

Hopewell Hi-Lites

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Someone To Look Up To

BY: ASPYN BEHR

Have you ever wondered what it's like to be the tallest person in the room? Our very own principal of Hopewell high, Mr Allison is someone who can answer this question for us.

The average height of a male in the US is 5'9, Mr Allison is a good foot over that measuring at 6'10. Being above average height comes with its perks like not needing a step stool to change a lightbulb or being able to reach the highest shelf in the grocery store, but it also comes with its challenges. For a person of average height a plane ride is no big deal. But for someone of his stature a simple plane ride is more expensive. More than often he has to fly in first class in order to be comfortable. Extra costs are a part of Mr Allison's daily life due to his height. Even something as simple as buying clothes is more expensive for him.

Have you ever had to duck your head down while walking through a doorway? For Mr Allison this is his everyday reality no matter the size of the door frame. He says, "It's become his natural instinct to always duck before entering a room."

As a freshman Mr. Allison was the second tallest person in his entire school and by his senior year he was the tallest. As you can probably assume, he was expected to play basketball as a teen, and he did. So you're

probably wondering "Why isn't this man a NBA star by now?" Mr. Allison says he was just average at the sport.

Because of his height, during his youth Mr Allison has had his fair share of funny little accidents. He told a story about his teenage years when his friend thought it would be a bright idea to hang him from a pull up bar in a pair of gravity boots.

Unfortunately for Mr Allison this did not end well. When his friend let him go, he swung, smacked the floor, and knocked himself out. When he came to, his friend was rolling on the ground laughing. This is just one of many stories Mr Allison shared about growing up tall.

On a daily basis Mr. Allison gets stares while doing simple things like going to a sports game with his

friends or even just walking down the street. Though his friends notice the looks he gets, Mr. Allison says he doesn't even notice them because being tall has always been his normal.

In addition to stares, Mr Allison says people are constantly making comments to him about his height. He says these don't bother him either, but the next time you ask Mr. Allison how the weather is up there, watch out because there might be a slight chance of rain.

We here at Hopewell high school are so grateful that we always have Mr. Allison watching over us. No matter how big the crowd is, you can see his friendly face always reminding us it's a great day to be a viking.



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Most Important Meal of the Day

BY: MARY ADAMS

The School Food Service for Pennsylvania has recently funded a free breakfast program for all schools in Pennsylvania starting in October. For the past two school years breakfast and lunch has been served to all students for free, and covered by the U.S. Department of Agriculture.

On the first day of school students were thrown off expecting free breakfasts. Senior Riley Cope, a daily breakfast eater, said, "I was angry and so upset," when she realized breakfast was no longer free. Many students relied on the free breakfast and adapted their morning to it over the years.

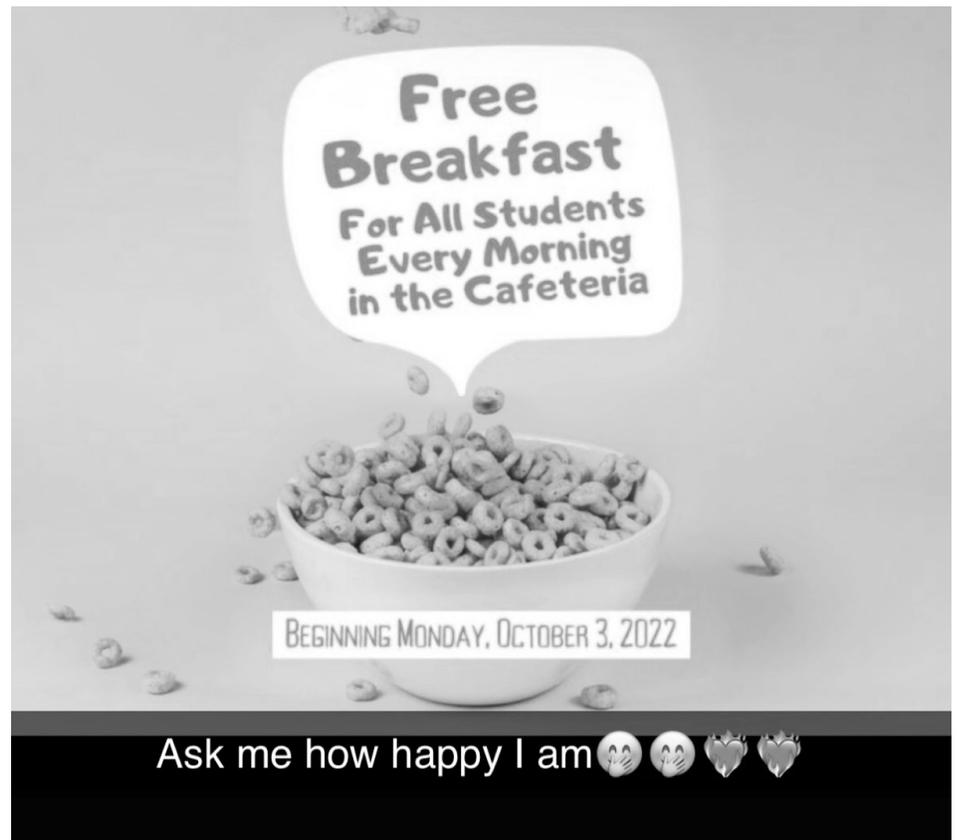
Seniors Abby Oldham, Sophia Pulvino, Madi Krah, Autumn Reddinger, and Bella Leseiko ordered breakfast everyday the previous school years. If you walked into the cafeteria, you would see them at their table every morning. They all said in agreement that they had to change their eating schedule by waking up earlier in the morning to eat at their house now. When the announcement was made about the free breakfast returning, a positive response occurred. Senior Sam Syrko said, "I am super excited. No more empty stomachs."

Students aren't the only ones filled with joy. The lunch ladies also believe free lunches are great for the

students of Hopewell. Alyssa, a lunch lady at Hopewell said, "I'm happy, glad the kids get to eat." She works the morning shift in the cafeteria, so this announcement will affect her, but she will be pleased that the flood of kids coming to eat now will now have food in the morning. Debby, another lunch lady who has worked at Hopewell for

years, said, "Great idea because people are hungry." She is ready for the wave of students to hit the morning lines and said, "It makes us busier, but we will be fine."

Overall, the student body is excited to bring back donuts, oat bars, and banana bread all for free!





Students of the Month

BY: GRACE GOLD

In the month of September at Hopewell High School, there are 4 Students of the Month. Those students are (drumroll please!): Emily Hareza, grade 9, Johanna Nguyen, grade 10, Lily Weber, grade 11, and Payton Rock, grade 12. Each of these students has earned the title of Student of the Month by standing out and going that extra mile.

The Student of the Month in 9th grade is the one and only: Emily Hareza. She is a caring, comical, and genuinely kind person. In her free time, she enjoys writing music, drawing, gaming, and many other creative activities. Some of Emily's achievements include joining the National Juniors Honors Society (NJHS) in Junior High, and joining Chorus every year since 6th grade. "I was in the NJHS and I really enjoyed that. It brought me out of my shell." said Emily.

Johanna Nguyen is the Student of the Month for 10th grade. Johanna is a kind, somewhat shy, yet creative person. She enjoys her alone time, and also enjoys certain activities

like reading, drawing, and sleeping as well as chatting and hanging out with her close friends. Overall, Johanna is a sweet and thoughtful person with many bright thoughts and ideas.

Lily Weber, Student of the Month for 11th grade, is a kind, generous, genuine, and creative person. She enjoys spending time with her family, reading, playing video games with friends and family, and several other creative activities.

She takes part in many school clubs and activities, including the NHS, Marching Band, Spring Musical, Class Club of 2024, and Ultimate Frisbee Club. She has a very active lifestyle outside of school, participating in certain activities and sports such as ballet, tap dancing, dance, and jazz dancing. "In my free time, I usually like to either spend time with my family or play video games with my friends," commented Lily. She is altogether an amicable, active, and kind-hearted person.

Payton Rock, the 12th grade Student of the Month, is a very

smart, active, and devoted student of Hopewell High School. Some clubs and activities Payton enjoys and takes part in for the High School are Journalism Club, Yearbook Club, Student Council, Creative Writing Club, the National Honors Society (NHS), and Track & Field. Outside of her school activities and school life, she enjoys playing with her dog, spending time with family and friends, photography, reading, and attends every and any Hopewell High School sports game she can. Payton Rock is a very devoted, kind, active, and honest person, and makes everyone smile when she walks into a room.

Each Student of the Month earned their title, and rightfully so. Congratulations to all of the Students of the Month, and keep up the great work! Go Vikings!



Marching Season Is In Session

BY: ISABELLA PAWLO

Mr. Keiper, the band director, has a lot to do with his chorus classes. That also includes his jazz, concert band, and his new class for guitar, but on top of all that he has his huge marching band. Now that marching band is in season let's hear his thoughts.

At the end of July, band camp starts and the band room fills with new members. It was an exciting time for Keiper. "It's the most important thing we do," he said. "If we don't bring in the new members then we get complacent, we get stuck doing the same thing and without new members, we can't grow, so the new members are the most important part of the band."

Now as much as it's fun for the band and the instructors, it also has its fair share of things the band wished it could change. "I just wish we had more resources, especially because I have all these adults that work for free because I don't have any money to pay them. I wish I had money to pay them more, and then I could ask them to do even more," said Keiper.

As much as the band seems like it has everything it needs, it still has different resources that are neces-

sary to have or just good to have.

Now every band kid has their down times with not believing or just giving up on what they're doing but Keiper says otherwise. "I feel like I give this advice a lot and I give those pep talks before every show but the big thing is that its ok to make mistakes, make your mistakes even if it's on the field or even if it's at a performance you should never beat yourself up over a mistake because every mistake is an opportunity to get better at what you do."

What makes our band strong isn't just the music they play, it's the spirit, advice, and the care that's given. Now, in the band, they all have things that we enjoy and Keiper has the same opinion: the band kids aren't just there to play for themselves, they're there to play for each other. "I really like how we're a big family in the sense we all care whether we show it or not we do care about each other and how we are all doing but also we have our own jokes that nobody else seems to understand and we take care of each other."

No matter what happens out on that field, Keiper is always proud of his students and members no matter if

they screw up. Not only are you there to play your music and pay attention, the whole band family wants you to have fun. That's the point, getting to know each other and growing together.

Mr. Keiper hopes that students continue to be passionate about their band experience even after they graduate. "Don't stop making music just because your not a part of the group that meets regularly anymore. And you don't have the class to take as a graduate there are lots of places you can keep performing as a musician, as a dancer in any fashion, so just keep making art. Stay passionate to find ways to do it, and if you can't find anything--call me, I'll help."



Rowdy Crowds

BY: OLIVIA SEDLACEK

Let's get rowdy! Pep rallies are back for the first time in three years due to Covid-19.

Students have enjoyed them so far. "I think they're a good way to get people excited about football games, and they show school spirit," said cheerleader, Mia Gargiulo.

Pep rallies are held to try to get students involved with the school. "They're a fun way to show school spirit and remind us to support the teams that are going out," said football player, Ethan Pletcher.

Different activities have occurred throughout the assemblies such as a push-up contest, musical chairs, tug of war, etc. "Musical chairs was a blast," said Ethan.

Many other students commented about musical chairs being fun to watch or participate in. Students have also given their input on other ac-

tivities that could be held. "Relays or scooter races would be a good idea," said Zach Landry.

The pep rallies are still new to this school year, so they still have room for improvement. The assembly has mostly included just the band and other fall sports in the pep rallies. "I think they should be more inclusive," said Mia. Zach voiced a disappointment that many students shared, "I don't like how short they are."

Overall, pep rallies are an "excuse to have a good time and a fun way to show school spirit," said Ethan. Pep rallies have been successful so far this school year and are a great way to get more students involved with the school. "They are a

fun way to engage the student body in a positive way," said Zach.

The energy of the pep rallies have carried over into game night. "I think the student section is more involved this year and larger than it was the past year," said cheerleader Rayla Neff.



Vestal's Velocity is Constant

BY: TAYLOR ROBERTS

You might wonder how Mr. Vestal gets all his energy; he gets it from competing in triathlons!

A triathlon is a race that includes three different events: swimming, running and biking.

Mr. Vestal has been training for triathlons for about two years, and his first triathlon was last fall.

"I'd always done the half marathon and the full marathon, so I wanted something more challenging," said Mr. Vestal. "So last fall, a couple of the guys that coach with me decided to do the triathlon at Moraine State Park."

Training for a triathlon is a complex process. Instead of perfecting one event, the athlete must perfect all three events at one time. Every day is different, making the hardest part of training learning how to transition from one event to another quickly.

"I would train for something different each day, whether it was going to the pool and swimming eighty-four laps, swimming in the lake, or going out to the Panhandle trail, just biking to West Virginia and back," said Mr. Vestal. "I tried to link them together. So I would do a swim and switch directly to a bike, or make a bike transition to a run to get what that felt like."

Mr. Vestal enjoys the swimming part of the triathlon the most. It has always felt natural for him.

"I swam as a little kid and that was something that always can easy to me," said Mr. Vestal. "I was a lifeguard and taught swim lessons." While he did enjoy these water portions, his least favorite part was the bike.

As a teacher, football coach, father and husband, it can be hard to balance this hobby.

"I do cardio every day, I lift every day, and I do core every day," said Mr.

Vestal. "So trying to fit that in some degree is difficult, especially in the fall because of football."

Training for triathlons can be a demanding hobby, but Mr. Vestal always makes time for his family as well.

"Training my son becomes another challenge that we run out of time in the day, but he will train with me and do some of the things I do to help him train for his football and basketball seasons," said Mr. Vestal.

Over the summer, Mr. Vestal competed in the Ironman 70.3 in Augusta, Maine. The Ironman is a 1.2 mile swim, a 56 mile cycling and 13.1 mile run. He was able to include his family in this moment because it was in the middle of their family vacation.

"I've never been to New England, so it was cool to take the family up there for two weeks. And it was a beautiful part of the country," said Mr.

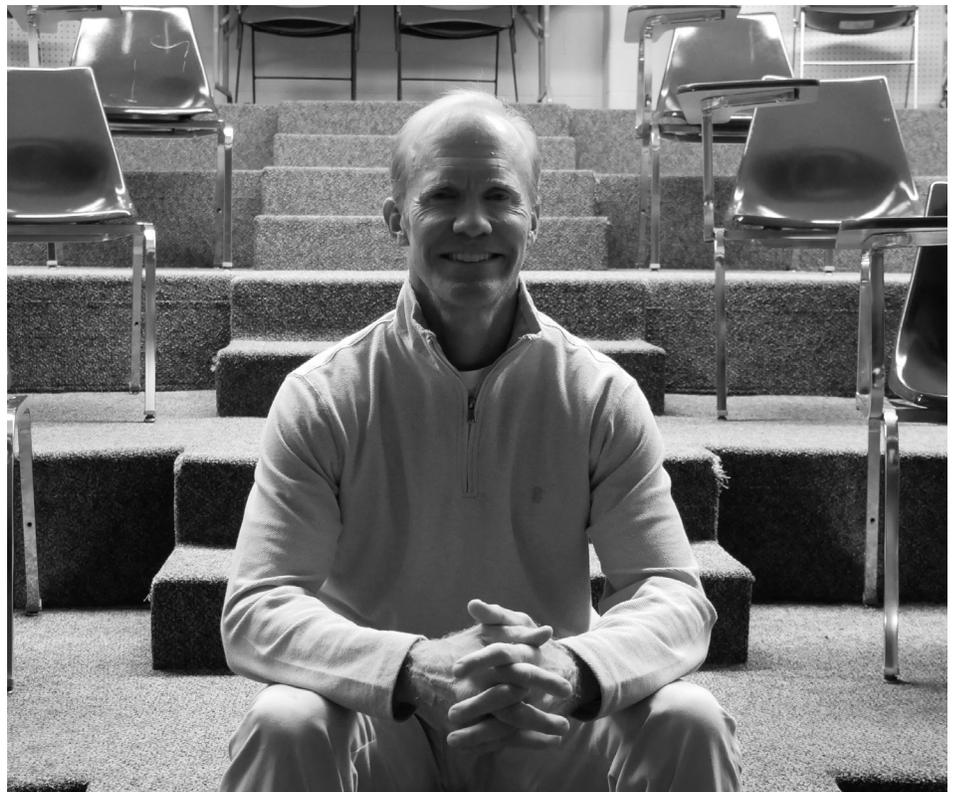
Vestal.

After just finishing one of his biggest races, he is already planning his next one. Mr. Vestal plans to compete in an ocean triathlon, which takes place on the beach.

"I kind of want to compete in an ocean triathlon because I think it sounds kind of weird," said Mr. Vestal. "I want to conquer swimming in the ocean. I don't want to say it's a fear, but I would never do that normally."

Mr. Vestal doesn't do it for the glory. He does it to keep his body and mind healthy and young.

"It doesn't matter how old you are, my fitness age is twenty," said Mr. Vestal. "I just want to keep working on my fitness, my health, and be as good as I can be as an old person."





Hack Doesn't Lack

BY: KENDRA ONUSKA

Hack doesn't lack. He is great at getting the job done. Hopewell High School golf coach and gym teacher, Mr. Hack hopes to build success in his students.

"I want to provide a safe and positive environment for the kids. I try to motivate them to work as hard as they can." He wants to make sure the athletes play honestly, work hard, and respect their opponents.

Hack's golf team recently made the playoffs while Noah Salter qualified for the WPIAL first round. "They did very well, we tied for the section championship with our record being 11 in 1," said Hack. "This season has been very successful, I try to have fun and make each day different."

Golf is something Hack has always been involved with and enjoyed.

"I've been coaching for about five or six years now, golf is my passion," said Hack, "I played it my whole life."

He believes the main priorities for the players are to practice hard and score well. Hack loves to see the development of his team. "Seeing the kids improve from year to year and match to match makes me happy," he said.

Mr. Hack is known and recognized for his outgoing sense of humor on and off the green. With their current season ending and the teams' great success, be sure to congratulate Mr. Hack and the team on their victories and accomplishments!



Photo by: Kendra Onuska



Day To Day: Mr. Slapikas

BY: JADEN CAMPBELL

Mr. Slapikas is an English teacher for Hopewell Area School District. Teaching in the High school and 8th grade English in the middle school.

Slapikas, usually struggling to wake up, gets up around 5:15-5:30 AM. He makes himself a bowl of cereal and may grab some fruit. Getting in his car he drives to school, choosing through his selection of CD's or podcasts, if he doesn't just sit in total silence.

Getting to school by 7:00-7:10 AM for his homeroom, teaching composition period 1, 2 and 4. Having a planning period for 3rd

period, eating lunch 5th, proctoring a cyber english class, then going to the middle school.

Slapikas gets off of work at 2:55 PM, but he has clubs Tuesdays and Wednesdays so times may vary. Most days slap gets home around 4:00 PM. "I don't really like to watch TV," said Slapikas. Preferring to take his dog out on a walk, reading, watching Youtube, sitting and listening to music, or surfing the internet.

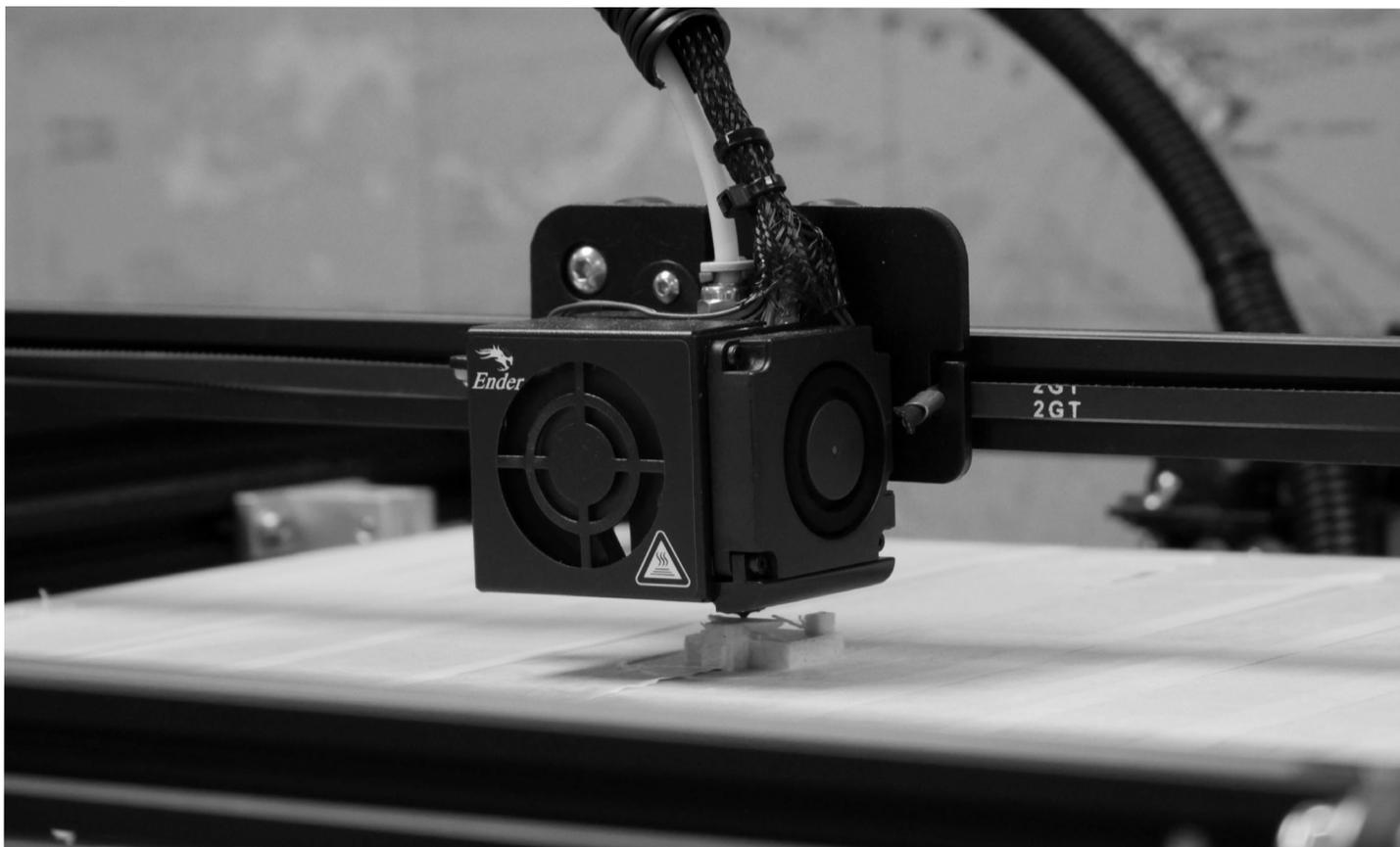
Slapikas is currently reading *Royal Assassin*, written by Robin Hobb. This is the second book in its series.

Slapikas has many hobbies,

including writing, reading, playing video games, ultimate frisbee and playing with his dog.

When it's time for dinner, Slapikas chooses to cook as much as he can, saying "I like to cook whenever I can, even if I'm not good at it." He learns how to cook from recipes or his dad and sister.

After Slapikas eats dinner, he will usually work on something, and go to bed as early as he can. Aiming to get to bed around 10-11 PM, however usually more like 11:30 - 12:00 AM. This is a day in the life of Mr. Slapikas.



CODING WITH COLANGELO

BY: SUZY DEPACE

Robots, 3-D Printers, and drones galore. Our very own Mrs. Colangelo, (along with Mrs. Korchnak and the Tech Department), have been gifted all types of new machinery.

Thanks to the students of RMU, along with many grants, we have been given new machinery such as a Curio, Hololens 2, Robotic Arm, 3-D Scanner, 3-D Printer, drones, and more.

The HHS STEM program is pushing forward, working with new programs, and introducing Hopewell Vikings to the real world of STEM.

Mrs. Colangelo has been teaming up with students in CAD, as well as Computer Club, working with computer and design, animation robotics, architecture, E-Sports, and STEM.

Relating to STEM, Colangelo specifically teaches Computer Aid and Design, Computer Animation, and Robotics.

Colangelo loves incorporat-

ing more of a project-based, lab style type of teaching, “We take all of the CAD and Robotics classes from an engineering standpoint to help create a pathway to certain professions.”

Following presenting last year, Colangelo has been asked to return to give a speech relating to the new machinery at the 43rd National Future of Education Teacher Conference this January.

“I presented last year, and so

I was asked to come back and do another presentation,” Colangelo mentioned. “I’ll be going to New Orleans in January to give a presentation on the Digital Manufacturing Lab.”

So if you’re interested in computer design, E-sports, or working with software and computers, make sure to give Colangelo a visit, but be careful of robots, they bite!



Photos by: Isabella Timpano and Suzy DePace



Seussical the Musical

BY: MIA GARGIULO

The curtain draws back, the lights shine from black, the speakers boom, crack! *Seussical Jr.* is hitting the stage in November.

Director and Jr. High Chorus teacher, Mr. Chad Toporski, has been directing the Jr. High musicals for the past 8 years starting with *Annie Jr.* and including shows such as *Matilda* and *Mary Poppins*.

After having worked with the upcoming cast, *Seussical Jr.* was chosen because it fits the students. “Every year when we decide on a musical, we consider the cast that we’re expected to have. This year the determining factor was that *Seussical Jr.* matched the personality of the kids, and we knew they would do well with it,” said Toporski. Eighth grader, Ella Biskup, playing Gertrude Mcfuzz, agreed and said, “I love my part because my character is similar to me.”

Seussical Jr. is a quirky and fun musical with singing and dancing. Even the students are excited, “I’m happy to be doing *Seussical Jr.* because there is a good plot with lots

of singing,” said eighth grader, Jacob Sourwine, who plays Horten.

As musical director, Toporski knows the cast and said, “After a few rehearsals, we’ve nailed it.”

He is excited for this year and is looking forward to putting it together. “With any musical, we enjoy watching the kids engross themselves and immerse themselves. We like to see them shine and be proud of what they didn’t realize they could accomplish.”

Mr. Toporski hopes for more than a good production. “I hope they learn to be more confident, to learn more about themselves, what hard work can accomplish, and to learn what it means to be a part of a team,” Toporski said.

Make sure to buy your tickets to *Seussical Jr.* this fall, and support the Jr. High musical!



Why is Math Important?

BY: MERCEDES CHURCHILL

It isn't just basic math like multiplication, division, addition, or subtraction. It will help you in many ways.

It covers more than just simple arithmetic. Hopewell math teacher Mrs. Dana Maurer said "math will help you in the future with your job and in your daily life like your car loans and bills or your house bills and even slop will help you."

And not only that but math will help you with critical thinking and problem solving for work and daily life.

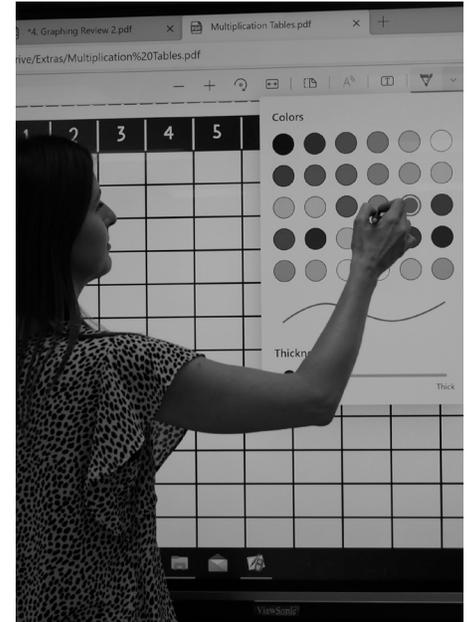
For example, you owe 1 person 45 and another person 67, along with your co-worker 12 dollars. How much money do you need to give out. If you didn't know that was basic math and the answer is 124.

And for the students that think math shouldn't be essential, Math is very essential.

You may think you can use the calculator on your phone so anything higher than basic math may be useless to you. Well, you will need to know more than just simple math. For example, you need to know fractions in case someone asks "what is $\frac{3}{4} \times \frac{6}{8}$ simplified to the 5th power?" or if you become a biologist you will need to know many things from calculus and biology which many scientific jobs are like that.

There are many other things that you will need to know more than simple math like you will need to know math to be able to tell how much you need for your interest rate and if you want to get a fence around your yard

you will need to know geometry for areas and sizes. All of these can help you with your future jobs depending on what job you have or will have.



SPECIAL VIKING

BY: AVERY ELIAS

Mrs. Montgomery is one of our new teachers here this year. She has been teaching for 11 years, and is now here as a learning support teacher, managing IEPs, and teaching an English class.

She first taught a k-3 emotional support class for two years in Virginia, and then moved to Beaver Falls to teach the same at their elementary for 2 years, then their highschool for another 4 years.

She chose to teach here at Hopewell after hearing the good things about the students, staff, and the admin. It was also a great way for her to stay in Beaver County.

Mrs. Montgomery graduated from Westminster College and received her Master's Degree from Ball State University. She got her

Master's in Applied Behavior Analysis (ABA) and it's to help identify why children behave a particular way. She wanted to be able to help those kids and she loved it.

"They are like a diamond in the rough." she says.

She never originally thought that she was going to teach high-school. She initially thought that she was going to teach younger kids. She believes that part of this reason is because she has 3 little kids, ages 2, 4, and 6. That was all until she was given the opportunity to teach the older kids in highschool, and she enjoys it.

"I really like teaching here, the students are great, the counselors are nice, and I love the people I teach with."





STUDENT ATHLETES OF THE MONTH

BY: ERIC THOMAS



Emma Palmieri for girls cross country won 5 meets in September, ran personal best numerous times and is the leading point scorer for the girls.



Azure Humphries with the girls volleyball team in a match against Quaker Valley got 19 kills 10 digs.



Dominic Flitcraft with boys cross county won nine meets in September, Finished 2nd in the Marty Uher Invite and finished 6th in the PIAA foundation meet in Hershey PA



Chris Colonna for boys soccer has 8 goals and 6 assists.



Backflipping Base

BY: RAYLA NEFF

Meghan Kelly is a star. Flipping, sprinting, shouting, and smiling, She also dominates the classroom and her extracurricular activities. She is a cheerleader, a gymnast and in the spring she runs track.

As a high school student Meghan lives a hectic schedule, "During winter it's crazy gymnastics meets during basketball games."

Not only does her brain have to work out where she is supposed to be on a given night, but her body also has to deal with all the stress. She has had a few injuries including sprained ankles, many concussions and a lot of back pain.

With all of her activities she

still has time for her friends. Meghan got the opportunity to be a part of the homecoming court. Ever since she was younger she wanted to be on the court. Her escorts are Sonny Kasanzale and Gino Scipione. "I'm very excited to be on homecoming court and I'm happy that my friends are on there I think it will be fun"

Meghan also has success in the classroom, "I park in the honors lot." When she gets out of here she would like to attend a 4 year college. Meghan would love to attend Penn state and be on the cheer team. She wants to go for engineering but is unsure of what field.





Hail To Pickett

BY: DANIEL J. EARLEY

Kenny Pickett at the starting QB position is the best decision the Steelers made this year. Mitch Trubisky was just not contributing to the offense as the Steelers thought.

In the first two games the Steelers played (against the Cincinnati Bengals and the New England Patriots) Mitch had a combined 362 yards, 2 touchdowns, 1 interception, and a completion percentage of 59.2% and has a QB rating of 76.1.

To compare to a similar QB with similar receiving core Carson Wentz. Wentz has bounced around the league in the past few years but this year his numbers are looking like when he was on the (2017-2018) Eagles which won Super Bowl LII. These first two games Wentz is throwing for 650 yards, 7 touchdowns, 3 interceptions, completion percent of 65.5%, and a QB rating of 90.4. Demolishing Mitch's numbers and nearly doubling his yards and definitely his touchdowns.

A big factor on the Pittsburgh QB productivity is the offensive line. It is obvious when watching the Steelers offense Mitch did not have a lot

of time before the pocket collapsed. Mitch has only been sacked 4 times in the first 2 games.

It's not a terrible stat but the small amount of time in the pocket has rushed many incomplete passes.

Another factor of Mitch's game that was a contributor to bench him is his third down conversion. The most important part of a successful scoring drive is picking up the tough third downs. The Steelers offense has only converted on 3rd down 12 out of 30 attempts in the last two games. That's a 40% third down conversion. You are more likely to flip a coin and get heads than the Steelers converting on third down. That is terrible if you want to have a productive offense.

Now on to Kenny Pickett. Kenny Pickett was a beast in college. In his final season at Pitt he won the ACC Championship against Wake Forest and in that game he had one of the most athletic plays of the year.

Pickett scrambled out of the pocket and started running down the field he faked the slide and scored the first touchdown of the game. In this preseason Pickett has shown that his college skill has converted over to the

NFL. Putting up amazing numbers Kenny had 261 Yards, 3 Touchdowns, 0 Interceptions, he had a completion percentage of 80.6% went 29/36, and a QB rating of 124.7.

These stats alone do not look like much but you have to take into consideration that he was sharing snaps with Mitch Trubisky and Mason Rudolph. Compared to Mitch, Kenny looked very calm and collected in the pocket not forcing the play. Kenny can use his legs more than Mitch in the pocket giving him more time to let the play develop further. Long time Pitt and Steeler's fan Mr. Vallecorsa agrees, "I'm not in practice with him [Pickett]. Mike Tomlin understands who the better quarterback is and Kenny Pickett will be the better quarterback because I'm a Pitt fan."

Since the Steelers decided to start Kenny the energy at Acrisure has been ecstatic. This season will get Pickett ready for his sophomore season. He could also turn this terrible start to a season and make a legendary playoff run. It was a great decision that the Steelers started their 2022 first round draft pick QB for the starting job.

Order on the Court

BY: ALEX ELIAS

The Hopewell Girls Tennis team is back in action this fall. They're looking to score some big wins with new freshman players. With new energy in the sport, Girls Tennis is looking to improve on a 3-7 record last year. After struggling last season with a record below .500, the girls tennis team is looking forward to this year with new freshman players.

A freshman Catherine Davis says, "We have a lot of confidence coming into this year. Even though we lose we still keep our heads up and believe we can win."

She also talks about how the team is important and how they all

work together well. "We practice a lot and we spend time with each other and really get along well."

The girls tennis team had two amazing wins 4-1 against Lincoln Park at home and 4-1 against Carlynton.

The tennis team also have very good leadership from their seniors giving young players a lot of advice freshman Vanessa Tirado says:

"Seniors tell us to always keep our feet moving, and to keep our paddles facing up."

The girls tennis team is hyped and ready to win some games this fall.



You Just Got Served

BY: ELLA RITCHART

The Hopewell JV volleyball team has had nothing but success so far this season. With their 7-0 record, sophomore Mena Catanzarite says, "We work hard, have fun, and play well together."

Their success has not come easy. In a close game vs Avonworth, they lost the first set but came back to win the second and third. The team worked together and came through with a win. "It was our biggest competition yet."

Aside from winning, the

team's overall goal is to make the freshman feel welcomed and comfortable. "At the beginning of the season the freshmen were very distant and quiet, but after spending more time together we got closer." After a few team bonding experiences and practicing together almost everyday, the team was closer.

Having good communication skills and being comfortable with one another is an important skill for a good team. Mena said, "The biggest difference between the varsity team and

and JV is the communication on the court. It's easier to talk to the freshman I think because we are closer in age."

With a playoff berth the Hopewell girls volleyball continued its long tradition of success. The 2022-23 JV team is working to keep the program playing at a high level. The girls want to keep the winning streak going, and have fun while doing it.



Toughness On the Turf

BY: COLTON LITFIN

The turf at Hopewell has been long overdue for a replacement. It's older than most of our freshmen! The field itself, which is showing clear signs of wear, has been worse than ever in the last year.

The main problem with the turf is that it was originally due to be replaced over this summer. Due to a lack of materials however, it couldn't be done. Problems continued when the materials were finally delivered; there weren't enough workers!

Now, more than two months after the track was finished, the field still hasn't been done. That, however, can be attributed to sports being in full

swing during the months of August, September, and October.

As of now, the turf is scheduled to go in on the 29 of October and will take around three and a half weeks. There were almost no scheduling conflicts, as playoff games are played at neutral sites. The only event changed is Powderpuff, which was moved to the October 22.

The turf is slated to last for 12 years, this time around however, there are plans to keep the turf raked and clean. The hope is for the turf to last for a long time. This is definitely beneficial to our school financially as the field costs roughly \$420,000.





Vikings Football: Making Strides

BY: AARON MINEARD

It's a new day for the Hopewell Vikings football team. The Vikings have a different approach and hope for both the WPIAL and PIAA playoffs. Led by Head Coach Matt Weiss, the Hopewell Vikings have improved a lot this season with a record of 3-5 and with a record of 2-3 in conference play.

This year the Vikings are loaded with a lot of talented seniors. Led by senior players like DE/TE Lawrence "Sonny" Kasanzale, OL/DL Greg Barlion, WR/S Cameron Fedorka, WR/S Matt Essey, FB/DE Maki Gilliam, WR/CB Cole Walker, RB/SS Dayveon Jackson, LB/TE/P Justin Wacker, OL/DL Logan Pillar, and DL/OL Rocco Vespaziani. The Vikings have not had a senior class like this in several years. Last year the Vikings went 0-9 with a record of 0-5 in conference play.

Another thing that is being talked about is the Vikings is the incoming freshman class. The freshman class is led by star QB/DB Kingston Krotec, WR/DB Zander Muzy, and WR/DB Julian Baldwin. "You can only say good

things about the freshman class because you guys like football and that goes a long way," Weiss said.

"Talent wise... there is a lot of talent on this team. Most of the team has bought it and they believe in each other and they are closer with each other," said Weiss. Head Coach Matt Weiss says that the Vikings are getting better each week. "Yeah, we could always get better. The big thing is just to continue to improve and keep climbing the mountain and getting better each week," said Weiss.

The Vikings are experiencing their first 3-win season in 6 years. In their last 3-win season the Vikings went 4-6. So far this year, the Vikings have beaten New Brighton 41-0, with a win over Seton LaSalle 20-6, and Quaker Valley 40-20. With 1 game left the Vikings are hoping to make the most of it.





Kick it Where it Counts

BY: LANDEN KRAMER

The Hopewell Vikings girls soccer team has had a season full of ups and downs. Their record to date is 4-8-1 overall and 4-5-1 in 2A section play.

There have been a lot of close games, sophomore defender Alaina Kelly said, “We have come so close to winning some of our big section games but in the end we let them score at the very end.”

The girls have had 3 double overtime games in their last 4 games this season with a 3-3 tie against Beaver, and 2 heartbreaking losses against Central Valley and Avonworth. “Those games should have been wins for us, I felt like we were the better team in the end,” Kelly stated.

Five out of ten of the girls games so far this season have been decided by 1 goal, with most of those games being crucial games to make

the WPIAL playoffs.

The team has improved a lot from last year but still has some fine tuning that has to be done. When asked about how or where the Lady Vikings soccer team has improved the most, Alaina said “Having a lot of players coming back and the freshman class has really made a difference in the way we perform on the field and work as a group.”

But, there is still room for improvement, she said, “We need to improve on our set pieces like our free kicks and our corner kicks on both sides of the ball.”

Alaina continued, “We also need to work on our headers on the defensive side like defending the other team’s corner kicks and when the goalie punts the ball or takes a goal kick, we need to have urgency and win those balls to keep possession and

score more goals.”

Although the team’s record might not be what they want, their chances of securing a spot in the playoffs are still there. It won’t be easy, but they control their own destiny. They need to beat both Central Valley and Beaver.

Another big part of the girls team this year is Dionna “Tiger” Santia transferring back to the Vikings from OLSH. “She is a huge part of our team, she is very good on the defensive and offensive side of the game. She is a very technically skilled player that gives the spark to score goals. She will definitely be missed in the playoffs.”

The Lady Vikings girls soccer team had a successful season ending with a playoff berth.



The Great Home Run Race

BY: EMMET MCCOWIN

Aaron Judge has hit sixty home runs this season. This puts him in sixth place for the most home runs hit in a season by a player. No one has hit sixty home runs in one season since Barry Bonds and Sammy Sosa in 2001. “It’s very impressive, he is easily the best offensive player this year,” says avid baseball watcher, Lucas Walton.

As of right now Judge is on pace to hit sixty-three home runs by the end of the year, which would put him two ahead of Roger Maris and tied with Sammy Sosa for sixth place. “I think he has a great chance at winning the triple crown,” says Lucas. The triple crown is when one player leads the league in batting average, home runs, and runs batted in (RBIs), an award that has only been given out thirty-nine times in the history of baseball!

But how impressive is this really? Well, everyone knows about “The Great Bambino” Babe Ruth, Aaron Judge has just passed his record of sixty home runs by blasting a 400 ft home run against Blue Jays reliever Tim Mayza. “It’s pretty crazy to think that Aaron Judge is up there with some of the MLB’s greatest hitters, such as Barry Bonds, Sammy Sosa, and Mark McGuire,” says Lucas.

So why does this matter so much if Judge is only in sixth place for the record? Well, to answer that you have to look at only this season. The player in second place is Kyle Schwarber with only forty-two home runs, this is nothing to scoff at, but it pales in comparison to Judge’s sixty-one. For how good pitchers have gotten in the past twenty years, it is even more impressive. As we look to the future of Judge’s career, we get excited at the

idea of Judge potentially breaking the all-time home runs record in one season.





Culture

Spooky Scary

BY: COLIN ROESSLER

Hopewell High has its share of spooky scary tales. Josh Frank Jr's story of a hundred eyes is a scary one to listen to.

At the end of Josh's summer he went on an investigation on Mount Olivet Catholic Cemetery with one of his friends, Daniel Foister. Josh said how he loves ghosts and spirits. He always heard of a little girl that would walk out in front of the cars at night and they would always crash into the gate. The weird thing about it all was that they would always crash into the side of the gate but not damage the tombstones.

The stories made Josh curious to see if any of the ghosts were real. On a summer night Josh and Danny gathered some supplies: mace, cameras and an audio recorder.

After arriving, they wanted to split up and search for the ghost. Danny didn't find anything, but when Josh went off on his own he went to the mausoleum. "I didn't actually go in. I was too scared. Because every time I turned a corner it felt like someone was tuning the corner with me."

Finally as he walked between

the columns of the mausoleum he said, "I was the only person in the room, but I felt so crowded, like there were a hundred eyes on me at all times."

Josh left immediately to re-

unite with Danny before heading home.

They didn't find the little girl ghost, but it was certainly a night that they won't soon forget.





Real SAD

BY: ALLISON HONEYWILL

Snow makes me sad. Being sad is a real issue for some students, as the dismal winter months roll in.

Seasonal depression (SAD) is a form of depression triggered by the change of seasons. While the exact cause of SAD has not been identified, scientists have speculated that the lack of vitamin D from the deprivation of sunlight is a significant factor.

Research suggests that drops in serotonin levels due to lack of sunlight are the root factor of seasonal depression. Symptoms of SAD include lack of motivation, anxiety, stress, trouble concentrating, extreme fatigue, and many more.

Picking up near the beginning of the school year, many students report having symptoms of seasonal depression, either caused or enhanced by the stresses of school. According to Penn State University, the majority of students do not receive an adequate amount of vitamin D from sunlight, as students have little to no exposure to sunlight. As the days shorten, students receive exponentially less sunlight, since many students do not get home

from school and extracurricular activities until the sun is already setting.

Overwhelming feelings are often the start of a downward spiral that activates symptoms and exacerbates cases of SAD. Students' ability to cope is often compromised by the stresses of school, which leads to a decrease in motivation and an inability to complete schoolwork.

Charlise Jesko, a busy student-athlete, feels a definite change in her mental health from the summer to the fall and winter seasons. Charlise said, "I definitely feel a lot more tired and I get a lot more stressed because of school and I start with cheer and dance. It's just a lot to handle."

When asked about how the start of school affects her mental health, Charlise said, "It's very stressful because I have to make sure I am doing my homework every night, even if I have other things going on, so I'm constantly stressed about that and knowing everything that I should."

Juggling school, homework, sports, and extracurricular activities, on top of trying to preserve mental

health, is not an easy feat for anyone.

In clinical cases, vitamin D light therapy may be used to treat SAD, while more obtainable treatment options include talking to a counselor, prioritizing time outdoors and in sunlight, exercising regularly, and eating a balanced diet. Being mindful of your present life, and not worrying about things that are out of your control, can also help to relieve stress and anxiety relating to SAD.

School counselors are always available and ready to help. Contact your counselor through Schoology to schedule an appointment, if you feel SAD is affecting you. Reach out to parents or other adult figures in your life, if you need to seek help regarding seasonal depression.

Students, don't let SAD tear you down! The most wonderful time of the year is right around the corner. Let jack-o-lanterns light your life, and pumpkin pies comfort your soul, and most importantly--don't be SAD.



Hollywood Undead Hotel Kalifornia Album Review

BY: MADISON GERARD

Have you ever loved more than one genre of music? Then you'd love Hollywood Undead! These guys are very similar to Limp Bizkit. The band consists of Charlie Scene, Danny Murillo, Johnny 3 Tears, J-Dog, and Funny Man. They've been around since 2005 and just released their 8th album a little over a month ago. "Hotel Kalifornia" was released on August 12, 2022. There are currently 14 songs on this new album, with a chance of adding more singles to it.

This album goes back to Hollywood Undead's roots while still having a style that's new. Recently, they have been going heavier with their music, "Chaos" being one of their heaviest songs to date. Their older albums always use the electric guitars and drums, but there was a lighter sound to them. They also have a hip-hop/rap sound to them that they put into songs like "Happy When I Die" and they have a party sound in "Ruin My Life." A long time fan, Erik Gerard, described "Ruin My Life" as more than a party song, "There are

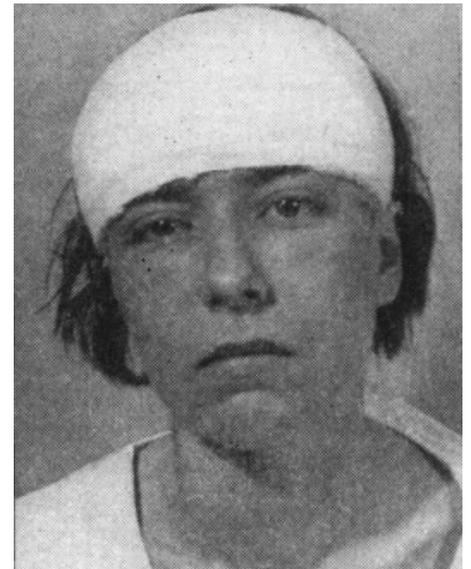
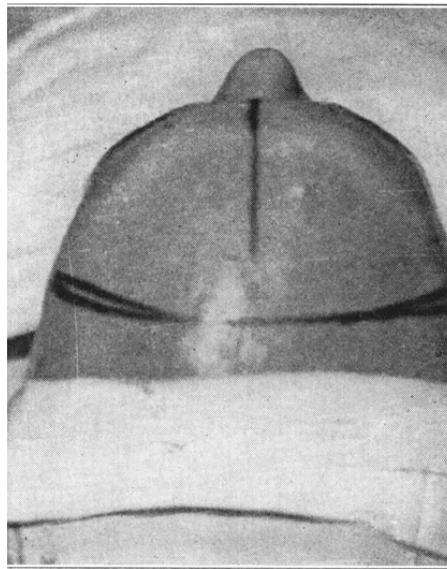
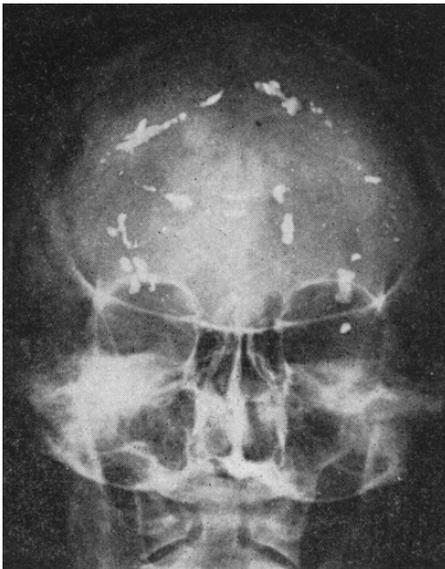
times where you just have to throw up your hands and not dismiss things, but put them in silence in your life. Don't let the negative moments control your life." Hollywood Undead tries to experiment and broaden their music every album and this album shows just that.

Growing up in California, these guys have made songs on this album about their home state. They have talked about how the prices in California are skyrocketing, forcing most of them to move since they have kids now. In "Wildin' In These Streets" they talk about how bad the streets are there as well, there are so many homeless people there that they see daily.

In a recent magazine released by Rocksound, they told them that they actually will give money, food, and clothes to people on the streets. As much as their record label did not want them to talk about, they felt they should since no one else does. Other songs on the record like "Lion Eyes," touch on more emotional topics, like being in a bad relationship and realizing just that.

"It reminded me how much the heart can overcome the mind. You invest love, care, and emotions, but it ends up becoming luggage for yourself. You have to be strong enough to pick up that luggage and carry that with you if you want to keep moving forward in a different relationship," is how Erik perceived it.

This album shows how much Hollywood Undead has improved and progressed over the 17 years that have been around. Erik said, "In today's society the music industry is a lot less aggressive and outstanding in emotional and mental views. I feel I was able to totally relate and understand what goes on with me, goes on with other people too. I like that Hollywood Undead puts their heart out on the table and don't worry about what other people think." Hollywood Undead is not afraid to put themselves out there and do what other artists won't.



The Long Dark Shadow of the Lobotomy

BY: CONNOR BUXTON

Tucked away and hidden from sight, all throughout the world, the sad victims and dark consequences of a forgotten medical procedure, are kept in mental health institutions and group homes. Whittling away their old age silently, the final victims of the Lobotomy slowly pass away. A dwindling group of behaviorally-challenged patients whose pain and suffering has vastly changed modern medicine.

Just what is a lobotomy however? Dr. Melissa Hillwig, who teaches a course on Neuroscience at Robert Morris University, responds “A lobotomy would be going into the skull and affecting the brain, in many cases it could be removing a portion of the brain or inserting a surgical instrument, and thereby disrupting the neural connections[...]So the areas of the brain are not communicating like they did before.”

Invented by Dr. Egas Moniz, Lobotomies were first introduced to the U.S. in 1936 by Dr. Walter Freeman, where it quickly became known as a miracle cure for all kinds of behavioral disorders, “In many cases it was different types of psychosis, or mental disorders as well as epilepsy”

Dr. Hillwig clarifies.

Patients ranged from the criminally insane, to the mildly troubled such as 12 year old Howard Dully who was lobotomized for being disobedient to his parents. He lived the majority of his life in and out of hospitals and prison before becoming a homeless alcoholic, he now lives a quiet life in his home state, California.

In the mid 20th century however the first major Antipsychotic drugs were developed leaving psychiatric surgery majorly obsolete. Lobotomies stopped in America in the late 1960s, however it left a damaging mark on the minds of the patients.

Severing these neural connections led to a lack of emotion, lessened focus and most patients’ original conditions worsened, leaving many to be institutionalized. In 1939 the inventor of the lobotomy Dr. Moniz was shot and left paralyzed by a schizophrenic patient, living the rest of his life in a wheelchair, until in 1955 he was beaten to death by a distraught lobotomized patient.

Now 60 years later there are still surviving victims, living quietly in group homes or being supported by family. They could have been treated

easily by our new methods but now they will be forever changed because of our haste to find a supposed “Miracle cure”. The major change this led to in modern medicine, is the precautions and testing we take before putting new methods into practice.

“Very different than just sticking a metal tool into an eye socket to hit an area of the brain and hope for the best.” Dr. Hillwig explains.

Now we need to provide peer reviewed research to implement new procedures as well as real patient consent, many lobotomy victims were not mentally able to properly consent to these procedures. In the past however, “You’re not really sure what’s going on except what the doctor has reported.” Dr. Hillwig continues. This means they were able to skew data to support flawed procedures.

The final blow for lobotomies came in 1967 when while performing his final lobotomy, one of Dr. Freeman’s first lobotomized patients Helen Mortensen died on the operating table of brain damage after her third lobotomy, ending his career and this dark chapter in psychiatry forever.



CAUGHT IN THE HI-LITES

