

Hopewell Hi-Lites

1215 Longvue Avenue, Aliquippa, PA 15001

“Bridgegate”

BY: LAUREN ZAWATSKI



What are New Jersey Governor Chris Christie's favorite jams? According to

comedy writer Chris Regan they are, “1) Grape 2) Blueberry, and for a tie, 3) Traffic and Strawberry.” The George Washington Bridge traffic controversy has risen into a noticeable topic of discussion and concern across America over the past few weeks, and has even been deemed “Bridgegate,” alluding to the famed nickname of Nixon’s “Watergate” scandal of the 1970s.

The contention comes due to allegations from Christie’s Democratic political opponents claiming

that the governor’s allies orchestrated the disastrous double lane closure on the George Washington Bridge in September 2013. The bridge is a primary entry way to New York City, and because of the lane closures, commuting times were quadrupled, and one emergency services official noted that “the traffic delayed responses to four medical calls.” His opponents believe that the closure was a direct act of revenge against Fort Lee Mayor Mark Sokolich, for not endorsing Christie’s reelection campaign.

Further cementing the allegations were emails that surfaced between one of Christie’s deputy chiefs of staff, Bridget Anne Kelly, to Port Authority official David Wildstein, also appointed by Christie, one month before the traffic problem. Kelly wrote to Wildstein, “Time for some traffic problems in Fort Lee,” with Wildstein replying, “Got it.”

In additional emails concerning the issue with unnamed

officials, one remarked, “Is it bad that I’m smiling right now?” Another stated, “I feel badly about the kids,” which initiated a response of “They are the children of Buono voters.”

Although Christie himself denied any knowledge of the incident, he publicly apologized and declared that he was “embarrassed and humiliated” by the events. Christie then personally fired Kelly, as well as another aide involved, Bill Stepien. Wildstein had already resigned in December 2013.

The furious state of New Jersey is not the only worry Christie faces because of “Bridgegate”. Christie’s potential 2016 presidential bid is now questioned, and a possible legal investigation is being pursued. Not only is Bridgegate thoroughly destructive to the citizens of New Jersey, but it could serve as a “make or break” factor for Christie’s potential 2016 run as well.

Taking the Polar Plunge

BY: TAYLOR SKELTON

The cold was not an issue for these warm-hearted participants. An outstanding 400 people came to the Beaver River to participate in the polar plunge on Saturday, January 11 in Bridgewater, and even more turned up to support the daring plungers. During the afternoon, with an air temperature of a mere 52 degrees, people took to the water, splashing and battling ice. Confronting the cold and dealing

with a few shivers were well worth supporting the Special Olympics Pennsylvania Program, which supports around 20,000 Special Olympic athletes per year. *The Beaver County Times* reports that this year’s plunge tripled the number of participants from last year, and they were expected to raise over \$55,000. Our own Vice Principal, Mr. Rowe, called the dip in the river “refreshing.” Hopewell High School participants included, Ray Smith, Doug Rowe, Rich Collins, Janet Meyers, Larry Spinnenweber, Sarah Huth, Mike Allison, Laura Vogel, and Alec Lopez.



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USA!

BY: SANTINO CICCONE

The Winter Olympics is being hosted in Sochi, Russia with the opening ceremony on February 7. In the 2010 Winter Olympics, hosted in Vancouver, the USA took third overall. However, the last time USA took first place was in 1932 in Lake Placid, New York. This year, the USA will be participating in 15 games; b i a t h l o n , bobsled, curling, figure skating (ice dance, pairs, single's (men's and woman's), team), ice hockey, luge, short track speed skating, skeleton, skiing (alpine, cross country, freestyle, jumping/Nordic combined, snowboarding, and speed skating. During the Olympics, USA has 1209 athletes participating in the 2014 Sochi winter Olympics.

Hockey is a highly anticipated and supported event. The United States men's hockey team has won gold only two times in the Olympics, in 1960 and 1980. In the 2010 winter Olympics in Vancouver, USA took silver behind their rivals, Canada.

Pittsburgh Penguins teammates will be competing

against each other during the Olympics, but some teammates will not be removed: Canada, Sidney Crosby and Chris Kunitz, Russia Evgeni Malkin, and USA Paul Martin and Brooks Orpik.

Every four years, people tune in to watch some of the greatest athletes in the world compete in both known and unknown sports. Watch your favorite Penguins and many more from February 7 to February 23.

Unheralded Glory: Hopewell Swimming

BY JUSTIN KRAUS

Athletes participate in high school sports for many different reasons: scholarships, memories, social time, fitness, and glory. Why then would anybody participate in a sport like swimming? This sport requires almost year-round commitment and intense training.

At the same time swimmers are provided very little scholarship money and newspaper coverage. Two senior swim team members explained their commitment to swimming.

Between the high school season, coaching youth teams, and off-season training, there seems to be no free time at all. "It made me realize I don't have time for anything other than swimming. [Swimming]

has actually taught me how to function while extremely tired," said boys' team captain Noah Repman. He also gave some more insight into the schedule for a swimmer, "For most swimmers, it is a year round sport with six practices a week. School-day practices are two-hours long and sometimes we have practice before school. On days we do not have school, practices are three hours long." Another senior leader, Lia Kopar said it gives swimmers "no choice but to get your [school] assignments done."

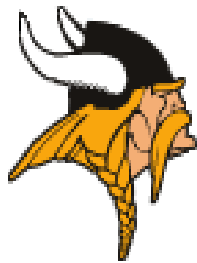
Moving on to the goals for the swim teams this year. For the girls' team, they hope to have more success in section play this year. The boys' team has higher ambitions, hoping to claim the section and MACs. The two senior leaders also gave individual goals. Noah Repman hopes to go to states in back stroke, and help the relay teams go to states. Lia Kopar hopes to help the girls' medley team make WPIALs. Underclassmen that are expected to help out the respective teams are Jenn Greenleaf and Logan Palochak.

Both teams have had success in the past few years. The boys' and girls' teams both won MACs last year, and multiple relay teams have been to WPIAL and PIAA competition. Both teams are looking to build upon their success, and for seniors it's one last chance to leave their legacy on the school.

Olympic Overview

BY: LAUREN ZAWATSKI

Sixty billion dollars, 6000 competitors, 89 events, and 16 million cubic feet of artificial snow could only amount to one colossal event: the Winter Olympics. On Friday February 7, 2014, these 22nd Winter Olympic Games, hosted by Sochi, Russia, will commence. This particular Olympics will be the first held within Russia since the collapse of the Soviet Union in 1991. Included in the competition are 15 different events: Alpine Skiing, Cross-Country, Freestyle Skiing, Nordic Combined, Ski Jumping, Biathlon, Curling, Ice



Hockey, Short Track, Snowboard, Bobsleigh, Figure Skating, Luge, Skeleton, and Speed Skating.

Although the intended focus of the Olympics primarily falls over the athletes and the events they compete in, recently, the spotlight has been shining on issues involving the host country. Security measures within Sochi are especially heightened with the recent Volgograd (formerly known as Stalingrad during the time of the Soviet Union) bombings on December 29 and 30, which brought 62 injuries, and the deaths of 34 people. Russian security forces have already apprehended nearly 700 individuals that may have knowledge of the attacks.

Although no sole individual or group has claimed responsibility for the attacks yet, many presume that the bombings are the work of the Russian radical Islamist group led by Doku Umarov. Deemed the "Russian bin Laden," Umarov and his followers orchestrated the October bus bombing that left seven dead, which also occurred in Volgograd. Umarov's insurgency group believes that the Sochi Olympics are a "satanic dance on the bones of their ancestors," and that his followers must "do their utter most to derail the Olympics."

Additional attention has also drifted towards President Putin's firm policy concerning homosexuality. Despite Putin's efforts to display a new and modern image of Russia through the Olympics, L.G.B.T. groups are more attentive towards the new law established that makes discussing L.G.B.T. issues in front of minors a crime. Spectators of the games must also follow the law; however, Putin has declared that "no visitors will be harassed or mistreated because of their sexual orientation."

The closing ceremonies on Saturday February 23 will bring this year's Olympics to a definitive finish. However, that means only 938 days until the next games; this time in Rio de Janeiro, Brazil for the 2016 Summer Olympics!

Sports Outlook: Boys Wrestling

BY: RACHAEL KRIGER

Hopewell High school is normally known for its football, baseball, and basketball teams. One team that has been dominating this winter 2013-2014 season is the boys wrestling team.

The team has a record of 9-2 and 4-1 in their section. Travis Sonson, one of the team captains, says, "I'm surprised with how well we did, considering the amount of people we lost. It's an honor wrestling with this team." Sonson, a senior, has recorded 17 wins and one loss this year with nine pins. Other team captain, Dustin Winkle, says "Being with this team and having fun at matches and practices is the best." Winkle, also a senior, has had 12 wins and five losses, but has pinned down seven opponents. Sonson and Winkle both commented on being named captains this season. "It's a responsibility and it's even better when they listen to me," says Sonson. Winkle appreciates the fact that the team voted for him, "It feels awesome that I'm being respected by the whole team." Other seniors on the team include, Kyle Davis (seven wins, eight losses), Ryan Bradfield (two wins, one loss), Will Moonert (three wins, one loss), Nick Guzma (18 wins, three losses) and Brandon

Fritzius (eight wins, five losses).

The juniors on the team that will step up in the 2014-2015 season are Sam Poola, Clark Ciccone, and Gaelen Brown. Poola, who has won four matches out of 12, has been on the team for three years. He says, "I actually do love going to practice five days a week." Clark Ciccone, who has an even five wins, five losses, has been in wrestling for three years. "I love going to the matches, because the unexpected always happens," he says. Gaelen Brown, who recorded one win and six losses, just finished his first season. Brown will wrestle next year saying "I can't wait for next season, the fact that the whole team contributes to making me want to be better, and that everyone helps me one way or another, makes me excited for the training and conditioning. I have a lot of respect for this team."

Also leading the team, DiMantae Bronaugh has 18 wins and only four losses. He, and Nick Guzma, are tied with 10 pins, the most on the team. Bronaugh and Guzma also tied for the most wins with 18. Travis Sonson leads the team in winning percentage with a 94 percent and leads the team in the most amount of match points with 94. Congratulations to the wrestling team on their success this season!



Athlete Update: Shatori Walker- Kimbrough

BY: JUSTIN KRAUS

Last year, Shatori Walker-Kimbrough graduated from Hopewell High School. She finished with myriad academic and athletic achievements. Her superior athletic ability landed her a full-ride athletic scholarship to play for the University of Maryland Lady Terps Basketball team. Maryland is one of the best women's basketball programs in the country, they were a preseason top 10, and have won the ACC two out of the past five years. They also won the NCAA championship in 2006.

Shatori started off the season as the third person off of the bench, but with impressive early performances against USF (12 points in 12 minutes), Towson (14 points, 6 rebounds, 3 steals in 18 minutes including a 10-0 run

by herself), and Texas Southern (17 points), she was quickly moved up to the "sixth woman" spot. She was named ACC Rookie of the week for the week of December 29 and the



week of January 9, she also made the Terrapin Classic All-Tournament Team.

Even though Shatori is only a freshman, she has been a great

influence on her team. The Lady Terps head Coach Brenda Frese said, "Shatori has a chance to be a tremendous player here, and with her work ethic, I fully expect that to happen. She was a three sport star in high school, and an honor roll student, which gives you an idea of her gifts. She's going to be fun to coach."

Through 17 games Shatori is averaging 18 minutes, 12 points (making her the team's second leading scorer), three rebounds, one steal, and two assists per game. She shoots 53 percent from the field and a staggering 50 percent from three-point range. Shatori also is an elite free-throw shooter, at 83 percent.

Hopewell wishes Shatori a fantastic season and a great next three years at Maryland. She has been put in the spotlight as a freshman and has stepped up tremendously. Shatori is a great athletic, academic, and an all-around fitting representative for Hopewell.

NFL Season Review:

Crazy 2013

BY: RACHAEL KRIGER

Time to place some bets and get into the comfiest chair in the house: NFL playoffs are back. This year is fairly similar to last year, with seven out of twelve of the playoff teams from last year, back for a chance at the Lombardi trophy. This year's Super Bowl will be held at MetLife Stadium in New Jersey, the first Super Bowl to be played in the north. The teams that will be playing in this Super Bowl XLVIII, February 2, are the Denver Broncos and the Seattle Seahawks.

The NFL had some interesting, and considerably crazy, events happen in the 2012-2013 season. The 2013 season might just have passed that. Starting out the season was the Draft. Most NFL Network analysts thought that Luke Joeckel would have been selected first; Eric Fisher was selected first by the Kansas City Chiefs, Joeckel ended up going second. Analysts also predicted that Geno Smith would be the first quarterback to

be drafted; instead, the Buffalo Bills drafted E.J. Manuel with their eighth pick.



Shocking crime news then surfaced when New England Patriots' tight end, Aaron Hernandez had been arrested. Hernandez's home was searched on June 18, in connection with the murder of Odin Lloyd. The police discovered that Hernandez destroyed his home security system and brought in a team of house-cleaners. Also, whenever officials asked Hernandez to turn over his phone, he did; but it was in pieces. He was arrested on June 26 and the Patriots released him the same day. He is currently charged with first-degree murder

and other gun-related charges.

Controversy also came out of Miami when offensive tackle, Jonathan Martin, accused teammates, namely fellow offensive tackle, Richie Incognito, of bullying and harassment. Martin left the team on October 31, 2013 naming "undisclosed matters" as the reason. Incognito has proclaimed his innocence of the matter by agreeing to interviews and TV reports. Incognito, though suspended this season by the Dolphins, still rooted for them saying, "I love these guys. I love this team."

To end on a positive note, this season was filled with broken records. Peyton Manning, of the Broncos, broke Drew Brees' single season yards passing and currently has 5,477 yards. He also broke the single season touchdown number, reaching 55 TDs. Manning's teammate, kicker Matt Prater, also broke a record himself. Prater broke the record of a 63 yard field goal that has been intact since 1970, by kicking a 64 yarder during Denver's Week 14 matchup against the Tennessee Titans at Mile High Stadium. Overall, the NFL had a very entertaining year.



Students of Month: Jenn Cranmer and Lauren Zawatski

BY: SOPHIA STOKES

Our underclassman student of the month is sophomore Jennifer Cranmer. Jenn maintains a 4.2 GPA and takes



Honors English, Honors World Cultures, Accelerated Algebra 2 and Accelerated Chemistry, which are the toughest classes for sophomores. Jenn is also a player on the Tennis team, and is a member of Mock Trial, French Club, and Journalism. She also writes articles for the school newspaper. Whenever she can find free time, Jenn likes to read, play tennis, and hang out with friends.

The January 2014 upperclassman student of the month is Lauren Zawatski. Lauren is on the track team, tennis team, bowling team, and writes for the school newspaper. She is also in Musical, French Club, VIP, Class of 2014, and Journalism. Lauren takes Advanced Placement classes: calculus, English, government, European history, and advanced social studies. With her rigorous schedule Lauren keeps a 4.03 GPA.

For her senior project, she is doing a career project on Journalism. Lauren wants to attend Duquense University in the future. In her free time, Lauren likes to read, but



she usually doesn't have free time because of all of her classes and work.

Senior Spotlight: Ali Santia

BY: SOPHIA STOKES

Ali Santia is our Hopewell senior in the spotlight this month. She works hard in all of her classes, including Calculus, maintaining an overall 3.7 GPA. While keeping her grades up, she is also a member of Hopewell's basketball team and averages six points per game.

A unique fact about Ali is that she has a twin in the high school, Danny. Ali and Danny are some of the oldest seniors in the High school, being 19 years old.

For her senior project, Ali is coaching seventh and eight grade girls' basketball. After graduation, she would like to attend the University of Pittsburgh, to study and have a future career in Dentistry. In her free time, Ali likes to hang out with her friends and have fun.

Ugly or Beautiful?

BY: LAUREN TRIMBER

What does it mean to be truly beautiful? The social image of real beauty constantly changes, going from the alluring pasty skin of the seventeenth century to the tan skin that is currently considered attractive. Tired of the low self-esteem that comes with society's perception of good looks, Dove started a campaign for real beauty.

A Dove representative stated their mission when the campaign began as "[a campaign] to create a world where beauty is a source of confidence and not anxiety." According to the Dove Corporation, only 2% of women around the world have enough self-esteem to call themselves beautiful. To raise that number, the company ran a commercial that showed women in a clothing store looking at price tags with insulting phrases on them. They pointed out to the shocked shoppers that the price tags were saying exactly what they said to themselves every day, which is just as wrong as the tags doing it. Another popular commercial exposed agencies' hands in advertised beauty. It featured a model agency using makeup and Photoshop to make a previously plain woman stunning. Since they began the campaign in 2004, women's self-esteem has reportedly risen to 4%.

For centuries, society has determined what is attractive and what is not. Although the definition of beauty changes every year, Dove is determined to prove the age-old saying: real beauty lies on the inside.



A Promising Year

BY: LAUREN TRIMBER

Three...two...one...Happy New Year! With viral YouTube videos such as "What Does the Fox Say?" and popular dances like Harlem Shake now behind us, what technology, milestones, and new trends does 2014 promise?

Possibly the most historic milestone that will be reached this year is the completion of the new World Trade Center. Although the plan to rebuild the Twin Towers after 9/11 was announced over a decade ago, arguments over architects, money, and security delayed construction. In 2010, only one of the seven towers that will replace the World Trade Center was finished. This building, nicknamed the Freedom Tower, is currently the tallest building in New York, reaching 1,776 feet. Architects purposely built the tower to that height in honor of the Declaration of Independence, which was signed in 1776. When everything is finished, there will be seven new towers, a visitor center, and a museum honoring those who died on 9/11.

In a few months, Google Glasses will be available to the general public. Looking like normal eyeglasses, they are so advanced that they can access the internet. However, they are not predicted to be the most popular technology of 2014. According to Fox News, the predicted most popular technology is fitness tech. Nike has released NikeFuel Bands, which monitors every movement from dancing to walking. Tech analysts also predict that Jawbone UP will be extremely popular. Jawbone is a bracelet that monitors the user's sleeping, eating, and exercise patterns to help him or her live a healthier lifestyle. Surpassing Google Glasses and even Smart Watches, which are so developed that they can act as a phone, technology that makes fitness easier is predicted to be the most popular.

Robotic pack mules seem to have walked right out of a sci-fi comic book and into reality. Looking nothing like the animal they are named after, robots with four legs and no head have been introduced into the military. Their purpose is to carry supplies for the soldiers when the terrain is too difficult for a car

to drive on. According to the U.S. Department of Defense, the robots can carry up to 400 pounds and move 20 miles. Adding to the use of advanced technology in armies, the United States Navy will begin using laser guns. The guns can shoot an object moving up to three hundred miles per hour four miles away. Lasers were supposed to be introduced into the navy in 2016, but the guns were instead approved and installed this year. Within the next decade, technology experts predict lasers will be used in land armies as well.

As book-to-movie adaptations become more popular, fans of Veronica Roth's *Divergent* and John Green's *The Fault in Our Stars* will not have to wait much longer. Both films star Shailene Woodley and will be released on March 21 and June 6, respectively. Readers of the *Maze Runner* series, by James Dashner, will be able to see the first movie of the dystopian series in September. Fans of superhero movies have *Captain America: The Winter Soldier*, *The Amazing Spiderman 2*, *X-Men: Days of Future Past*, and *Guardians of the Galaxy* to look forward to. A spin on classic fairytales are becoming more popular as *Maleficent*, a movie telling the *Sleeping Beauty* villain's story, and *Into the Woods*, a movie starring several beloved fairytale characters will be in theaters this year. Sequels to popular movies such as *21 Jump Street*, *Rio*, *Dolphin Tale*, and *Dumb and Dumber* will also be released in the coming months.

New technology, exciting movies, and the historical unveiling of the rebuilt Twin Towers are only what is predicted for 2014. Viral YouTube videos, fashion trends, and surprisingly popular dances that cannot be predicted add excitement to this year's fresh start as everyone settles into 2014.

Bits and Pieces

BY: TAYLOR SKELTON

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

1. I can run, but not walk. Wherever I go, thought follows close behind. What am I?

2. What goes around the world, but stays in a corner?
3. Hans Langseth had the longest beard at a record length of 17.5 feet. When he died, it was given to the Smithsonian Institute.
4. How long was the longest spell of hiccups?
5. Theodore Roosevelt was the U.S. President with the most pets, including a lion, a hyena, a wildcat, five bears, and more!
6. Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.

#Regrets

BY: KRISTEN SPEZIALETTI

One of the many regrets I have, in high school alone, is my lack of focus. High school students have the unfortunate task of trying to resist social events in order to complete homework. There are many distractions that I have succumbed to, resulting in my suffering grades. However, these distractions have taught me that I am able to succeed in the face of difficulty. I think it is safe to say that, at one time or another, social media has caused students to veer away from their studies. Social networks such as Instagram, Vine, Twitter, and Facebook are easily distracting.

Having a part-time job during high school is difficult, especially when working late nights during the week. I never realized that having too many extracurricular activities could be a bad thing. Juggling a part-time job, sports, clubs, and the desire for free time often get in the way of homework. I am giving this advice to you: Learn to manage your time...NOW! Do not let anything get in the way of your school work, but do not forget to make time for other activities. We are in high school for a reason, to learn. Do not overwhelm yourself with school work, or stress will become too common. Balance your time and spend it wisely, it isn't free.

Couples Compatability Questionnaire

BY JENN CRANMER AND LAUREN TRIMBER

	How long have you been together?	Eye color?	First date?	Prefer romantic or fun date?	Middle name?	Favorite color?	Parent's names?	Favorite ice cream flavor?	Favorite holiday?	What is his/her birthday?
1. Chase Morales	Six Months -Correct	Blue -Correct	Haven't had one -Correct	Fun -Correct	Elizabeth -Correct	Blue -Correct	Tia and Bob -Correct	Vanilla -Incorrect	Christmas -Correct	7-11 -Correct
1. Bailey Marshall	Six months -Correct	Brown -Correct	Haven't had one -Correct	Fun -Correct	Christian -Correct	Blue -Correct	Kristie and Paul -Correct	Frozen Yogurt -Incorrect	Christmas -Correct	8-12 -Correct
2. Ben Goodwald	Almost eight months -Correct	Hazel -Correct	Went to Kennywood -Incorrect	Fun -Correct	Nicole -Correct	Yellow -Incorrect	Joy and Tom -Correct	Lactose Intolerant -Incorrect	Christmas -Correct	10-27 -Correct
2. Bri Minnick	Around seven and a half months -Correct	Green -Correct	Went to Kennywood -Incorrect	Fun -Correct	Ryan -Correct	Orange -Incorrect	Denise and Terry -Correct	Chocolate Chip -Incorrect	Christmas -Correct	12-12 -Incorrect
3. Justin Kraus	1 year and 5 days -Correct	Brown -Correct	To see <i>The Hobbit</i> -Correct	Fun -Correct	Lee -Correct	Orange -Correct	Bridget and Jason -Correct	Mint Chocolate Chip -Correct	Her birthday -Incorrect	7-7 -Incorrect
3. Brie Miller	1 year and 5 days -Correct	Brown -Correct	To see <i>The Hobbit</i> -Correct	Fun -Correct	Robert -Correct	Blue -Correct	John and Margaret -Correct	Anything chocolate -Correct	Christmas -Correct	4-17 -Correct
4. Robin Garafalo	About five months -Correct	Greenish -Correct	Phipps Conservatory in Pittsburgh -Correct	Fun -Correct	I don't know	I don't know	Lucy and Joe -Correct	Neapolitan -Incorrect	Christmas -Incorrect	2-12 -Correct
4. Grace Wargo	About five months -Correct	Amber brownish -Correct	Phipps Conservatory in Pittsburgh -Correct	Fun most of the time -Correct	I don't know	Dark red and blue -Correct	Robin and Don -Correct	Milkshakes with chocolate in it -Correct	Christmas -Incorrect	10-10 -Correct



Dear Dr. Sam,

My friend just recently experienced a really bad breakup from a four-year relationship. Personally, I've never been in a very serious relationship, so I don't truly know what she's going through at this time. Nonetheless, I want her to feel better, and show her that I'm here for her. She's taking this really hard, and I want to help, but I'm not one hundred percent sure what to say or do. How do I help my friend through this mess?

Sincerely,

Shoulder to Cry On

Dear Shoulder to Cry On,

"I've been dumped" is a dreaded phrase no one wants to hear a best friend say. Breakups happen and we've all been through them one way or another. Breakups are horrible, especially when a friend is on the other end, but that's when our friends really need us the most. So, what's a friend to say in these times of hardship? "You never liked him anyway, right?" The problem is that she obviously did, and a lot, unfortunately. Between shoveled mouthfuls of Häagen-Dazs, she has probably shared her dramatic plans to adopt a dozen stray cats, so she won't have to die alone. Before you push her to move on, suggest new guys, or watch *The Notebook* one more time, consider the do's and don'ts of helping a friend through a breakup.

Teenager girls tend to be a tad complicated, especially when emotions are running high. Bearing this in mind, try to watch what you say and do. **Do let her mourn**, because she has planned her life around this guy for quite some time now. Allow her time to grieve. **Do join the pity party.** You haven't seen this much junk food since

Christmas. Good friends join in the pig-out pity party, and vow to lose the weight together...someday. **Do rally the troops for fun.** No matter how good it may feel to drown in ice cream and sad movies, those things never once healed a broken heart. Round up your friends, and engage in a distraction from the heartache woes. The food and Ryan Gosling will still be there when she gets back. Additionally, **be there for her.** Be there for that 2 a.m. call, or that party she can't bear to attend alone. There's safety, and sanity in numbers.

Your friend is still upset about the breakup, and the last thing you want to do is make her more upset. She knows you are just trying to help, but she is an emotional wreck. With this in mind, **don't offer advice or speak in clichés.** Unless you're specifically asked for your advice (and even then I'd be *really* careful), keep your advice, and opinions, to yourself. And please, avoid the "Plenty of fish in the sea/It wasn't meant to be/True love finds a way."

Don't contact him. I repeat, DO NOT contact him. Even if she begs you through ugly-crying-puppy-dog eyes, simply refuse to get in the middle of their relationship. **Don't talk bad about him.** It's the hardest thing in the world to watch your friend get treated badly by a guy, especially one who supposedly loves her. But as I previously stated, for the sake of yourself, and your friendship, draw the line and stay out of it. **Don't set her up on a date.** Whether it is deliberate, or otherwise, she'll rebound when she's ready. Lastly, as a friend, one of the biggest guidelines we tend to ignore is the '**don't attempt to fix it**' rule. You can't change the past, or predict the future, so don't begin to try.

Post-breakup is a tough time in anyone's life. Pulling oneself out of a pit of despair and soggy Kleenex is even harder. Nevertheless, having someone there through it all makes the process much more bearable. It may take a while, but she will heal, and you'll both laugh about this whole ordeal one day. Your friend is lucky to have someone like you who cares so much for her!

Grinds My Gears: A New Year, The Same Me!

BY: TAYLOR SKELTON



A new year, a new me! Yeah right. It may be 2014, but I'm back, and annoyed, as always. I have returned with a simple request-PLEASE stop with all the stupid 'New Year's Resolutions'. The holidays have just passed, and everyone proclaims the New Year will inspire them to become a healthy, fit, great person. But let's be honest here- how often does this actually stick? In reality, everyone just feels bloated and guilty from all the holiday treats, and some not-so-jolly behavior. New Year's resolutions really grind my gears.

Just because the date has changed does not mean that you will become motivated to change your life. Additionally, it should not take a new date to make a change in your life. If you want to reach a goal, do it. Don't wait for a new year. Honestly, most people declare their resolutions and stick to them for a few weeks, but come February or March everyone is back to their old selves, gorging on pizza or reestablishing old habits.

If you are the rare individual who has decided to make an alteration in your life, and you will actually be carrying it out, please keep it to yourself. Sadly, no one cares, except for maybe your mother. It's great for you, really, but you do not need to share it on every social media network known to mankind. I, for one, will not be favoriting, liking, retweeting, quoting, blogging, or reposting it.

Logging onto Facebook New Year's morning, I read that a friend of my mother was going to begin, "enjoying the little things in life" and, "this will be the year I stop and smell the roses." Honestly,

if you have to constantly remind yourself to love life and enjoy things, chances are it won't work out. If this was your resolution, you are probably a culprit of constant cliché use. You also use "dance like no one's watching" and "what doesn't kill me makes me stronger," don't you? Scrolling further I read about new gym memberships, promises to ditch bad habits, and a sprinkling of wishes to become nicer people. I have a better idea, let's resolve to not make dumb New Year's resolutions, or to be less annoying! I like those a lot more.

All of you out there searching to lose a few pounds, become a better person, or just live life to the fullest, please do not wait for another year to pass to make the commitment. Motivate yourself and do it, it's as simple as that. Don't make the excuse, "oh, I'll do it at the start of next year," because if you do, we all know it'll never actually get done. Good luck and enjoy 2014!

Senioritis

BY: KRISTEN SPEZIALETTI

It's that time of the year again! The second semester has just started, making seniors anxious to graduate. "Senioritis" has been affecting many students as of late. Students assume that because they have been accepted into a college or university, the remainder of high school is unnecessary. This, as unfortunate as it may seem, is false. Senioritis is evident by increased absences, tardiness, and lack of motivation. Seniors experience apathy towards school and become bored with the thought of high school, anxious to graduate and continue onto the "real world." Although it may be difficult, seniors, as well as some eager juniors, should take some steps to avoid this predicament through perseverance. Many scholarship programs and grants are based on academic achievement throughout high school, including senior year.

Students should avoid becoming obsessed with the idea of college and keep focused on the progress made in high school, attempting to continue successfully. High school is an opportunity to build relationships, and grow into an adult. Soon college will be upon us, and our

lives will be changed. It is necessary to plan ahead, but living in the present will prove to be rewarding.

Rattles My Chain; Cheaters

BY: JENNIFER CRANMER

Imagine a looming test, the pressure of getting a good grade, your stress level through the roof because it's do or die, pass or fail so what do you do? There are three types of students. For type A the answer is to study, study, and study because they need and want the good grade. Type B usually crams the night before or, for the more extreme procrastinators, the morning of test day. And lastly type C includes the unavoidable, aggravating cheaters. You know the ones; the students who do nothing to prepare for the test but once they receive it decide to "refer" to their peers' tests for "help." Cheaters really rattle my chain, Hopewell, because what they do is ridiculous and unfair to everyone else.

According to glass-castle.com's Academic Cheating Fact Sheet the average cheater in high schools across America is no longer the student who is struggling to pass; instead it is the above-average student who will graduate and go to college. Yes, you read that correctly. Some of the most successful students in high school are, according to statistics, cheating more than kids who are struggling to make the grade. Glass-castle.com went on to say that between 75-98 percent of college students admitted to cheating in high school. How is this fair?

Diligent students who are against cheating have worse grades and do not look as smart as students who cheat and did not deserve the grade they received. Colleges have no way to know which students are cheating and which are actually doing their work they just see the grades and GPA, so possibly cheaters are going to look better. Furthermore, my chain gets rattled harder when people that cheated on the test then gloat when they get a better grade. I hate to break it to the copiers out there but that does not mean you are more intelligent because you got the

better grade. You simply cheated, and the person you stole answers from is the one who deserved that A. Some students take cheating even further and make "cheat sheets" or write answers on their arms or hands. The number of people who cheat in high school is going to continue to rise because the non-cheaters feel swindled out of the grade they ought to have so they think the only solution is to cheat like everyone else. However, that is not the answer.

Cheaters never win, winners never cheat, and, although, it might feel like they are winning right now they will get caught eventually. Trust me, you do not want to be in the same boat as them when it happens so do not succumb to the urge to cheat no matter how justified you may feel.

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Concert Season... Alternative Rules!

BY: RACHAEL KRIGER

The beating of the drums on powerful speakers and singing at the top of your lungs is a surreal feeling, unlike any other in the world. Concerts are a great time to spend with friends, family, or anyone in particular. This year, Pittsburgh has some top names coming to town, and, below are the winter/spring concerts of 2014.

Fortunately, Pittsburgh has opened up many venues over the past few years, for other bands to come to play at. The hit alternative band, Yellowcard, is playing at the Altar Bar on January 30. Tickets are general admission, and start at \$45.

Kicking off February is former American Idol Season 8 winner, Kris Allen. Allen will be playing at the Altar Bar with The Voice contestant, Caroline Glaser, and Pittsburgh musician, Nick Barilla. Tickets for the concert are \$18 and all tickets are general admission. Another popular alternative band, 3 Doors Down will be playing at the Carnegie Music Hall on February 14. Also coming in February the 'Piano Man' himself, Billy Joel will be performing at Consol Energy Center on February 21. Billy Joel, a recent Kennedy Center honoree, will entertain



Pittsburghers on February 21.

As for Pop music, teen sensation, Austin Mahone will be at Stage AE on March 9. For the punk genre fans, the band Mindless Self Indulgence will be playing at Stage AE on March 27th. Tickets are between \$52-\$63 for general admission. Also in the same genre, Asking Alexandria will be at the Zoo Entertainment Complex on March 28. Altar Bar will also be

hosting Breathe Carolina on March 24. Lastly, for Country music, Joe Nichols and Uncle Kracker are coming together to play at Stage AE on February 6. Also coming are the Avett Brothers, at the Peterson Event Center on March 1.

Coming at the end of spring, on April 2, is the legend herself, Cher.

Cher will be playing at the Consol Energy Center, and tickets are

averaging around \$100. Also coming to the Consol, for her long awaited ARTPOP Tour, is Lady Gaga. Tickets are averaging around \$150, unless you want to meet Gaga herself, which costs approximately \$6759.

In addition, British band Bastille will be making an appearance at Stage AE on June 1. Touring with the group is the indie band Wolf Gang. The show will be outdoors rain or shine, and tickets are \$20 plus fees for general admission.

Movie Review:

Frozen

BY: RACHAEL KRIGER

Another Oscar worthy movie, deserving of a movie ticket purchase, is Disney's *Frozen*. Even with all the below freezing weather, *Frozen* warms audiences' hearts. Disney has hit home once again, and creates a masterpiece that is not only enjoyed by the kids, but by Mom and Dad, too.

Set in the kingdom of Arendelle, Elsa and Anna are two sisters that used to have a close relationship when they were children. There is a twist, however. Elsa has powers that can control ice and snow. After an accident that almost kills Anna, Elsa has to keep her powers hidden, and she and Anna grow apart.

Three years, after the passing of their parents, Elsa, the older of the two siblings, spends her coronation worrying about concealing her powers. Her coronation comes, and she ends up exposing her powers, as Anna pushes her over the edge. After Elsa runs off into her new 'ice kingdom,' Anna goes on a search, and brings her back to unfreeze Arendelle. While searching, Anna meets an ice seller, named Kristoff, and his reindeer, Sven. She also comes across a comical snowman, named Olaf.

For most teenagers, going to see anything except rated R movies is deemed 'uncool'. Although it is rated PG, *Frozen* is a classic movie, that deserves a view by anyone who is still a kid at heart. The catchy songs, sung by Kristen Bell (Anna), India Menzel (Elsa), and others, really make this Disney movie unique. I give it 5/5 stars for bringing a story to life.



Grammys at a Glance



-Song of the Year: "Royals," Lorde

-Pop Solo Performance: "Royals" Lorde

-Country Album: "Same Trailer Different Park," Kacey Musgraves.

-New Artist: Macklemore & Ryan Lewis



-Album of the Year: "Random Access Memories," Daft Punk.

-Record of the Year: "Get Lucky," Daft Punk with Pharrell Williams and Nile Rodgers

-Pop/Duo Group Performance: "Get Lucky," Daft Punk with Pharrell and Nile Rodgers



-Rap/Sung Collaboration: "Holy Grail," Jay Z with Justin Timberlake

-Pop Vocal Album: "Unorthodox Jukebox," Bruno Mars



-Rock Song: "Cut Me Some Slack," Paul McCartney, Dave Grohl, Krist Novoselic and Pat Smear

-Best Rock Performance: "Radioactive," Imagine Dragons

-Best Alternative Music Album: "Modern Vampires Of The City," Vampire Weekend

I Chews You

BY: GRACE WARGO

SPOILER ALERT:

February is known for being the ooshie-gooshie, lovey-dovey, Valentine's Day month where we are suppose to give flowers and chocolate to our significant other. Not for "The Walking Dead" fans! The mid-season premier of Season 4 is on the foot! At the half way season finale, viewers were left in wonder with so many questions on what will happen next. Is Judith dead? Will the group stay divided for long? Who was feeding rats to the walkers in the prison? I have a couple hunches from reading the comics, and I must tell you, Its going to be some of the craziest times in the walking dead yet. New enemies will be introduced, new friends will be made, and new areas to be discovered.



Speaking of friend or foe, Alana Masterson (known for *The Young and the Restless*, *Peach Plum Pear*, and *Park It Up*) has

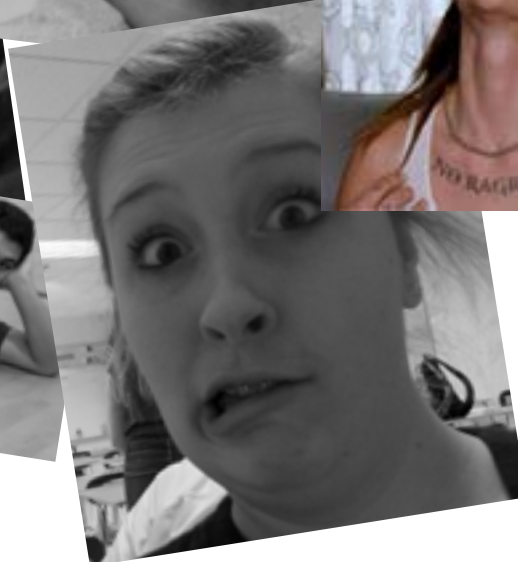
been recently added to The Walking Dead cast, but for what roll? It's rumored that she will be playing "Tara" from the comic book who is part of the group called the

Hunters. Who are the Hunters? Are they the ones who will be taking the Govoner's roll as "dab-dog?" Since I was generous enough to place a Spoiler Alert at the beginning of this article, the answer is yes. In fact, they are Cannibals. Christian Serratos (Known for "Suzie Crabgrass" on Nickelodeon's *Ned's Declassified*, *7th Heaven*, *Hannah Montana* and *Zoey 101*) joined the cast for a recurring role for season 4 with an option to be a series regular in Season 5. Christopher Masterson (Malcolm in the Middle) will also be added to the cast for the next part of the season.

So instead of promoting this consumerist holiday, put on your walking dead apparel, grab a bowl of spaghetti for spaghetti Tuesdays (on Sundays), Cuddle up with your life-sized Daryl Dixon cut-out, and enjoy the show.

MONTH <u>February</u>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						National Freedom Day ¹
Groundhog Day ²	The Day Music Died ³	World Cancer Day ⁴	World Nutella Day ⁵	Ballet Day ⁶	National Wear Red Day ⁷	Opera Day ⁸
Read in the Bathtub Day ⁹	Family Day ¹⁰	National Inventors Day ¹¹	Darwin Day ¹²	Get a Different Name Day ¹³	National Donor Day ¹⁴	National Gum Drop Day ¹⁵
Kyoto Protocol Day ¹⁶	Presidents Day ¹⁷	Pluto Day ¹⁸	Love Your Pet Day ¹⁹	World Day for Social Justice ²⁰	Stickybun Day ²¹	Be Humble Day ²²
Diesel Engine Day ²³	National Tortilla Day ²⁴	Spay Day ²⁵	Levi Strauss Day ²⁶	National Chili Day ²⁷	Rare Disease Day ²⁸	

CAUGHT IN HIGH-LITES



1. Nose. 2. A Stamp. 4. 69 Years.