

Hopewell Hi-Lites

1215 Longvue Avenue, Hopewell, PA

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One Hour Delay, Everyday

BY ALEXA BURAK

Quaker Valley school board voted to move the start of the high school day 15 minutes later. They are the first in Beaver County to make significant change to school-day start time. This trend is not uncommon in other parts of the country.

In Iowa and North Dakota, the average high school start time is 8:33, but states such as Pennsylvania, Louisiana and Connecticut have an average start time of 7:40. Schools that start later claim that the change will improve academic and athletic performance.

The American Academy of Pediatrics recommends that students in high school should start school at 8:30 so they can get at least 9 hours of sleep for best academic performance. Having a start time any earlier than that can disrupt circadian rhythms.

These rhythms determine sleeping patterns, eating patterns, cell regeneration and even hormone production. It is also proven that starting school before the sun rises confuses rhythms that teens need to function in a proper and healthy way.

A study conducted by School Start Later, a group of health professionals, scientists, and educators that push for healthier school times, concluded that students need at least 8.5 to 9.5 hours of sleep daily yet two-thirds of high school teens sleep less than 7 hours. Shifts in the sleep-wake cycle at puberty mean that most adolescents get their best sleep between 11 p.m. and 8 a.m.

In 2013, the University of Minnesota and the U.S. Centers for Disease Control and Prevention studied that schools with later start times

had a decrease in drug abuse, depression, and consumption of caffeinated beverages. They concurred that a later wake time even decreased violence between students.

University Prep, part of Pittsburgh Public School District, has made the change and is seeing great improvement. In the 2015-2016 school year, their attendance rates improved two percent. Last year, their attendance rate raised again by 8%. Their students' state scores also rose by 13%.

The start time of school is very important for the growth of students. Schools are realizing this and starting to make a change. Go to <http://www.startschoollater.net/about-us1.html> for further information and resources on making the change in your local school district.

A1 Cow: Hopewell Student Wins Gold!

BY: PAITON MCSHANE

This year sophomore Rachael Domitrovich and her cow Artie took on the 2017 Hookstown Fair and came home with gold! Rachael is a 10th grader here at Hopewell High School. Since Rachael was young she has always had animals and since she was 8 she has shown chicken, lambs, and pigs. With always showing lambs she frequently wins heavy weight champ but Rachael had no idea with her first year showing steers she would come home with such a big title.

First, Rachael described her preparations for the show, "Setting for the fair you have to take pens and barriers so that the animals don't fight. You then you set up the animals and start preparing them for the show." Since this was Rachael's first show with steers there was no way to get ahead of the game but she did

give tips on how to prepare before the show to have a healthy steer. "Make sure they are clean and you have fed and gave them water before so they look healthy." Rachael also said that it helps to be at the right show at the right time with the right animal.

Rachael won Showman in the intermediate group. Also from her category she went straight into the heavy weight group and won overall. As a prize for that she won cards and ribbons, also with Artie, her steer that won, weighed a whopping 1,385 pounds and every pound being four dollars, Rachael went home with \$5,540. Although there is a limit on how long you can do shows which is till you are a senior in high school. But Rachael said she will keep doing shows with cows, lambs, and chickens until she can't.



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Friday Night Hopewell Vikings Football

BY: INDIA SIMS

Every Friday night cheerleaders, the fans, the band, and the team gather to share stories and build memories. Hopewell football is a Friday night event.

This year Hopewell football has enjoyed some early success. Junior defensive back Javon Lewis provides an interesting perspective as a transfer from Aliquippa High School. He likes some differences with Hopewell football, "Hopewell is more about teamwork and not on

only the star players."

Jayvon Jeter, sophomore wide receiver, appreciates how the team comes together and works hard together, "The key thing in football is communication with other teammates and getting to know each other and have fun." Jayvon talks about how competition makes a team, "In football you have to compete for a position. "There's always somebody older than you, bigger than you and stronger than you. If you want in the

game, you got to work hard to be put in the game."

The past few football seasons have changed for the better. Jayvon said, "This year everybody's focused and doing what they need to do and everybody's more serious and ready to get some wins this season."

Lewis also looked optimistic about the future of the program, "Next year the team should be way better and more improved, and I am ready for it already. Class of 2K19!"



#1 Javon Lewis and #2 Jayvon Jeter preparing for kickoff - Photo By India Sims

Athletes of the Month



Tyler Sabo: Football
-Senior
-Team Captain
-3 TDs and 2 INTs in 2 games



Mark Kuzminski: Boys CC
-Senior
-Captain
-Improved each and every season



Lauren McCoy: Girls CC
-Senior
-Split Cheerleading and XC
-2 time PIAA States



Jacob Walker: Boys Golf
-Senior
-Team leader
-Excellent student



Joei Ritmiller: Girls Golf
-Averages a 42 on 9 holes
-4th place at MAC Tournament
-Qualified for AA Golf Championship



Kelsie Hallum: Volleyball
-Senior
-Team Captain
-Had battled through injuries



David Mortimer: B. Soccer
-Senior
-Leads the team in goals and leads by example



Raychel Speicher: G. Soccer
-Sophomore
-4 goals this year



Gianna Morelli: G. Tennis
-Senior
-#1 singles on the team
-Inspires teammates with positivity



Happenings

Vallecorsa's Vengeance

BY: HALEY GAULT



Photo by: Leah Knauff

Whether you like gnocchi or burritos, Mr. Vallecorsa is here. Mrs. Kanitra, one of the high school's history teachers, retired and the department had to begin the search for her replacement. Only one person could come out of the battle as the victor and it just so happens Mr. Vallecorsa was that person. Simply put, seniority was the deciding factor in this race.

Mr. Vallecorsa had taught at the Hopewell Area High School years before but has been teaching at the middle school until this school year. He says, "I definitely needed a change and this was it."

Mr. V is known by most students due to him working at the middle school. "I never really thought about how I teach, never gave it much thought. I would consider it light-hearted and upbeat. I try to keep it interesting and exciting."

Jumping from courses taught at the junior high to the high school courses could be rough but Mr. Vallecorsa says that it was "easy peezy." He claims to like the high school more and wishes to stay here for a while. Mr. V has a full teaching schedule: POD/Econ, advanced social studies, and advanced world cultures. For his se-

niors he would like to keep it relatable and current since "They are about to go into the real world."

Mr. Vallecorsa is looking forward to teaching history here in the high school. Even though he loves history and teaching classes, he does say if he could ever change what he teaches he would like to teach a language. "It would be interesting to teach Spanish or Italian, I would love to see what that's like but I can't really speak either one."

Welcome to the high school, Mr. Vallecorsa, we are excited to see what's to come.

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Students Of The Month

BY: PAITON MCSHANE

September students of the month are senior Samantha Hysong and sophomore Jason Zipfel. Both of these students excel academically with schedules full of honors and advanced courses. Besides their scholastic pursuits, they have done very well in extracurricular.

Samantha has been a member of the soccer team for four years as well as the bowling and track team, but this fall she has found a new level of achievement as the kicker for the varsity football team, where she nailed the game winning

field goal against Ellwood city while being named athlete of the week in both the Beaver Count Times and Post-Gazette West edition.

Jason has risen to become the number one boys' varsity golfer in just his sophomore season. He also plays basketball and is as a trumpet player is an excellent performer in the concert, marching and jazz bands.

Congratulations to Samantha and Jason!



Under A Rock: Current Events You Should Know



BY: PAITON MCSHANE

If you have been living under a rock the past two months you have missed a lot! From Aliquippa coming back from their big loss at WPIALS to the devastation of Hurricane Harvey and Irma.

In local news, after Aliquippa's huge lose at WPIALS, everyone thought it would be the downfall of Aliquippa's hard working team. But it definitely didn't affect their game against Beaver Falls this year. The Quips blew Beaver Falls out of the water 36-0, mercy-ruling their way to victory. Quips running back Avante McKenzie made a statement in the Beaver County Times about their match up against Beaver Falls last year, "There was nothing to react to. They can say whatever they want. That's old news. It's a new season. It's a new us. It's a new team." Showing the confidence that Avante has in his team this year and working even harder.

In national news, Hurricane

Harvey devastated Texas on August 25. As of August 30, there were 46 people reported dead. Some areas received 45 inches of rain while others were flooded with 52. Altogether Hurricane Harvey dumped 27 trillion gallons of water on Texas; and with all the damage done it is said that Harvey will be the most costly natural disaster in U.S. history.

The storm shut down 10 refineries in Houston and has caused gas prices to rise 7 percent since the storm. Gas is at its highest price since 2015 and prices will keep rising because of outages affecting fineries until things in Texas can be cleaned. With everything going on Texas, it compares nothing to the devastation Hurricane Irma has caused.

Hurricane Irma nearly destroyed the Caribbean Islands, 95 percent of the houses on St. Martin Island were subjected to some kind of damage from the storm. Irma

killed at least 35 people in the Caribbean Islands and an additional 6 in Florida. After Irma left Florida she changed into a tropical storm and left Florida with a big strong band to the end of the storm. After the storm half of Florida's residents returned to wrecked houses with no power and city streets underwater.

After Harvey, Irma was an absolute devastation, Tropical Storm Jose was said to hit the east coast directly is has since moved further away. Although Jose is not hitting directly he is still causing coastal flooding and Hurricane Maria already causing damage. Hurricane Maria is to hit Puerto Rico September 20, that morning and to hit with strong winds and torrential rainfall. Maria is to last until Wednesday night and head towards Dominican Republic. With everything going on all at once all we can hope for the best for everyone.



Caffeine + Students = Disaster or Progression

BY LEAH KNAUFF

Irresponsible and junkies, the common stereotype for high school students. With the drug epidemic our country is going through and the fact that sooner or later we will most likely be nuked, this is what our society has become. But stereotypes are stereotypes for a reason, they're not necessarily true.

Surely enough there are teenagers who are drug abusers and terribly irresponsible, there's no doubt. But then again not all of them are like that. In April of 2017, a 16 year old student named Davis Allen Cripe collapsed in class, dying from what appeared to be too much caffeine. His intake consisted of a large Mountain Dew, an energy drink, and a caffeine latte.

These drinks were all consumed in a two-hour period prior to what appeared to be the caffeine induced arrhythmia. Cripe's autopsy showed that there were no illegal drugs or alcohol in his system, nor any preexisting heart conditions.

Garry Watts, the detective on Davis's case, explained that this was not an overdose, for all of the drinks he consumed were completely legal. Watts expressed the extreme dangers that can go along with energy drinks, but when consumed responsibly, they can't be harmful.

Guidelines recommend no more than 400 milligrams of caffeine daily. However, that's for adults. For kids between the ages of 12 and 18, the amount that one should not exceed shrinks dramatically, all the way down to 100 mg. According to *CNN*, anything above that can be linked with elevated blood

pressure in teens.

In our school cafeteria, we sell Mountain Dew Kickstarts. Just a single 16oz can contains 92 milligrams of caffeine, only 8 mg away from our supposed maximum daily intake. Contrary to what most people might think, these are actually less caffeinated than Pepsi's energy drink which contains 142 mg of caffeine per bottle.

Personally I believe we shouldn't be serving decaffeinated coffee in the school vault if we're allowed to have energy drinks that could be much more dangerous than the boost of caffeine in coffee. I feel like students would be content with their 8 ounces of coffee and not go in for a Kickstart or other form of energy drink. There are multiple different brands of coffee that have low amounts of caffeine. We could easily find one that's still under the maximum, but maybe be a little more satisfying to the students.

Not to mention that nutrition facts aren't really facts, they're estimates for an average body type. There are too many factors in different people's bodies that the numbers or maximum suggestion on labels could be so far off that Trump being



president would make more sense.

For the past year I have heard students talk about us needing actual coffee with caffeine in it. Our students would be happier, the vault would make more money, and life here would be swell. And maybe this way our students would be more productive and not drinking as much sugar as they would from energy drinks.

Equal Pay for All the Ladies

BY: LEAH KNAUFF

Ever since the 1970s, when women working became a widely accepted idea, the majority of them have been getting paid less than men. Is it fair for them to be making only a fraction even though most are putting in the same hours and working just as hard as men?

In jobs such as dentistry, cooking, computer programing, and psychology, women receive only \$0.72 for every dollar a man makes. The reason? Most companies believe that women have responsibilities outside of work like taking care of children or other family members that will interfere with their work life. Other reasons such as women being too aggressive, or meek have also been mentioned in articles on the issue before.

Although some women can be distracted from their lives outside

of work, does not mean all women are. The same goes for men. What if they have to take care of their children or family members because there are no women to do the work for them?

Women have been proven smarter, better leaders, and more caring than men. If that's the case

then shouldn't women be getting paid more than men? Or, a crazy thought here, we all get paid equally and exist in harmony.

We're not living in the mid 1900's anymore. Things have changed with women's rights and equality, but not nearly enough has been done.



Career Ready or College Bound

BY: HALEY GAULT

Seniors of Hopewell High School are frantic to find something to do with their lives as graduation seems to be approaching faster than most would like to admit. Some students have a set idea in mind but for the ones who do not know, do not fear, options are here.

When it comes to further schooling after graduation, students turn away from the idea of more years spent on hours of homework and stressful essay papers. Then there are others who run to college with open arms. Extra years of school seem like a "total drag" but if someone sat down and thought about it, nowadays there aren't many good paying jobs out there that do not require some sort of degree.

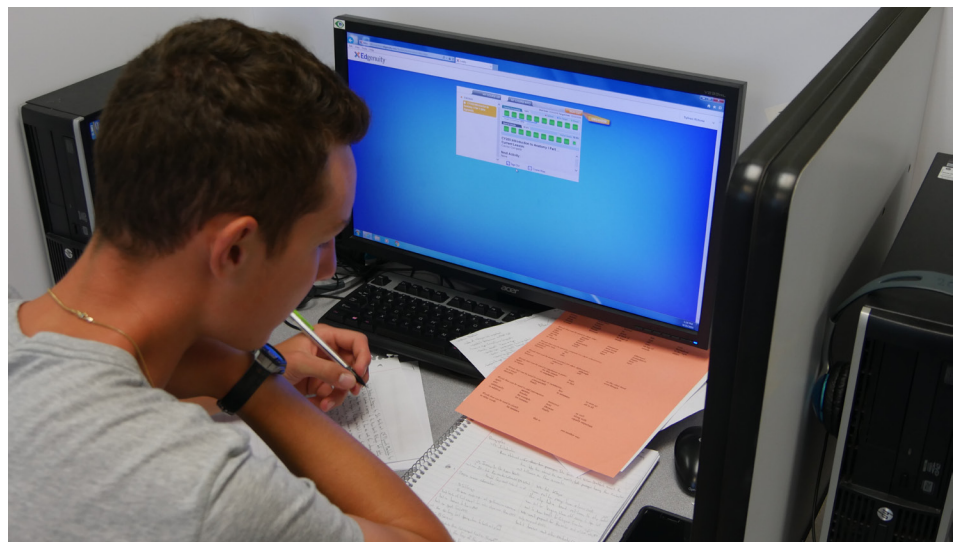
If college sounds like a complete nightmare, don't worry, there are other options. Underclassmen have the opportunity to attend the Center for Career Training (CTC) to develop job skills in a variety of programs. These programs help students develop talents that are often underserved in the regular school

setting. You can attend a school after the CTC program (Vo-tech) for a small fraction of what college tuition is.



Lane Postava, a welder, attends classes a few times a week and works hands-on the other days. While he is being taught, he is also learning how to further his skills and making money.

The years of debt aren't really avoidable due to the economy

nowadays, but that just means preparing is necessary. Guidance counselors and teachers are available to help with college essays, and recommendations. They are willing to help guide people down the right path after graduation as long as the initiative to try is there. All the seniors need to worry about is how to get their diploma without tripping over their own two feet.



O c t o b e r

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 G.Soccer (H) @ 7:00	3 XC (A) @ 3:30 G.Tennis (A) @ G.Volleyball (A) @ 6:00 B.Soccer (A) @ 7:00	4 G.Tennis (H) @ 3:30 G.Soccer(A) @ 7:30	5 B.Soccer (H) @ 6:00 G.Volleyball (H) @ 6:00	6 Football (A) @ 7:00	7 G.Soccer (H) @ 3:00
9 In-Service Day- No School ☺ G.Soccer (A) @ 6:30 B.Soccer (H) @ 7:00	10 XC (A) @ 3:00 G.Volleyball (A) @ 6:00 B.Soccer (A) @ 7:00	11 G.Tennis (H) @ 3:30 G.Soccer (H) @ 7:30	12 G.Volleyball (H) @ 6:30 G.Soccer (A) @ 7:00	13 Football (A) @ 7:30	14 XC (A) @ 11:00 Band Festival (H) @ 6:00
16 G.Volleyball (A) @ 6:00 G.Soccer (A) @ 7:00	17 G.Volleyball (A) @ 6:00 XC (A) @ 3:25	18 Picture Day G.Tennis (H) @3:30 G.Soccer (H) @3:30 	19 XC (A) @4:00 G.Volleyball (A) @6:30 B.Soccer (A) @7:00	20 Football (H) @ 7:00	21
23	24	25	26	27 Act 80 Day- Half Day Football (H) @ 7:00 	28
30	31 Happy Halloween! 