

December 2013 1215 Longvue Avenue Aliquippa, PA 15001

Wait, there is more to it than candy and hearts?

BY: BRIE MILLER

To this day, the history behind Valentine's Day remains a partial mystery. The holiday is a mixture of Catholic traditions and ancient Roman traditions. There were at least three different saints named Valentine or Valentinus, according to the Catholic Church.

One legend says that Valentine was a priest who lived in Rome during the third century. When Emperor Claudius II decided that single men were better soldiers than those with wives and families, he banned marriage for young men. Valentine, realizing the unfairness of the declaration, went against Claudius and continued to marry young couples in secret. When Claudius discovered Valentine's actions, he ordered that the saint be put to death.

Other tales suggest that Valentine may have been killed for helping Christians escape harsh Roman prisons, where they were often beaten and tortured. In

one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl who visited him during his confinement. Before his death, it is supposed that he wrote her a letter signed "From your Valentine," an expression that is still used today. Although the truth behind the Valentine legend is a foggy one, the stories all emphasize his appeal as a sympathetic, heroic, and romantic figure.

Americans began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year, right after Christmas.

Wintertime Fitness

BY: MACKENZIE HARTMAN

Staying in shape during the winter can be very difficult for some people. The winter flurries don't always give us the opportunity to go outside for a nice jog or

even walk around the neighborhood. During the winter, the number one thing most people say they want to do is sleep and stay warm, which is understandable, seeing as how there is usually nothing more exciting to do. Even though it can be difficult, there are many ways you can help your health.

Eating correctly can be the simple key to staying fit. Drinking a lot of water and making sure your portion sizes stay normal can help you in a major way. Stuffing yourself to the point where breathing becomes difficult, and then going to sit on the couch, is not the way to go. When you go out to eat choose to drink water instead of soda. The carbonation in soft drinks makes you full, and isn't helping you or your metabolism; however, a nice glass of water can do both. Sleep can also be very beneficial to your health. Doctors

have recommended that a good night's sleep consists of a solid eight hours. Going out to play in the snow or going sled riding can also be a good workout while you're having fun! Walking back up those hills in your snow gear can really get your heart rate going.

Another very beneficial routine you could start would be joining a gym. Memberships to certain gyms can include the cardio room, pool, and classes to attend on different nights. An enjoyable and calorie burning class to join is Zumba, it's a fast, easy way to enjoy today's music hits and get a fun, effective workout. The Beaver County YMCA is one of the more local gyms you could join. Membership includes access to a multi-purpose swimming pool, therapy pool, cardio area, fitness studio, gymnasium, and much more.

If membership to the gym is not in your budget, work out at home! Zumba is available on YouTube for at-home preferences. Simple exercises such as push-ups, jumping jacks, and sit ups could be done prior to a shower or even as soon as you get up in the morning. Make your own workout plan. Type it up and make sure to follow it daily! Boredom in the winter can be hard for most people; using these effective ideas can get you started on the right track for your wintertime fitness!



Pictured is Mrs. Heranic's fourth period gym class: (left to right, front to back) Kayla Dinunno, Nicole Zanella, Emily Tolf, Mackenzie Heranic, Heather Beaver, Francesca Hall, Dakotah Moore, Crystal McAfee



NFL Season in Recap

BY: RACHAEL KRIGER

It was a family affair for the Harbaugh family on February 3 at the Super Bowl in New Orleans. Jim Harbaugh, head coach of the San Francisco 49ers, and John Harbaugh, head coach of the Baltimore Ravens, shook hands, embraced their parents, and went to their separate locker rooms for one more pre-game speech.

The two head coaches are the first brothers in Super Bowl history to play against each other. The game had its own headlines such as Ray Lewis's upcoming retirement, Alex Smith's bench warming while Colin Kaepernick plays quarterback, Joe Flacco's elite status, and the 49ers tying the Pittsburgh Steelers six Super Bowl victories. The game had its winner, the Baltimore Ravens.

The Super Bowl marked the end of the 2012-2013 dramatic season. The New York Jets, it seemed, always found themselves on the NFL Network's screen. It all started with Tim Tebow, former Denver Broncos

QB, being traded to the Jets after starting QB, Mark Sanchez, was given a three year contract extension. Questions of when "Tebow Time" was going to come into play were tossed in the air, and after many mediocre performances from Sanchez, questions about his starting role came into contrast.

Quarterback wasn't an issue for the Indianapolis Colts, Washington Redskins, or Seattle Seahawks. The three teams had excellent rookie QBs in Andrew Luck (Colts), Robert Griffin III (Redskins), and Russell Wilson (Seahawks).

The rookies of 2012 brought their respective three teams to the playoffs with the Seahawks going the farthest to the second round. Also bringing some QB need to their teams were rookies Ryan Tannehill (Miami Dolphins), Brandon Weeden (Cleveland Browns), Nick Foles (Philadelphia Eagles), and Ryan Lindley (Arizona Cardinals).

Also making headlines was NFL commissioner, Roger Goodell, for disputes with the New Orleans Saints, especially linebacker Jonathan Vilma, for full suspensions and fines for the players involved in the Saints bountygate scandal. The bountygate was when

players were offered more money to potentially knock out or injure another player; mainly the QB. Gregg Williams, whom might be hired by the Tennessee Titans as defensive coordinator, was the architect behind the program. Williams, along with head coach, Sean Payton, were suspended for the entire 2012 season. Also suspended were Vilma, who fought back and ended up returning, and interim head coach Joe Vitt, whom came back in week six. The Saints ended up going 7-9 in the season and missed the playoffs.

In 2012, many records were shattered. Calvin Johnson, wide receiver for the Detroit Lions, broke Jerry Rice's yards for a single season with 1,964 yards. Also broken was Dan Marinino's touchdowns per game record by New Orleans Saints QB, Drew Brees.

Brees broke the record with a touchdown pass to Devery Henderson during the game vs. the San Diego Chargers.

Close to being broken was the sacks per single season by either Houston Texans defensive end, JJ Watt, or San Francisco 49ers defensive end, Aldon Smith.

Also close to being broken, the single season rushing yards by Minnesota Vikings running back and MVP of the 2012 season, Adrian Peterson. Peterson was a crushing nine yards short of the record. Peterson came off a serious ACL injury and came back running. As they say, better luck next year.

Guys Can Be Gymnasts Too

BY: RACHAEL KRIGER



This month's athlete is senior Jeremiah Anskate. Jeremiah participates in gymnastics and says, "It's just always been something that I love to do. It's one of those things that have always been there for me."

Jeremiah has been doing gymnastics since he was young, but it's his first year on the competitive team. His inspiration and sport's idol is 2012 Olympic gymnast, Sam Mikulak.

Jeremiah is taking Yearbook, World Literature, Latin IV, Art, and AP Government this year. As a senior, Jeremiah is thinking about majoring in business. He plans on going to college at West Virginia University, Kent State, or Pitt-Johnstown.

He says his friends are the best part about high school and commented on graduating by saying, "Graduation is bittersweet. For me, I'm ready to leave the school, but I'm not ready to leave everyone yet." Best of luck to Jeremiah!



Playing Multiple Sports Offers Many Benefits

ARTICLE COURTESY OF "HIGH SCHOOL TODAY" NOV. 2012

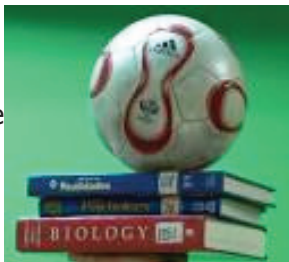
The values of participating in high school activity programs are well-documented. Generally speaking, these students have higher grades and better attendance, are more disciplined and self-confident and have better chances for a successful career than those students who do not participate in sports or performing arts.

So, if participation in one sport or activity during the school year is a positive step, what about involvement in multiple sports or activities? For instance, does the student who participates in football in the fall, basketball in the winter and baseball in the spring accrue more benefits than a single-sport participant?

We would answer most assuredly "yes." Somewhere along the line, however, special-

ization in a single sport began to creep into high school sports, and the movement in that direction continues today- not only for athletes but coaches as well. The proliferation of non-school coaches certainly has played a large role in the reduction of multiple-sport coaches.

At a recent meeting of state associations in Sections 7 and 8 (Western part of the United States), staff members from the Montana High School Association noted that schools in the Big Sky Country are struggling to field teams and fill coaching positions because more athletes – and coaches- are specializing in one sport. Many schools in the less populous Western states



rely on multiple sport-participants to fill teams. While it might be a slippery slope to say that something was better in the past, in the case of athletes who had the opportunity to play multiple sports in high school, we believe that to be true. Case in point was this year's National High School Hall of Fame Induction Ceremony and the four athletes who were inducted. All four eventually selected one

sport in which to specialize, but in high school they all were multiple-sport participants. Fred Hoiberg played four sports at Ames (Iowa) High School and excelled in all of them- before eventually playing basketball professionally. Kevin Johnson, one of the best players in NBA history, didn't play the sport year-round in high school. He was a tremendous baseball player as well. Pat Sullivan was one of the most highly sought football players as well. Pat Sullivan was one of the most highly sought football players in Alabama high school history, but he also was a two-time all-state selection in basketball. Tracy Hill was the most prolific scorer in Colorado girls basketball history, but she also played volleyball and ran track.

In a feature in last month's High School Today, Hoiberg said, "Playing several different sports was valuable to me. Running track kept me in shape and helped with my overall athleticism. Playing quarterback really helped develop my leadership skills. Baseball and basketball were my two loves, though, but the whole situation was valuable."

Having noted the benefits of multiple-sport participation personally, however, Hoiberg also noted that "These days you almost have to choose a sport in which to specialize." Undoubtedly, the growth of non-school sports teams has played a significant role in the reduction of multiple-sport participants as parents and coached have en-

couraged specialization because they believe it is an investment in a future scholarship in college and- in some cases- a future professional career. While there may be a small number of high school athletes who could benefit from a year-round focus on one sport, the overwhelming majority of the almost 7.7 million participants in high school sports will gain far more benefits by being involved in multiple sports.

The benefits of multiple-sport participation include better leadership and teamwork skills from cross-training, reduced risk of burnout in one sport, a variety of experiences from involvement with different sports and teams, reduced risk of overuse injuries in one sport and exposure to a variety of coaching styles.

Perhaps the argument for multiple-sport participation is best stated by what the student loses by specializing in one sport. Matthew Shomper, athletic director at Tippicanoe High School in Tipp City, Ohio, in May 2011 High School Today, noted that when a student-athlete specializes in one sport, he or she loses "the socialization with a slightly different peer group, a different coaching model and seeing things in a different context than if the individual played a variety of sports each year."

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We Can Read!

BY: TAYLOR SKELTON

In memory of the children and workers that passed away in the Sandy Hook Elementary School shooting, Hopewell High School participated in the We Can Read program. The idea for such a concept came from Slippery Rock University's Professor DelVecchio. The goal was to get something positive out of the Connecticut tragedy and have a personalized card sent to every student in the Sandy Hook Elementary

filled with encouraging words and happy, pick-me-up sayings. During homeroom, students brought in books appropriate for grades kindergarten through fourth. After donating a gently used book, the participating members traveled to elementary schools sprinkled throughout Hopewell's school district to read on February 11. Hopewell High School donated 370 books, and 48 students traveled to read. The event was a success. A special thanks goes out to Mrs. Signorelli, Mr. B. Smith, Mr. R. Smith, and also to Mrs. Kane and Mrs. Simmons, the elementary schools' principals.



Elane Pfeifer, Haley Trkulja (above), Brae Geary and Charlotte Coulter (below) read to students at local elementary schools.



An Inside Look at Doping



BY: RACHAEL KRIGER

Seven Tour de France titles, all gone. Lance Armstrong is the latest sports athlete to admit to taking performance enhancing drugs. Armstrong, now 41, used human-growth hormone, testosterone, and other drugs along with participating in "Blood Doping" during his years as a cyclist. He admitted to using these drugs to talk show host Oprah Winfrey in an interview which aired on January 17. In October, the U.S. Anti-Doping Agency released more than 1,000 pages of evidence against

Armstrong, which caused his titles to be dissolved.

Erythropoietin, EPO, naturally stimulates red blood cell production. Athletes use it to raise red blood cell counts, which increases oxygen for their muscles. According to the Anti-Doping Agency, blood transfusions have a very similar effect on red blood cell counts. Both blood transfusions and EPO have dangerous side effects; one is high levels of hemoglobin. Hemoglobin paired with either EPO or blood transfusions thickens the blood, which complicates blood circulation. This happens to put the drug users at risk for cardiovascular problems.

EPO has been considered banned doping since the 1990s, although the first screening test was used at the 2000 Summer Olympic Games. Some American athletes that have doped include Ivory Williams, a sprinter, Andre Agassi, a tennis player, and many others. Doping is illegal in all sports, not just the Olympics.

New Math Teacher Arrives

BY: RACHAEL KRIGER

Another new face has arrived at Hopewell High School just in time for the second semester. Meet Miss Hoffman, the Geometry and Geometry Concepts substitute for Miss Tranelli, who substituted for Mr. Tagg.

Before teaching at Hopewell, Miss Hoffman taught at Montour high school and middle school. She attended Slippery Rock University where she earned a Bachelor of Science degree in Mathematics, and a Master's degree in Secondary Education.

Miss Hoffman is originally from Moon Township. In her free time

she enjoys being with her family and friends.

Regarding her arrival at Hopewell, Miss Hoffman said, "The faculty, staff, and students have all been so friendly and welcoming." When asked about why she loves teaching so much, Miss Hoffman responded, "Every day of teaching is different, it's an adventure. I enjoy helping students and watching them learn something new. I love interacting with students and watching them pursue their goals, even if it doesn't directly involve mathematics."





Temple University: A Good Match for Biomedical Engineering Majors

BY: STEFANIE JOHNDROW

If you think biomedical engineering might be the path for you, Temple University is worth a look.

Temple University is located in Philadelphia, so for those of you wanting to receive a quality education in biomedical engineering and distance from home, this would be a great college. In-state tuition is about \$24,482, and about 63 percent (11,926 out of 18,977) of all applicants are accepted. Temple asks applicants to include GPA, high school transcript, teacher recommendations, and SAT/ACT scores.

The average Temple student has a composite SAT score between 1510-1810 (out of 2400), with 500-600 in Reading, 510-610 in Math, and 500-600 in Writing. The average

ACT score ranges from 21-26 (out of 36). Students received 21-27 in Reading, and 21-26 in Math.

Temple University provides a variety of club and student organizations, so each individual is sure to find something to spark his or her interest. Clubs include Greek life, book clubs, and many more! For students wishing to participate in athletics in college, Temple offers golf, rowing, fencing, field hockey, gymnastics, tennis, volleyball, basketball, and football, among many others.

For more information on Temple University, you can visit them online at www.temple.edu. If you're ready to apply, you must do so by March 1 at www.temple.edu/undergrad/applying with a \$50 application fee. If neither Temple University nor biomedical engineering seem to be a fit for you, more options will be available in next month's issue. Don't lose hope, Hopewell!

SAT Dates to Remember:

Register now for the May 4 SAT test. The deadline to register is April 5.

Go to www.collegeboard.com for more information about dates, locations, fees, and test preparation.



TEMPLE
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Career Column—Biomedical Engineer



BY: LAUREN ZAWATSKI

What career is right for me? This question continues to echo through the minds of high school students as they approach college. Hopefully, these career path suggestions have been aiding you in your search, and can narrow down what fields you want to enter. This month, the featured career is Biomedical Engineering. First and foremost, to become a Biomedical Engineer you must possess a keen interest and capability in science and math, because both subjects make up almost the entirety of the career. Being able to apply both subjects in the world of medicine to solve problems is also an important factor for this career. If these are qualities you hold, consider the following information in your search.

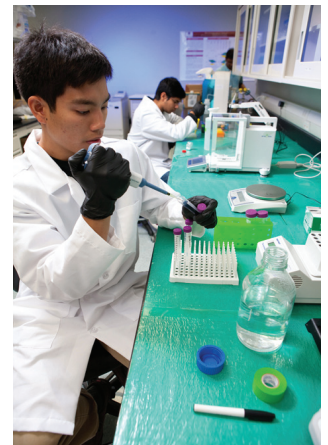
What they do: Although this particular career may appear to be more calculating than anything, the majority of what BM Engineers do is actually applying engineering to healthcare. Depending on what kind of job you want and where you are located, there are various tasks that can be done. Just a few of their many responsibilities are: creating prosthetics, developing medical software, designing research devices, creating special technology for handicapped patients, and bringing products to market through the Food and Drug Administration's testing.

Education

Requirements: A bachelor's degree is usually the main education requirement for this particular path, but a master's degree and doctorate could be pursued as well. Possible majors can include different fields of engineering, physics, medicine or in biomedical engineering, itself.

Salary: The median salary for BM Engineers averaged at about \$81,450 in May 2010. This amount can increase or decrease depending on where you start out and what kind of jobs you perform.

Overall, the outlook for the next few years for biomedical engineers is a decidedly clear one. Their employment is expected to advance 62 percent from 2010 to 2020, a huge expansion from previous years. This is yet another career that is expanding primarily because of the aging baby boomer generation. The need for more advanced medical technology will always be increasing, especially with older generations. Finally, if you enjoy science and math but this specific career is just not for you, examine other options such as becoming a chemical engineer, mechanical engineer, or a physician!





Senior Projects!

BY: REBECCA HADDIX

The Hopewell Hi-Lites staff has decided to start a regular feature about cool and unique senior projects. Hopefully these senior projects will encourage the juniors and seniors to work on their own project, and maybe even give sophomores ideas for what they will do for theirs.

This month, we've decided to feature junior Ashley White's creative project. She, with Mrs. Korchnak as her mentor, is trying to start a "Hetalia Model United Nations Club". She describes it as being similar to the Model UN, without the formality of debates. Her project is especially unique because there aren't many history clubs at Hopewell. Ashley thinks "that people could learn more about our world and its history if they join."

Ashley chose this project because she loves "learning about history, different cultures, and what is going on in the world." Her inspiration for

this project came from her favorite anime and manga series, Hetalia: Axis Powers and Hetalia: World Series, by Hidekaz Himaruya. The series combines history and stereotypes, animating the countries of the world as people. If you like social studies, Hetalia will make you laugh until you cry, and surely Ashley's Hetalia Model United Nations Club will, too.

Once Ashley finishes her senior project, she hopes that another member of the club will take care of its leadership. After high school, she plans to attend college and become a history teacher or a voice actor for Funimation Studios.



Senior Spotlight: Haley Trkulja

BY: STEFANIE JOHNDROW

One of Hopewell's most admirable seniors, Haley Trkulja has perfected juggling multiple extra-curricular activities while maintaining stellar grades.

Haley is the Vice President of both Ski Club and Class Club, and acts as President of Student Council. Furthermore, Haley participates in Spanish Club and National Honor Society. In addition to school clubs, Haley is an avid dancer. She takes classes in tap, ballet, jazz, pointe, and contemporary. Aside from clubs, Haley stays busy working two jobs: one as an assistant teacher at her dance studio, and another as a waitress at her parents' bar, Barney's.

In her free time, Haley loves to dance, ski, and shop. Her favorite place to shop is the online store, nastygal.com. Haley was also a finalist in last year's Beaver County's Outstanding Young Woman program.

Haley is ranked in the top ten in the class of 2013, and her GPA is 4.64. Her favorite teacher is her second grade teacher from Raccoon Elementary School, Mrs. Albanese. As for her favorite classes, Haley says, "It has to be a tie

between Art II and Home Ec." Regarding Home Ec., Haley also comments that it is the most beneficial class she's taken at Hopewell. From learning how to sew to learning how to cook, these are all traits she's found she'll use throughout her life. Mr. Samek's ninth grade Honors Civics class also left an impression on Haley. She says she thinks she's learned more from that class than any other.

Haley plans on attending Kent State University with a double major in Marketing and Fashion Merchandising, and a minor in Fashion Media. After college, Haley hopes to one day be able to live in either New York, LA, or Chicago, and work for a fashion magazine.

Congratulations on all of your accomplishments, Haley! Your success here at Hopewell is surely only the beginning of your bright future.



Guys and Dolls

BY: REBECCA HADDIX

The Hopewell Viking Musical cast is back this year, with new actors and a new show. This year's musical, Guys and Dolls, features

senior Ian Besong as lead character Nathan Detroit. Detroit needs \$1,000 to rent the Biltmore Garage in New York to hold his latest gambling game. In order to get this money, he places a bet with Sky Masterson (Adam Speers) that he can talk the Salvation Army missionary, Sarah Brown (Heather Grimm),

into going on a date with him. Romantic craziness ensues throughout the musical.

Other leading and supporting roles are, Alex Barna as Nicely Nicely Johnson, Nathan Detroit's best friend; Danny Watts as Benny Southstreet; and Kianna Skal as Adelaide, Nathan's fiancée. The musical is scheduled

to take place March 15 and 16 at 7:30 PM, and March 17 at 3 PM. Tickets go on sale on March 1, and are \$6 for students and \$8 for adults. Mark your calendars, because this will be a musical you won't want to miss!

Voices



Dear
Dr. Stef,



Dear Dr. Stef,

I just got accepted and committed to the college of my dreams! Now I have to find a roommate, that's where my trouble begins. This college has 40,000 people, it's so big. I'd really like to have a roommate I already know, just to make the transition easier. But I only know one girl from my high school who is going, and she has been bothering me every single day about rooming together. But I don't really think it would work out that well. She loves to party and doesn't care about school and her grades like I do. Should I be safe and room with someone I know, even if we aren't the best match, or go out on my own and try a random roommate? I need your help!

Sincerely,

Troubled about Roomies

Dear Troubled,

Congratulations on your acceptance to college! You must be really excited. College is every high school graduate's opportunity to start over. More than likely,

most kids are like you and are going to a bigger school in a new town where they don't really know anybody. Also, in most cases, people leave high school in the past. They'll have a few friends they keep in touch with, but as for the girl you only saw in Latin class, you'll never think twice about her after graduating. So, I advise that you take a chance with something foreign, and don't room with this person you already know. She may just end up reminding you of everything you hated about high school, and that will lead to a miserable freshman year of college. College is about new experiences, opening your mind to new possibilities, and gaining a better sense of who you are. That might be hard doing so with somebody you already know. You can ask her what her plans are in college. Maybe she's going to try turning a new leaf, and lead a more mature life. Then you can make your decision. Don't write her off right away. Additionally, don't feel obligated to room with her. Your college years are supposed to be some of the most fun, and valuable years of your life-- you should be happy while pursuing your higher form of education. So after talking to her and making your decision, tell her you're thinking of rooming with somebody else. It may hurt her feelings a little bit, but she'll get over it. And in a school with 40,000, you'll probably never see her after graduating from high school.

If you do want to room with someone you already know, ask your friends if they know anybody attending your school. They could possibly set you up

with a roomie! Also, try looking on Facebook to see if there's a "Class of 2017" page set up for your college. Often times, kids interact that way to get an idea of who they will be going to school with. You could always find a roommate that way, as well. If all else fails, you'll have to room with someone you don't know. Obviously you could end up hating her, but you may actually get along. And if you don't, you don't have to room with her next year. One of my friends once told me that in college you find your friends in the weirdest ways. So slowly but surely you'll find someone that will make you feel comfortable at your new school. Best of luck, and once again, congratulations!

Dr. Stef

Hopewell, How Do You Feel?

BY: SAMANTHA MARCKIONI

Valentine's Day:
Love it or Hate it?

Freshman Haley Vespaziani: "Hate it. It's a dumb 'holiday' that has no meaning."



Sophomore Kelly McCallan: "Hate it. Reminds me of how alone I really am."



Junior Ryan Bradfield: "Love it, because it gives me a chance to express my true feelings."



Senior Jovana Cvjetkovic: "Love it, because I love everyone."



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Voices



Love at First Type

BY: STEFANIE JOHNDROW

Since the fall premiere of MTV's new series, the term "catfish" has gained popularity on social media sites, and accelerated after Notre Dame's Manti Te'o Internet dating scandal. Te'o told the story of the death of his girlfriend, who turned out to be fake.

Both the show and Te'o's story catapulted the idea of "catfish" and the dangers of online relationships. Not the eHarmony relationships, but the online relationships where one party's desire for love can blind them from the harmful truth of who they are really sharing part of their life with. For those who are unfamiliar with the term, a "catfish" is "someone who pretends to be someone they're not, using Facebook or other social media to create false identities," according to the show's creator Nev Schulman. Most of the time, people rarely ever really find out about the person on their computer screen. Being involved with a "catfish" can lead to heartbreak, disappointment, and, often times, victims close themselves off from potential real relationships because they're counting on their online love to come through. The reasons why people turn into "catfish" vary, but it's certain that one's life changes after coming in contact with a fake.

As exhibited

by Te'o, falling for a "catfish" can be extremely embarrassing and life altering. For a generation growing up with technology and the internet, online dating is becoming more common. Thus, it's important to know the protocol for online love interests. In an interview with ABC News, Schulman and filmmaker Max Joseph accumulated some tips for online dating:

1. **If it seems too good to be true, it probably is.** Proceed with caution and make the other person earn your trust before telling them too much about yourself.
2. **Get proof the person is who he or she says they are.** Either a photo with him or her holding up something specific or a copy of a driver's license. Or you can also ask the other person to write your name on their hand and send a picture of it via text or email.
3. **SKYPE WITH THEM!** If they don't have Skype, make them go to a place that has a webcam.
4. **Be yourself and know what you want.** Schulman and Joseph have witnessed how easy it is to get wrapped up in the fairytale version of love, and request for everyone to remember real life isn't a fairytale or a movie. Love takes work.

The dependence on technology for human interaction makes online dating more appealing than actually going out into the world and finding a mate. However, the internet has no rules. It's easier for people to fabricate who they are and blur the factual lines.

In the words of Schulman, "Everyone tries to present themselves in the best possible light, the web just has more shadows." Therefore, beware when scouring the internet; you just may catch a "catfish".

"Grind My Gears"

BY: TAYLOR SKELTON

I'm Lost ...



Do you know what really grinds my gears? The fact that our school does not offer a program, or a class to help seniors decide what they are going to do after graduation.

Some might be shocked to hear this, but there is a big world outside of Beaver County. Many of us will continue to a higher level of schooling, but the only problem is...what the heck are you going to school for? Twenty years from now, will you be able to wake up and know you love your career choice? For indecisive people, like me, this is an even bigger burden when making a life-altering decision. So many teens go off to college as undecided, then, down the road, change their majors a number of times. In some worse cases, students study for years and then learn that they actually could never see themselves in that line of work. Wouldn't it be great, when leaving high school, you actually

had an idea of where you would like to attend college? I think an elective course on career and school searching would be beneficial to almost all of the students

here at Hopewell. The closest thing we have experienced is careercruising.com, and honestly, I do not see myself becoming a chimney sweep or a nanny anytime soon. Thinking about the future is scary, mainly due to the unknowns, but with a course that helps you discover your path, a sigh of relief could be breathed. Many schools in and around our areas require some type of job shadowing project. This way, they at least experience some possibility of what they could eventually end up doing for forty or fifty years. A mistake in career choosing could make for a miserable life.

Chartiers Valley High School makes their students participate in a program as their student project. Part of this program includes job shadowing, and many have returned good responses. Rochester High School offers a course called Junior Seminar. In this class, students learn how to complete resumes. They also do extensive college and career searching to explore options they never knew existed. Something like this, I feel, would be helpful to all students venturing out into the "real world." When you leave high school and try to start a new chapter of your life, why waste your time tormenting yourself with what to do? With some type of elective course to help you find your way, stress levels could be greatly decreased. All I'm trying to say is that some help would be lovely, especially with such an important decision in young adults' lives.



The Carrie Diaries

5/5 Stars

BY: ZOE CARR

Before Samantha, Miranda, and Charlotte, there were Walt, Maggie, Lali, and, of course, Carrie Bradshaw. "The Carrie Diaries," written by Candace Bushnell, tells the life of high-schooler Carrie Bradshaw, a normal girl trying to make it through her senior year. In the 1980s, Carrie Bradshaw is the oldest of three girls who live with their widowed father. Carrie has the swim team, writing, and friends, but all of that changes when Sebastian Kydd enters the picture. All of the girls have their eyes on Sebastian, but he only has eyes for Carrie. The story, told from Carrie's perspective, shows the fun times during senior year as well as the hard times. It takes most of the book, but Carrie stands up for herself and picks the things that mean the most to her.



Warped Tour

BY: TY RICHARDSON

Summer consists of freedom, hanging out with friends, and, of course, concerts. The biggest concert for most kids during the summer is the annual Vans Warped Tour. At this touring "city", kids can see over 60 bands all day for a considerably low price.

The Vans Warped Tour is in its nineteenth year and is better than ever. So far, 55 bands have been announced for the tour. Some of the bigger names are, "We Came As Romans", "Motion City Soundtrack", and "Hawthorne Heights."

While some bands stay for the entirety of the tour, others play off and on throughout the summer. More bands are announced every Friday night during "Warped Roadies" on Fuse. Before buying a ticket and attending, watch the show, especially if it is your first time attending the concert. It provides a good look at how Warped Tour runs.

Traditionally, the show runs from 11 a.m. to 8 p.m., but if you want see all of the bands, get there early and hang out in line. If you don't like the band playing on one stage, you always have the option to find another band. The tour usually has six stages where bands play all day. If you still can't find a band you enjoy, then walk around and meet new

people. Also, there are hundreds of tents around the whole area including, band tents, clothing, and charities.

The Vans Warped Tour is a great experience for those who love alternative music. The tour will stop in Pittsburgh on July 17 at the First Niagara Pavilion.



Sweets for Your Sweetheart

BY: SAMANTHA MARCKIONI

Not sure what to get for that special someone this Valentine's Day? If you want to put that personalized touch on your gift, baking cookies are the way to go. Everyone knows that the way to someone's heart is through their stomach. In four simple steps, you'll have some delicious cookies. Your valentine will be in for a real treat! For a faster set, place cookies in the fridge after frosting. They'll be ready to eat in minutes!



Ingredients

- 3/4 cup butter, softened
- 1/2 cup sugar
- 1 egg

- 4 teaspoons grated orange peel
- 1/2 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3/4 teaspoon salt
- 1/4 cup semisweet chocolate chips
- 2 ounces white baking chocolate, chopped
- Chocolate, red and pink sprinkles

Directions

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in the egg, orange peel and vanilla. Combine flour and salt; gradually add to creamed mixture and mix well.
2. Divide dough in half. Shape into a ball, then flatten into a disk. Wrap each in plastic wrap and refrigerate for 1 hour or until firm.
3. On a lightly floured surface, roll dough to 1/8-in. thickness. Cut with a floured 3-in. heart-shaped cookie cutter. Place 1 in. apart on ungreased baking sheets. Bake at 325° for 13-15 minutes or until edges are golden brown. Remove to wire racks to cool completely.
4. In a microwave, melt chocolate chips; stir until smooth. Repeat with white chocolate. Frost half of the cookies with semisweet chocolate and the remaining half with white chocolate. Immediately decorate as desired with sprinkles. Let stand until set. Store in an airtight container. **Yield:** 3 dozen.



Just Around The Corner... Spring Fashion 2013

BY: LAUREN ZAWATSKI

It is almost here - spring, that is! While winter can seem to drag on for an eternity, spring approaching gives that little glimmer of hope. And, as the seasons change, so do the various trends. Here are some of the many prominent trends and themes that are incorporated into designers' Spring 2013 collections.

Pastels: This trend is different from the usual ones; it always seems to remerge every spring with a new edge to it. The central theme this year appears to be gravitating toward pastel colored jeans. Depending on what color is purchased, these colorful pants can be worn with more neutral tops. (For example, coral colored jeans with a white or light pink colored blouse, or can be used to color block bright indigo jeans with a turquoise shirt).

Prabal Gurung for Target: This 80 piece (that's right, 80!!) collection is filled with vibrant colors that are absolutely perfect for spring. This collection follows the pattern of designer lines that are created exclusively for Target: exceptionally contemporary and current, as well as fairly inexpensive prices. All



items will be available at Target February 10.

Stripes: This is another resurfacing trend that has been very versatile throughout the years. For 2013, varying lengths and widths of the stripes appear to be common. Vertical stripes work best on skinny jeans, and when paired with heels they have an elongating effect on your legs. Horizontal stripes, in turn, work best on shirts. Boldly striped sweaters work well with colored skirts.

Chic Chignons: A prevalent beauty theme on the runways has been casual updos such as the chignon. To achieve this look, Redken creative consultant Guido Palau explained, "First, rough up strands with texturizing spray, then gather hair together as if making a low ponytail. Fasten an elastic three or four inches from the ends, then roll hair up and pin the knot in place." These chignons can be secured at the top of the head, or even along the nape. Feeling bold? A bright head wrap can be added to give that extra burst of spring!

Ready, Set, Award Shows

BY: ZOE CARR

It's that time again! Kick your feet up, grab the remote, and pop some popcorn, award show season is back. Award shows, which are popular throughout January and February, kicked off with the People's Choice Awards on January 9, and were followed by the Golden Globes and Screen Actors Guild Awards. Don't fret if the first few were missed, because there is still the entire month of February! The Grammy Awards, which debuted on February 10, is the start of the February awards. Following the Grammy's are the Independent Spirit Awards and the Academy Awards. Award shows are always fun to watch, not only do you get to see all of the winners, but all of the fashion displayed on the red carpet is surely a great conversation starter.



FILM INDEPENDENT'S SPIRIT AWARDS

Warm Bodies Review

BY: BRIE MILLER

I wasn't disappointed in this strange romantic comedy. Don't be turned off by the premise of a zombie romantic comedy - it manages to mock human relationships on many levels the way "Shaun of the Dead" parodied zombie movies. Nicholas

Holt does a wonderful job parodying the awkward teenager. His often hilarious narration of this situation keeps the tone of the film somewhat upbeat, even though his state of being alone with only his thoughts is truly tragic, filled with angst and a longing to connect, yet his inner dialog makes for much of the movie's comedy.

The whole cast was great. Nicholas Hoult and Teresa Palmer had great chemistry. Rob Corddry did what he does best; make you laugh. Analeigh Tipton also seems to have a



natural chemistry and ability to humor people. I recommend it for guys, girls, and anyone who enjoys a good story. Anybody who hates romantic comedies should still give this movie a shot. It's proof that the genre can be done well. And if you like romantic-comedies, this one is hands-down a must-see. With a fresh point of view and a lack of unnecessary drama, this film is a real treat for the zombie fan.



Chick Flicks

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Clueless

The Notebook

Mean Girls

Aquamarine

Shes the Man

A Cinderella Story

John Tucker Must Die

10 Things I Hate About You

Shes All That

The Devil Wears Prada

The Prince and Me

27 Dresses

Cant Buy Me Love

Confessions of a Shopaholic

Never Been Kissed

Sixteen Candles

Easy A

Titanic

Confessions of a Teenage Drama Queen

CAUGHT IN HI-LITES!



comics

