

Hopewell Hi-Lites

1215 Longvue Avenue, Aliquippa, PA 15001

Election 2014 Results

BY: RACHAEL KRIGER



Photo Courtesy of Google Images

Pennsylvanians have made their voice heard, and the results are in. On November 4th, Pennsylvanians cast their votes for governor and their representatives for both the Congress and state governments. These selected individuals will be representing our government for two years (Congress) or four years for state governments.

The election for governor was arguably the most popular election this year. Democratic candidate Tom Wolf ran against incumbent governor, Republican Tom Corbett. Wolf won the election by 54.90 percent of the vote, while Corbett only earned 45.10 percent. Wolf's first plan as governor is to focus on education. "We need to reestablish education as the priority," Wolf said during his victory speech in his hometown of York, Pennsylvania. Corbett, who congratulated Wolf after his win, said, "They said I might be a one-term governor, and I am. But I am proud of what we did."

In the race for state senator, Republican newcomer Camera Bartolotta ousted incumbent Tim Solobay. According to the Pittsburgh Tribune Review, Bartolotta became the first woman elected in the 46th District, breaking a long stretch of Democratic representation. "I'll be the loudest voice in Harrisburg for the 46th District," Bartolotta said.

To represent the 12th district of Pennsylvania in Congress, Republican Keith Rothfus had to battle Democrat Erin McClelland. Rothfus has been representing the 12th Congressional District since 2012, and will continue to until the 2016 election. He earned 59.27 percent of the vote while McClelland only secured 40.73 percent. McClelland chose not to do any television advertising, using signs on the roads and newspaper advertisements, congratulated Rothfus on his win. Rothfus said McClelland ran a "spirited campaign. She's been a strong advocate for her positions and she was always gracious during our encounters on the campaign trail."

In the General Assembly, which is in-state, elections, Rob Matzie ran unopposed and won his 16th district seat. However, in the 15th district, Republican Jim Christiana ran against Democrat Paul Cain. Cain, an Aliquippa Police Officer from Center Township, has never held a political office. He had no competition in the Democratic Primary. However, he was easily defeated by Christiana.

Music Before the Holidays

BY: SOPHIA STOKES

Popular musicians have made multiple albums and EPs (extended play) for the end of this year. Their music is awesome and it's finally here. Before you dread all of the holiday of December, celebrate the music you can listen to in November.

ALBUMS

Taylor Swift- 1989

Taylor Swift's fifth studio album 1989 has become so big that it broke the biggest sales record in one week, with 1.3 million dollars. Over 600,000 copies of the album were sold on the first day it was released. Songs like "Shake It Off" and "Out of the Woods" have become major hits. The album has 13 tracks and is full of fun. This country girl has turned into a pop star, with a different taste in music.

Maroon 5- V

Maroon 5 has become huge in the past several years with their songs always on the radio. *The Voice* judge Adam Levine and his band are always coming out with something major to hit the charts. Their most recent hit songs "Maps" and "Animals" have been on the radio stations non-stop. In the first week of sales it sold 140,000 copies, introducing the new album to number one on the billboard charts with 11 brand new songs.

Jessie J- Sweet Talker

Jessie J made a great appearance with her new album. With guest appearances in her songs, Jessie J's album has become pretty popular.

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Girls Basketball

BY: MARY-JANE HOUSTON

The Hopewell Girls' Basketball Team has been working hard on and off the court hoping to have a successful season. Having lost four of their five starters last year, the team has certain skills they want to improve. Their effort shows at their practice as well as when they work out at Five Points Gym.

On November 1st, the team had their first shootout. After

seeing how they play together, they hope to improve on rebounding and communication on the court. They also do not have a lot of height within the team but their hard work can make-up for that. Junior Emily Cropper said, "we have a family bond: always sticking together."

The head coach is Mr. Homziak, the assistant coaches are Ms. Suprak, Mr. Hetzer and

Mr. Sundy. The coaches encourage the girls to work hard in practices and that it will pay off during the games. The seniors this year include the following: Jazmyne Boyd, Noelle Henry, Abby Losco, Bailey Salvati and Kayleen Schwegler. The seniors need to step up and lead the team to success.

The team has been conditioning for the past few weeks, as well as playing during the summer, but official practices started November 17. Wish the girls luck at their first game on December 8 against Beaver Falls!



Photo courtesy of the Beaver County Times

Section of Death

BY: JUSTIN MARCHIONDA



Photo courtesy of the Beaver County Times

After the final buzzer of the season last year, the boys' basketball team began to search for answers to their basketball troubles. Last season, the team went a rough 5-16 overall and 2-10 in section play. The team lost six seniors off of last year's team. They have four returning juniors that played some competitive minutes last season.

This season is expected to be very difficult again for the Vikings. Every two years the PIAA reorganizes classifications for interscholastic sports depending on enrollment figures for the school. This season Beaver Falls and New Castle have joined the section. Last season New Castle went 32-0 and won the class AAAA PIAA state championship. They were eligible for class AAA due to declining enrolment. Beaver Falls last year was 20-8 and reached the state quarterfinals. The previous season they went 28-3 and won a PIAA state championship. Beaver Falls moved up in order to face stiffer competition in AAA. Not only does having these powerhouses move into the section make it difficult, but having the defending WPIAL

champion in Central Valley certainly does not make the challenge any easier.

Even with all of the difficulties they will expect to face this season, the Vikings are still very optimistic. Three returning players played significant minutes last season. Senior leader Nate Bell is expected to be back in time for section play after tearing and forwards Alex Fragale, and Cole Meeker. Coach Doug Williams hopes that these returning players will result in more victories for the Vikings.

The season will begin in the beginning of December. The first big test for the Vikings will be in the Chuckie Betters Tournament at the CCBC Golden Dome. Expected participants include Hopewell, Ambridge, Central Valley, and Aliquippa. Other expected participants will be announced at a later date. The tournament will run from December 26-28. The Vikings will open section play on December 12th against Blackhawk. The season will conclude on February 6th against Central Valley.

Takedown: Hopewell Wrestling

BY: AVA JODIKINOS

Wrestling, which has been around for thousands of years and it is earliest written record was in ancient Egyptian tombs but is believed to have begun in Ancient Greece. The sport consists of two guys in a ring who are in the same weight class. They have three, two-minute periods, and in order to win one opponent must pin the other or score more points in the allotted time. Points are scored for every successful completion of moves and the control of your opponent, if no pin (also called a fall) the winner is chosen by the number of points. If the opponent earns a fall he declares a win. Wrestling is also an individual sport like

Cross Country, Tennis and Golf. The boys made it to the

WPIAL last year but fell short in the first round. However, this season holds a lot for the team. "We will go much further in the playoffs this year than last year," said senior Clark Cicone. With the loss of the seniors



Photo by Rachael Kriger

Ultimate Fun, Ultimate Frisbee

BY: LILLY ANDERSON



Photo by Alexa Stotlemeyer

Those aren't flying saucers folks. Hopewell has its very own ultimate Frisbee club.

The club meets every Friday after school, weather permitting. New teacher, Mr. Slapikas, has organized the activity. He attended Fox Chapel High School where he played on an ultimate team. He then went on to play while attending the University of Pittsburgh. Slapikas is casual about the introduction of this new sport to Hopewell, "It's not very serious. We have fun first. Then we will work on being good."

They generally play two small games of seven on seven. Each game begins with both teams lining up on the opposing end zones. The defense then throws or "pulls" the disc to the offense. The disc can

then be advanced to other team members. The disc can only be advanced through the air; players cannot run with the disc. Additionally, a player only has ten seconds to throw the disc to another team member. If a pass is not completed, the offense immediately gains possession.

Points are scored by getting the disc to a teammate in the end zone. There isn't supposed to be any physical contact with other players. "Ultimate is very similar to soccer but much slower," said Mr. Slapikas. "I think it's the greatest sport."

Many of the students found out about the club because they have Mr. Slapikas as a teacher. Therefore, many of the players are juniors and sophomores since those are the grades that he teaches, but

from last year, the team will have to work much harder to win this year and go even further. But they are all hoping to win MACs and go much further into the playoffs this year.

all grade levels are welcome. Coaching the students in the rules and techniques of ultimate allows Mr. Slapikas to see his students on different level than just in the classroom. "It's fun for me. I teach most of the kids that play."

Since players can't run with the disc, teamwork is paramount. Junior Logan Palochak described his favorite aspect of the game, "Probably just the team aspect, it boosts your enthusiasm."

The ultimate Frisbee season starts in the spring. Mr. Slapikas mentioned starting a more official team then. "It depends on the interest," Mr. Slapikas said.

Having a team would require more equipment such as discs and cones. Mr. Slapikas's favorite disc is the Discraft 175 gram UltraStar. The UltraStar was created and introduced in 1981. Then in 1991 it was voted as the official disc of USA Ultimate.

Starting a team should not be that hard since there are so many students that attend and play on Fridays. Mr. Slapikas hopes to start both a boys' and girls' team.

According to sophomore Luke Smith, "This is the most elite club in Hopewell, if you are not elite join the club to be elite."

Food Reviews



Clean Eating's Impact

BY: MADDY HOPKINS



Courtesy of Google images

A while ago, I read this book called *Shiver* by Maggie Stiefvater. Long story short, it was super awesome (werewolves, uber-adorable romance, a guy named Sam), and I read the entire series. Shortly after I finished the last book, *Forever*, I realized that ohmygosh she has written *other* books, and that one of her newest releases was titled *The Raven Boys*. Again, a super awesome book. In fact, it's my favorite. So naturally, I had to stalk the author.

Besides loving to read, I also love to write. Creative writing, not the dry, drill-sergeant, academic type. As strange as it may sound, I discovered via my stalker ways that author Maggie Stiefvater, too, loves to write. She has a blog, in which she posts nearly anything that pops into her mind. Writing, books, cars, her pet fainting goats, et cetera. I began realizing that her advice on writing was genius, far better than

anything I've found in professionally published books about writing.

I promise this was all building to a point about food. And my point is this.

One of the posts I read instantly intrigued me. My mom is a health nut, constantly going on crazy paleo diets and trying to convince me that the food I eat is

all poison, going to destroy the world, yada yada yada. It's usually in one ear out the other because I *like* gluten and sugar and all things evil.

But this post made me stop. I was slightly horrified that my favorite author might actually be agreeing with the health nut craze. The post, called "Writers, Feed Your Brain," makes a very interesting argument.

Firstly, Maggie Stiefvater explains that she's allergic to just about any processed food. She noticed how her body responds when she eats certain foods, and so she eliminated them from her diet. Now, she functions better than ever. As she continued, I was beginning to fear that she was just like my mom and that this had nothing to do with writing, which was the whole reason I was even reading the post to begin with.

Then she wrote, "Here's the writing bit," and I immediately perked up. Food, she argued, affects

each of us differently, and while some experience crippling allergies, some get away with simple, sometimes unnoticeable food intolerance. Most of us, like me, ignore it for so long because the food tastes good and all it really does is make us feel a little tired. That doesn't seem so bad. But then Maggie mentions a scientific study that says the part of your brain responsible for focus, concentration, and creativity is the first part that suffers from eating foods that disagree with you.

"You might not notice that you're operating at 90% when you're shopping or working the day job or doing laundry. But that 10% is often the energy you need to be able to write or paint after doing everything else in the day," she writes. "...the creative bit of our brain is the first to go. As writers, that's the only bit that matters."

It scared me a little, thinking that my "creative bit" might be disappearing. After all, I'm sort of banking on that for a career. That part of our brain is vital and not just for writers or artists, either.

Students can't be expected to perform at optimum level with an unfocused brain, so for those interested in making it to college, it might behoove us to listen to our bodies. Keep a food journal. Simplify your diet. In the words of Maggie Stiefvater, "Basically, if you aren't feeling bright and awake for all of the moments that you have your eyes open, there's room for improvement."

Pumpkin Spice Angel Food Cake

PROVIDED BY: AVA JODIKINOS

- 1-½ cups egg whites (approx. 12 eggs)
- 1-¼ cups powdered sugar
- 1 cup all-purpose flour
- ¾ cup pumpkin puree
- ½ teaspoons cinnamon
- ¼ teaspoons nutmeg
- 1-½ teaspoons cream of tartar
- ¼ teaspoons Salt
- 1-½ teaspoons vanilla extract
- 1 cup sugar

Preparation:

Preheat oven to 350 degrees F.

In a measuring cup, measure out 1-1/2 cups of egg whites. Let stand for 30 minutes.

In another bowl, combine powdered sugar and flour. Sift this mixture three times and then set aside.

In a small bowl combine the pumpkin puree, cinnamon, and nutmeg. Stir to combine and then set aside.

After the egg whites have set for 30 minutes, put them into your mixing bowl. Add the cream of tartar, salt and vanilla extract to the egg whites and beat on high. Slowly add the sugar to the egg whites. Beat until the sugar dissolves and stiff peaks form.

By hand, carefully fold in the sifted flour and powdered sugar mixture 1/4 cup at a time. Continue until all of the flour/



Courtesy of Google images
sugar is incorporated.

Next, add the pumpkin and spice mixture to the batter. Gently fold in until fully incorporated.

Gently spoon into an ungreased 10-inch tube pan and evenly spread the batter around. Take a knife and cut through the batter a few times to remove air bubbles.

Place the cake in the oven and bake at 350F for 40-45 minutes. The cake is done when you can press it lightly and it springs right back.

Once out of the oven, immediately invert the pan over a bottle until cooled. Remove it from the pan and serve! The whole family will appreciate this Thanksgiving version of a classic dessert.

Topping ideas:

- Glaze
- Powdered sugar

Cafeteria Food

BY: JUSTIN MARCHIONDA

In 2012, it was estimated that some 18 percent of youths in American are obese. The United States has the highest obesity rate of any country in the world. These 18 percent have a 70 percent higher rate of medical problems like heart disease and diabetes. Many people love to blame schools as a reason for childhood obesity.

To combat the issue many parents and leaders have pushed for strict regulation of the food served in cafeterias. For example, starting this school year the Hopewell Area school board voted to stop serving salt in the



Photo courtesy of Google images

cafeteria. This has led many people to complain that something as simple as a pinch of salt a day does not lead to any potential health problems.

Another thing being affected

are sandwiches. They are being served on a whole wheat grain bread and requiring you to pick a cup of fruit or vegetables. Also, you can't just order fries, you must get an entrée. These things are being done as a way to combat obesity.

The biggest thing was a change in the food itself. This summer the school board decided to change food service providers from the Aramark Corporation to the Nutrition Group. The change has brought many of the same foods back from previous years, but has also brought some

new favorites, including meat loaf, Italian sausage, and gyros. According to Christian Mallick, "The best change has definitely been to the pizza, it taste so much better than last year."

Fast Food Review

McDonald's vs. Burger King vs. Wendy's

BY: DONALD MASON

Do you have a preferable place to get a quick treat or a cheap snack? Have you ever asked yourself "I wonder if Wendy's or burger king has a better burger than McDonald's?" McDonald's definitely has a better representation, but Wendy's and Burger King also have their pluses. If you want good chicken nuggets, a 20 piece nugget is four dollars and that will feed a couple people and fill their stomachs.

Burgers are probably the best at Burger King. They have a great burger meal for just 3 dollars. It is not like other fast food burgers.

It has more meat than bread and just enough toppings. Wendy's by far has the best chicken sandwich whether it's fried or grilled. It is juicy and also has the perfect amount of toppings with just the right amount of bread to chicken ratio.

The service is like a typical fast food restaurant which is just about the same everywhere. The workers mope around as if work life is just terrible. The saying "You get what you pay for" shines through with service. If you want good service a fast food restaurant is not the place to go.

Score out of ten:

- Wendy's - 6/10
- McDonald's - 7/10
- Burger King - 6.5/10



Courtesy of Google images



Surprisingly Unhealthy Foods

BY: MARY-JANE HOUSTON

Consumers looking to change their unhealthy eating habits jump at the labels that say fat-free or multigrain. What they are unaware of is that those labels do not make the product healthy.

For instance, most fat-free foods decrease the amount of fat but increase the amount of sugar or sodium to insure the flavor is still good. Multigrain bread is also misleading, it is not actually whole-grain. These breads often contain refined grains which lacks the fiber of whole-grains. If the ingredients include bleach or unbleached enriched wheat flour the bread is not a whole-grain product. Below

is a list of surprisingly unhealthy foods.

-Arizona Green Tea bottle has 70 calories and 18 grams of sugar

-McDonald's small Strawberry Banana Smoothie has 44 grams of sugar and 220 calories

-Clif Peanut Butter Bar has 240 calories and 21 grams of sugar

- Trail mix
- Flavored instant oatmeal
- Veggie patties
- Packaged turkey
- Sushi
- Rice milk or crackers



Courtesy of Google images

Many of these foods have healthy alternatives. Making these foods at home and adding no sugar can increase the nutritional value of them. By paying attention to the labels but also the ingredients and calories unhealthy eating habits can be eliminated.

Breakfast: For Champs or Chumps?

BY: JENNIFER CRANMER

While trying to prepare for the day ahead, running out the door, and getting to school or work on time, many people skip an important morning ritual: eating breakfast. But exactly how important is it to consume what is normally nicknamed the most important meal of the day?

It is not a myth; not eating breakfast really can ruin your day. Eating a healthy breakfast provides energy and improves performance. It helps prevent a morning slump in which people feel sluggish and slow. Skipping breakfast can cause someone to gain weight, because the person will be hungrier

later in the day and, therefore, eat more than they usually would.

According to the Food and Nutrition Service, breakfast is an especially crucial part of the day for



Photo Courtesy of Google Images

students. Teenagers who eat before school tend to have higher test scores, particularly in math. They are usually less tired and able to concentrate better.

To reap the benefits of a good breakfast, a gourmet meal is not needed. Something as simple as a granola bar is preferable over nothing. Although, as usual, the healthier the better. Shy away from doughnuts or junk food. Try to eat something high in carbohydrates and protein. Drinking coffee should not replace a breakfast meal. Although coffee increases energy for a little while, it is not an adequate substitute for a healthy breakfast and will not provide the same advantages.

Breakfast quite literally sets the tone for the day, so think twice before skipping out on a quick morning meal!

How to Make a Pizza

BY: SANTINO CICCONE

Tools:

1. Oven
2. Pizza Screen or Tin Foil
3. Pizza Cutter
4. Dough Docker/Rolling Pin
5. Large Mixing Bowl
6. Metal Whisk

Ingredients:

1. Flour
2. Salt
3. Sugar
4. Yeast
5. Olive Oil
6. Water
7. Sauce
8. Cheese
9. Various toppings

Steps:

1. Heat oven to 500°F.
2. Mix salt, sugar, yeast, olive oil, water, and flour in a mixing bowl with your metal whisk to get the consistency that you would like.
3. Form the dough into a ball the size of your choice.
4. Coat the dough ball in flour.
5. Flatten the dough ball to a thick round circle.

6. Use your hands to pinch the edges, leaving thick dough in the middle.
7. Press down with just your fingers on the edges, and then proceed to do the same with the middle (*make sure you leave the middle a little thicker than the edges*).
8. Flip the dough over, and repeat step 7.
9. Dock or roll the dough in all directions to get a flattened circle of dough.
10. Flip the dough over, and repeat step 9.
11. Spin the pizza (like a Frisbee but go vertical and be gentle, it can be easy to put a hole in it) to the size of your pizza screen.
12. Place the amount of sauce you would like on the pizza.
13. (*If you do not like bubbles



Photo Courtesy of Google Images

- on your pizza, proceed to read. If you do, then skip to step 14*) Thoroughly poke your sauced dough with your pizza cutter.
14. Depending on how the pizza is preferred, either place your topping or your cheese down first, then add the opposing topping.
15. Place the pizza in the 500° oven and cook for at least 7-9 minutes (*obviously add more time if you would like a crunchier pizza*).
16. Remove the pizza from the oven, let it cool for some time, cut into slices, and enjoy!

Desserts from Other Countries

BY: SOPHIA STOKES

Are you ever tired of the same old boring desserts every year? Desserts are delicious, but sometimes the same things can be pretty lifeless. Why not try something different this year? Different countries have unique desserts that Americans have never tried before. Here are some desserts you could make that are popular in other countries.

France: Chocolate Soufflé with Grand Marnier

Chocolate soufflé is a very popular cake dessert in France. It is a lightly baked cake, made with egg yolks, beaten egg whites, sugar, and a gooey chocolate center. This dessert is quite difficult to serve; it has to be delivered immediately out of the oven to prevent the soufflé from dropping in the center and becoming dense. The dessert is often served with Grand Marnier, which is an orange liqueur that accents the richness of the chocolate.



Courtesy of Google Images

Italy: Gelato

In the streets of Italy, Gelato is a popular frozen dessert, but is quite the opposite of ice cream. It is made with milk instead of cream, lowering the fat content. It is also whipped with less air, making the frozen dessert denser.



Courtesy of Google Images

Canada: Maple Taffy

Maple taffy is a popular type of taffy in Canada. The sugary sweet is made from maple syrup and—believe it or not—snow! The maple syrup is boiled to a hot temperature, and then is poured onto snow to cool it off and keep its shape.

China: Tangyuan

This dessert might sound strange, but is one of the most popular desserts in China. Tangyuan is colorful rice balls that are filled with black sesame, peanut, and red bean pastes. The dessert is often served in broth of ginger and rock sugar. It does not sound sweet-tasting, but it is still a pretty good dessert.



Courtesy of Google Images

Australia: Pavlova

Popular in both of these countries, the dessert named after a famous Russian ballerina has been a hit since the sixteenth century. The fluffy and light dessert is meringue crust topped with whipped cream and fresh fruits such as kiwi and strawberries.



Courtesy of Google Images

You can always look up recipes for all of these desserts, and maybe even look up more desserts from other countries. Have fun this Thanksgiving and Christmas by introducing your family and friends to a new type of taste.

Cutie Pies

BY: LAUREN TRIMBER

I never understood pie. To me, a pie was a dry, tasteless crust crammed full of fruit mashed into a pulp. No amount of sugar could remedy the bland flavor of the filling, and without colorful sprinkles or icing, it never even looked appetizing. The fact that people willingly ate it was beyond me. Until I ate my grandmother's pumpkin pie.

When I was seven, my

grandmother convinced me to try her pumpkin pie. Prepared for the worst, I held my breath and choked it down. A moment later, I realized I had found the single pie I actually liked. Unfortunately, pumpkin pie was not as common as apple or cherry, so when my grandmother made it for the family, I rarely got more than one piece.

Then, for my sixteenth birthday, my grandmother made me dessert. She created five miniature pumpkin pies, only a bit wider than cupcakes. They had three times the amount of flavor in a quarter of the size of a real pie. Topped with whipped cream, mini pumpkin pies might very well be my favorite dessert.



Courtesy of Google Images

Ingredients:

One can of pumpkin pie mix

One package of frozen pie crust

Directions:

1. Preheat the oven to 350°.
2. Grease a muffin pan using cooking spray
3. Cut the pie crust into circles (use a glass template the size of the muffin pan).
4. Place the pie dough into the muffin pan.
5. Mix the filling according to the instructions on the pumpkin pie mix can.
6. Pour the filling to the top of each muffin filling.
7. Bake according to the filling mix instructions.
8. Cool and top with Cool Whip.

Edible Arrangements

BY: ABBY HIGHBERGER

Fifteen years ago, in 1999 a company was established that would simply, yet efficiently change the gift giving market. While the company itself has been around for a while it has only hit mainstream popularity within the past eight years. You have no doubt seen commercials or billboards with this company advertised everywhere, mainly because it is insanely popular amongst basically the entire female population. This company is none other than Edible Arrangements.

Edible Arrangements are simply bouquets with a twist, the twist being is they are made completely out of fruit. You can purchase one of these for just about anything, birthdays, holidays, a get well soon gift, and even a subtly sweet "I miss you." The cost of these bouquets usually range from around 20 dollars and can get pretty pricey

depending on the style, holiday, or how much fruit and decorations you can pack into it.

With some bouquets you can order extra decorations such as balloons, little teddy bears, and personal pictures printed on or as the vase. The Edible

Arrangements website doesn't just offer fruit bouquets but also boxes of chocolate, chocolate covered fruit platters in the shapes of cartoons or, other deserts, and they even offer chocolate covered fruit in the form of lollipops. In the case of ever needing an Edible Arrangement you can order off of their website ediblearrangements.com or by calling 877-363-7848.



Courtesy of Google Images

The Brew Review

BY: GARRETT ROBERTS

Chick-fil-A has been promoting their new "specialty coffee" as the best fast food coffee in the business. After being accepted into the Specialty Coffee Association of America, the coffee is now considered to be a competitor of coffees such as Starbucks and other big brand coffee producers. Does it really deserve this praise?

This coffee is not "specialty" in anyway, so don't let any fancy titles tell you it's the equivalent to liquid gold. The coffee is a medium roast, but has an extremely weak taste. First, I thought that I didn't take a big enough sip, so I tried it again. I eventually came to the realization that it was so weak that you could mistake it for water or a flat soda. I take my coffee black, so I expected more flavor and a bitter aftertaste. I drink at least a cup of black coffee a day, and was disappointed in this weak taste I bought.

It has a very watery texture and seemed cheap compared to other specialty coffee. A large coffee costs \$2.15, so I expected more. You can drive five minutes from anywhere in America to a McDonald's and get

a large, amazing tasting coffee for only a dollar. However, Chick-fil-A is cheaper than Starbucks, so you don't have to get a bank loan to buy a cup of coffee. Another positive is that this coffee doesn't leave an aftertaste, like most coffees. This can appeal to new drinkers new to the coffee scene.

The final verdict is that the new Chick-fil-A coffee is not amazing. If I had to give a number score, it would be in the range of a 4/10. The combined bland taste and pricey cost result in it coming up short compared to other coffees. It isn't horrible, but I wouldn't jump any hurdles for it. I recommend sticking with McDonald's coffee, the undefeated champion of cheap coffee.



Courtesy of Google Images

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Students of the Month: November

We are pleased to announce that the students of the month for November are senior Cody Boring and freshman Carinna Lapson.



Photo Courtesy of Abbyt Highberger

Cody is a great student and person. Respectful and well-mannered, he is liked by his peers and goes above and beyond whether it's just participation in class or a project. He is the secretary for NHS and co-treasurer for student council. He is very active in both organizations. Additionally, Cody participates in cross country, swimming and track and is also a member of the French club and an office helper.

Carinna is an excellent student; she's friendly, kind, energetic and inquisitive. She participates in student council and Latin club. She was a member of the cross country team this fall and will be a swimmer this winter. She is also a stellar musician who is in both band and chorus.

In chorus, she is a huge asset as a freshman. She is very mature and a leader in the ensemble already. She will also be participating in Junior



Photo Courtesy of Kylie Chichester

High District Chorus in January. Congratulations to Cody and Carinna!

This cemented its place as the most expensive midterm ever. Although most of this money was spent by actual candidates campaigning, outside groups contributed approximately one billion dollars. These groups do not specifically support certain candidates or even a political party, but that does not mean they do not want their opinion heard. They poured money into this election trying to get their candidates voted in. Republican candidates spent more than Democrats in both the House and Senate races, and it paid off with Republicans gaining control of both.

Four billion dollars spent in about one year of campaigning is the equivalent of what Apple spent in advertising in the past four years. It is also ten times what the United States government is currently spending to fight the Ebola epidemic. But are these crazy numbers worth it? Maybe this extra expensive election will prevent another two years of gridlock in Congress.

Four Billion Dollars Later...

BY: JENNIFER CRANMER

What could or would you do with four billion dollars? When posed to a group of people, answers rang out: donate to charity, buy a car, help developing countries, and purchase Disneyland or a private island. For American politicians, the answer was spending billions of dollars for campaigns.

In a record-breaking 2014 midterm election, costs skyrocketed to 3.67 billion dollars.



Photo Courtesy of Google Images

Rifle Season

BY: DONALD MASON

It is about that time of the year again. Where Monday through Saturday hear gunshots and see people with orange vests alongside the roads. In a few days every school will be closed that on the first Monday after Thanksgiving for that one special day for avid hunters. The first day is the easiest day to go hunting, because most people will be shooting and scaring the deer right towards you nine times out of ten.

The laws are simple. You must have at least 250 square inches on head, chest and back combined, visible 360 degrees of florescent orange so when hunting the other hunters will not shoot your way, and you don't get shot. You must have a hunting license, which is pretty self-explanatory. You can buy a license at any local bow shop, or sporting goods store. You should also never hunt alone at least have another person around so if any complications occur you will have someone to help you.

The first week is doe only which is a disappointment to most but to others it can be an advantage for the buck's necks to get less swollen necks from rut, and get that game taste out of the meat. Good luck to all hunters and be safe!

College Visit Perspectives

BY: RACHAEL KRIGER

Pay attention high school seniors! Still looking for a place to call home for the next four years after graduation? This information might help you, or even a friend. College visits are important for every soon-to-be college student. Take a tour, eat the food, and check out the dorm rooms, because you could be exploring your new "home" for the next four years.

Edinboro University:

Edinboro University, two hours away from Aliquippa, is the dream college for someone who enjoys scenery and nature. The beautiful campus is in the heart of the small town of Edinboro, Pennsylvania. Going to this school, I sort of had an idea of what it was going to be

like since I went with my uncle, who is an Edinboro alumni. However, things certainly changed from the time my uncle went to school there.

Edinboro offers more than 100 degrees. After talking to the



students that lead our tour, I formed the opinion that Edinboro seems to focus more on science and math focused majors. If the road you are about to travel consists of physics, biology, chemistry, and calculus, then this is the right school. My opinion became stronger when the science rooms were all we visited. Not once did we make it to the History and English departments. Although I did not get the chance to eat the cafeteria food, since I went in the middle of August, they have a lovely little diner about two blocks away.

The cost for Edinboro as an in-state student is around \$20,316 a year. The dorm rooms were nice and sizable, with a few options available to freshman. Also, if you are a fan of fishing, there is a lake in which you can fish but not swim!

Cleveland State University:



As a student from the Pittsburgh area, hearing the word "Cleveland" might turn someone off. However, do not let a name fool you. The campus, which is located in downtown Cleveland, immerses students in city life. Within walking distance from Paul Brown Stadium, the Rock N Roll Hall of Fame and Lake Erie, Cleveland State University's newly remodeled campus really sets the bar high for modern campuses. If you are looking for what I look for in a campus,

which is to be in the city, this is a great college for that opportunity.

Cleveland State offers over 200 majors and costs about 23,500 for one year of tuition, not counting meal plans. With their motto "Engaged Learning," Cleveland's professors are at the top in whatever field they teach. Athletes, pay attention: Cleveland has one of the country's most renowned basketball team, with one of their alumni's being Norris Cole, the starting point guard for the Miami Heat. Cleveland State also has their newly built Recreation Center that is almost as big as their student center. Trust me, it is huge.

Point Park University:



Point Park University is another school that is right in the middle of the city. Just like Cleveland State, it is in walking distance to many sports venues, museums, and is located in Pittsburgh's cultural district. Point Park is a private liberal arts school. They have 80 majors to choose from through their schools of Arts and Sciences, Business, Communication and the Conservatory of Performing Arts.

Going to visit Point Park was an exciting time because I already knew that was where I would be spending the next four, or even five, years. The cost for a year at point park is roughly \$31,000 dollars. However, they offer many scholarships and grant, myself being awarded the Trustee Scholarship worth \$52,000 for four years. There is no application fee to apply, so apply here today!

As mentioned, I was a bit biased when writing about Point Park because that is where I will be attending. However, all these schools have a fit for whatever you are planning to further your education in. Take time out of your schedule to take a college trip. It is completely worth it.

College Banners Courtesy of Google Images

Kutztown University Visit

BY: KYLIE CHICHESTER

The thought of college is often enough to make most seniors break out into a cold sweat, and college visits can make you weak in the knees. Recently, I went on my first college visit, and the anxiety leading up to the trip dissipated the minute I arrived at Kutztown University.

Kutztown is a small, state college with around 9,000 students currently enrolled. It's in a small town reminiscent of downtown Beaver or Sewickley. In town, there are more than twenty restaurants that are all family owned and operated. Situated in between Reading and Allentown, KU is a five hour drive from Hopewell if you take the PA Turnpike. Even though it's far from home, KU is only two hours away from New York City and one hour away from Philadelphia. Day trips often run to Washington D.C., NYC, and Philly on Saturdays with discounted bus tickets.

The campus is divided by



Photo courtesy of google images

Main Street, with the west side containing only academic buildings and the east side holding only residential (with the exception of the original academic building: "Old Main.") The cost to attend KU is around \$18,000 a year (in-state), including housing, rec center admittance, and meal costs. The average meal plan includes two meals a day and "flex pay". Flex is a pre-set amount of money that gets loaded onto your meal card every semester. The flex money can be

used to pay for coffee, or the extra cost on meals that cost more than the allotted \$4.80 per meal. The rec center has a 35 foot indoor rock wall, a two gymnasiums, two racquetball courts, an indoor track, and a large fitness center with exercise equipment.

Campus safety is a huge priority at KU. They have their own on-campus police force, who are actually trained police officers and not rent-a-cops. They also have blue emergency kiosks all over campus which guarantee an officers presence within 90 seconds of pressing the button. If you are across campus late at night and worried about getting home, you can call the non-emergency police number and get an escort back to you dorm or apartment if you live off campus.

Kutztown was a great college with friendly students and great academics. I would recommend a visit to any college that you're looking into, because you never really know what it's going to be like until you walk around the campus. Good luck with your college search!

Singing Our School Pride

BY: LAUREN TRIMBER



Photo courtesy of Mr. Mohrbacher

Pep rallies, Spirit Week, and Homecoming show students' pride for their school. But in recent years, the student body has taken that school spirit one step further. Students strive to prove that their school is the best in the area by lip-syncing in front of a camera while

running through halls filled with dancing kids.

Coined by Vimeo founder Jake Lodwick, lip dubbing did not become popular until 2009 when a lip-syncing video of Canadian University students went viral. Today, there are competitions available to schools that award

money to the winners. For the past two years, Hopewell entered one of those competitions.

This year, Hopewell students sang and danced to Demi Lovato's "I Really Don't Care." Nick Veri, a senior at Hopewell and one of the lip dub's singers, talked about the benefit of the video. "I think it gave us something to be proud of. We can show it off. It brought us closer as a student body...it's something we can reflect on." He agreed to the project because he wanted to have something to look back after graduating.

As for further improvement, Dona Bajet said that we just need "more practice." With better planning and student enthusiasm, Hopewell can easily win the online competition.

Voting opened on November 14 and will be open until December 4, so be sure to check out <http://tribweb.upickem.net/engine/Welcom.aspx?contestid=141201>. The winning school will receive \$2,500, so show your school pride and please vote!

Secrets, Secrets Are No Fun...

BY: MADDY HOPKINS

Ever wonder what is going on in the other gender's brain? Sure, you can consult *Seventeen* magazine, your horoscope, or a Magic 8 Ball. But everyone knows that isn't *real*. So here are some confessions about the other sex from Hopewell High School students:

The most annoying thing girls do is...

Girls said:

- "When girls post pictures on social media saying #feelingingly when it's obvious they've spent, like, hours on their makeup and they're just fishing for compliments. Also, when they're diehard flirts."
- "When I walk through the halls and see girls wearing crop tops. I don't want to see that."

Guys said:

- "Whenever I ask if they want something to eat and they say no, but when I order food, they eat mine."
- "When they act dumb to look cute."
- "When they are being overly flirtatious."
- "When girls say 'a real man would...'"
- "When they speak in text talk."

The most annoying thing guys do is...

Girls said:

- "When guys act one way around you and then act like Neanderthals around their friends."
- "When they're too competitive."

Guys said:

- "When a guy is tardy. He says he'll be there in 15 minutes but doesn't show up until an hour later."
- "Trying to impress girls in gym class by being a try-hard."
- "Being a jerk to get girls' attention."
- "When they treat people like crap but they later expect people to do them favors."

- "When they talk about lifting all the time."

The most attractive thing about guys is...

- "When they really pay attention to you and it's obvious that they really care."
- "When they have a nice smile."

The most attractive thing about girls is...

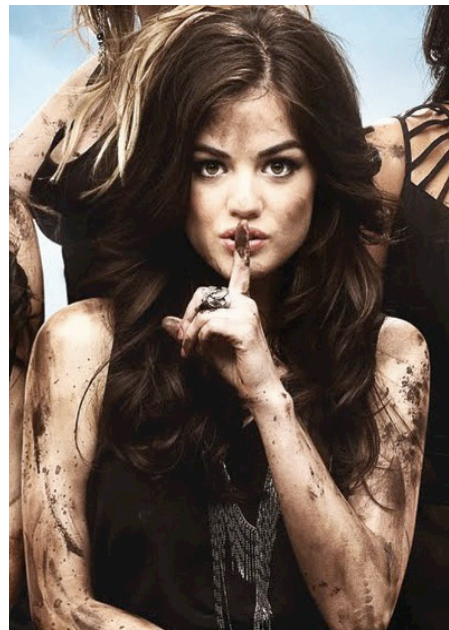
- "When a girl has class."
- "When a girl is humble."
- "When a girl is intelligent."
- "When they laugh at your jokes, even if it's not funny."
- "When they laugh at every joke you make, especially the dumb ones."

Something girls don't get about guys is...

- "We have priorities. I don't want to be rude, but some girls act like the whole world revolves around them."
- "Bro Code."
- "Subtle hints don't work. Obvious hints don't work."
- "Bromances."
- "The woes of getting hit below the belt."

Something guys don't get about girls is...

- "We're not all really hard to understand. Whenever most of us say we're fine, we actually mean we're fine."
- "That my hair takes effort and I don't always want to do it."



Courtesy of Google Images

Give the Turkey a Chance

BY: ABBY HIGHBERGER

October, November, and December are three months that all have one thing in common: holidays. All of these holidays are extremely important milestones in history, and each holiday consists of different traditions, but it never fails how every year from October to December everyone seems to forget about the turkey.

Picture this; you walk into a store on November 1st, after everything from the festivities of Halloween is gone, sold out, or on clearance racks. You would expect to see something regarding



Photo Courtesy of Google Images

Thanksgiving, right? Wrong. Maybe some cute little turkey decorations, or anything involving the fall season? Nope. Instead you walk into a store blasting "Rudolph the Red Nosed Reindeer," and a vast amount of Santa Claus figurines. People forget about Thanksgiving until the last minute because it does not consist of getting gifts or dressing up. Many people finally realize that they have to run out a day before that fourth Thursday to get groceries for a Thanksgiving dinner.

Thanksgiving is one of the most historically important holidays of the year. Everyone knows the story of the pilgrims traveling to Plymouth on the *Mayflower* in search of religious independence from King Henry VIII. We've all been told these stories since kindergarten. It seems almost as if some people, or rather people who work in retail, seem to forget Thanksgiving's importance and would rather make Christmas or Halloween, both holidays with historically or religiously important meanings, the commercialized holidays. I'm sorry, but it was a little bit ridiculous to walk into Kohl's on November 1st and see giant red Christmas trees, and hear Taylor Swift's "Last Christmas" blasting throughout the whole store. Give the turkey a chance.



Music before the Holidays (Continued)

Her hit song “Bang Bang (ft. Ariana Grande and Nicki Minaj) has been performed multiple times at many award shows such as the VMAs. Sweet talker, with 12 new tracks, debuted at number 10 on the US Billboard 200, selling 25,000 copies in the first week.

Meghan Trainor - Title (EP)

The new pop star Meghan Trainor has been one of the top artists all summer and fall. Her EP has four songs on it, with the hit song “All About that Bass”. She made an appearance at Stage AE on October 31st, with Jake Miller and Fifth Harmony. Her EP has been added to her album coming out January 13th with 15 songs on it.

Jake Miller - Lion Heart (EP)

After releasing his very first album this past year, Jake Miller has released his new EP: Lion Heart. The EP has five songs, with the hit song “First Flight home”. It has hit number one on the iTunes charts. Recently making an appearance at stage AE on October 31st, he has come really far in his career.

The Vamps - Meet the Vamps

The Brit lads have released their first album in the U.S., making a brand new appearance to the nation. The band formed in late 2012, posting covers on YouTube. Over the past two years, they have become big in the U.K., and have made a magnificent appearance on their tour in

the U.S. this past summer. Their album has already been released before in many different countries, and is now available in the U.S. Popular songs of theirs are “Somebody To You (ft. Demi Lovato)” and “Wild Heart”. The indie pop band’s own music is breaking through with 15 fun tracks.

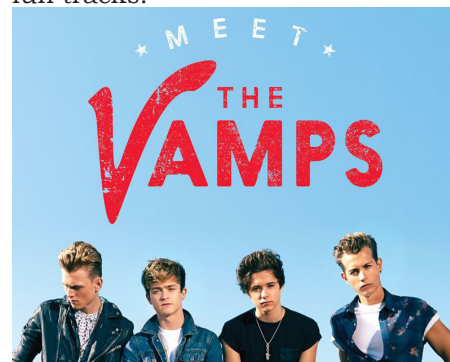


Photo courtesy of Google Images.

The New Apple Pay: A Hackers’ Heaven

BY: GARRET ROBERTS

With the release of the iPhone 6, Apple also introduced Apple Pay. The concept is that instead of fumbling with your wallet for your plastic card, you can use your phone as a way of charging purchases to your credit account. You simply take a picture of your card’s code and let the Apple Pay program take care of the rest; no more leaving your card at the checkout or forgetting it at home. On paper, it is a great idea, but in reality it has a lot of problems.

For a start, how many times a day do you lose your phone? I know that I lose mine all the time, like most people. You only know that it is either in this place or that location, usually not specifics. How often, though, do you lose your credit card? You usu-

ally only take it out of your wallet to pay for something, then put it back. With your credit card on your phone, you would be losing both your expensive phone and your credit card code.

So what if you never lose your phone, you are always on it, and it never leaves your side, even while you sleep. You can not prepare for a hacker. An experienced hacker will be in heaven with the right tools. A major complaint about the iPhone 5s was that with the fingerprint scanner a hacker could easily get your fingerprint, with the iPhone 6 they can get into your bank accounts.

Is Apple Pay a safe concept? No. Will people still use it? Yes. It is one step easier for people, so they will use it. No matter how many hackers steal card numbers, if Apple has its name slapped on it, people will trust it. The only way it would reel in more people is if you called it “iBank.” Go ahead and use Apple Pay, but you may be paying a hacker’s lunch bill.



Risk losing your credit card codes to hackers with Apple Pay. Photo courtesy of Google Images.

Logic

BY: SANTINO CICCONE



Photo courtesy of Google Images

Today, a new rap artist is on the up and coming, and he goes by Logic. Logic was born as Sir Robert Bryson Hall II in Gaithersburg, Maryland. Logic did not have an easy home life. Growing up with a mother and father who were both addicts and alcoholics and brothers who were drug dealers, his home life was not a comforting one. School was difficult for him as well. In tenth grade, he had failed every class except for English and ended up being expelled. Since he had free time now, he started pursuing his

Upcoming Movies

BY: RACHAEL KRIGER

Winter is coming soon, and what better way to spend the weekends than in a warm movie theater watching the latest new movie. Sure, movies at home are great too, but nothing can be compared to Cinemark popcorn and a screen 20 times bigger than the one at home. Some movies that are coming out this winter include the latest installment of the Hunger Games franchise, *Mockingjay Part I*, *Beyond the Lights*, *Dumb and Dumber To*, and many others.

The most anticipated movie would arguably be *Mockingjay Part I*. The third book in Suzanne Collins' best-selling novel is being broken up into two parts, similar to movies in the Harry Potter and Twilight series. The movie picks right up where the second movie *Catching Fire* left off. Katniss has to battle President Snow for freedom of the districts. The movie is rated PG-13 and is being released on November 21.

If a romantic story is on your mind for a cold winter night, then *Beyond the Lights* is the right fit. The story is about the newest music superstar Noni, who is on the edge with the amount of fame she is being

dream: music.

When he was 16, he went by the name Psychological. He released his first unofficial mixtape titled *Psychological: The Mixtape*. He released his first official mixtape called *Young, Broke, and Infamous* when he was 20 years old, which had caught the ear of Chris Zarou, who wanted Logic to be a part of his independent record label, Visionary Music Group. Later this year, he released another mixtape called *Young Sinatra: Undeniable* where he reveals topics such as his future, his fans, his father's drug abuse, getting kicked out of school, and his mother getting stabbed. He went on to release his first album called *Under Pressure* on October 21st, 2014. The album received an 82 out of 100 rating from Metacritic and 4.5 stars by HipHopDX.

Logic starts his *Under Pressure* tour in April 8th 2015 in Orlando Florida and will be on tour for five months.

credited with. She meets Kaz who is on her security team and instantly the two fall in love. *Beyond the Lights* is a story of whether to put love before career ambitions. This movie is also rated PG-13 and has been shown in theaters since November 14.

Putting the romance aside and just keeping it with pure comedy, *Horrible Bosses 2*, would be the perfect fit. The first movie, *Horrible Bosses*, came out in June of 2011 was a huge success making more than six times as much as the budget cost. Movie critics are expecting that *Horrible Bosses 2*, will do the same with returning cast members Jason Bateman, Charlie Day, and Jason Sudeikis with the antagonist being played by Christopher Waltz. Coming out on November 26, *Horrible Bosses 2* is rated R.

Suddenly there seems to be a new trend in seeing horror movies and the newest horror flick to be coming out is *A Girl Walks Home Alone At Night*. Set in a town an Iranian town, the citizens do not know they are being stalked by a vampire. Considered to be the first "Iranian vampire Western movie," *A Girl Walks Home Alone At Night* has received positive reviews from critics. The movie comes out on November 21 and is listed as Not Rated.

November 18th Game Releases

BY: BRIE MILLER

Several highly anticipated games were released on November 18. The games were available on a variety of consoles and for many age groups.

Far Cry 4 - Available in PC, PlayStation 3, and PlayStation 4, Xbox 360, and Xbox One versions available. *Far Cry 4* takes place in a fictional country called Kyrat, which has a rich history and even its own religion. Although it is a game in a series, *Far Cry 4* has a completely new story as well as location. There is a story for those who want to follow it, but the game is set in an open-world format which the player can freely explore.

Dragon Age: Inquisition- Available for PC, PlayStation 3, PlayStation 4, Xbox 360, and Xbox One. *Dragon Age: Inquisition* is the third major game in the *Dragon Age* series after *Dragon Age: Origins* and *Dragon Age II*. The game will feature large areas for exploration and improved combat maneuvers. After asking a classroom about the release Senior Kylie Chichester said "I like the word inquisition, so that's cool."

Escape Dead Island- Available in Xbox 360, PlayStation 3, and PC versions. The adventure survival horror game series *Dead Island* is releasing their first spin-off in the franchise. *Escape Dead Island* allows players to investigate into the *Dead Island* universe and unravel the roots of the zombie outbreak. Known for the game's violent nature, Sophomore Garret Roberts said "Hopefully there is less blood."

Little Big Planet 3- Available only on PlayStation 3 and PlayStation 4. The game introduces three new characters in addition to Sackboy, each with their own special abilities. The player can switch between these characters during game play. Regarding the release, Noah Ondik remarked "I have no interest, because they did everything they could have done in the second game."

Caught in Hi-Lites

