



March 2013 1215 Longvue Avenue Aliquippa, PA 15001

You Want Me to Shake What?

BY: TY RICHARDSON

Every week there seems to be a new Internet craze sweeping the world. This time it's the "Harlem Shake." It is originally a song by Baauer but has turned into a dancing Youtube craze. The video starts off with one individual dancing with a mask or helmet on while others in the background are doing other activities and not paying attention. When the music drops, it gets crazy. People pop out of nowhere, wearing crazy costumes, and doing insane dances. Its not always fun and games when it comes to the "Shake."

Many schools are suspending students for participating in their own versions of the "Harlem Shake." One story is about Milford High School in Metro Detroit. At least 30 students have been suspended for multiple reasons including racial slurs, indecency, and vulgarity. Multiple high school hockey teams have also been kicked out of their playoffs for creating Harlem Shake videos. A New York team was forced to forfeit due to the incident. Also, Mound

Westonka High School in Minnesota suspended 6 of its players on the eve of a state playoff game. The students decided to make the video after studying it in their video production class. The lunch room was the location for this video causing the students



to receive tickets for 'riot like behavior.' The Athletic Director was also placed on leave for appeasing angst-filled parental calls but not entirely silencing

them. The suspension cost the team the game.

Just like every other Internet craze, this will surely die soon enough. In the meantime, if you plan on making a Harlem Shake video, don't do it in school and be safe with what you place on the Internet.

Shamrockin' Around the World

BY: BRIE MILLER



On St. Patrick's Day, those who wear green imply that they are Catholic, and those who wear orange imply that they are Protestant. The Irish flag, which has both colors as well as

white, representing peace between the two groups.

Surprisingly enough, the traditional color worn by Saint Patrick was actually blue. But to understand the rivalry, a bit of background knowledge is needed.

William and his wife Mary were crowned joint monarchs of England, Scotland and Ireland in 1689. Their taking over of England, known as the "Glorious Revolution", marked a monumental transition towards parliamentary rule used in England today. William's overthrowing of his predecessor, the Catholic James II, ensured the dominance of the Protestant faith in Britain. When James had gone to the Catholic dominant region of Ireland to raise an army and regain control of England, the Protestants in the area did not side with him. Those Protestants who sided against James became known as the "Orange Society".

Even to this day, if you walk into a neighborhood wearing the opposing color you're going to be looked down upon.

Facts about St. Patrick's Day

- Since around the 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. But, the first parade held to honor St. Patrick's Day took place in the United States, not Ireland. On March 17, 1762, Irish soldiers serving in the English military marched through New York City. The parade helped not only the soliders connect with their roots, but with their fellow Irishmen.

- St. Patrick wasn't even Irish; he was born in Britain.

- In Chicago, on St. Patrick's Day, the rivers are dyed green.

- Many people wear green on this holiday to avoid being pinched.

- More than 100 St. Patrick's Day parades are held across the United States. New York City and Boston are home to the largest celebrations.

- There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.

Underrated Careers That Pay

BY: RACHAEL KRIGER

At a young age, kids envision themselves in dream jobs when they get older. They pick one thing, and say they're going to stick with it: astronaut, famous singer, journalist, or even the occasional doctor. Turns out that when you actually grow up, people mature and look at what can realistically happen.

Some jobs are very overrated, such as attorney, surgeon, pilot, or video game designer. Most of them, however, are hard to get into. There are some other jobs that, although may not be glamorous, pay well, and that's what really matters.

If college isn't your path, there's always the path of being an automobile mechanic. Automobile mechanics make an estimated salary of \$36,200 with a 17 percent job growth. A high school diploma is all that's needed as far as education goes, and some on-the-job training. Another no-college-needed career is an Electrician, which requires apprenticeship. It pays about \$48,179 and its job growth is a fast 23 percent.



Gatorade Player Of The Year

BY: GATORADE COMPANY AND USA TODAY



In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Shatori Walker-Kimbrough of Hopewell High School as its 2012-2013 Gatorade Pennsylvania Girls Basketball Player of the Year. Walker-Kimbrough is the first Gatorade Pennsylvania Girls Basketball Player of the Year to be chosen from Hopewell High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the court, distinguishes Walker-Kimbrough as Pennsylvania's best high school girls basketball player.

Now a finalist for the prestigious Gatorade National Girls Basketball Player of the Year award announced in March,

Walker-Kimbrough joins an elite alumni association of past state girls basketball award-winners, including Candace Parker (2001-02, Naperville Central HS, Ill.), Diana Taurasi (1998-99 & 1999-00, Don Antonio Lugo HS, Calif.), Maya Moore (2005-06 Collins Hill HS, Ga.), Rashanda McCants (2004-05, Asheville HS, N.C.), Shyra Ely (1999-00, Ben Davis HS, Ind.) and Lisa Leslie (1988-89, Morningside HS, Calif.).

The 5-foot-11 senior guard has led the Vikings to a 22-4 record and a second-round clash with South Park in the Class AAA playoffs, scheduled for March 13. Through 26 games, Walker-Kimbrough is averaging 28.3 points, 10.1 rebounds, 6.8 steals and 4.5 assists. The Pittsburgh Post-Gazette and Pittsburgh Tribune-Review Player of the Year in 2012, she is a two-time First Team All-State selection and an Honorable All-American by the Women's Basketball Coaches Association. Walker-Kimbrough has maintained a 3.90 GPA in the classroom. She has volunteered locally on behalf of food and toy-donation drives, as well as the Special Olympics and youth basketball programs.

"Walker-Kimbrough is the most dominant player I've seen in my eight years as a head coach," said Steve Lodovico, head coach at Blackhawk High. "She's very athletic and can get to the rim almost at ease. She's also developed

her outside game and has become a threat from 15 feet and out. "Walker-Kimbrough has signed a National Letter of Intent to play basketball on scholarship at the University of Maryland this fall.

The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade high school sports leadership team in partnership with USA TODAY High School Sports, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

NFL Combine

BY: RACHAEL KRIGER

The NFL Combine, being held in Indianapolis, Indiana for its 27th time, is the place where college players try to impress NFL coaches and general managers.

This year's rookie class has had some electrifying players that came ready to impress. Day one featured specialists, tight ends, and linemen. Projected number one linemen, Luke Joeckel, had a 40 yard dash of 5.22 and 5.35, a poor time compared to the other linemen. Other linemen, such as Eric Fisher, the projected second linemen, ran a 5.01 and 5.07. Terron Armstead, from Arkansas

Pine-Bluff, ran the fastest time, a 4.65.

While the lineman got some limelight for once, the quarterbacks were still the hot topic. Many critics thought the Kansas City Chiefs were going to select projected number one, Geno Smith. That thought went away right after the Chiefs signed former San Francisco 49ers QB, Alex Smith.

Now projected to go to the Buffalo Bills, the former West Virginia QB ran a surprising 4.59. Matt Barkley, who played for the University of Southern California, did not participate in the NFL Combine because of a shoulder injury. Other QB's that participated in the Combine were Mike Glennon, Tyler Wilson, E.J. Manuel, Tyler Bray, Ryan Nassib, Landry Jones, Matt Scott, and Colin Klein.

Besides the quarterbacks, the NFL spotlighted one particular player, Notre Dame linebacker, Manti Te'o. Te'o was the named victim of a 'catfish' hoax. He decided, on his own, to attend a press conference where a filled up room asked him questions about the hoax.

Two days later, Te'o had a poor performance at the Combine. He ran a 4.81 and 4.82 dash time, and by the look on the face of John Harbaugh, he and the other scouts, weren't impressed. Manti Te'o said after the performance to draft him for his Pro Day, not his draft day.

Players that really upgraded their draft stock were Margus Hunt, a defensive linemen from Southern Methodist University. He ran a 4.65 dash and had a vertical jump of 34.5 inches. Also upgrading, WVU wide receiver, Tavon Austin, ran a stunning 3.34 dash. Tune in to the NFL Network on April 25-27 to see who gets drafted.



East VS. West All Star Game

BY: SAMANTHA MARCKIONI



Some of the best known rivalries in sports have always been between the Eastern and Western parts of Pennsylvania. These rivalries, however, have always been in pro level sports, but now they will be handed down into the high school level.

The PSFCA East/West All Star Game is a football game that is hosted in Downingtown, PA, which is near Philadelphia. Two head coaches are picked from both the East and the West. Then, an elite committee selects student athletes from high schools all over the state who have proven to be outstanding on the field. These two teams will then practice for 5 days, then play against each other in this year's 12th annual East/West All Star Game on May 5.

The east team will be coached from by Don Phillips from Ellwood City High School. Students who have never played

together before will now be expected to become a winning team over the span of 5 practice days, while being guided by coaches that they have also never even met before. This could prove to be a challenge on the players, and will test not only their physical game, but also their mental game.

So what's the big deal? Well, there are thousands of athletes all over the state who are contenders to be chosen, and Hopewell's own Accantay Patton was selected to play. Patton commented on being selected for this occasion by saying, "It feels pretty good. I felt very honored to be selected." Patton will not be the first to be chosen from Hopewell to be a part of this game, as two Hopewell alumni have played in the past, including Nolan Harmotto and Zack Gula. Patton will be blocking at defensive end. All of us here at Hopewell high school wish Accantay the best of luck, and a safe trip!

March Madness

BY: RACHAEL KRIGER

It's time to get those brackets ready; March Madness is back. The the NCAA Men's Basketball Championship is a single elimination

competition popular with all basketball fans. The excitement of making a bracket and seeing if the team on the number one slot made it or not is riveting.

This year's March Madness won't be any different, and starts on March 19. The dates are the first four going from March 19-20, the second/thirds rounds on March 21-24, Regionals on March 28-31, and the final four on April 6 & 8. Games will be aired on CBS, TBS, TNT and truTV. The top team that is entering the tournament, according to the Associated Press (AP), is Indiana. Following up Indiana are Gonzaga, Duke, Michigan, and Miami filling out the Top 5. Pittsburgh, however, made the list way down at number 23.

The main players to watch during the tournament are projected to be Cody Zeller, Kelly Olynyk, and Michael Carter-Williams. Cody Zeller, from Indiana, has been an overshadowed player with a solid year for the Hoosiers.

Expect Zeller to make the most of his opportunity by having some solid games. Olynyk, who has been the star player for the Zags, helped lead Gonzaga, a small school, to a #2 ranking. His points per game average at about 17.7 and he has a 66 percent shooting average.

Carter-Williams, who plays for Syracuse has a 7.9 average of assists per game. What will really make him shine during the tournament however is his defensive play. Carter-Williams has 2.9 steals per game, which is the fourth most in the country.

NFL Free Agency

BY: RACHAEL KRIGER

NFL free agency is one of the most exciting times of the year for NFL fans. Watching favorite players walk out the door for another team, especially a rival team, isn't pretty. That's why Green Bay Packers fans weren't happy to see wide receiver, Greg Jennings, sign with division rival, the Minnesota Vikings. Jennings' contract is worth a maximum of \$47.5 million, \$18 million guaranteed. Also signing with the enemy was ex-New England Patriot, Wes Welker, whose contract is for two years and \$12 million dollars.

After holding out on training camp with the Pittsburgh Steelers, Wallace made it clear he wanted more money. The Miami Dolphins snagged Wallace and signed him with a contract of \$60 million dollars. The Dolphins will pay Wallace \$37 million over the first three years. The Dolphins also lost in free agency. Their former first round pick, offensive tackle Jake Long, signed with the St. Louis Rams for a deal worth \$34 million dollars for four years.

Big spenders for free agency were the Dolphins, the Cleveland Browns, and the Arizona Cardinals. The Cardinals fixed their quarterback issues by signing Drew Stanton and releasing Kevin Kolb. In reports, however, Kolb could be heading to the New York Jets. Other teams in need of a quarterback are the Cleveland Browns, Buffalo Bills, and both the Tampa Bay Buccaneers and Oakland Raiders are looking to upgrade. Back to Arizona, quarterbacks Drew Stanton and Brian Hoyer are expected to battle it out for the starting position. NFL free agency is an everyday process. Keep tuned in to NFL Network or check www.nfl.com for updates on the next big signings.



Social Suspension

BY: BRIAN ZAHN

Several students have been questioning the facts of the newly adopted administrative policy of social suspension.

Social suspension can result from either behavior problems or attendance problems. The suspensions can range from 10 to a maximum indefinite amount of days. Days are based on school days, not calendar days.

Behavior social suspension is given any time a student receives a ten days combined TOC, OSS, or Saturday Detention. For ten days, the student receives a forty-five day social suspension.

The attendance requirements for social

suspension are much more complex. In a nine-week period, five unexcused absences will result in a ten day social suspension. Any subsequent unexcused absences will lengthen the suspension by thirty-five days. Students on attendance social suspension have the option to make up time by attending after-school or Saturday detention, or in-service days.

Students who accumulate twenty unexcused absences prior to the Prom will be ineligible to attend.

While on social suspension, the student is not allowed to attend any "Hopewell Area School District extra-curricular activities including but not limited to athletic events, band, musical, club activities, dances, field trips, etc. This includes practices for above listed activities.

Cell Phone Dangers?

BY: REBECCA HADDIX

Cell phones are one of the generation's conveniences. They do everything: play music, surf the Internet, and allow instant communication. However, recent studies show that cell phones may do other things not advertised, including cause cancer. According to the National Cancer Institute, "Cell phones emit radiofrequency energy (radio waves), a form of non-ionizing radiation. Tissues nearest to where the phone is held can absorb this energy," leading to a possibility of DNA damage. The NCI continues to explain, "Some case-control studies in Sweden found statistically significant trends of increasing brain cancer risk for the total amount of cell phone use and the years of use among people who began using cell phones before age 20." Lisa Gardner of sott.net reports similar findings. "One-hundred-forty-three proteins in the brain were negatively

impacted by radio frequency radiation over a period of eight months." On May 30, 2011, the World Health Organization classified wireless telephones as a Class B carcinogen, meaning that they are "possibly carcinogenic (cancer-causing) to humans" and may "increase the risk for brain cancer."

While dropping cell phone use all together is an impractical suggestion, there are other ways cell-phone users can protect his or her health, according to health website mercola.com. For example, use a landline more often. Although landline phones are all but extinct, they are still prominent in many homes, businesses, and public places. Also, turn off the cell-phone when not in use, and avoid carrying it so that it comes in contact with skin. Experts agree that a radius of six inches is safest and most practical. Ideally, a cell-phone should be stored in a purse or backpack, rather than a pocket. Even though the idea seems insignificant now, these suggestions could be beneficial down the road.

Mock Trial Members Receive Awards

BY: BRIAN ZAHN

This year, although Hopewell High School's Mock Trial team did not win any cases, they did have outstanding individual performance. In Mock Trial, each year there are a minimum of four trials. There can be more, as long as both the prosecution and defense win at least once. Even though Hopewell didn't have any wins, they

were very close in the trials between both New Brighton and Ambridge. Several members of the team did win individual awards. Brianna Minnick, Laura Butts, and Nick Tocci all won best advocate awards. Best witness awards were won by Rachael Kriger, Kristina Celeste, Lia Kopar, and Jen Cranmer. As a result of their spectacular performance this year, the team hopes for the addition of a Mock Trial class next year and possibly even the addition of a second team. Congratulations to all of the participants for a successful season!



Brianna Minnick, Laura Butts, Jon Houston, Lacey Rovnak, Jen Cranmer, and Lia Kopar



Kelsey Wertz, Rachael Kriger, Abby Lloyd, Nick Tocci, Thomasina Chirgott, and Kristina Celeste



Open Seats

BY: LAUREN TRIMBER,
JENNIFER CRANMER AND
MR. ALLISON

A continuous complaint at Hopewell concerns the lack of electives. By the time students are seniors, they have run out of options. Fortunately, through participating in Open Seating, a larger variety of classes become available.

Open Seats is a program that allows students from one school to take classes at another. Hopewell currently hosts three students from Aliquippa, one taking CAD and two participating in AP Biology. Likewise, a Hopewell student takes graphic arts at Aliquippa. According to Mr. Collins, "It is a great opportunity for kids to take advantage of a class at another school that ours doesn't offer." Japanese is offered at New Brighton, but Hopewell High School students participate. Many Hopewell students take ROTC at Ambridge High School. Mr. Allison said, "Open Seating has allowed them to participate in ROTC more fully through either the half-day or full-day program." Mr. Allison would like to "encourage students to do this program." Students participating in Open Seat

can use these credits to meet the graduation requirements. Hopewell students can be approved to take virtually any class they wanted from any school, as long as a bus could easily get there and back. In some special cases, such as the Japanese class, they can be taken through video conferencing; therefore, students are able to take a class even if it is offered at a school that is far away. Open Seats is funded through a federal grant that was written by the Beaver Valley Intermediate Unit staff. This grant reimburses the schools for some of the costs associated with educating an Open Seats student. Beaver Valley Intermediate Unit (www.bviu.org) stated that 15 school districts are currently using open seating. This more than doubles the amount of classes that students can choose from.

Open Seating is a unique program that offers students a wider range of educational opportunities than those provided at Hopewell. Through advanced technology, the classes that are offered are not limited to only schools in a certain radius. In reality, a student can take a class from almost any participating school district.

DID YOU KNOW?

According to www.campusexplorer.com, Farleigh Dickinson University in Madison, NJ is the top school for Market Research Analysts. Visit them at www.fdu.edu.

Future Careers: Market Research Analyst

BY: LAUREN ZAWATSKI



Coke or Pepsi? Team iPhone or Droid? We all face options such as these every day, but why do we choose one over the other? Finding the answer to this question is the sole purpose of the career for this month, a Market Research Analyst. If you have an avid capability for analyzing data, and enjoy studying people and the decisions they make, consider this career.

What they do:

One of their duties of a market research analyst is basically to "people watch." Observing peoples' behavior is the key to determining what they prefer, and how to appeal to them. Taking polls, surveys, questionnaires, and analyzing data makes up the majority of the career, however. Deciding exactly what people want, and what they are willing to pay, is how market research analysts assist companies when they are devising market strategies.

Education

Requirements: Usually those who want to become market research analysts must acquire at least a bachelor's degree, but can achieve up to a master's degree for it. Marketing and Market Research are the obvious major choices, however, Business Administration and Communications are two other possibilities for a major.

Salary: The Bureau of Labor and Statistics (BLS) reported that in 2011, the average annual income of market research analysts was \$60,250. Specific parts of this field can sometimes earn a higher salary, primarily manufacturing division such as motor vehicle, semiconductor, and computer and peripheral equipment manufacturing.

Essentially, the future of market research analysts is decidedly clear. The BLS predicts that from 2010 to 2020 there will be a notable 41 percent increase of employment for these analysts. If you are thinking about pursuing this career, Ken Roberts, president of the marketing research company Cooper Roberts Research, noted, "Internships are a good way to get into the field." Many research companies may be willing to offer summer internships for incoming college freshman. If you are unsure where to find such programs, the best thing to do is research!

SAT Test Dates:

You can still register late for the May 4 SAT exam.

Register for the June 1 exam by May 2. Visit www.collegeboard.org for more information.





Addicted?

BY: REBECCA HADDIX

We've all heard that it's easy to get addicted to caffeine, especially recently with the invention of energy drinks such as Monster and Red Bull. However, caffeine addiction is much more common than most teenagers realize, even among those who don't enjoy those carbonated energy drinks. Caffeine is nearly ubiquitous, present in many products ranging from tea to diet pills. According to WebMD, "Caffeine content can range from as much as 160 milligrams in some energy drinks to as little as four milligrams in a one-ounce serving of chocolate-flavored syrup. Even decaffeinated coffee isn't completely free of caffeine. Caffeine is also present in some over-the-counter pain reliever. These products can contain as little as 16 milligrams or as much as 200 milligrams of caffeine." To put this in perspective, 20 milligrams converts to roughly two teaspoons full of caffeine, the amount in one to two cups of regular black coffee. Many physicians recommend no more than three hundred milligrams for a full-grown adult.

How much caffeine is in the products you live off of? A quick visit to the products' web sites reports these following numbers; each sample size is 16 ounces.

*Monster: 165 mg

*Mt. Dew: 72 mg

*Black coffee: between 190 and 400mg

*Green tea: between 48 and 80mg

These numbers make it easy to see how quickly it adds up! Three-hundred milligrams means less than two cans of Monster and less than three cups of coffee.

Could you kick your caffeine habit? WebMD writes, "Caffeine is a stimulant to the central nervous system, and regular use of caffeine does cause mild physical dependence. If you stop taking caffeine abruptly, you may have symptoms for a day or more, especially if you consume two or more cups of coffee a day. Symptoms of withdrawal from caffeine include headache, fatigue, anxiety, irritability, depressed mood, and difficulty concentrating." Need a good way to tell if this is you? Wait until you get home from school to drink your morning energy booster and see if any of the symptoms apply. There are plenty of websites out there to help you break that habit which are all just a Google search away, but experts recommend that you don't just drop coffee all at once; this can induce the withdrawal symptoms mentioned above.



If You Can Dodge a Wrench, You Can Dodge an Asteroid

BY: TAYLOR SKELTON

On Friday, February 15, an asteroid came awfully close to colliding with Earth around 2:24 PM. This large asteroid, called 2012 DA14, missed Earth by 17,100 miles. This may not seem like a near miss, but stargazers in Australia, Asia and Eastern Europe could see the asteroid with the aid of a telescope or binoculars. At the Gingin Observatory in Australia, the asteroid appeared as a bright white streak on a live NASA video feed, according to CNN.com. Since the close encounter, scientists have been studying the asteroid extensively. So far, they have been able to scientifically predict the activity of the asteroid through the 21st century. That same day, hours before 2012 DA14, a smaller, unrelated meteor entered the atmosphere over Russia. Scientists reported that this was a pure coincidence, but when this meteor struck the earth it injured about 1,000 people. The asteroid was estimated to

be about 45 meters, or about half a football field long. The meteor, which was a smaller asteroid before it hit the planet, was measured at about 15 meters long. On its close approach to Earth, it was predicted the asteroid would be traveling at 7.8 kilometers per second, roughly eight times the speed of a bullet from a high-speed rifle. If it had hit our planet -- which was impossible-it would have done so with the energy of 2.4 megatons of TNT, says CNN.com. This is comparable to the event in Tunguska, Russia in 1908. That asteroid entered the atmosphere and exploded, leveling trees over an area about two-thirds the size of Rhode Island. NASA reports 9,697 objects as near-earth-objects (NEOs) in space. More than 1,300 of the NEOs have been classified as potentially hazardous to earth. "There are lots of asteroids that we're watching that we haven't yet ruled out an Earth impact (for), but all of them have an impact probability that is very, very low," Don Yeomans manager of the Near-Earth Objects Program at NASA's Jet Propulsion Laboratory, said at a press briefing. For now researchers say the earth and its inhabitants are not threatened by outer space objects.

What's A MORP?

BY: LAUREN ZAWATSKI

MORP: (n): a type of dance, also known as a "Sadie Hawkins" where the girls ask the guys. Hopewell High School will be holding a MORP on March 21. However, before breaking out the dresses and tuxes, please note that this is an upperclassmen event only. The following information will be useful if you are planning to attend the

MORP.

The dance will be held in the high school auxiliary gym on March 21, from 7-10 PM. The theme of the event is black and white masquerade, so make sure you pick up a mask before the dance! Tickets are \$8 for single tickets and \$16 for couples.

Profits made from this dance will go towards the senior class, primarily for May Day and the senior gift. For further information, contact a member of Student Council.

Voices



Dear
Dr. Stef,



Dear Dr. Stef,

It's the last semester of my junior year, and procrastination is setting in. I often find that my homework for the first three periods of the day isn't getting done, and my grades are suffering because of it. I just don't know how to break my procrastination streak. The first half of the year I had the really good habit of doing my homework as soon as I got home, but now I'm always so tired I have to take a nap before being productive with schoolwork. The problem is, my nap turns into a 2-3 hour snooze-fest and by the time I wake up I have not just my job at a local restaurant, but responsibilities around the house that need done and plenty of hours worth of homework left untouched. I will also admit, I like to make time for my nightly television shows. Even with class projects I'm becoming lazy. My friends are always asking me to hang out, and being with my friends is much more appealing than being with my history project. How can I fit all of my favorite

things into my after school hours? How can I begin to care about my schoolwork again? I find that I'm currently not the responsible student I used to be, and with college right around the corner it's starting to scare me.

Sincerely,

Problemated Procrastinator

Dear Problemated,

I know exactly what you're going through! Honestly, I think the majority of the teenage population can relate to your problem! So, never fear, together we'll conquer your procrastinating issue. I also enjoy taking an afternoon nap, as I find that an hour of rest helps me to be more productive and creative with my assignments. However, I allot myself one hour to sleep. Otheonly rwise, I end up sleeping through dinner and halfway into the new episode of Pretty Little Liars. I suggest you do what I do and set multiple alarms. I use my cell phone and set three alarms. The first one rings ten minutes before I want to get up and start moving, sort of like a warning bell. The second alarm rings the moment I need to get up, and the third one rings five (sometimes ten if I'm feeling generous towards myself) minutes after I should have gotten up. This way, I have the constant, annoying

reminder that I have work that needs to be done. If the alarm doesn't work, try asking someone else that lives in your house to check and make sure you're awake by a certain time. By the time I wake up, I usually have about eight hours (my bedtime is usually around midnight) to accomplish everything on my after-school check list.

Now, the checklist. I always list my classes in order of importance. The information I know I need to get into my head and that might be the worth the most points always goes first. Then, the stuff I can maybe do in homeroom in case I don't finish, I put at the bottom of the list. As for your nightly television shows, you may have to sacrifice a few depending on how many there are. I always have my television on, just because I enjoy background noise, but every Tuesday from 8-9 I power-study during PLL commercials. Also, if you're like me and enjoy watching hockey or other sporting events, there's always down time during games for you to get your homework done. It's okay to put everything else on hold to watch the Pens play every once in a while, but don't make it a habit unless you can find other time during the day to do your homework.

Now for your friends. They, like you, have homework and projects to do. So, they'll understand if you tell them you have to stay in to get an assignment done. After all, colleges care more about how much time you put into school than how much time you put in at the banger of the week.

What it all comes down to is being organized. If you haven't been using a calendar, start. Give yourself time frames and goals to accomplish. I know at this point you probably just don't feel like caring

anymore, but you have to. If you plan on going to college, you have to find the motivation to keep going. I can't give you the motivation, but I can give you the truth. Laziness will get you nowhere. You can't just assume you're going to slide by in life and be successful. Start creating good study habits, it's better you do it now than scramble to figure it out your first year of college. You're almost to the finish line, just keep going!

Sincerely,

Dr. Stef

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Voices



Destination: Spring Break

BY: ZOE CARR

Although it may seem like it has been forever since we've had a break, it's really only been 63 days. With Spring Break just around the corner, some students might be planning trips for the days we have off. Whether they're going far away or an hour from home, there will always be necessities that students need to have with them.

1. **Chargers** – Wherever you are going, you will need a charger. Whether it's for a laptop, a cell phone, or an iPod, you will need them! Let's face it, teenagers today cannot go a minute without using their cell phones, so keeping it alive is a big.
2. **Clothes that fit the weather** – If you are going to Florida, what you wear most likely won't matter. But if you are planning to stay above equator, then you will have to constantly check the weather to make sure that you have the correct clothing. Just because it is spring doesn't mean it's going to be warm.

3. **Bathroom supplies** – This is a given. No matter when you travel, not just for Spring break, make sure that you pack shampoo, conditioner, body wash, and a toothbrush. For girls, this may also include all of the hair products and hair tools. But just remember, if you forget something, there will always be a convenience store close to you, and many hotels give out travel-sized samples of shampoo and soap.

4. **Entertainment** – Whether you are driving or flying, you will need something to pass the time. Movies, music, computers, books; all would be good suggestions. From personal experience, I know that nothing is better than putting in a movie to make the time in the car go by faster. Entertainment isn't just for traveling, it could also be for a rainy day over break. I would suggest taking a board game or two, because re-watching movies gets boring.

5. **Company** – During break, no one should be alone. Surround yourself with family or friends, but make sure you are with someone. Having people with you helps to make your vacation safer and more fun!

Hopewell, How Do You Feel?

BY: BRIENNE MILLER

Do you believe in superstitions?



Sophomore Joey Kostial: "I think they're stupid. People just need something to blame."



Junior Jake Miller: "I don't believe in them, but I don't have a problem with people that do."

"Grind My Gears"

BY: TAYLOR SKELTON

*Give Me a Break...
Literally*



I am back once again to tell all you lucky folks at Hopewell High what really grinds my gears. This month's rant is dedicated to our lack of days off from Christmas break to Spring break.

Now I do not know about all of you, but I cherish each day we have away from this building. We were robbed of our one day of hope in February because of a make-up day and now we are stuck awaiting spring break. Yes, we have had some luck with delays this year, but those days off are so much better. Knowing you get to sleep in to whatever time you would like and doing what you want with YOUR day is really an enlightening feeling. We have approximately a 63 day stretch with one mere day off. Personally, that is not enough to rejuvenate

myself so I am fully physically and mentally prepared to keep up with school till the end of the year. Even when Spring break does surface, it is only for a few days, and most of that time is used on your family for holiday celebration or family activities. I think the teachers would agree that this long of a stretch is merging towards unhealthy. Sleep deprivation is setting in, and students are becoming overwhelmed more easily. Yes, we have our weekends, but some of us actually enjoy our weekends or are too busy for things like extra sleep when writing three papers, doing math homework and attending practice. A lot is expected of students, especially upperclassmen, and without occasional days off, our performance abilities decline. Students and teachers both have busy lives, and all we ask is that we have a little more time to ourselves. I know it may sound selfish since we already get a summer break, but a few more strategically placed off-days would be greatly appreciated. All I can say is that Spring break is very well deserved.



March's Must Haves

BY: LAUREN ZAWATSKI

Now that spring is (almost) here, various 2013 Fashion Week trends have been established. Stripes, bold ruffles, cutouts and leather are just a few of the most prominent runaway trends, but how can they be made wearable for daily life? Below is a list of 6 must haves for March that can help you infuse some spring fashion into your everyday wardrobe.

1.) **Circle Skirt:** A full swingy skirt is perfect for spring and can be paired with wedges and a tucked in pastel blouse for the full spring effect.



2.) **Leather Peplum:** Whether it is a skirt or a corset-style top, leather peplum can be worn with soft airy fabrics for a girly aura, or can be mixed with spiked and studs



for an edgier look.

3.) **Structured Bag:** Instead of the usual "endless abyss" bag, a structured bag gives a more elegant look to any outfit.

4.) **Embellished Top:** Beautiful beading always adds a distinct flair to whatever it is paired with; whether it is jeans, and equally dressy skirt, or even shorts.

5.) **Black and White Color block Dress:** This type of dress is very versatile; it can be dressed up with pointed toe heels, or perhaps dressed down with flats or ankle boots.

6.) **Lace Heels:** Lace is the ultimate feminine, lady-like piece, and using it with heels is subtle yet effective when composing an outfit

Movie Review: Safe Haven

BY: ZOE CARR

Safe Haven begins with Katie (Julianne Hough) secretly boarding a bus, obviously on the run. When the bus stops in Southport, a tourist town in North Carolina, Katie decides to stay. She rents a small cottage, gets a waitress job, and avoids forming any close relationships with any of the locals. Because Southport is a small town, Katie's plan of avoiding relationships fails. She begins to let her guard down, especially around Alex (Josh Duhamel), a widower who runs the town store while raising his two children.

The relationship is threatened when Katie's past begins to catch up with her. Through flashbacks, we learn about the experiences

that forced Katie to flee her old life.

Safe Haven, based on a Nicholas Sparks' novel, received four stars from me. Although the movie had an interesting plot twist, it had the same key points as other romantic films: they meet, something tears them apart, and then they get back together – same as always.

Besides that, the backstory to Katie really keeps viewers intrigued and the ending made everything better.



Album Review:

Vinnie Caruana

City By The Sea EP

BY: TY RICHARDSON

"City By The Sea" is the newest acoustic album by the frontman of I Am The Avalanche and The Movie Life, Vinnie Caruana. Caruana's vocals are very gritty and muscular, giving his EP a rough, but relaxing, sound. This EP is the strongest release since IATA's 2005 underrated, self-titled debut. Between the implosion of his first band The Moviellife and his current band IATA being stuck in limbo by

a former record label, resulting in a six year difference in records, the years have not been good to Caruana. This EP is the victory of a battle-weary survivor. If you have listened to him before, you will have heard very little difference between his lyrics and his personal life. Many of his songs have a lot of meaning behind them. Between IATA albums, Vinnie has been playing acoustic shows and releasing songs. Last year he played Warped Tour on the acoustic basement stage, and this winter, played on the Acoustic Basement tour. Vinnie will also be playing the Full Sail University Acoustic Basement Stage on this year's Warped Tour. He will be playing between 7/7-8/4.



Ravishing Red Carpet Moments

BY: ZOE CARR

On Sunday, February 24, some of the biggest names in Hollywood hit the red carpet. Many of them won awards for their movies, but others will be remembered for the dresses they had on that night.

Best:

Salma Hayek – Rocking an Alexander McQueen gown with a heavily embroidered neckline, Salma Hayek looked stunning in the vampire-esque gown. The majority of the gown was a simple and sleek midnight blue velvet that was taken up a notch with the dramatic neckline. Her hair was pulled up into a bun, a reoccurring trend throughout the night, allowing the daring dress to be front and center.

Stacy Keibler – Looking like a goddess from the 1920s, Stacy Keibler stood apart from longtime boyfriend, George Clooney. The former WWE wrestler wore a gunmetal embellished Naeem Khan gown, with a high neckline and black belt. With the details of the dress and the hair, Stacy looked like a classy flapper girl.

Amanda Seyfried

– As always, Amanda Seyfried looked beautiful walking the red carpet. Wearing a custom made lilac colored Alexander McQueen gown, silver leaf embroidery and a corset back, Amanda simply shined. Not only was the dress fabulous, but so was the jewelry.

Worst:

Anne Hathaway – No longer remembered just as the princess from *Genovia*, Anne Hathaway has not only made some bold movie choices, but also bold fashion choices. The *Les Mis* star wore a long, light pink Prada gown. The gown, which looked more like a long apron, did nothing to compliment her body whatsoever!

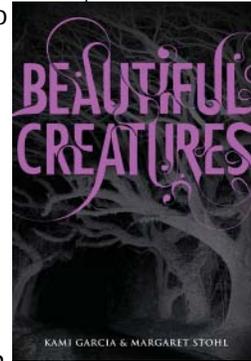
Melissa McCarthy – Wearing a gray, custom made David Meister Signature, Melissa looked like she stole her neighbor's curtains and made the dress out of them. The dress material was horrendous, and her hair was even worse! She looked half human and half like the bride of Frankenstein.

Sandra Bullock – Things that go together like peanut butter and jelly: Sandra Bullock and the red carpet, and Elie Saab and dresses. But things that don't work together: Sandra Bullock wearing an Elie Saab on the red carpet. The 42-year-old actress wore a sheer black dress, but it looked

Beautiful Creatures

BY: ZOE CARR

In the small town of Gatlin, South Carolina, nobody leaves and nobody comes in. So when Lena Duchannes comes to live with her uncle, a Gatlin resident, no one seems to be able to talk about anything but her. Ethan Wate was just a regular teenage boy aspiring to get as far away from Gatlin as possible, but when he and his best friend Link pass Lena in her car, which



happens to be a hearse, Ethan realizes that he has to get to know her. The only problem is that they don't run in the same social circle. As an athlete on the basketball team, Ethan is expected to be friends with kids that are in his clique, hang out with them, and date them. Going against what is right in school, and in

the town, Ethan befriends Lena and a romance soon blossoms. Everything seems to be going perfect until Lena tells Ethan that she is a caster, another term for a witch. Along with being a caster, Lena's upcoming sixteenth birthday will determine whether or not she turns dark or light. Despite her powers, her upcoming birthday, crazy family, and all of the town drama, Ethan stays with Lena.

Beautiful Creatures, which was written by Kami Garcia and Margaret Stohl, was one of the best books that I

have ever read. I enjoyed it because it had a supernatural plot line, but it had absolutely nothing to do with vampires. From the start to finish, the storyline will keep you on your toes and unable to put the book down.

like a mix of black, brown, and cream swirls covering her body. Her first mistake was the dress, and her second mistake was the hairpiece she wore. The dress was such a dark color, and the hairpiece was so bright, that it just clashed. All I can say for her choices: NO!



Stacy Keibler

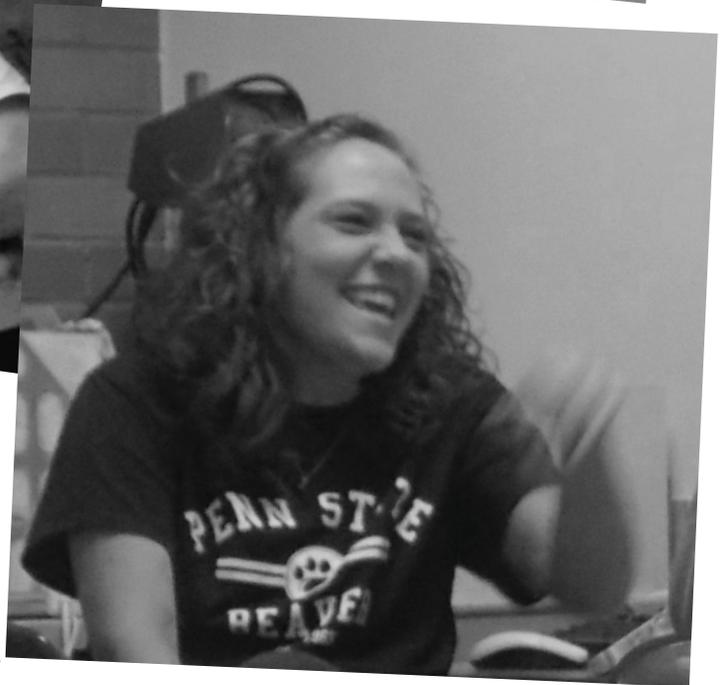


Amanda Seyfried



Salma Hayek

Caught in Hi-Lites!



Good Luck

F S O S H H L N C Y G U R E S T D R H
 E A O R C S N R O N R S E V E N O E L
 B L L E R I A E R E D A W E U C F V L
 I E O L E O R T O A R E N O O R L O H
 E F E H I C O A B S E V R R B C S L R
 H L O S N N L L S W O G L T S N U C Y
 O T A N A L G E I G E U E W R U I F O
 R E D L U O H S E H T R E V O T L A S
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 O U E S N N D C T Y S L A H U H T O H
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 S R E H C H T A C M A E R D E F N E N
 E P B E L O L W O S D V C F U A A T O
 T N F O A R H S R R N D S E L W G E S
 E G A I S A R E I Y A E T I E S E L O
 O N I O L E C S N E O H E D N B H A S

Four Leaf Clover
 Salt Over the Shoulder
 Penny on the Ground
 Horseshoes
 Ladybugs
 Seven
 Rainbows
 Dream Catchers
 Wish Bones
 Falling Stars
 Chinese Latern



Bad Luck

N N W A N K W S F C I R T R K P K I P A P L C
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 I R O S A O N E D L S R O S R T U N N M N B I
 R A W D R A L D L I C B E L I G W W U I N I S
 N Y W R S E I D H R L I E D T S H A A S S M E
 I D A A L S C A T N T E S I U E E E N E R R G
 I P K D S T S L I W L A F W D M E N R R R R R
 S L A S E T S R H P D I S L B A W U P Y B L C
 E E L E B H E E L G A I G W I S T A I E S E D
 T W R N I I T D D A L U N C U C T U T N I R D
 N L T O N R N N S I G S I G I U E R P I N O E
 R C A L L T B U I S S O B P D O N T E S D H I
 N A L S L E T G K L N N G C P L W O D I O W A
 P L K R G E N N O S W N I I O L T T I S N U A
 B R O K E N M I R R I O R S O T T R S A B O C
 H L L I R S I K N L I C O M T I D C D I K B R
 E D I S N I A L L E R B M U N A G N I N E P O
 E S T A C K C A L B S U N A I I B N B M B G W
 R A H C W L F W D I I N T E G I C S M L S S S
 M P E A O B E S I N P P B G E O R S N T K O O
 W S E I R A R O S A O S P G G A P U T R O I E
 I R E B R M A S E S R W L I D B R N W R T E W
 I C R R L S B B E A R S I R R R R P P P L E T

Black Cat
 Walking under
 Ladders
 Broken Mirriors
 Thirteen
 Spilling Salt
 Opening an
 Umbrella Inside
 Owl in the Day
 Falling Pictures
 Sparrows
 Bats Inside
 Crows

