

Hopewell Hi-Lites

1215 Longvue Avenue, Aliquippa, PA 15001

Hopewell Township History

BY: JUSTIN KRAUS

What's in a name? The origin of the name Hopewell is unclear, but it most likely derives from the Hopewell Presbyterian Church, the foundation of the township. Hopewell Township, officially known as "The Gateway to Beaver County", has a complex and intriguing history that most residents are unaware of.

The township was founded over 200 years ago by union soldiers after the Civil War. This area was inhabited by Iroquois Indians during the French and Indian war, and records show that Native Americans were here as early as the 1600s. The first record of "Hopewell Township" is from Washington County in 1805; this part was presumably broken off and added to Beaver County.

The first settlers did not know whether they were in Pennsylvania or Virginia, and Hopewell Township officially broke off from the Allegheny community "First Moon" in 1812. Before it became its own township, Independence was a PA militia site, but it then broke off from Hopewell Township and became its own self-governing municipality.

Hopewell has industrial roots as well. The first ever Pittsburgh Stage Coach ran along Brodhead Road in Hopewell in the early '60s. Then, in the 1880's, many industry-focused people came to Hopewell for the newly found natural gas deposits. This led to the spawn of the Raccoon Oil Company in 1886;

it produced 2,000 barrels of oil daily.

Hopewell Jr. High was built on the ruins of New Scottsville School, which was founded in 1831. The Township received \$184.50 in 1834 in order to create a primary school. Woodlawn Academy was chartered in 1879, this school eventually developed into Aliquippa High School in 1920. Aliquippa was a very small community with only 53 people that broke off from Hopewell and became its own borough. South Heights was the second place to be taken out of Hopewell in 1880, with Woodlawn closely following suit.

Hopewell Township is one of the oldest communities in western Pennsylvania. With Civil war soldiers buried in the cemeteries, a road named after a revolutionary war leader (Colonel Daniel Brodhead), and numerous communities

breaking off over time, the township has a very rich and long history to be explored. Today, the township continues to thrive. With a huge economic surplus in the last fiscal year, and being the only municipality in Beaver County with a lake, its citizens have a lot to be proud of. Obviously, the extensive history was not all covered, an article about the complete history can be found at: www.hopewelltp.com/history/



Would You Rather...

BY: HI-LITES STAFF

Would you rather find a pot of gold or be able to summon a leprechaun?

Gold- 55%
Leprechaun- 45%

Would you rather have a lifetime supply of shamrock shakes or lucky charms?

Shamrock Shakes- 61%
Lucky Charms- 39%

Would you rather have to wear some visible green every day or never be able to wear green?

Wear it- 13%
Can't wear it- 87%

Would you rather be forced to have potatoes with every meal or never have potatoes again?

Potatoes- 46%
No potatoes- 54%

Would you rather have lunch with St. Patrick or Patrick Star?

St. Patrick- 2%
Patrick Star- 98%

Would you rather eat a taco or a burrito?

Taco- 47%
Burrito- 53%

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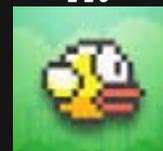
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From Rochy to Sochi

BY: LAUREN TRIMBER

With a little over 230 Americans in the Olympics, the chance of becoming an athlete to represent the United States is less than one percent. Lauryn Williams beat those odds.

Born in Rochester, Pennsylvania in 1983, Williams is recognizable to most audiences as the two-time Summer Olympic medalist in relays and sprints.

This year, however, she is joining the Winter Olympics as a bobsledder, but her journey was not an easy one. She came into Sochi as a bobsledding rookie, having battled thoughts of quitting four months earlier.

What makes the Pennsylvania native so unique is not her participation in both the Summer and Winter Olympics. She shines above the rest because she had no bobsledding experience until four months ago. She was given the privilege of pushing the number one sled, bumping out seasoned Olympian Lolo Jones, who also participated in both the Summer and Winter Olympics.

Williams' coach, Todd Hays, spoke of her talent to the *Pittsburgh*

Post-Gazette, "Incredible. I would have bet anybody...that no person could walk on this team as a rookie and make the team, let alone actually be in USA-1. But you look at Lauryn's résumé and it tells you what type of athlete she is. She's one of the greatest U.S. sprinters of all time, incredibly talented, incredibly powerful with an incredible work ethic."



she won the silver medal when Canadians Humphries and Moyses slid into first place.

Although she failed to make history on an international scale, Williams will be remembered as one of Beaver County's greatest athletes.

5,6,7,8!

BY: SOPHIA STOKES

It's time to groove into spring with dancing. Dance season is an incredibly hectic time for competitors with competitions every weekend, constant training, and countless repetitions of routines. Handling the heavy workload is worth the

chance of winning top awards.

Competitive dancers always keep their eye on winning the top award. At some competitions, they give away scholarships to the best dancers. A girl from Rhythms in Motion Dance studio, who attends Central Valley School District, just won a V.I.P scholarship at JUMP two weekends ago, and has the opportunity to go to California in the summer. Dance competitions are crucial since they can provide opportunities for a future professional job.

Competition season typically begins in spring. Going to competitions and conventions makes a dancer mature and more professional. When dancers compete, they go against other studios and try to win the top overall score. Occasionally, dance studios are allowed to enter as many routines as they want, and can have any number of submissions from four to over 20 dance numbers.

Commonly, people assume that dance is an easy activity, but it involves both physical and mental concentration. Dancers train many hours a week, sometimes five per day. On weekends and during the summer, they dance more frequently. They practice Ballet, Pointe, Tap, Jazz, Jazz Funk, Acrobatics, Lyrical, Contemporary, Hip-Hop, and many other categories of dance. Dancers have extraordinary flexibility, muscular strength, and physical and mental endurance. That is why some are able to do over 11 pirouettes (how many times you can turn on one leg) in a row.

Dance is not an easy activity. Most people don't consider it a sport, but dance involves physical activity and competition against other teams, qualifying it as a sport. Dancers in our school train very hard to have a professional job in the future. People might think that regular school sports are hard, but dancers don't get acknowledged as much. They have a fire and passion inside of them to dance the best they can. They have to present to the audience that they work very hard, and since they are professionals, they make dancing look easy.

Baseball Is Back-Back-Back!

BY: GRACE WARGO

For some, spring starts with the birds chirping, for others, the crack of a bat. Baseball season is among us. Last year the Vikings earned a record of 20-5, not bowing out until the WPIAL Championship game. The team is led by second



year head coach and math teacher Coach Shuleski. He offered a few candid answers that provide a glimpse into the life of the general of the baseball team.

Q: If you were able to change a rule in baseball, what would you change?

A: "In high school, I would like to see wooden bats used."

Q: What was your greatest baseball moment as a player?

A: "Stealing home for the game winning run vs. Grove City."

Q: What was your greatest baseball moment as a coach?

A: "My first section game as head coach. We were losing 7-1 in the 6th inning and came back to win 9-7."

Hopewell's team is going to have a different look this year, losing 12 players. Some of the notable losses include: Stefan Mrkonja, Arion Sepp, Ryan Cox, Tim Hughes, and Clayton Covalt. Mrkonja now plays for Point Park University, Sepp for Seton Hill, Cox for St. Bonaventure, Hughes for West Liberty, and Covalt for Penn State Beaver.

For the upcoming season, Coach Shuleski hopes to compete for a section championship. After a great season last year, Coach Shuleski predicts, "We will be strong defensively up the middle." Hopewell's rivals this year are Blackhawk and West Allegheny; West A is the preseason favorite to win the section.

The offseason is always an opportunity for new leaders to emerge. Coach Shuleski said, "Some of our seniors are beginning to fill that role knowingly and unknowingly. It's not being vocal; it's putting the team's needs ahead of your own."

F a n s , circle April 7 on your calendar to see Hopewell at Blackhawk. The first game of the

season is March 24 against New Brighton.

Dashing Toward Success

BY: LAUREN ZAWATSKI

"Forty four days 'till West A. I have a countdown," proclaimed Anthony Candiello. Only one arduous sport could incite such a fierce rivalry in the minds of those who participate, track and field. The team is not simply composed of just one part; it actually contains four different disciplines: jumping, running, throwing, and vaulting.

Last year, the boys track team finished with an overall 2-5 record, which Candiello, a jumper as well as the captain of the entire track team, believes will definitely improve this season. "Honestly, we just have to keep at it; we had a lot of young people on the team last year. With all the experience they have now I feel like we can do a lot better this year."

Junior Nick Tocci feels similarly about the upcoming season. Tocci, a distance runner, has been on the team for all three

of his high school years. Distance is an especially grueling activity, with practices including miles and miles of running. Tocci noted, "We plan to work really hard this season!" Some athletes have already begun to show heightened potential early in this 2014 season. According to Nick, some of these people include sophomore Greg Nero and freshman Patrick Dusch.

Sprinting is equally challenging, with high speeds straining muscles and ligaments. "This year we are really focusing on relays, especially the handoffs," stated senior sprinter Gabby Georgetson. Relays prove prevalent to sprinters, who have earned many points from the winning members.

As for the girls, they earned a 5-2 record, but senior pole vaulter Elizabeth David believes there is always room for improvement. "This year I want to focus on getting up higher. Last year we were mostly staying at the six feet mark, so we want to get up higher to about eight feet so we can place at MACs," Elizabeth noted. Along with each other section of the team, some of the vaulters' fiercest rivals include both West A and Blackhawk.

Across the football field away is another portion of the team, the throwers. Kari Steur, a senior who throws shot put and discus also has plans to advance this season. She revealed, "We want to get our throws farther, and get to states. We were only a couple places behind making it last year." Throwers make up a large percentage of the team, and they also are fairly isolated from the rest of the team.

"I think it's going to be really fun and interesting. I feel like cross country has prepped me a bit for track. I can't wait until we start running our events and competing" exclaimed freshman Rachael Ciccone, who plans to run distance. This year's team has a large variety of ages and experience, and many new faces are emerging.

The track team's first match will be held on Tuesday March 11 against Riverside at 3:30 p.m., and the highly anticipated Hopewell versus West A faceoff will be at home on Thursday April 3, starting at 3:30 p.m. Come out and support the track team as they run, jump, throw, and vault towards an excellent season!

Hopewell Softball, Comeback Season

BY: SANTINO CICCONE

Hopewell is not known for a successful softball team. With only two section championships in 1980 and 1988, they are hoping to break their streak after 26 years. In the last three years, with an 8-44 record they hope to have the team turned around with a new head coach.

Hopewell graduate and Penn State centerfielder, Amanda Moore, is the new and first head coach, hopes to turn the team around. "I am hoping and striving for a comeback. I am confident in my team because of the large amount of talent we have. With experienced upperclassmen that can guide the younger girls, who are very talented, we should do well" she commented on what she thinks about the team. Also, she said that the key to their success this year would be "teamwork, communication, positive attitude (supporting others, that is). Each player is equal and helpful to the team in some way. I plan to play the best nine girls in the positions I feel they're strongest and prove to any doubters that Hopewell softball CAN be strong and make a comeback."

Returning letterman, Carmen Fisher, has a positive outlook on the season, after a tough one last year. After asking how she thinks they will perform, she said "Better than last year because of the up and coming players." She thinks that the key of their team's success will be team work and cooperation, and hoping to make the playoffs. "She's different than the past coaches. I feel like she knows more because she actually played the sport and not just in high school but in college too," Carmen stated after I asked about the new coach.

After finding out the information of the new head coach and a returning letterman, they hope to have a positive season and a lot better than recent years.

Striking Victory

BY: KRISTEN SPEZIALETTI

One of the many sports that lack proper publicity is the Hopewell Bowling Team. The regular season matches have just ended, and tournaments are beginning. It is about time the bowling team receives their deserved recognition.

With the current season coming to a close, Hopewell Bowling has had a successful run. During the regular season, Boys' and Girls' Varsity Bowling teams finished section champions. Boys' Varsity Team captains Shane Martin and Andrew Brunette lead the team to victory at the Midwestern Athletic Conference. Girls came in a close second, only behind Montour. The girls' varsity team, captained by Kristen Spezialetti and Cassandra Derosé, finished with a 9-1 record, boys' finished the regular season undefeated.

Noteworthy Hopewell Bowlers include the boys' starting five varsity team, all of which qualified for the Western Pennsylvania Regional Championships. Hopewell bowlers who qualified for the Regional Singles Championship include Shane Martin, Andrew Brunette, Sean Donnelly, Anthony Matuga, Kyle Everette, Cassandra DeRose, and Kylie Gozur. Both teams will be attending the Regional

Championship for the team event in March.

The teams have travelled to different alleys in the area, consistently winning. As Andrew Brunette said, "...I can use three words to describe our situation: Adapt, Adjust, Overcome."

Archery

BY: JENNIFER CRANMER

"To unify Bowhunters and Bowhunter organization at an international level." This is the preamble of the I.B.O. (International Bowhunting Organization), and from age 10 Hopewell sophomore D.J. Mercer has been competing in archery competitions sponsored by I.B.O. In August, he will be representing Pennsylvania in the I.B.O. 2014 World Championship after qualifying from the state competition.

Archery competitions occur in three rounds; states, nationals, and worlds. Although a veteran archer, D.J. says he still gets nervous before a competition. He uses a Mathew's compound bow during competitions and rigorous practice four days a week. He started performing competitively because he "thought he was good enough to do it." In D.J.'s years of practice his greatest accomplishment still remains his second place plaque from states. Good luck to D.J. Mercer at Worlds.

Congratulations to the Hopewell Swim Team Seniors! From left to right: Gabby Ruttinger, Victoria Rohm, Noah Repman, Lia Kopar, Jake Smallwood, Elizabeth David, Emily Tolfa, Jake Kennedy, and Central Valley swimmer, Blair Drake.





Students of the Month: Kristina Celeste and Maddie Davidson

BY: SOPHIA STOKES

Our underclassman student of the month is sophomore Kristina Celeste. Kristina averages



a 3.42 GPA and takes Accelerated Chemistry and Honors World Cultures. She has also been active in student council, Spanish club, class club, and mock trial where she recently won a best witness award in a case against Beaver. She is also a member of the newly formed student public relations team. Kristina has been a cheerleader for two years on the varsity squad and has participated in Coyotes competitive cheering.

Our upperclassman student of the month is senior Maddie Davidson. Maddie has an overall 4.5 GPA, and takes AP Calculus, literature, Bio, and Adv. Social

studies. She is President of the Latin club and also Vice President of N.H.S. Maddie is great at managing school and work time. She is also in band and participates in health careers club. For her senior project, Maddie is helping out with St. Vincent D.E. Paul Society. After graduation, she plans to attend Duquense University and take classes in pharmacy. Something great Maddie accomplished was



winning a WPIAL medal sophomore year. In her free time, Maddie likes to listen to music and read.

Snoring to death

BY: JUSTIN KRAUS

Every high school student has troubles with sleeping, whether it's not sleeping enough or waking up at noon on the weekends, it seems to be a major problem with kids' nation-wide.

While we all complain about our sleeping problems, we must realize that there are many people who struggle with a very severe sleeping ailment: sleep apnea. Sleep apnea affects 42 million Americans,

and the symptoms range from sleepiness to death.

To find out how sleep apnea really affects people, I took to a very credible source, my own father and Hopewell Township Commissioner Norm Kraus, to acquire a few firsthand experiences.

"I always woke up very tired and never felt rested...I knew I had a problem." He commented on sleep apnea's affects on his life. Sleep apnea is a result of a blockage of the airway during sleep, and in severe cases the entire throat is blocked off. The reasons for this vary, from unusually relaxed throat muscles to being overweight. The result is a blockage in the airway that prevents breathing, called an apnea. These apneas are usually 10-20 seconds in length, but in severe cases they can last up to 45 seconds.

"My wife and I were suspicious for years that I had a problem, but I finally got tested in 2011." [For the testing] they hook you up with electrodes all over your body, and then you sleep overnight so they can observe over a long period of time. [The doctors] knew I had it after three hours—I held my breath for 57 seconds—I could have died."

The results of sleep apnea can be devastating for a person's life; high blood pressure, depression, diabetes, and stroke have all been linked to sleep apnea. Death can also occur in two different ways. An extended period with no respiration can cause affixation, and years of irregular breathing can take a toll on the heart, resulting in heart attacks or heart failure.

Anybody who experiences extreme fatigue during the day or has had anybody observe them snoring or not breathing, should inquire about sleep apnea with his or her physician.



Hopewell, Meet

Mrs. Story

BY: RACHAEL KRIGER

At Hopewell, it is not uncommon to hear students talk about their favorite teacher. What homework they give, how funny their lessons are, and sometimes, even what they are wearing. To any student privileged to be in her class, she would likely be among the favorites.

Mrs. Brittany Story-Stelzner, who goes by Mrs. Story, is the AP Physics and Academic Physics teacher.

She took over for Mr. Nelson as he is now handling the cyber school program. Mrs. Story grew up in a small town in Northern Illinois. She says her favorite memory as a child was when she once held a koala at the zoo, saying “when

it looked up at me with those sleepy eyes, I almost died of cuteness.” She went to college at the University of Illinois in Champaign-Urbana and says her favorite memory is meeting her husband, “he’s been buying me food and books ever since.”

Mrs. Story previously taught physical science, earth science, and physics in Colorado and last year taught physics at Seneca Valley High School and English in Seneca’s Middle School. She is now at Hopewell in her sixth year of teaching. When asked why she wanted to teach Physics in high school, she said, “I think seeing the math and laws that run the universe can be beautiful. Learning physics can give you another way of appreciating life. High school students are fun to teach because they have a flexibility of mind and spirit that I find invigorating. Plus, they sometimes share smore pop tarts with me.” Mrs. Story says that physics is a vital subject for students. “Most of the highest paying and fastest growing careers these days are in the applied sciences. You can’t get into these

jobs without physics. So basically, more physics, more money.”

Mrs. Story’s favorite TV shows are *Sherlock Holmes*, *Downton Abbey*, and *Dr. Who*. She said if she could be one person for a day she would, “be a professional chocolate taster. These people fly all over the world to exotic locations and eat chocolate. I would switch places with one of these lucky souls.” Her favorite food is Indian foods and she also enjoys smore pop tarts (and only smore pop tarts), “but not mixed together. That would be disgusting.”



On her bucket list, she wants to be a good teacher, learn to be forgiving and kind, find balance, and eat enormous quantities of high quality spaghetti. She also would like to travel to Turkey, and

would love to see Dave Matthews Band in concert at Red Rocks in Colorado. Lastly, she says her favorite part of Hopewell is her students, “they keep me on my toes and make me laugh. They have good hearts and I’m proud of them.”

Elective Struggle

BY: JENNIFER CRANMER

From 7:35 to 2:20, five days a week, students enter Hopewell High School to gain an education. Every one of them has hopes for a life after graduation. Some want a job, while others want to go to college and get a degree. The courses they take during high school matter. Nobody wants to waste their time learning a subject that will not help further them towards their career. An astronomy elective cannot, arguably, help someone who wants to go to college and get a law degree. However, are there enough electives? Are students at Hopewell offered the opportunity to receive a well-directed education through electives?

Every student takes core subjects, but electives are used to narrow down a field of knowledge. A core subject of civics cannot cover

all aspects of the justice system. Therefore, practical justice is offered as an elective to supplement the curriculum. At 11 electives, the business department tops the list with the most classes. Other departments such as language arts or the foreign language department have exactly four electives to choose from. Somebody looking for a career in law has even less opportunity to fill their schedule with classes that interest them. Practical Justice is offered but that is a one semester, one time, half credit course. There is no Practical Justice II. Business Law I and II are offered as well, and although the names might be similar according to our curriculum guide, the subject matter is not the same.

For psychology, all the subject content cannot possibly be covered in only one semester. Every year the number of students who become psychologists grows but teenagers at our high school have one opportunity to use to decide if psychology is the right career for them. However, a student planning on going into a business field has ample opportunity to prepare themselves (General Business, Finance for Personal and Business Application, and Entrepreneurship among others).

There is no doubt that Hopewell does have programs in place to try to expand the amount of classes available to students. Open Seats is a program that allows students at one school to take classes at another. Hopewell students can be approved to take virtually any class they want from any school, as long as a bus could easily get there and back. Another program is dual enrollment in which students can take college courses and receive college and high school credit. However, these programs require students to change their schedule so they can leave school, travel to the class, and come back. There may not be time in the day for students to take regular courses offered at Hopewell, when they must go from the high school to the other school and back again.

Although, some smaller schools out there probably have even fewer electives than Hopewell, that does not mean that we should not strive for improvement.

Heroin Killing

Locally

BY: LAUREN ZAWATSKI

A war is running amiss today, and it's spiraling out of control. "Another one?" many may groan, "We deal with enough violence already!" However, this war is not waged overseas, and radical Islamic terrorists are not the featured foes. Rather, the enemies lie right at home. These antagonists, responsible for roughly 105 deaths per day in the United States, are none other than illicit drugs.

Although all illegal drugs are detrimental, one has become increasingly prevalent in recent years: heroin. Not only has this substance taken the lives of numerous celebrities including John Belushi, Chris Farley, River Phoenix, Cory Monteith, and Philip Seymour Hoffman, but it also proves equally destructive to those who go unnoticed by the media. In Oconomowoc, Wisconsin, 26-year-old former heroin user Tyler Lybert knows all too well the effect of heroin on an individual's life. "I switched (from prescription pills to heroin) because it was cheaper, and once the hook was in me it was next to impossible to get out. No matter what I did, I needed

to get high. It didn't matter who I hurt, who I stole from, none of that mattered," admitted Lybert.

In Pittsburgh, 22 heroin related overdoses occurred during the week of Jan 20, 2014, shifting drugs to center stage once again. Each autopsy performed revealed a similar trait between the deaths; the heroin found in the bodies was laced with a cancer treating



painkiller called Fentanyl. One of the contributing factors for heroin's popularity lies in its use as a painkiller. Heroin is considered a "depressant," meaning it slows down the central nervous system and the spinal cord, leaving users feeling relaxed and euphoric. "There's just an idea that we don't ever have to be uncomfortable,

and I think that's a major reason drugs are a problem," notes Elaine Stano, a treatment specialist for the Fayette County Drug and Alcohol Commission. According to a study completed by the Pennsylvania Department of Health and the Bureau of Health Statistics and Research, Fayette County has 33.5 deaths from drug-related overdoses per 100,000 individuals; one of the highest rates in the entire country.

Despite the thousands of inmates incarcerated for drug related offenses in jails across the country, many believe that drug abuse should be treated more as a health problem, instead of a criminal offense. Rather than flinging drug addicts into the criminal justice system, retired New Jersey State Police narcotics detective and a co-founder of Law Enforcement Against

Prohibition Jack Cole believes a different approach must be taken. He noted, "Once we start treating drug abuse as a health problem instead of a crime problem, we won't have to arrest and sacrifice on the altar of the drug war 1.7 million people a year who we arrest for nonviolent drug offenses, which is what we do today."

Hopewell Joins the Digital Age

BY: KRISTEN SPEZIALETTI

Located in the high school lobby, you can find a room filled with computers. That wasn't there last year, was it? No, it is a new addition to Hopewell's many academic opportunities, cyber school.

All over the country, public and private school enrollment has been declining because of students transferring to an online curriculum. "I believe Cyber School will continue to gain popularity based on the way the world is going, but I don't think it will ever replace traditional schools," explains Mr. Nelson, coordinator of Hopewell's cyber program.

Currently, students who are not able to enroll in their desired classes due to many reasons, such as enrollment in the Beaver County



Career & Technology Center, are able to take cyber courses to fulfill graduation requirements. As of this school year, Hopewell is cooperating with Seneca Valley

School District's cyber school with adjustments being made in order to fit our current curriculum.

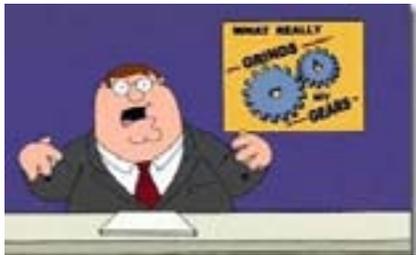
In the 2014-2015 school year, it is expected that Hopewell teachers will design their own courses online. Mr. Dean Nelson, Coordinator of Hopewell's cyber program, deems the status of the program as a very successful investment. Mr. Nelson has reported an enrollment of 22 students, but expects that number to increase over time.

Students who participate in online courses have an extremely flexible schedule and a wide variety of electives ranging from Advanced Placement Psychology to Game Design. A financial plan for this program has yet to be determined by the district.



Grinds My Gears: Valentine's Day is just too much...

BY: TAYLOR SKELTON



When it comes to Valentine's Day, girls step into a world of delusion. You could hear them in the hallways compiling their "wish lists" for the upcoming holiday. All you heard was, "I want this" and "I'm hoping for that." The majority of girls out there had their expectations way too high for this lovey-dovey day. I think they have read one too many Nicholas Sparks novels. It was time to step into reality.

The first step to lowering your expectations is admitting they are, in fact, too high. Attention all high school love birds: You ARE in a high school relationship. You DO go to Hopewell High School. Your life IS NOT and WILL NOT be a movie. I know that may have been tough. Now, when February 14 came, you should not have expected to arrive at school to be greeted by a boy in a suit holding a dozen red roses, a life-sized teddy bear, and a love letter stating the time for your dinner date that evening. Shockingly (sarcasm intended), it most likely did not happen. High school girls' expectations for Valentine's Day really grind my gears.

Everyone sees the candy hearts, the cheesy cards, and the

inevitable diamond commercials that always end with the sweet embrace of a smiling couple. However, girls need to comprehend the fact that this wasn't the result on Valentine's Day for their tenth-grade relationship. You may be lucky enough to get the cheesy card. Girls put way too much pressure on guys to flatter them and shower them with gifts on some day in February. It is actually sad how many results pop up on Google when you search for "tips and advice for boyfriends on Valentine's Day." This day is simply a commercialized day for couples to congratulate themselves and make all the singles feel crappy. If you are in a relationship and this is the one day a year your man treats you well, you may want to consider finding a better beau.

Overtime the chick-flicks have increased expectations of boys in relationships worldwide; it must be overwhelming. Please, quit waiting around for February 14 in hopes it will turn into a dream-come-true-sort of day. I'm not saying you shouldn't have celebrated the holiday. By all means, I hope you enjoyed your day festively. However, you should be happy with whatever happened. If you walked into school and received a single flower, wilted or not, don't be disappointed. Be happy you got the flower. For the singles, it's just another day. Don't fulfill your urges to gorge yourself on half-priced chocolate the days following. Stuffing your face while crying over romance novels won't leave you feeling satisfied. I hope you spent it as any other day. Whether you got your "wish list," your cheesy 99 cent card, or nothing at all, take it, accept it, and MOVE ON.

Dear Dr. Sam,

BY: Samatha Marckioni

I have a good group of friends, and we have been together since I can remember. I'm very lucky to have the friendship that I have with them, but like everyone else, we have our fights. Nothing has ever gotten to the point where we stop talking, but we do have our riffs every once in a while. My friends love to poke fun at one another, and I do too. As of late, however, my one friend has just been taking it too far. My other friends know when enough is enough, but he is relentless, with me in particular. To add insult to injury, he only jokes with me about the one thing that he knows I'm **really** insecure about, and I've even begun to think that he is truly doing this on purpose. I use

to be able to just play it off, because I'm not an emotional person, but it's just getting to the point where I don't want to be around him anymore. I want to tell him to stop, but I don't know how. I also don't want to say anything in front of our other friends, to avoid furthering my own embarrassment. My biggest fear about this whole thing is that he will make fun of me even more, now that I'm asking him to stop. I can take a joke, but it's not just 'joking around' anymore, it's belittling me in front of my friends and peers.

Please help,
Monkey in the Middle

Dear Monkey in the Middle,

You're not the first person to ever have to deal with this type of situation. All groups of friends have the one jokester who won't let up on the name-calling, nagging, and mocking. Its one thing to tell a stranger to stop harassing you, but it's a whole other story when it's one of your close friends. You need to talk with him about your personal boundaries. True friend's support and strengthen you in hard times. True friends are not rude and they don't say smug comments about your life, future, or anything in between. So, to be a friend includes showing consideration to them. This person is not doing either. Talk to him about how you're feeling, and that in order for your relationship to be successful, your friendship must be more about giving than about getting. He should respect you and your feelings. If you're afraid of talking in front of your other friends, I would suggest talking to him one-on-one. Avoid texting because then your conversation is there for everyone else to read, and words can be taken out of context when not spoken directly. When talking to him, tell him how specific behavior from him makes you feel. Try to maintain a fruitful, genuine, and open dialogue. When talking about emotions with someone who has hurt you, a lot of pent up emotions are likely to spill out with the rest, but those emotions are for another time and another place. It's of utmost importance to stay calm, and purposeful when approaching him. People like this are constantly on the defense, and telling him that something they're doing is wrong will only cause them to defend their already deflated ego. If he still continues, start spending less time with him, until he starts making an effort to re

spect you. Depending on how he responds, start limiting your time with him until he gets the message, or you otherwise stop speaking all together. As a side note, it's important to consider the possibility that there is something under the surface here. Sometimes, people who are rude, are often upset, and treat others how they might be feeling. Try seeing if everything is okay with him, too. Although he thinks he's being funny or sarcastic, in actuality he's just being mean. However, he may not realize this. If he's constantly criticizing those around him, but doesn't possess the ability to criticize his own actions, he might be dealing with low self-esteem by tearing others down to bring himself up.

All in all, he may not view his comments as rude, or may refuse to accept that they are mean, but **you** have to let him know what is acceptable and what is not. Friendship isn't about competition; it's about supporting each other. If your friend continues to disregard your feelings, you may have no choice but to keep him at a distance so his toxic words won't impede your life.

Student Hi-Lite: Kamran Mian

BY: BRIE MILLER

Do you have any future aspirations?

In terms of the music thing, I always want to gain a deeper emotional connection to whatever I am doing (even though I hate how pretentious that sounds), a greater understanding of how my body works, and a larger base of ideas and information so that I can use what I need in any context. I am learning and patience is important.

What are you doing for your Senior Project?

I am putting together and performing in a solo recital next fall in our auditorium. It will feature some standard percussion pieces mixed with fun pieces and possible small group numbers. There will be something in it for everyone, it will include some great music, and there will be food! The date will be announced soon.

What are your favorite classes?

I like English because of our reading assignments.

Any extracurricular activities?

I try to get as much playing experience as I can. One of my big regular activities is the Pittsburgh youth symphony, which performs free concerts at Heinz Hall a few times a year (the next concert is March 9 at 7:30 p.m.) I play in a small jazz group with some musicians from there, and I just did a 15-minute radio segment with them. Outside of that vein, I play with a community jazz band here at Hopewell once a week, and also occasionally play in school band festivals and with some concert bands in the greater Pittsburgh area. I actually just got done doing a sketch comedy/improvisation show with three of my friends, and that helps me stay flexible.

Describe yourself in three words.

Why have three words when you can have three camps?

What is your middle name?

Erig (pronounced eerihge). I guess in the 1970s before my grandfather dies, he wished that if my father ever had children, the son would be named Erig. I have a strong fondness for that name, and I include it in signatures often.

What do you consider your greatest accomplishment?

It hasn't happened yet.

Favorite musicians?

I don't like having favorites, so I'll say that right now I am getting into some of the 60s; Buddy Rich Big Band stuff, Quincy Jones' *The Dude*, Bernadette Peters, and the overture to Bedrich Smetana's, *The Bartered Bride*.

If you could be one person for a day?

Coach Shuleski.

Favorite salad dressing?

Sundae toppings

When was the last time you were in a stage fight?

Gym class doesn't count, because all of the guys end up touching each other anyway. Robin Garofalo and I need to polish our physical movements and find the optimum setting in order to take the stage fighting to the next level. Our favorite setting was the eighth grade English Festival, even though our form really started developing after that.

What's your favoritesundaetopping?

Salad dressing.

Would you rather have a parakeet or a box turtle as a pet?

Box turtle, even though box turtles can be difficult to maintain. It would have to be born were I live, because box turtles are deeply connected to the place they are born. In many cases, box turtles will die trying to return to their original homes after being relocated.



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Lana Del Rey

BY: BRIE MILLER

You may not know her name, but you have heard her voice. With tracks in *The Great Gatsby* and the upcoming *Maleficent* movie, Del Rey has a distinctive voice unlike many others in her genre.

After uploading some of her tracks to her YouTube channel, Del Rey was discovered signed by Stranger Records to release her debut single "Video Games". She won several awards for the single including "next big thing" from Q, one of Britain's biggest and best music awards, and "Best Contemporary Song". Shortly after, she signed a contract with Interscope Records to work on her next album "Born to Die" released in 2012 and reached number one in eleven countries.

June 2012 she announced that she was working on another album, but insisted that it wasn't a new album but instead an EP,

the Paradise Edition of *Born to Die*. Which included 7 new songs like *Body Electric*, *Blue Velvet*, and *Ride*.

Her upcoming album, *Ultraviolence*, announced at the premiere of Del Rey's short film *Tropico*, is said to be released on May 1, 2014.

Goodbye Flappy Bird

BY: SANTINO CICCONE

Simmer down, *Angry Birds!* Take a hike, *Temple Run!* There's a new sheriff in town, and its name is *Flappy Bird*. Released in May of 2013, it didn't become popular until January 2014. Now, *Flappy Bird* is causing chaos and discussion.

Flappy Bird was produced by .GEARS and made in Hanoi, Vietnam by Dong Nguyen. It is a 2-D game, where the player controls the bird and attempts to fly it between

two pipes without hitting them. Sounds easy, right? Wrong. This game is aggravating.

Resourceful people are now selling mobile devices with *Flappy Bird*, capitalizing on the catastrophe. One man put his black iPhone 5 with *Flappy Bird* on eBay and started the bidding at \$94,000.



Dong Nguyen apologized and claimed that he will be removing *Flappy Bird*,

making it unavailable to download. However, what made Nguyen take *Flappy Bird* down if it earned an income of \$50,000 per day? Many people assume that it was due to two brothers from Chicago who played the game. The younger one ended up killing his older brother because he had a better score, but this report has been deemed false. Many other theories are that he has been getting death threats and suicide tweets. Also, it has been said that Nintendo has sued *Flappy Bird* for using the same green tubes from *Super Mario World*.

Tap and flap, but please don't stab.

Movie Review:

Jack Ryan- Shadow Recruit

BY: RACHAEL KRIGER

4/5 Stars

Ever picture yourself as a secret C.I.A agent? Neither did Jack Ryan in the thrilling movie, *Jack Ryan: Shadow Recruit*. The movie shows Jack Ryan's life as a C.I.A agent and his journey to Moscow, Russia and New York City. The movie stars Chris Pine (Jack Ryan), Kiera Knightly (Kathy Muller), Kevin Costner (Thomas Harper), and Kenneth Branagh (Viktor Cherevin); Branagh also directed the movie.

Even though most of the setting was in Moscow, Russia, most of the filming occurred at Liverpool City Central in Great Britain. Filming also occurred in

London, Moscow, and New York City. The location in the movie



looked superb, almost like Moscow. This would have disappointed me if they did not go to Moscow, since

that is the main location in the movie, that's where it should be filmed). I understand that there have been certain policies in Russia, but filming there, and seeing St. Basil's Cathedral in the background during a few scenes, made the movie setting more interesting and cultural.

To conclude, *Jack Ryan: Shadow Recruit* is a movie not to be missed. Through all the thrills, car chases, romance, and action, the movie has suspense, and occasionally makes you jump. I give the movie four out of five stars, mainly because of the location and the story. In the beginning, it seemed a little rushed and there were some parts that were meaningless and could have been left out. It is a very suspenseful, thrilling, and must watch movie.



Album Review: “The Outsiders”

BY: RACHAEL KRIGER

4.5/5

After topping the Billboard charts two years ago with his hit album *Chief*, Eric Church has come back with his next best album, *The Outsiders*. Church first broke into the country music scene by signing with Capitol Records in 2005, and released his first album *Sinners Like Me* in 2006. He then released two more albums, *Carolina* in 2009 and *Chief* in 2011. His well-known hit singles include “Guys Like Me,” “Love Your Love The Most,” “Hell On The Heart,” “Smoke A Little Smoke,” “Drink In My Hand,” and “Springsteen.”

Opening up the record is the first single and album title, “The Outsiders.” The song mixes old, classic country with the newer, rock sounding country. The electric guitar solo at the end really brings out the modern feel of country music. Other upbeat song that deserves recognition is “Cold One.” “Cold One” is about Church figuring out how to get love an ex. Church, even with all his modern songs, brings back the classic country feel with the songs “Talladega,” and his second single off the album, “Give Me Back My Hometown.” “Give Me Back My Hometown” is the picture perfect of living in a small town, Church sings, “All the colors of my youth/the red, the green, the hope the truth/are beatin’ me black and blue/cause you’re in every scene.”

After listening to this album and taking in the fact that he had an extremely popular album in 2011 with *Chief*, I decided to give this album a 4 and a half out of five stars. The similarities between *Chief* and *The Outsiders* are striking, but in the battle of the Eric Church albums, *The Outsiders* receiver my vote of number one.

Interesting Websites

BY: GRACE WARGO

1. <http://www.foodtimeline.org>
Learn the origin of any food you think of!
2. <http://sidigital.co/sid>
Control “Sid” the robot from the comfort of your own home
3. <http://whatsideoftheroad.com>
Learn what side of the road you drive on in any country
4. <http://goo.gl/StcQJO>
Play PONG with those pesky pop-up windows
5. <http://www.howmanytall.com>
A different way to measure your height
6. <http://whatthemovie.com>
Test to see if you can name the movie with only one screenshot
7. <http://raining.fm>
Customize your perfect thunderstorm
8. <http://yesnomaybe.info>
If you can’t make a decision Yesnomaybe is right for you!
9. <http://www.boootube.com>
Worst rated YouTube videos.. EVER
10. <http://29a.ch/sandbox/2011/neonflames>
Make your own abstract work of art



Bits and Pieces

BY: TAYLOR SKELTON

Below are some tidbits of fun for your personal enjoyment. Find the answers on page 12!

1. The amount of force used to bite into a carrot is equivalent to the amount of force needed to bite off your pinkie finger.
2. The king of hearts is the only king without a mustache.
3. Giraffes and rats can last longer without water than camels.
4. The man who created the Thighmaster was once a Buddhist Monk.
5. To burn off the calories of one plain M&M, you must walk the length of a football field.
6. Lake Nicaragua in Nicaragua is the only freshwater lake in the world that has sharks.
7. Frozen lobsters can come back to life after being thawed.
8. In Mexico, their version of the Tooth Fairy is the “Tooth Mouse.”
9. Forest fires burn faster uphill than downhill.
10. One in 20 people have an extra rib.
11. What makes the male platypus special?
12. What are anteaters’ favorite meals?
13. How many lawyers are in Washington D.C.?
14. What occurs once in a minute, twice in a moment, and never in one thousand years?
15. I’m where yesterday follows today, and tomorrow is in the middle. What am I?

The Forgotten

BY MADDY HOPKINS

Hel remembered meeting Baldr in his dream.

He was gorgeous, she had to admit, with his warm halo of light emanating from him like his skin itself was sunshine. Warm brown eyes like melted chocolate chips. Hair so gold it was dazzling. Blinding, heart-aching grin. But that didn't lessen her millennia of resentment towards the god. While he'd been adored since the moment of his birth, she had been cast off to the Underworld to rule in eternal chill and darkness.

Unwanted. Feared. That's what Hel was.

She watched him from the shadows as he glanced around curiously. A pang slammed in her chest, a sharp ice spike shoved up between her ribs into her heart. She couldn't explain this feeling, this feeling of falling, falling for eternity. She was lost, looking at this god, so charming in his innocence.

She was falling and she

didn't know why. She kept falling falling. And she hit, smacked into the ground. Hard. Cold. Jolted back to herself.

An unexplainable anger iced over her stomach. A familiar cold. A comfortable cold. It settled into the pit of her stomach and she allowed it to seep into her veins, coating them in perfect crystalline structures.

Who was he to come to her solitude, to cast his loveliness upon the shadows of her shame? To throw her condemnation in her face?

At least he could not see her. Baldr turned.

Hel's anger receded into dread. She felt the ice stretching its fingers into her dead heart.

He caught sight of her silhouette. Leaned forward. Squinted. But his light failed to chase away the dark. "Hello?"

Hel ignored how his voice bled light.

Trying to mask her uneasiness, she emerged from her cloak of shadows, studying Baldr's face. She said his name. "Baldr." Her voice rasped from her horrid throat.

He recognized her

immediately; she saw it in his widened eyes, his eyebrows shooting skyward. He was trying not to stare. Of course. He was too kind for that. That was why the gods adored him so, his goodness—that and his beauty.

Hel would never compare. Baldr was beautiful and—well, Hel was dead. While half her body was pretty, the other half was a decaying corpse, gray skin hanging from her exposed rib bones.

Next to him, she was hideous. Worse than that. She was a nightmare.

"You're Hel?"

She tried to dismiss the quaver in his voice. "I'm not here to harm you," she rasped. "You're dreaming."

Baldr's eyes were wary. "Why am I dreaming of *you*?"

"It means," she said, "you will soon die." A grin twitched at the side of her mouth that she tried to chase away. Part of her relished the idea of him being hers forever. To look at such beauty for the rest of eternity...

To Be Continued...

CAUGHT IN HIGH-LITES



15. A dictionary 14. The letter M 13. One for every 19 residents 12. Termite 11. He has poisonous spurs on his legs.