

Hopewell Hi-Lites

1215 Longvue Avenue, Hopewell, PA

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School Safety: Changes and Considerations

BY LEAH KNAUFF

After 25 fatal school shootings since Columbine, schools are once again trying to get a grip on American gun violence. Since the shooting in Parkland, Hopewell's administration and staff have been working hard to make the school an even safer place.

Small changes have taken place. The high school doors will not be opened until 7. Students should not arrive beforehand, but if they must, the school suggests waiting under the canopy.

All students must use the entrances at the bus drop off area near room 204 or at the auditorium. The only time a student should enter

through the office doors is if they are tardy or incapable of using stairs.

Open entrances will be monitored by staff who will stay there until 7:35. All other entrances will remain closed and locked before and during school.

Students are never to open exterior doors to let in other students or visitors. If a student see an open door, they should close it. If it's unlocked, students should report it. If someone is trying to get into an unauthorized door, students should not open it, they should tell the person to report to the office entrance.

Hopewell isn't just trying to improve our security on the outside.

Mr. Allison says that within the next few years we may be adding a permanent resource officer, metal detectors, or even changing the structure of the building to ensure even more safety. Mr. Allison tempered the severity of the changes, "The thing is, this is a school, not a prison."

Mr. Allison made it extremely clear that there is nothing more important than the safety of the students and staff at Hopewell. The school's safety cannot be 100 percent guaranteed, but the district will do anything in its power to make sure students feel safe enough to come to school.

What's Inside.....

Sports

Pages 2-3

Girls' Softball

Page 2

Sleep Deprived

Page 6

Happenings

Pages 4-5

March for Change

Page 4

Cell Phone Etiquette

Page 8

Voices

Pages 6-7

Ms. McClintock

Page 5



Emily McKay, Rising Star

BY HALEY GAULT

Emily McKay, is a last year senior but a first year softball player and killing it on the field. She has played soccer since she was five years old and now at seventeen, she has joined varsity softball. As a new comer, McKay feels that it is intimidating to be a part of the team but is looking forward to the upcoming season.

Starting off with practice as early as December, Emily is happy to be on a team with her two best friends. She says, "Yeah it is a little weird to join my senior year since the team has been established and playing together but they're all welcoming and nice." McKay claims that her favorite part of the soft-

ball experience is getting to learn a whole new sport. "I don't see myself playing this sport in the future, but I'm glad that I'm getting to play this year." Even though she loves soccer, she doesn't see herself playing that in the future either, she solely wants to focus on school.

Softball compares to soccer in one way, according to McKay, and that is the running part. She says, "Being in shape from running in soccer surely helps me in softball, but I feel like we do too much unnecessary running in softball." One of the things Emily struggles with is batting, but the coaches are quick to help her when they can. Emily says, "I am most comfortable in right field,

and I don't think I could play anywhere else, but if I did I would want to play at a base." The team is happy to have McKay as the newest addition and we all look forward to the season with her.



It's a Home Run for Katie Prentice

BY ERIN HEWITT

Last season Hopewell Girls Softball team went to the playoffs for the first time in 23 years. Katie Prentice is going to lead the team to the playoffs this season for the second year in a row as the team captain.

The softball practices are hard. In the early season they have a lot of condition to get in shape and ready to steal some bases. As the season progresses, the practices get easier. They go through plays and run, so not only is it physical, but mental.

The hard practices will help the team get some victories this

season. Their biggest rival is Beaver. While playing the games, Katie says, "The teams biggest weakness is working together and we do not have a strong outfield." So go out to the girl's softball game against Beaver and cheer for the girls.

The girls on the softball team are a close group and care about each other. Before every game they listen to music to get them all hyped up and gather in a circle to say a prayer. After every win, they go out to eat.

Like any other senior, Katie is upset that this is her last year playing softball. She played for all

four years of high school. She is going to miss the girls on the team since they have been playing together all this time. However, Katie said, "I am happy to be moving on and ready for new experiences with new people."

Tyler Sabo, What a Player!

BY FAYTE WILSON

The sun is coming out and soon the scent of hotdogs will fill the air. Little kids with cotton candy covered hands are sitting on their dad's shoulders trying to watch the game.

It's the start of baseball season and Tyler Sabo could not be more excited. He has been playing baseball since he was four or five but his eyes still light up when he knows the season is coming.

A big inspiration for baseball was his family. His mother, father, and two brothers played baseball, so they have had an impact on him. Not only did they get him interested in playing, but they also go to all of his games. Even his grandparents from Ohio watch him play! "Everyone has been really supportive and they love sports," said Tyler.

Some players do switch positions, but Tyler mainly plays third base. Throughout Tyler's years of baseball, he has played some great games and some bad ones too.

His best game was last year at Myrtle Beach in South Carolina when he hit a triple, two doubles, and a single. That was the first game

of the season and what a way to start!

Although Tyler would love every game to be like that, he has had some bad games on his record too. "I've had two or three strikeouts in a game." Tyler is confident that this year will be a great season.

In Tyler's freshman year the team won the section title. Last year, the team made it to Quarterfinals at States. He is confident that the team will win titles like these this year as well.

Team bonding always has a big impact on sports. For this team, they love to create witty catch phrases to annoy the other team or play a game of "Flip" to warm up. No matter what they are doing this team always sticks together. The bond between his teammates is another reason why Tyler loves baseball, "I like baseball because it's such a team game and it's a bonding experience."

Tyler is a Senior, so he will be leaving the team this year which he is sad to go since he has been playing so long. He is also ready to move on and play in college.

Although Tyler is still unde-

ecided for where he wants to go, he does have a few ideas. His top choices are Washington & Jefferson College, North Florida University, and Seton Hall University. Tyler had a chance to talk to W&J's football and baseball coach. Both coaches want him on the team, so he might choose between the sports or do both!



Volleyball: the Few, the Proud

BY HALEY GAULT

High school boys are home collecting *Fortnite* or *COD* "kills," when they could be on the volleyball court scoring kills for Hopewell. Nevertheless the ten young men on Hopewell's Boys Volleyball team are dedicated to improving and competing. The current team is comprised of two seniors, two juniors, one sophomore and five freshmen.

Jonathan Maratta, a senior, says that he has played his entire high school career and hates to see the team struggle. Maratta says, "We lost our best setter and it definitely is hurting us. Also the fact that we barely have a team is rough." Al-

though Jonathan is taking on the new position as setter to fill the empty space, he is worried that he won't be able to live up to the standards of the previous setter. He says, "I'm really hoping by working hard that I'll become captain and be able to help out the team by being a good leader."

The PA Club has announced the need for more players during the morning announcements. Despite the lack of players, the team is hopeful. Junior Terryaun Bell believes in his team and says, "Yeah we may be struggling for teammates but we can do it, at least I think we can."

Even though the team had a rough start with their scrimmage,

Jonathan has faith in the team. He says, "The team is having fun and enjoy the coach even though times are rough. The scrimmage we had on Saturday was NOT good but that doesn't mean we can't learn and improve." The home opener is March 15th and student admission is free. Students are encouraged to come and support their volleyball team.

Happenings



March For a Change

BY ALEXA BURAK

School is supposed to be a safe place for education, growth, and taking new steps into life, but since the 21st century arrived, the atmosphere has shifted. Students have a newfound fear of whether or not going to school is safe anymore. This has not discouraged them, however. Students are addressing one of the biggest American issues and taking action

On February 14th at Marjory Stone man Douglas High School, an armed man entered the school and shot 17 students and teachers. New fear and sadness soon spread across the nation as the story developed. The students at Marjory Stoneman High School, though just starting the healing process after the loss of so many classmates and teachers, have taken action against

such violent happenings in school. School is a place where no such violence should ever take place and the students at Marjory Stoneman High School want the government to do something about it.

They have started the #NeverAgain movement. The purpose is to bring awareness of the situation but also to make sure that what happened to them never happens to any one else.

The movement created the plan for a national walkout, which Hopewell High School participated in. Their movement calls for safer schools and stricter gun laws. They also planned March for Our Lives, a national march for students to protest to their government that what is happening is not okay. The protest was televised nationally has almost

850,000 participants. That makes it the biggest protest ever on Pennsylvania Avenue in Washington, D.C. Overall, it was a success in raising awareness and gaining support.

School is an important part of a child's life. Students make friends, discover who they are, and further themselves in their education. No student, parent, grandparent, aunt, uncle, or cousin should be afraid for a family member attending school and the students from Marjory Stoneman High School realized this. Their mission is to make everyone safe no matter where they are. Hopewell High School students are also making change and together, they could possibly change the future for every student and future students in the U.S.

Students of the month

BY PAITON MCSHANE



Sophomore, Christian Cutter is an outstanding academic student who is also very talented. Christian is in his second year of high school band and plays the tenor saxophone and is first chair, but shows more of his hard work on the stage. He is one of the lead roles in the musical *Legally Blonde* this year and has worked hard since his seventh grade year to get to where he is.

He works well with others and is an amazing role model to his fellow classmates, not only showing his hard work on stage but helping behind the scenes. Christian helps with the technical things such as building and painting sets and helping with props. He also helps with the junior high musical and fills in with stage crew wherever he is needed and plans to be a student director next year to get more involved. Christian is an extremely reliable and hardworking student.

He plans to stick with musical the rest of his high school career. Although he doesn't have an idea of what he wants to do in college he plans to find a local theatre to continue doing one of the things he loves most.



Senior, Kaytlin Chichester is known for her nickname "Kit Kat." You also might hear her in the halls her saying, "It's from a vine!"

Kaytlin is an extremely hard working student and a strong leader. She is a member of the band and has been in drumline all four years. She has also been a part of stage crew but last year decided to join others on the stage in the spotlight.

Last year in *Thoroughly Modern Millie*, Kaytlin got a feature role as the next upcoming modern at the end of the musical. In this year's musical, *Legally Blonde*, she has two feature roles as Chutney Wynhdum, a part that fits her like a glove, and she is part of the marching band in the musical.

Kaytlin also took on the responsibility of choreographing the band dance in one of the biggest numbers, helping teach non-band members to dance. In this way, Kaytlin has also helped build their confidence on and off the stage, being an amazing leader along the way. Despite not having a lead role, she shines bright.

Meet the New Librarian, Ms. McClintock!

BY PAITON MCSHANE

Meet Ms. McClintock, Hopewell High Schools new librarian. She is not new to the Hopewell School District. All together she has been a librarian for 6 years, 4 of those at Hopewell Elementary. This is her first year at the senior high. She also taught first grade at Hopewell Elementary for four years, spending a total of eight years as a Hopewell Viking.

Ms. McClintock is a native to Pittsburgh. She went to Duquesne for her bachelor's in elementary education and Pitt for grad school for library science. She said "I always loved reading and working with kids. I loved the idea of fostering a love for reading in young people." When you walk into the library you can definitely feel a sense of warmth and love surrounding you. Her passion shows through everything she does.

Coming up to the high school was very different after spending eight years in the elementary school. "There is a fixed schedule at the elementary where I would see the same classes each week. Here, teachers sign up for times they want." She might see the same amount of kids' everyday but it is always new faces.

When walking into the library you are greeted with a huge, warming smile. Every so often, if you are at a computer or a table doing work, you will hear her come around asking if you are doing okay or need help. Everyday Ms. McClintock shows through small ways how much she loves her job and is always ready for the next day with a smile on her face. If you are ever having a bad day, just go to the library. You will be happy and feeling better.





Sleeping: Are Students Deprived?

BY LEAH KNAUFF

Nothing says high school like crying on your desk out of frustration, stress, and sleep deprivation. It's happened before, and it's most likely going to happen again.

Sleep deprivation could be considered teen culture. Between school, sports, social lives, and everything in between, there just isn't enough time in the day to get a reasonable amount of sleep.

Nationwide Children's says students between the ages of 13 and 18 need at least 9 to 9.5 hours of sleep every night. If one sleeps less than the required amount, there are both minor and major consequences.

Between mood swings, drowsiness, increased risk-taking behavior, memory loss, distorted decision making, reaction time, creativity, and irresponsible driving, it gives you just a few reasons as to why teens and parents should be concerned about their sleeping habits.

The effects that come with sleep deprivation are only the beginning. The way your body reacts can cause even more mess in your life. Grades will drop, you can push away friends and family, and your choices can become reckless. According to the National Sleep Foundation, about 87 percent of American high school students are chronically sleep deprived, 60 percent reported they were tired during the school day, and at least 15 percent said they fell asleep during the school day.

With that, the National Institute of Health declares less than 9 percent of students are getting the recommended amount of sleep. A statistic even more alarming than that is at least 20 percent of students are getting less than five hours per night.

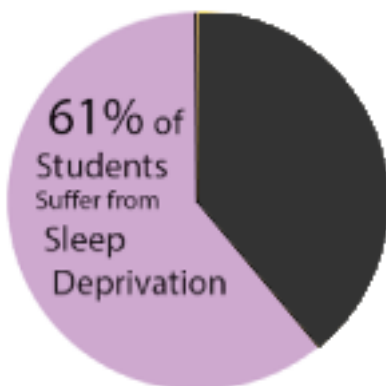
Have no fear, you can still fix this mess and work on ways to get more sleep. According to Nationwide Children's you should try your best to maintain a regular sleep schedule. Try to avoid oversleeping on weekends, although catching up on sleep can help, sleeping until late afternoon can make it hard to get back into the groove.

If you must nap, try to take them in the early afternoon. Make sure it's not for two or three hours, though. A decent 15-20 minutes will give you a boost of energy and help you make it through the rest of the day.

Try to turn your TV off,

put your phone away, and just stay away from bright lights for at least an hour before you plan on going to bed. The lights and activity can mess with your brainwaves and make it a harder and longer process to go to sleep.

Lastly, avoid smoking, alcohol, drugs, and caffeine. All can cause major sleeping problems while also affecting your everyday health.



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Two New Chefs in Hopewell

BY ALEXA BURAK

Hopewell has a new restaurant on its streets. Just on Broadhead Road, Two Chefs Catering and Coffeehouse brings a new flavor to Hopewell. The two chefs/owners are Dan Falk and Vic Manella, originally chefs at Trenney's until they decided to branch into their own business.

The Two Chefs Catering and Coffeehouse website promises that they are experienced in all cuisines using fresh, local ingredients for events big and small. Their menu changes daily but they have classics available every day. They have cold sandwiches, salads, desserts, grape leaves, entrees, a daily panini or wrap, strombolis and assorted baked goods. They have gourmet coffee options as well as regular coffee and hot or cold tea available, too.

Two Chefs Catering and Coffeehouse promises to be a new change that Hopewell needed. They bring good quality healthy food to Hopewell that is readily available and also tastes super delicious. To contact them about catering or if you have any questions, call 724-203-0284.



Kiwis: Bird, Fruit, or People

BY FAYTE WILSON

Kiwis. Am I talking about the bird, the fruit or the people? I guess you'll never know because someone thought it was a good idea to name all three the same. Who came first and why are they all named the same?

Kiwi birds were the first thing to be named Kiwi but, their latin name is Apteryx. These little, brown, flightless birds originated in Australia but now live in New Zealand. No one is quite sure how they got there because they can't fly or swim.

When the bird migrated to New Zealand, the people fell in love with them and started a collective nickname--Kiwi. That's right, people loved these cute little potato-shaped birds so much they all had a thought. "Hey guys, so we like really like these birds right and they're called Kiwis, so why don't we call ourselves Kiwis?" So, everyone shook hands, shouted "HOORAY!" and became officially known as Kiwis. They even made the bird their country's national bird.

The last thing to be called a kiwi is the fruit. Originally, the fruit came from China and because humans are so creative they called the fruit Chinese Gooseberries. When China tried to sell the fruit to the Kiwi people, they didn't like the name. Because of that, no one bought any of the fruit.

China went back to the drawing board and came up with the name Zespri. But, once again, China did not sell any of their fruit to the New Zealand people. Then, China started thinking. "Hey, so we want to sell this fruit to these people, right? And they love that bird and our fruit looks like it. The bird is called a Kiwi, so we just call this hairy green fruit kiwi!" So, China shouted "HOORAY!" and went to New Zealand.

Turns out, the Kiwi people loved the name and bought a whole bunch of them. They loved the fruit so much they made it the country's national fruit. Basically, New Zealand became kiwi party central. Now that's what I call dedication!

Call me New Zealand because I love kiwis! I have never related to an animal more. For the most part, the birds are generally useless. They have large round little bodies that give the appearance of being overweight. Kiwis also have small legs and wings making it impossible for them to swim or fly.

I enjoy the kiwi fruit too. It is sweet and I like the bright green color. The unusual fuzz outside is so strange and unique.

And lastly, the New Zealand people. Although I have never met anyone from New Zealand, they seem pretty cool.

Hot Topics Class: Phone Etiquette

Assemblies:

- Standard theatre manners
- Cell phones are distracting when it's dark
- Pay attention to speaker; if you were talking you would want people to pay attention to you.
- Do not disturb mode, please

Hallways:

- Don't walk and text. This is a safety hazard as you might fall into the garbage can.
- Only four minutes to get to class don't text...there are no late passes for this!!

Class:

- Don't use during instruction...seriously?
- Don't take pictures or video without consent.
- Keep sound off.
- Earbuds in your ears all the time is ...annoying...
- Earbuds hanging from ears aren't fashionable.

Cafeteria:

- Converse in person!
- Talk and eat... not talk and text.
- Be part of the conversation! It's old fashion but it works.
- Don't record something stupid; the world doesn't care about a bottle stacking competition.
- Allow peers to have personal fun without recording.
- Don't look at phone while walking with tray; nobody looks good with pasta on their face.

In General:

- Socialize with friends outside of school, don't just text.
- Don't text and drive...it's against the law!
- Common sense cell phone manners

Facts:

- According to Common sense media
- The average teen smartphone use is 4 hours, 38 minutes per day.
- 50% of teens feel addicted to their phone.
- Teen texting average is 55 messages per day.
- Here's some ways experts say you can limit your phone usage:
- Take a breather
- Keep your phone in another room while doing homework and sleeping.
- Turn off push notifications
- Go gray
- Turn screen to black and white
- How others have unplugged:
- By keeping busy, and taking the urge away from the phone.
- Schedule other activities on a calendar to set boundaries.
- Turn phone off and keep it in a separate room.
- There are boot camps that are military style drills to draw teens away from their phones. This is popular in China.

