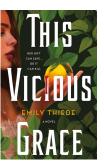
May



September



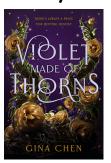
June



October



July



November



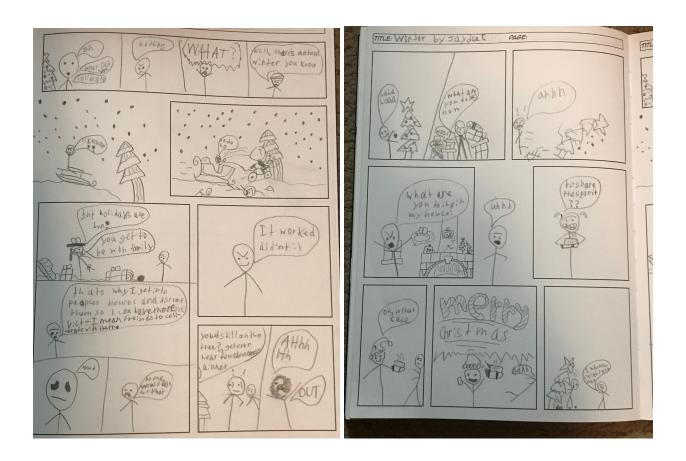
August



December



COMICS BY Jayden



December Book Review

By: Kaley U.

This month's book: The Watch That Ends The Night by Allan

Genre: Nonfiction



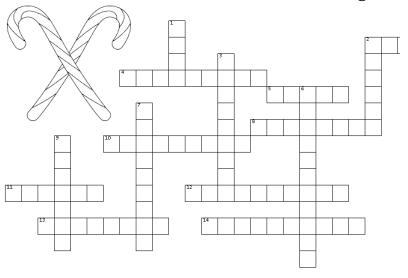
This book is an excellent one. A collection of REAL stories from passengers of the RMS Titanic. The book takes you from the birth of the Titanic to the moment it sunk to the bottom of the ocean. The way the author tied each story together it's almost like you're watching a movie. What is amazing is all of these people were actually passengers on the Titanic. Lots of people

to readers hesitant to pick up a nonfiction book, and get reading!



December Puzzles BY LIV A.

Color the pictures and solve the puzzles. The words can be backward, vertical, horizontal, or diagonal. The



answers to the crossword are the words to find in the word search. Good luck and happy holidays!

2. (plural) you give and get these on these December celebrations

4. everyone ____s some kind of holiday every

5. this gets pretty Annoying on the radio this time of year

8. You do this when your dad tells a joke that's actually funny (ends in -ing)

10. roasting chestnuts on an open

11. You should spend the holidays with these people and friends

12. Walking in a winter 13. a holiday celebrated in December involving lighting candles and dreidels 14. actions or rituals carried down from generation to generation DOWN 1. <3 2. the opposite of receiving 3. horoscope: December 22 to January 19 6. horoscope: November 22 to about December 21 7. a holiday celebrated involving a tree and a guy with a 9. unscramble this word: ayidloh