Hopewell Hi-Lites

1215 Longvue Avenue, Hopewell, PA

Issue 12: December, 2016

Thanksgiving Food Drive BY: ALEXA BURAK

Run by Hopewell's National Honors Society, the Thanksgiving Food Drive has always been a success. It enables families in Hopewell to have a great Thanksgiving dinner without worrying about the cost. This year, NHS was able to feed 50 families. Each family receives 2 boxes of non-perishables, a turkey, a loaf of bread, a bag of potatoes, a tub of butter, and a gallon of milk. In the other box, families a variety of delicious boxed and canned goods.

Mr. Bill Smith, an NHS sponsor, says that their success is due to the students. Last year, they only received around \$20 is student donations. This year, they received around \$800. He continued to say, "When you really ignite the students, they can make a change."



Students helping to prepare for the food drive. Photo courtesy of Mr. Bill Smith.

Baughman will Battle at Alderson Broaddus

BY: NICK MOHRBACHER

enior Andie Baughman recently signed a letter of intent to play softball while studying exercise science at Alderson Broaddus University (A.B.) in West Virginia. With her full-athletic scholarship Andie will continue representing in blue and gold as a Battler.

Andie is excited to improve the Battlers' 13-35 record from 2016. Alderson Broaddus participates in NCAA Division II. "They just got a new coach. They're rebuilding," said Baughman. She is optimistic about playing as a freshmen, "I'm hoping so." Although she played catcher at Hopewell, she anticipates playing other positions, "They want me for everywhere besides pitching."

The campus has roughly 1,100 students. "It reminds me of home. It's a small, little town. It just reminds me of Hopewell." Andie was also glad to be only a few hours from home, "I wanted to be close enough so my parents could see me."

Not only is family important to Andie, but she also is dedicated to getting the most of her education. "I would rather go Division II, instead of having all softball and not much education."

Hard work and talent helped Andie earn her full-athletic scholarship, yet she remains hopeful that her academics will also help make college more affordable.

FACS Hits the

Runway BY: GARRET ROBERTS

et ready to hit the runway, Hopewell! Family and Consumer Science will be holding the first ever Fashion Show to display students' work. Featuring 24 models and outfits designed by Hopewell FACS students, the show takes place on December 9th at 7:00pm in the high school auditorium.

FACS III and IV students have spent months sketching, measuring, purchasing, cutting, sewing, and accessorizing outfits for their fashion houses. The 6 "fashion houses" are organized by similar styles and taste, creating diversity and variety, while keeping a similar trait in design and appeal.

Each student began the process by sketching outfits that match their style, then choose a model and gathered their measurements. Taking their sketches and the models measurements, they went to Salvation Army to upcycle older clothes for their new designs. In addition to making outfits, each student designed an accessory to complement their pieces. Now, they have new and original outfits to grace the runway. After the show, there will be Chinese auction for the "fashion forward" pieces shown off in the show, and food prepared by FACS's "awesome culinary skills." All proceeds from the show will go towards the class. Save the date, and be sure to check out the future fashion designer's stylish clothes.

What's Inside...

Happenings - Page 2-4 Sports - Page 5 Culture - Page 6-7 Caught in the Highlights - Page 8 Seasonal Blues Got You Down? "Don't Get Mad, You Just Have S.A.D." Page 3

Make Sure You Don't Get Left Behind **"Semi Advice: The Right Look"** Page 6



What Does a Donald Trump Presidency Mean for Us?

BY: TURNER WILSON

popewell students have witnessed what is certainly the most polarizing and publicized presidential election in their lifetime and after over 16 months of scandals, ads, and debate, a victor has been chosen. Donald Trump has brought out strong emotions from both sides and it is practically certain that his presidency will be both highly praised and highly criticized.

Through all the words though are real issues and crucial decisions that will change the course of the country and affect the America that Hopewell's students will inherit. From many perspectives, the current federal government will make decisions that shape Hopewell student's current and future lives.

Healthcare- Trump has made a campaign promise to repeal and replace Obamacare but has said he plans to definitely keep two of the major points of Obamacare. Health insurance companies will be unable to deny people because of pre-existing conditions and children will be able to stay on their parents plan until the age of twenty-six.

What this means for us? We will be able to stay under our parents' plan until we are twenty-six.

The Budget Deficit- Under Trump's proposed spending measure, the deficit is expected to increase, largely in part to the president's wish to increase military spending. There is a greater chance, however, that an extremely unbalanced budget may Page 2

not be passed because the Republican party, seen as more fiscally conservative, is in control of the house and Senate.

What this means for us? The interest on the debt will continue to rise as a significant cost in the federal budget, which will eventually need to be resolved by raising taxes or cutting spending.

The Environment- While a keynote of Hillary Clinton's campaign, Trump rarely addresses the environment, something not uncommon among Republicans. He has said that what the EPA does is "a disgrace" and that environmental regulations reward special interest groups. Expect Trump to push for less funding for the EPA and a loosening of environmental regulations.

What this means for us?- The next four years will most likely see little progress from the federal government in researching global warming or other environmental issues.

Corporations and Taxes- Though vilified by many politicians, corporations have been promised a tax cut from Trump, from 35 percent to 15 percent. Taxes will be lowered, and simplified, for all Americans. He believes these cuts will help economic growth, but there is clear opposition.

What this means for us?- If successful, the plan could create about 25 million jobs over the next 10 years. Getting Congress to agree on such radical changes, however, will

be an issue.

Education- Trump is opposed to Common Core and supports cutting funding for the Department of Education. He also is in favor of school competition, which means that public schools could compete for students through voucher systems. Trump does have power over the Department of Education, but other educational matters will have to go through Congress and the states.

What this means for us?- Reducing or eliminating the price of college, a major talking point of the Democrats, hasn't been mentioned by Trump.

The Supreme Court- Trump is expected to make appointments that are Pro-life and Pro-2nd Amendment. There is a chance that Roe v. Wade may be altered, and it is unlikely that more anti-gun measures will be passed.

What does this mean for us? The legality of abortion may be overturned, but Trump has said if changed, it would go to the states to decide. Laws restricting guns may be overturned, and it is unlikely that any guns will be taken away or restricted.

26% of Americans say that they've fought with a friend about the election, slighty higher than the 23% who have fought with family.

Poll conducted by yougov.com

Don't Get Mad, You Just Have S.A.D.

BY: ALEXA BURAK

s we turn our clocks back an hour, we wake up to darkness. As autumn comes to an end, we will soon wake up to dreary skies and cold temperatures. At this time of year, it's hard not to be affected by Mother Nature. Many people find themselves grumpy and frustrated for no reason.

For some, there is a reason. It's a disorder called Seasonal Affective Disorder, or S.A.D. It affects your mood due to the upset in your "biological clock." Your "biological clock" controls your sleep-wake patterns and circadian rhythms, which is 24-hour cycles of physical and mental changes influenced by internal and external factors, especialy light. It's like a calender on how your body runs day to day.

This new, dreary attitude can also be caused by a lack of serotonin, linked to lowering when diagnosed with S.A.D. Serotonin is a necessary brain chemical for proper mood function. In other words, it's your happy chemical. A lack of it can cause mood swings, grumpiness, and possibly depression.

Though this disorder may sound hard to manage but there are easy ways to help reduce the the symptoms. The number one way is definitely to exercise. Exercising releases dopamine, a happy brain chemical that can make up for the lack of serotonin. Dopamine is also linked with helping the brain recognize rewards and the actions to get that reward, a true bonus in this dreary time.

Along with exercising, healthy eating can be beneficial. Foods such as sweet potatoes and avocados have good fats that your brain needs in order to run smoothly. Three-fourths of the calories of an avocado are from fat, mostly monosaturated fat, in the form of oleic acid. An average avocado also contains four grams of protein, higher than other fruits, and is filled with vitamin K, different kinds of vitamin B, vitamin C, and vitamin E-12.

Another healthy food that can be beneficial are mushrooms. First, their chemical properties oppose insulin, which helps lower blood sugar levels, leveling your mood. They also are like a probiotic in that they promote healthy gut bacteria. And since the nerve cells in our gut manufacture 80 percent to 90 percent of our body's serotonin, can't afford to not pay attention to our intestinal health.

Another great way to maintain S.A.D., is to take walks outside. Nothing like fresh air can help make someone feel better. It can help clear heads and help people calm down if they are feeling tense. Not only that, but maybe spending time outside can help make you appreciate winter in a new way.

Though Seasonal Affective Disorder may sound like an inevitable sideeffect of winter, these tips can really make difference the between a miserable winter and a happy winter wonderland.



Is College Really for Everyone?

BY: LEAH KNAUFF

or a high school student, deciding on what they want to do for a living can be quite stressful during senior year. All their lives these kids have been told to sit down and shut up, but suddenly they have to determine the rest of their life all by themselves. "I'm going to do what I want to do."

said Lexi Mckee, a cheerleader and honors student. "I'm going to do stuff just for me, not because everybody else is doing it."

Lexi has decided that once she graduates, she'll look for a job as an airline attendant, traveling the world internationally, trying to find herself.

While in the midst of her first career, Mckee hopes to form a final decision on what she wants to do with the rest of her life.

Lexi's main reasoning for not attending college next fall is from the fear of not picking the right career. She is interested in psychology, crime scene investigation, iteaching young kids, being a lawyer,

"I guess I'm just a people person," said Mckee, "I mean, working at CVS has helped me with my communication skills, which I think is very helpful for someone who wants to work as a flight attendant."

and possibly even acting.

Most of Lexi's peers have been attending visits and picking out their colleges, making her feel left out, almost as if she should be going as well.

This doesn't mean they don't agree with her decision, though. "Everyone I've told has been really supportive of me. Like, once I explain my reasoning, they all think

it's a good idea, and tell me to go for it."

Lexi has even considered community college, saying it would be an advantage to save money, get credits, and learn a few new languages for international flying.

"I hope other students can decide their future based on what they want to do, and not what their families or peers think is right," Lexi finished with a faint smile.

65.9% of graduating seniors in 2014 **did not attend college** the Fall after graduating in the spring, an all time high in lack of enrollment.

Data courtesy of the Bureau of Labor Statistics, 2014.

She's Beauty, She's Grace, She's a Cosmetologist

aking ladies and gentlemen gorgeous since 1978 Beaver County Vocational Tech (vo-tech) has one of the best Cosmetology programs in the state. The cosmetology program has 5 students from Hopewell. It is a three-year program designed to train students to learn services related to the care of the hair, skin, and nails. It also includes training in shampooing, haircuts, manicures, rinses and scalp treatments, hair styling, hair coloring, permanent waving, weaving, and facials and massaging. dents are also taught salesmanship, trade mathematics, bacteriology, anatomy, hygiene, sanitation, and preparation for the State Board Licensing examination for when they graduation.

The cosmetology program allows students from their sophomore year to senior year to participate. Sophomore Julieona Fragozo is in her first year in the program. Her goal with her education is "to get good grades and hopefully open a salon." This program involves staying at Hopewell in the morning and leaving to go to Vo-Tech 6th period. Julieona says, "I would prefer coming back and forth to Hopewell so I can see my friends that aren't in Vo-Tech."

Three of the five students that are in the cosmetology program are seniors and have been in the program since their sophomore year. Two of those students are Gia Trello and Aly Redzanic, who both knew when they were young they wanted

to do cosmetology. Starting with little things like doing their makeup and friends hair and nails for fun. Aly says "Ive always been into doing make-up and it started from there."

These students are required to take a board test at the end of their schooling their senior year. The students have to get certification for all trades to practice legally or get a good job in their trade. Gia says "I would like to get my cosmetologist license and open up my own salon eventually." The board test requires at least a 70 percent for a passing grade. Aly says her goal is "get all 1,250 hours required and pass my state board test."

Veterans Day Remembrance BY: TREVOR KERIOTIS

us Keriotis couldn't sleep the night before a bombing mis-

The Aliquippa native imagined his B-24 bomber washing out on takeoff, cartwheeling on the runway, its 3,100 gallons of fuel and 12 bombs igniting a huge ball of fire, its crew of ten dead from a long bombing mission over China.

Gus received little sleep the night before a bombing mission. There was often enemy anti-aircraft gun flak dispersed through the air. One of the lead planes was shot out of the sky on one of the bombing runs. That was one mission he would never forget. "In my life I think that being a pilot in World War II affected me more than anything else I've ever done," Gus says.

Gus always had a fascination of planes since he was a young boy. When he graduated from Aliquippa High School in 1943 he felt compelled to go into the Army Aircorp. "That was a very dangerous job, but at the time, I figured that was the best place to be."

Even though it's been 73 years, Gus still has vivid memories of the cities and missions that the war has taken him to. He cites precise dates and Chinese names, and details the 13-day route the B-24 took to China. He started out as a co-pilot, eventually being a lieutenant and pilot. Gus logged a total of 60 missions and 413 combat hours. Each person needed 400 hours of combat before returning home. Gus still has his bomber jacket and it miraculously still fits after all these years. He even brought home an instrument panel from a Japanese zero that his tail gunner shot down.

"It was frightening and exhilarating at the same time when someone is trying to shoot you out of the

air and kill you," Gus says.During his first mission, he feared he wouldn't have enough fuel to return to his destination. The plane was losing altitude quickly. He ended up landing near an air base in China near the Himalayan Mountains.

"There were sometimes that our engine cut out and barely

made it back to base because only ten gallons of fuel remained." Gus

World War II ended on August 15, 1945, which was Gus's birthday. He returned to his hometown that fall. After that, Gus attended Ohio University where he met his wife, Jane. Flying is still inside of him. If Gus were 18 again and given the opportunity, he'd do it again, without a moment's hesitation.



Veteran's Day parade in Beaver, PA. Photo Courtesy of Nick Mohrbacher



The Thrill of Victory and the Agony of Injuries

BY: ERIN KUNZMANN

was confident. Maybe too confident, but I've done it a million times. I didn't think twice about it. I start running into my pass: round off, back handspring, full. Tumble, tumble, crack and that was it. Adrenaline was my friend that night, but by the time I got home I couldn't walk. The next day, the orthopedic scheduled an MRI and ordered me to be back the next week.

The MRI was bad news. I would see a trauma surgeon to determine if surgery was needed or not. We went a week later. I was now at two weeks with an injury with no weight bearing. When I saw the next doctor, the news got worse. I needed surgery in three days. Ten weeks of no weight bearing followed by six to eight weeks of therapy.

According to the National Institute of Arthritis and Musculoskeletal and Skin Disease, more than 2.6 million children under the age of 19 are treated for a sports-related injury in the emergency room. One in five children that make a trip to the ER is being treated for a sports-related injury. Sprains, strains, fractures, and concussions are some of the most common injuries.

With winter sports coming up, one of the most common sports for injuries is basketball. In basketball, boys and girls have a distinct difference in the amount of injuries. For girls, 11.5 percent that play basketball that arrive at the ER are diagnosed with concussions, compared to 7.2 percent of boys. New studies are trying to figure if there are differences in genetics, biomechanics, or the ways of play.

Wrestling, another winter sport, is right under basketball with concussions. A little more than 6 percent of boys that go to the ER are treated for concussions from wrestling.

These studies are trying to find out if the different seasons change how often or how many athletes get hurt. Due to the change in weather throughout sports training and the actual season of that sport, the body is more vulnerable to injury. The change in the air pressure makes the atmosphere push more on our bodies, making the body hurt more.

If you participate in a winter sport that training began in the warmer weather, you need to make sure your body goes through the right training and recovering systems. Make sure to be well rested and healthy. If you have an existing injury, make sure to be giving it the right treatment to not make it worse. The weather has a big impact on injuries, if you treat them correctly; you can prevent it from getting worse.

As for me, I have been off my feet for seven weeks now. I have six weeks of physical therapy before I see the doctor again to be cleared for weight bearing. I will be going into my senior year of gymnastics of crutches: not everyone's ideal senior year.

Enjoy your time in the sport you play. As much as you dread practices, conditioning and being nervous for games, don't take it for granted. It can be taken away from you in an instant. We all think we have all the time in the world in the sports we love, but at any given second, you can fracture your tibia and be out for all of your last season ever. Always have a good time playing because you will never know when the last time you are going to play will be.

Hopewell Alumnus Nominated for Art Rooney Award

BY: ERIN KUNZMANN

Paul Posluszny, current line-backer for the Jacksonville Jaguars, graduated from Hopewell in 2002. Paul went on to play football at Penn State University from 2003 to 2006. In 2007, in the second round, Paul Posluszny was drafted to the Buffalo Bills. Posluszny continued his NFL career with the Jaguars in 2011. This year, he is in his tenth year and has been nominated for the

Art Rooney Sportsmanship Award. The award recognizes players around the league who exemplify outstanding sportsmanship on the field. Current NFL players will vote and the winner will be announced on February 4, the night before the Super Bowl.





he month of December is of full days off. Binge watch everything. What is there to binge? Netflix started funding original series and now they are actually taking on debt to make quality shows.

in it first and only seaon-Stranger Things takes place in the small town of Hawkins, Indiana where a group of boys and a telekinetic girl must go on a quest to find their friend. Set in the 80's, Winona Ryder stars as the mother of the lost boy. She has made a comeback, and it is amazing. Definitely a watch.

If you're more into a true crime series. Narcos. Narcos is a Netflix original about Pablo Escobar's drug ring in 80's Columbia. The show presents the two sides of the fight, the DEA (Drug Enforcement Agency) and Pablo's drug ring. The show brings really good action, and is historically accurate to the 1980's. This show however is rated TV-MA so look into it before you watch.

If you're upset about the election, you can, watch Johnny Depp in Donald Trumps; the Art of the Deal, this satires of Donald's Trump famed book the Art of the Deal. Johnny Depp portrays Trump as well as series of other famous actors including Jack McBrayer, Michaela Watkins, and Patton Oswald.

Love history? Love game of thrones? Then you will also love Netflix's original series Marco Polo. This series focuses on Marco Polo's adventures in ancient China. While not as historicaly accurate as Narcos but it is a quality history show.

Series that are great include, Gotham, The Flash, and Supernatural. If you want to if you want to watch on of the best comedies on tv, i recommend The Office. It made me cry, laugh, get angry, and it is now one of my favorites. The Office is based in Scranton, PA at a paper company whose employee's don't work, and keep cats in drawers.

Another comedy option is Parks and Recreations. If you hate the government, and love breakfast, then this is the show for you. Starring Chris Pratt, Amy Pohler, Nick Offerman, and a whole cast of guest including Michelle Obama, and Joe Biden . This show is like a very unrealistic version of The Of-

If you want to avoid any awkward situation with family binge any one of these titles.

i Advice: The Right Look

BY: HALEY GAULT

'n the months before the winter school dance of Hopewell High School some students may struggle with a multitude of problems. Worries of dresses, who to take, and much more swirl around the minds of students. Most people's biggest worries are how things will go and what to do about preparation. The date of the dance this year is December 17th which is less than a month away. A few of Hopewell's upperclassmen are here and willing to help.

My own advice to readers is for the winter dance, short dresses are always the style girls go for since it is semiformal. This year, merlot, dark blue, gold, and black are in style. Tanner McMakin's advice as far as dresses go is to wear black or white to match the theme for this year. "I usually wear a white dress shirt and black dress pants, it always works." Senior Erin

Kunzmann says that Henri's Cloud 9 is where to get cute dresses. For semi, short dresses are always the way to go. For the suits, go simple. The tie or bow tie should match the dates dress and the jacket color doesn't matter. For the flowers, get them to match your date's dress or some type of color scheme, but girls don't forget to get a lapel as well. I got mine from Bates flower shop and another suggestion is Lydia's.

As far as hairstyles go, curly hair pinned to the side or a simple up-do is easily achievable. For an extra flair maybe try some tiny hair jewels or a bow. Personally, I go to Christine's that is the Kuhn's plaza. Erin says, "For hair go somewhere and have an idea ready because unless you're really good at hair or someone you know is, it doesn't always turn out how you want it and it could be a disaster." Nails go for simple. For the date, tie

should match, shirt and jacket keep plain. Always eat before and definitely eat there. Nails are easy to deal with, get a simple French tip manicure or paint them yourself.

Junior Tanner McMakin advises against ditching your date, "That is literally the worst thing you can do to them. Eat during, food is lit and make sure to get the little potatoes." Dinner is served at the Fez but if you opt to go out after the dance any place open should do. When it comes to makeup, if you are confident enough in yourself to do it on your own, go for it. If you aren't confident enough and can't find a family member or friend to do it, go to a salon near you that offers to do makeup. If that doesn't work a backup idea is Sephora or Ulta, most of the stores like that do makeup for free. If you are a freshman, don't sweat it.

Let's Do the Time Warp Again!

BY ALEXIS OZIMOK

Rocky Horror Picture Show has been playing in theatres for 41 years, holding the record for the longest-running movie. This movie has captured the attention of generations, quickly becoming a cult favorite. Its quirky, revolutionary themes have enticed viewers for almost half of a century and even made its way into mainstream pop culture.

How did this phenomenon begin? The movie's initial release was in 1975, and did not gain much traction in the mainstream media. The director of the movie, Jim Sharman said, "I always had faith in the originality of the film and felt it would ultimately find its audience, but the early signs weren't good."

However, the Waverly Theatre in New York had large plans for the movie. It began running as a midnight show, and followed with a revolution in entertainment with the development of the floor show. The floor show is a performance alongside the movie, actors and actresses lip-syncing and performing alongside the movie. This trend began to spread across the nation. Another trend unique to the movie was the trend of audience participation. Using props and calling out lines within the movie to enhance the experience was unique to this cult favorite. In most other situations, yelling during a movie is frowned upon.

The themes of the movie were also revolutionary for the time. The main character, Dr. Frank-N-Furter, is a transvestite alien from the galaxy of Transylvania. Topics like these were not commonly addressed to the public, especially in a way that was so widespread. However, it opened doors for discussion of topics that were considered taboo. The movie covers topics such as illusion versus reality and meaning versus nonsense, all while parodying science fiction movies of the time.

With the trend being so widespread, it's no surprise there is a cult following in Pittsburgh. The Hollywood Theater in Dormont boasts two weekly screenings of the movie with a stellar shadowcast. The city of Pittsburgh also has its own of-

ficial shadow cast, the Junior Chamber of Commerce of Pittsburgh, or the JCCP. Their unique name comes from a quote from the movie. It comes from a scene right before the main character, Dr. Frank-N-Furter is introduced, one of the characters saying, "This isn't the Junior Chamber of Commerce, Brad." The shadowcast does two midnight shows a week at the Dormont on Fridays and Saturdays. They bring humor and life to the show, often exaggerating parts of the show and encouraging audience participation.

Most recently, Rocky Horror has found a new revival in a TV adaptation. "Rocky Horror Picture Show-Let's Do The Time Warp Again" was released this year as a television special and took a new approach to the beloved classic. The star-studded cast of the remake included Orange is The New Black star Laverne Cox as Dr. Frank-N-Furter, off-Broadway Heathers star Ryan McCartan as Brad Majors, and former Victorious star Victoria Justice as Janet Weiss. Tim Curry stars in a new role in the remake, instead of reprising his role, he takes on a new part as The Criminologist.

Rocky Horror Picture Show has stood the test of time for almost fifty years. A movie that once started as an underground cult favorite in New York has now made its way into mainstream media and onto the TV screens in the homes of many. Transformations of the dynamic of the show have grown and changed throughout the generations, but many people still hold the cult classic close to their hearts. Its legacy will continue to live on through generations, and for many years to come, people will still do the Time Warp again.



Thoroughly Modern Millie

Cast List

Recently, Hopewell Viking Musicals has released the cast list for their spring show. Thoroughly Modern Millie is a definite change of pace from last year's show, Catch Me If You Can. While Catch Me If You Can features 60s fun but also carries dark undertones, Thoroughly Modern Millie is a lighted hearted, witty story with about the zaniest characters around.

Thoroughly Modern Millie is a show about a girl who moves to New York in hopes of meeting the man of her dreams and to live the easy life. Along the way she learns that sometimes things aren't what they always seem and you can't put a dollar sign on love.

Cast Results-

Nicole Morrison- Millie Dillmount A country girl who moves to New York in hopes of making it big.

William Tarleton- Jimmy A womanizer with more to him than meets the eye.

Ian Skal- Trevor Graydon A hotshot looking for the best stenographer around.

Hannah Barkman- Ms. Dorothy A proper girl with hopes of turning her riches in for rags.

Sarah Vanderwagen- Muzzy VanHossmere A lady of true talent and wisdom.

Alexa Burak- Mrs. Meers A interesting chracter with evil intentions and has a flair for the dramtic.

Ching Ho- Liam Watters Brother to Bun Foo, all he wants is love and a home.

Bun Foo- Matthew Baranowsky Ching Ho's big brother, he has a head for sticky business and only wants his Momma home. Caught in the Hi-Lites

