

THE LIONS' DIGEST

April 2016 Issue III

All the news that's fit to digest

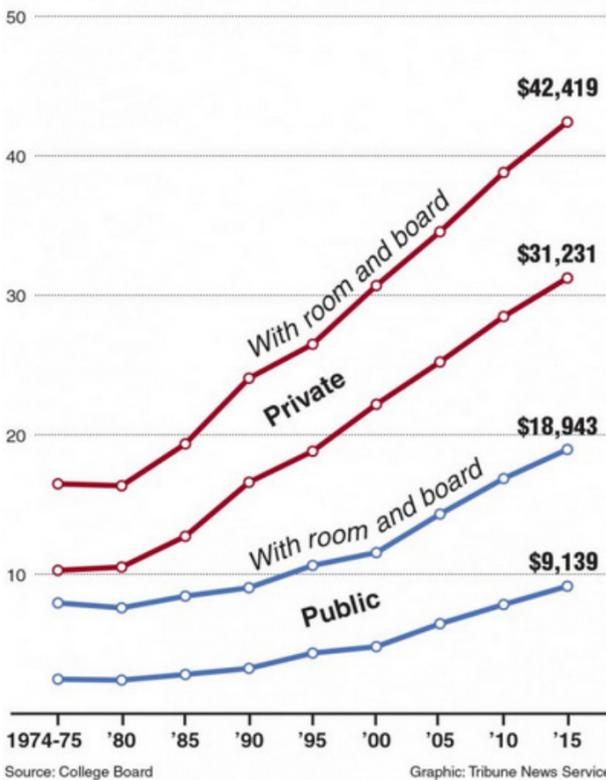
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The Truth About College Tuition

The cost of going to college

Annual tuition and fees of 4-year colleges in thousands of 2014 dollars. Figures for public institutions are for in-state tuition.



BY ANGEL ZHENG

In 2013, The Institute for College And Success (TICAS) calculated that around 70 percent of graduating seniors are in debt. Over the past three decades, college tuition in the United States has increased by more than tenfold. State High students are affected by this issue as well.

"It's terrifying," said Aileen McKinstry, senior, "especially with the widespread knowledge of the crippling effects of student debt."

The United States is faced with the problem of high college fees, leading many students to not apply to certain colleges or drop out in fear of falling into debt. The rising college tuition poses many problems towards high school students who aim to go to college.

"While college education is being increasingly seen as necessary, the rising costs of education put too many students at a disadvantage later into life," said senior Gopal Jayakar. He believes that college loans are

the most oppressive type of debt because it will follow the person through bankruptcy. "In my mind, merit should be the only tool used to determine whether or not a student can go to college," said Jayakar, "and some big universities do a fantastic job of offering need based aid, but these practices should be more widespread."

Financial aid plays an important role in many students' college choices. By stacking up their scholarships, students can make a difference in the amount of debt they need to pay later. McKinstry said, "The more money a college offers me (in scholarships, etc.), I am more inclined to attend the college." Although scholarships help alleviate some of the seniors' stress, tuition remains a prominent issue for many. For most students, scholarships do not cover the full cost.

In fact, many high school students fear the amount of money they must pay for higher education if they do not receive scholarships. "College tuition is stressing me out because so many colleges that

have amazing programs... have ridiculously expensive tuition," remarked Lylian Wang, a junior. "And then when I don't get the scholarship, I then become upset, which only adds more stress."

Not only is college tuition a concern for the students, but counselors are also troubled by this issue. Kerry O'Melia, LE staff member, said, "In today's world the rising cost of college tuition is outpacing the rate of inflation... When students have to assume this debt it can affect the time it takes them to get a degree, based on the cost per credit." She added that some students may have to work while attending college and this can affect their academic performance. According to O'Melia, there are a few factors to consider. She also stated that if a student has to assume their total financial debt, their decision could be partly influenced on the tuition of the university, and assuming the burden of large student loans can change how

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End Polio Now

with their End Polio Now project, which aims to eliminate polio.

Polio is a disease caused by poliovirus. It invades a person's brain and spinal cord, ultimately causing the victim to be paralyzed. Although this contagious virus has no cure, there is a catch. A vaccination for this virus is available, and 99 out of every 100 children who get all recommended doses of this vaccine are completely protected from the virus. Unfortunately, not everyone has access to these vaccines in countries like Afghanistan and Pakistan.

Every year, Interact combines with Rotary, an organization that aspires to create lasting change in communities around the world, in hopes of making a difference. "Polio was once thought to be eradicated, and we don't want another epidemic. It's a life-crippling disease,"

said freshman Interact member Jeanette Felmlee-Gartner. Now, Interact Club raises money for the cause. For Felmlee-Gartner, being part of this club makes her feel like she's part of working toward a better world. "It makes me feel like a better person," she says.

Interact can't change the world alone though; they need State High's help. You too can aid the effort to end polio now, and it doesn't take much. Stop by the North or South LE rooms to drop a buck in the "End Polio Now" bag and grab a wristband. It only takes \$1 to make a difference that will help change the world. By wearing your bracelet and telling your friends about this cause, you can spread the word about Interact Club's project, all while changing the lives of those who could be affected by this horrible disease.

BY MICHAELA SAPORITO

At State High, Interact, a community service club, is working hard to make a difference. "The goal of Interact club to help the local and global community with the involvement of high schoolers," said LeAnn Verica, one of the supervisors of the club. That's certainly what Interact is doing

From State High to Mile High: Q&A with Jordan Norwood

BY CONOR CAMAZINE

opportunity that Joe Paterno gave me.

Jordan Norwood, a State High graduate, played in the Super Bowl last season with the Denver Broncos. In that game, the Broncos won their third Super Bowl in franchise history. I had the chance to talk Jordan about a variety of things ranging from his family all the way to where he is today, a Super Bowl champion.

How did being lightly recruited out of high school motivate you?

I don't think that motivated me. I didn't play much HS football so I didn't feel like I deserved to be recruited heavily. I was just thankful for the

Who do you look up to the most?

My dad. He introduced the game of football to me, he led me in my faith and taught me how to be a man and now husband and father. He really encouraged me during all the times that I wanted to quit playing sports—which happened quite a bit.

Growing up, who was your favorite professional football player?

My favorite NFL players growing up were Barry Sanders and Az Hakim. Barry

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Will Trump Triumph?

BY JOSIE KRIEGER

Every day for the past year there seems to be some new speculation or report about Donald Trump. His ideas include: repealing Obamacare, enforcing and strongly maintaining the 2nd Amendment (Right to Bear Arms), building a wall across the southern border (forcing Mexico to pay for the wall) (donaldjtrump.com).

Trump has said a number of controversial statements, including one saying that letting in Syrian refugees would be "one of the great Trojan Horses." Trump also spoke in regards to stopping terrorist groups. "And the other thing

is with the terrorists, you have to take out their families. They, they care about their lives." This is a very controversial statement not only is it considered a violation of the Geneva Convention (Rule 105) and a war crime, but it also would have major repercussions around the world.

Despite these controversial issues, Trump has gained a mass amount of attention on social media, with over 7 million Twitter followers. His campaign #MakeAmericaGreatAgain also has a strong presence on social media. However, although he has many supporters, he also has many "haters." There are



several movements created to stop Donald Trump, such as the StopHateDumpTrump campaign. Donald Trump has been the subject of many tele-

visions/web shows, including Last Week Tonight with John Oliver. John Oliver's segment highlights many of Trump's issues, including some of the

ways he presents his ideas and his political strategies. A weakness that is continuously pointed out is Trump's

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Club Fosters the Passion of Knitting

BY LAUREN MATHEWS

State College High School has a range of clubs to appeal to the students interest. The number of clubs are changing as new ones are added every year. Knitting club, one of the most recently created clubs, was started by junior Katie Heist. “I started Knitting Group not just to give current knitters a place where they could have a set hour every other week to do what they love,” said Heist, “but also to introduce other students to a craft they might not have exposure to.”

If you don’t know how to knit, don’t worry, because knitting club has extra yarn and needles for those who wish to learn. However, if you do know how to knit, then this club is a great way to spend your knitting time with friends in a stress free environment. “It’s a fun and relaxing way to spend time with your friends while also doing something productive,” mentioned

sophomore Allison Zajac. People who crochet instead of knitting are also welcome. “My favorite part of Knitting Group is teaching others how to knit and then seeing their passion and enthusiasm for knitting grow,” said Heist.

For those who enjoy the good company of people and the clicking of needles as a project comes along, come on over to knitting club. Knitting club meets every second and fourth Monday of the month. They meet in room 44 in the North Building from 3:30 to 4:30. Sophomore Kayleigh Matthews said, “Bringing a group of friends is also great because you can have a laugh while learning a valuable craft. The only downside is that you’ll soon be receiving requests to make hats, scarves, and sweaters for all of your friends!”

Construction Update



BY DAVID WAGNER

According to school official Chris Weakland, construction is pushing forward in what used to be the South parking lot. Over the past few weeks, workers have been digging a foundation

for the new school, with pouring having started the week of March 23. The displaced soil was in the process of being hauled to the South track area. Workers have also been drilling and reinforcing some areas of the lot in prepara-

tion for the four main towers’ construction.

As the weather warms, the number of active construction workers is planned to increase, meaning progress will be made at a faster rate.

THE LIONS’ DIGEST

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Tuition

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students view the college application process. If a student is receiving financial aid, for example grant money and/or

scholarships, their decisions may change. The rising cost of college tuition does, therefore, affect students and the college application process.

Ignatius Liu, senior, expressed his doubts on the value of the tuition he would

need to pay for college. “As a student that is going to college next year, I certainly feel like the rise of college tuition is rather ridiculous, and sometimes I wonder if it is worth it,” he said. “But like others, I think it’s more of an

investment, and I guess we’ll see what the return value of college is in the future.”

Ideally, the price of college should not be the only factor toward students’ decisions about college, and it certainly should not discour-

age any students to not apply for higher education. However, as the facts still stand, high school students can only expect things to remain the same in the near future.

Trump

From page 1

repetitive false statements. He claimed that he was a successful business man even though he had several failed companies, such as Trump Steaks, Trump Airlines, and Trump Mortgage.

Although Trump claims that we will force Mexico to pay for the wall, there is no way to guarantee Mexico will in fact pay for the wall. “We won’t pay a single cent for that stupid wall,” said Felipe Calderon, Mexico’s president from 2006 to 2012 (Business Insider). Trump, however, plans to “increase fees on all temporary visas issued to Mexican CEOs and diplomats (and if necessary cancel

cel them); increase fees on all border crossing cards – of which we issue about 1 million to Mexican nationals each year (a major source of visa overstays); increase fees on all NAFTA worker visas from Mexico (another major source of overstays); and increase fees at ports of entry to the United States from Mexico [Tariffs and foreign aid cuts are also options.]” Although this sounds like a money making plan, it could potentially cut off trade from Mexico and only cause issues with the Mexican government.

Many students at State High disagree with Trump and his campaign. “I just feel like he’s overconfident and pushed his opinion on other people,” said sophomore Gabe Anderson, “when other people disagree

with him he gets very angry about it. [He has] very insensitive beliefs.” Other students, such as sophomore Caden Summers, agree with Trump’s ideas, “I like that he supports stronger border control. He’s a successful business man too so he could probably help pull us out of debt.” In a random poll, 12/12 students said they did not agree with Trump’s views. When asked if students would vote for Trump, many said no and said they would choose another candidate. These statistics only include the student population, and we won’t know for sure whether or not Trump will become president until this November.

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To all the Thespians for their production of *The Fiddler On the Roof*. It was amazing and we appreciate all your hard work!

To all of nice weather coming in: sunrays shining, flowers blooming, birds singing.

To almost less than 20 days of school. Summer is right around the corner.

NBA and NHL Playoffs are on all month long! Get your Popcorn ready!

To spring allergies. Runny noses, coughing, and sneezes await helpless victims.

To AP week, last minute studying, cramming, and stress. Good luck on tests to all students before you RIP.

To continued school construction. Try to stay focused in class with all the noise.

To the abnormal temperatures in each classroom. It can be hot enough in one room to make you sweat and cold enough in another to give you goose bumps.

The First World's Real Problem

BY EMMA BARBER

First World Problems. If you live in a western country, for one reason or another, you're probably guilty of having first world problems. We all are. Sure, inconveniences can really make a day unpleasant, but when put into perspective, that iPhone charger that won't reach your bed doesn't seem like that big of a deal.

Myanmar is a country in southeast Asia where poverty is no stranger. I had the opportunity to spend time there in January at a children's orphanage and a Bible college. While I was working on a building project and loving over a hundred kids, I had the opportunity to experience a culture so different than my own, and witness what being in a "third world" country really means.

One afternoon I was riding in the back of an open bed truck with about 15 other people. First, let me say I have never seen such hardworking people. They do everything by hand – grow their own food, wash their clothes by hand – and don't have the same daily luxuries as developed countries do. After dodging chickens, people, motorcycles, and cars, the truck pulled over to the side of the road to make a pitstop. A little boy walked over to the side of the truck and started talking to the students I was with. Now, the majority of the trip, I had no idea what anyone was saying and even when I did try to speak their language, I butchered it. I bet they were making fun of



me some of the time, but I just smiled and went with it. As the conversation kept going, I asked one of the guys what the boy was saying. He told me that the little boy lived on the streets and that his parents left him. He had no home and no one to take care of him.

At this point I had tears in my eyes and was holding the boy's hand through the truck's bars. To look this boy in the eyes and think about how hard his life was, having to survive on his own with nobody to love him or be there for him, and to think about how scary it must be to live like that is unfathomable. It's heartbreaking. It makes you feel hopeless because he is one of the millions of children who live like this. I jumped out of the truck and

gave him whatever I had in my pocket. I gave the boy's hand a squeeze and smiled, knowing that even without saying any words, he heard what I was saying.

No matter where you are in the world, everyone has problems. You can't fault someone for perceiving something as a problem because to them it is. You can't compare your problems to someone who lives dramatically different from you. That's like saying one size fits all, which we all know is not true. However, it is important to take time to put your life into perspective, be globally aware and practice gratitude for the life you are living.

The first world's real problem is this: we live in a country that is sheltered, and many

people have no idea how the majority of the world lives. It is something you can't fully understand until you experience it yourself. There's something life-changing about being loved by people who don't have much, yet they give everything they have to you, whether that be hugs, smiles, kindness, hard work, or generosity.

Coming home was brutal. I didn't want to leave. I was happy and life was simple over there. The goodbyes were the hardest part and the days following were rough as well. When people get angry and act rude or stupid, unnecessary things, part of me wants to scream and shake them, and ask how dare they complain about something so insignifi-

cant. When the children I work with whine about how they're hungry but don't want one of the three options they've been given, I get frustrated. In my mind I kept comparing the way people are here to the kids who have nothing, yet those kids are the sweetest, hardworking, respectful children who just want to be loved. But to tell you the truth, I can't compare them because there is no comparison. The children are so different because their lives are so different. It leans toward the theory that people who live in a materialistic, results oriented, consumer based society that is focused on wealth, are the people who lack fundamental values of what life really is about.

Someone with lots of experience with this sort of thing told me that I can't be so hard on people that haven't experienced the world the way I have. He was right. I hadn't thought of it that way and I had no right to be so angry. The lesson here is simple and you've probably heard it before. You can't let all the inconveniences, struggles, and difficulties you face make you cold and bitter. Reminding yourself to trade in expectations for appreciation in those moments will make your life so much easier and you'll be happier. Everyone has problems and for some they can be big and for some they are smaller but nonetheless when you change the way you think, you change the way you view the world and all of a sudden you start seeing things in a different way. I guarantee this kind of mindset will help you open your mind, eyes, and heart to all the beauty around you.

Pros and Cons of the Five Presidential Candidates

BY HASKEL CANAGARAJAH

John Kasich:

Pros: Kasich had good experience being the Governor of Ohio, and was also in the House of Representatives for 18 years. Kasich also has experience running for president as he ran in 2000, however, he dropped out that year. He is a strong supporter of education, and mainly supports the Common Core educational standards. He also supports a path to citizenship for those who are illegal immigrants. He is also a very popular candidate in Ohio, not only because he was the Governor, but because he supports the expansion of medicaid in Ohio. Also in the last 50 years, all of the presidents have won the state of Ohio, so this gives him a pretty significant advantage.

Cons: The biggest problem Kasich has is that he is often labeled as a "jerk." He has a tendency to be very arrogant in situations where he should respond differently, but he doesn't. In addition, his personality has a wide range, from being very revealing to becoming very angry. He can change at any time, and he doesn't really have a "central" emotion.

Ted Cruz:

Pros: Cruz's fan base is huge (mainly made up of Evangelical Christians), and he is not afraid to speak his mind when talking about anything. He also has a lot of law experience, and has successfully argued cases before the Supreme Court. While he was born in Canada, he was born to an American mother, which means he is still eligible to run for presidency.

Cons: His flashy style can go one of two ways. It could be a complete disaster or a great success. Of all the candidates, it seems that he has been put at the biggest disadvantage, and his phrases are the most scrutinized of all the candidates. If he messes up, the media will pounce on it, and it could make him look really bad.

Donald Trump:

Pros: He doesn't seem to lack confidence, and you can see that he is confident about what he is saying when he speaks. He also has a lot of experience in the business world, as he is a very famous person in the real estate industry. The fact that he owns his own large company shows that he has great leadership skills, and these are very important skills needed by a president.

Cons: There are a lot of cons for this candidate. He is a very cocky candidate, he's racist and sexist, and he's also expressed intolerance to those holding different opinions). He has drawn fame for saying that Muslims should not be allowed in the country. So the U.S. can avoid terrorist attacks. He seems to not know what he is saying a lot of times. For example he once said "It's freezing and snowing in New York – we need global warming!"

Hillary Clinton:

Pros: Clinton was previously the Secretary of State for Barack Obama, which gives her a pretty significant advantage when it comes to the topic of foreign policy. She is also a woman and would be the first woman to be President if she gets elected to be in office. Her husband, Bill, was also President, so, in addition to the previous positives, she can get advice from someone who's already been there and done that.

Cons: Her husband being a president isn't all positive. There were many negative things that occurred in Bill Clinton's reign, and he developed many foes during his time in office. This could lead to bad relations with them if Hillary is elected.

She also has been labeled as untrustworthy by a lot of people. The main evidence for this comes from her email scandal when she used her family email server to do top secret government work. Some people think that she won't make significant changes for the poor and needy either.

Bernie Sanders:

Pros: He's one of the most genuine candidates, and what you see out of him is what you get. If you've heard him speak, you can tell that he actually truly believes in what he's talking about, which shows he can really make the changes that America needs. He's also one of the candidates who doesn't care what people think of them. If you ask him a question, he won't just try to be a people pleaser kind of person, he will actually talk about what he is going to do and how he is going to accomplish it.

Cons: Sanders was relatively unknown in Congress over his two decades there, which shows that he possibly lacks leadership skills, and leadership is a huge part of being President. His age is definitely an issue, as he is going to be turning 75 this year. Due to his age, a lot of people may go against him because they would want a younger president.



Why I Can't Wait for Summer - A Reason You Might Not Suspect

BY ABBY FORTIN

Usually people associate work with stress, annoying co-workers/bosses and constantly feeling like you aren't getting paid enough for what you do. I'm a unique case however, because I love my job and I love the people I work with (well...most of them) and there's really nowhere I would rather be than sitting up in the guard stand at Welch Pool on an 80 degree day. Most people yearn for summer so they can sleep in, watch tv and do nothing all day but I'm counting down the days til the pool opens on Memorial Day weekend because it's all clear skies from there (not literally, and thank God for that because rainy days at Welch means less patrons, which means hanging out in the guard room with the whole staff and pulling straws or guessing numbers to see who gets to go home first). Sitting around at the pool with a bunch of my friends and getting to lay down the law to kids who seem to run on deck more than they swim in the pool is the ideal summer experience to me.

I've been working at Welch Pool since the summer after my freshman year and the positive impacts that it has had on me are innumerable. From earning enough money to go in (almost) 50/50 on a car with my parents to creating friendships that will last a lifetime, my summer job has given me opportunities and experiences that without them, I wouldn't be the person I am today. I've grown up in and around the water, taking swim lessons at a very young age and swimming and diving competitively since I was in elementary school. When it came time to

search for jobs in the spring of 2014, I knew I wanted to work somewhere with flexible hours and decent pay that was preferably outside. My best friend was planning on applying at Welch as well, so I put in an application and went on to get my Red Cross Lifeguarding certification at Penn State. Since I've been involved with the water for many years, I've always valued being able to swim safely and be able to help someone if ever faced with a sticky situation. I know it sounds lame, but water safety and simply knowing how to swim is sooo important because about 71 percent of the Earth's surface is water!! As time goes on, who knows what's going to happen to the other 29 percent of Earth's surface! One day we might be living in floating houses and driving boats instead of cars! Probably unlikely, but the possibility should definitely encourage people to learn how to become strong swimmers.

After working at the pool for one week, you can tell who the regulars are, who causes trouble and the warning signs of kids who probably shouldn't be in the deep end unattended. I've only been guarding for two short summers, but it's a great feeling to come back to the pool day after day and year after year to see the same faces wrecking havoc at Welch. Pool cliques do exist, and drama does go down occasionally. Even though we have to intervene if fights ever break out, it's worthwhile to eavesdrop on the juicy gossip some of the kids share with each other. You can hear just about everything from a guard chair. Mom gossip, which is the best kind of conversation, isn't a rarity either. Who doesn't love a good conversation between "Mrs.

Johnson" and "Mrs. Kelly" about how Nicky's mom sends him to the pool without sunscreen!? How atrocious is that? Or how Katy Fitzgerald is running for PTO President at Ferguson Elementary but nobody is going to vote for her, so why is she even trying?! Working at the pool means you have your finger on the pulse of everything that's going on in State College from the end of May to the beginning of September. It also means that you know almost every kid in town and their siblings and what their mom looks like, what their dad looks like, what school they go to and who their friends are. It seems kind of creepy when you write it all out like that but it's just so easy to be observant of these things when it's literally your job to observe. And since you know every 8 year old who lives in State College, seeing them in public over the winter months is always exciting. I can't even tell you how many times a kid I've taught swim lessons to has come up to me in public and asked if I remember them. Like, of course I remember you!! I saw you everyday for a month! I always make sure to ask if they're still practicing their swimming—that's a rhetorical question because I know that most of the time they aren't, but it feels good to get them to crack a smile. Seeing the same kids get old and families grow (literally grow in size) every summer is an experience that not everyone gets to have and it's definitely something I don't take for granted. Nothing makes me more excited for my own future when I see the huge bellies of pregnant moms that are about to pop turn into toddlers running around a year later. Spending five plus hours a day watching adorable babies

waddle around in the water can really make you appreciate the simplicity and innocence of childhood.

Working as a lifeguard isn't all eavesdropping and tanning however. Sometimes you actually have to interact with a patron—okay like, every other minute you have to interact with a patron, and it isn't always a positive encounter. Although it totally sucks butting heads with a kid and even more so a parent, the rules are in place for a reason and it's my job to enforce them. I actually enjoy blowing my whistle and telling, well, yelling at a kid who's hauling across the deck with a pool float in tow. Most kids stop breaking rules after a guard yells at them once, but my favorite thing is when a kid continually breaks the rules and ignores everything we have to say while disrespecting us, talking back and questioning the rules...not. Nothing worse than a kid you can't get through to. As I said before, the rules exist for a reason! Standing on the wet, slippery island in the leisure pool will most often result in injury, like falling off and cracking open your skull. Going down the slides head first? Concussion. Running on deck and tripping and getting a mouth full of gravel? Skinned knees, bruises and a trip to the dentist. Lifeguards aren't out to get you; we just want to watch out for you and prevent accidents before they happen.

When the sun isn't high in the sky and the temperature isn't in the 80's or 90's, you'll likely find the Welch staff cooped up in the guard room, listening to music, playing games, gossiping and (probably shouldn't say this but...) snoozing from time to time. It's always a race to see who

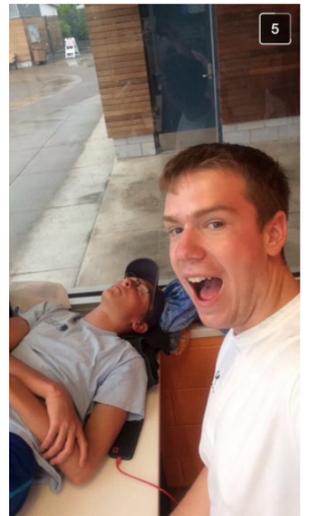


Photo by Ben G. Larrea on a random day at Welch Pool during summer.

gets the most desirable spot in the guard room—a comfy fold-out chair with cup holders that resides next to an outlet underneath the fan. The work atmosphere at Welch is definitely fun but also serious. We like to play card games, order Wings Over and have handstand contests, but we get down to business when we need to. You won't meet a more dedicated group of people than those at Welch. We aren't all fighting each other over who gets to clean up vomit or blood, but there's no hesitation when someone needs help or something needs fixing. CRPR does a great job of hiring motivated individuals who are willing to work as much as 14 hours a day if necessary, and I'm definitely going to say that while 14 hours (6 am-closing) can be a craaaazy long time to be somewhere, the payoff is great. Literally, all I see is dollar signs when I'm working a shift that never seems to end.

My Stress Free Adventure

BY JACKIE FEFFER

Like many kids my age, I worry a lot about getting into college. If I'm not fretting about my GPA or the amount of community service I've done, I'm calculating my chances of getting into my dream school. So last summer, instead of going to another math or science camp, my mom and I decided that I needed to immerse myself in something other than academics. After spending an hour or two online searching for fun, exciting summer opportunities, I came across Broadreach. The program promised to help me discover my world of opportunity. I chose to go on a 17 day Caribbean Underwater Discovery Voyage, filled with days of scuba diving and sailing in the deep blue sea. This trip stood out to me because I have always loved the Caribbean, and ever since my dad took me for a shallow dive while vacationing in Jamaica, I have wanted to become a real, advanced diver.

I packed my bags in late July and hopped on a plane from JFK airport to St. Maarten. I got to the Broadreach base later that day where I met other Broadreach campers. We were split into four boat assignments: Celia, Kilimanjaro, Moselle, and my boat, Mont Blanc. I met my nine crewmates and we took a dinghy out to our boat that was anchored further in the bay. On the boat, we met our two scuba

diving instructors, Zach and Tracy, and our sailing instructor/ skipper, Attila. We played a few icebreakers, went over some rules, and got ready for bed. The counselors encouraged us to sleep under the stars as much as possible, as the cabins were a bit cramped and the Caribbean night sky was unimaginably beautiful. I saw shooting stars almost every night.

Wading In

Living on a boat was a new experience for most of us. We learned how to effectively divide tasks that we needed to get done, like sloshing the

deck, washing dishes, and preparing food. We had a 2 person rotation of making breakfast, lunch, and dinner for the group. We also had a leader of the day, or LOD, who took charge with the instructors in assigning tasks and encouraging the crew when they needed it.

The first morning, we got up at 5:00 AM and put our swimsuits on for the first day dawn swim to the beach. You may think that's too early for what is supposed to be a relaxing, laid-back camp, and at first, that's what I thought too. But I quickly realized that we had less than three weeks to get in as much sailing and diving as

we possibly could.

The next few days, we were split into two groups: those who already had their scuba certification and those who didn't. The uncertified divers, me included, did training exercises in confined water while those with certifications went on dives. We learned several useful skills, like how to clear water out of our masks, put our regulators, or breathing devices, back in our mouths if they fell out, and perform controlled emergency swimming ascents, or CESAs. CESAs are performed if a diver is in an out of air situation and does not have a dive buddy nearby to help

them. He or she needs to continuously exhale while slowly ascending to the surface. To simulate this, we had to swim 30 feet horizontally while exhaling small bubbles the whole time, which was a bit challenging for some of us. In addition, we learned about various diving tips like how to avoid decompression sickness, and, my favorite, how to identify different types of fish. I can proudly pick out a sergeant major from an angelfish, or tell you what is a surgeonfish and what is a butterfly fish. This skill helped me receive my PADI certification in fish identification. So while it was a shame we couldn't dive with the rest of the crew, our training was over in about 3 days, and before I knew it, we were all certified and working toward our advanced certifications.

Diving Deep

Swimming 90 feet below the surface with creatures I'd only ever read about was unlike anything I'd ever done. Being able to breathe that deep underwater is just an incredible experience. We saw nurse sharks, lobsters, sea turtles, and so many different types of fish, like lionfish, parrotfish, and even a few barracuda. Over the course of my trip, I went on 20 dives; from dawn dives at 4:30 AM to night dives at 9:00 PM, we did it all. I especially loved the Chien Tong shipwreck dive off the coast of St. Maarten. The day my boatmates and I dove



Photo by Jackie Feffer on a random day at Broadreach.

Continued on next page

From previous page

there, the visibility of the water was fantastic – clear and blue as far as the eye could see. Hundreds of blue and yellow, slender damselfish swam in large schools around the sunken ship. Some swam so close to me that I could see each individual scale on their small body. As for the wreck, I felt like I was swimming around an old pirate ship. I could clearly make out the mast, deck, stern and other parts of it. I also swam through a small opening in the deck and got to go inside the boat. That was one of the coolest parts of the whole trip. I felt like I was exploring a lost sunken treasure.

Another favorite dive was my first night dive off the shore of St. Kitts. This dive was amazing not because of what I saw, but because of what I couldn't see. It was so dark that I could only see what my flashlight was directly pointed at, which was often coral or a small fish. Each diver had to put a glow stick on their tank so that others could see where they were. At one point during the dive, I couldn't see my dive

buddy, and didn't know which way was up and which way was down. Thankfully, there's a simple trick to reorienting oneself: Blow small bubbles through your mouth and see which way they float – that way is up. That night, I didn't see many large creatures. I saw a few lobster, jellyfish, and other small animals. However, I also got to experience a beautiful, incredible sight that night. We all formed a circle and started kicking with our fins. Suddenly, we saw thousands of plankton lighting up all around us. Imagine fireflies lighting up all around you, except you are underwater and can't see anything else. That's what I was experiencing. So although I didn't see many large creatures, diving at night was exhilarating because I was scared, fascinated, and amazed all at the same time.

Learning the Ropes
Scuba diving wasn't the only fun thing that we learned how to do. We also took the helm and earned our International Yacht Training (IYT) certifications. We literally learned the ropes as we learned

how to tie knots, hook a mooring ball, drop an anchor, navigate, learn the parts of the boats, and hoist the sails. One day, we even had to sail about an hour from St. Kitts to St. Kitts without help from Attila. This included performing engine checks and preparing the sail by ourselves. My role was to pull the line that raised the mainsail. With some teamwork and communication, we successfully got to our destination.

We also had land time at some of the islands. In St. Barths, we had a few hours to explore the town. We got lunch at a local creperie, stopped at a souvenir shop to buy a few keepsakes, and tried what we heard was the drink of the Caribbean, a fizzy grapefruit juice called Ting. On the island of St. Kitts, we got to hike up Quill Volcano. We were even able to go inside of the crater if we chose to. Some people stayed at the top because it was a steep descent into the volcano, but I went down, and it was an experience I will never forget. It had turned into a rainforest, full of tall trees and lush plants. There was no real path, just boulders that you had to climb

down. Thankfully, ropes had been strung from tree to tree so that you could hold onto them in case you lost your footing on the way down, and so that you pull yourself on the way up. In Saba, an island populated with around 2,000 people, I, along with the rest of Mont Blanc, was supposed to spend a day doing community service, specifically building a pathway on a hiking trail. Unfortunately, I got a persistent rash on my arm, and had to go with Tracy to see a doctor on the island instead of doing community service. It turned out to be from all of the sun I was getting, and was easily treated with a cream. Afterwards, the two of us sat down at a local coffee shop and talked about the island and our plans for the rest of the day. Tracy explained that there were only two major towns in Saba: The Bottom, which is the capital, and Windwardside. She said that the rest of the group had taken one out of seven taxis on the island to Windwardside, and that we needed to find one, or hitchhike. At first I thought she was joking, but hitchhiking is actually a common occurrence

in Saba. The island is so small that everyone knows each other, and if you just stand near the road, eventually someone will be going where you need to go, and will let you ride with them. However, we found a taxi and were soon reunited with the rest of the group in Windwardside, where we had pizza and walked around the town.

I can honestly say that my Broadreach adventure has been some of the best days of my life. I've made lasting friendships with the members of Mont Blanc. I talk to many of them at least every week. We are even having a reunion in New York in January. I'll never forget early morning dives with them. I'll always reminisce about cliff jumping in St. Kitts, sunsets on St. Kitts, and walking around St. Barths. I'll always think about sailing in the deep blue sea. I may be back to my normal, stressful life, but when I need a minute to relax, I can always close my eyes and remember my stress free adventure.



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When chemistry class gets hard.



The Grid

Say hello to the Seniors	What is your best joke?	Who is your favorite superhero?	What is the funniest thing in the school?	Name an underrated artist who you think deserves more recognition?	What is the longest word you can think of?	Who is going to win the NCAA basketball tournament?
Stan Martin	Plastic wrap on the toilet seat	Superman	The sweeper truck that runs around the construction zone brushing the dirt	Myself	Supercalifragilisticexpialidocious	Kansas
Michael Riley	Greg's birthday	The Human Missile, Jon Seighman	B Day lunch discussions:)	He's a new artist named Kanye West. Check out T.L.O.P. on Tidal!	Iamafailure	The New York Jets. Lebron Curry is a dead eye kicker!
Jon Perini	My physics grade	My mom	Mr. McGowan's egg collection	One Note Stand	Triskaidekaphobia	The Maple Leaves
Abigail Stevenson	I'm happy and everything is going great	Jessica Jones	Robert	Kristen Nodell	Disestablishmentarianism	whoever had fun
Katelyn Servey	Giving people water with lemon juice in it when they think it's regular water.	Captain America	Ben Servey	The Piano Guys	Supercalifragilisticexpialidocious	Oregon - duh

Superhero Films Q&A with resident experts

BY JARED BOWMAN,
NATHAN GRELLA,
WILL BAKKEN

Superhero movies has seen a rise in popularity more and more each year. These movies have caused lots of conversation since they started. Here's a conversation about Superheroes and Movies with Nathan Grella and Will Bakken hosted by Jared Bowman.

Do you feel that Batman V Superman lived up to the hype?

NG: Absolutely. It is one of the best DC films created as of yet, (although it doesn't have a lot of competitors.) However, at times, the movie felt rushed and it sacrificed expositional and character moments for the action sequences. Acting was average considering Ben Affleck was in the movie. Looking at it from a comic book perspective, it was the greatest comic book movie of all time, (purely comic book perspective). This is a spoiler free review so I can't go into much detail but all readers have to know is that it lived to expectations. The best moments in the movie that made viewers pee their pants, (metaphorically) were the Justice League lead-ins with Aquaman, Cyborg and The Flash (who each have brief cameos) and the Darkseid teasers. Even though Darkseid is never directly mentioned in the movie, viewers do see Parademons, (Darkseid soldiers) and the Omega symbol, (the Darkseid symbol) scorched into the earth in a Batman nightmare. At the end of the movie, viewers also see a painting, (that originally showed demons coming from the underworld attacking angels above) flipped over insinuating a more dangerous threat will come from space. 9.6/10

WB: For any movie, living up to the hype is almost an impos-

sible feat. In my mind very few movies have done it before; even most marvel movies fail to live up to the hype. Unfortunately, Batman V Superman: Dawn of Justice didn't live up to the insane hype that the fans unfairly put on it. This is because it gave the fans too much content without much of a storyline to follow. Additionally, the movie follows the same dark setting that Zack Snyder had in Man of Steel, which some fans love and some fans hate. I personally don't mind the dark setting, but I felt that it was perhaps too dark for my tastes. On the other side, the movie does have it's strong points with it's amazing shots, epic fights sequences, and some emotion filled scenes. So all in all, I don't feel that it was bad, but I don't believe that it was a superb movie. I would give Batman V Superman: Dawn of Justice a 6/10.

How do you feel Ben Affleck portrayed Batman in Batman V Superman?

NG: Ben Affleck is not a good actor. Period. However, I think he did as well as he could have done with the character. Since the original Adam West Batman, Warner Bros has struggled to find an adequate actor to play Batman; Christian Bale's performance felt very scripted and polished while George Clooney's performance was comically bad. Bringing Affleck's age into consideration, I feel as though he accurately portrayed Batman in that movie, but, for the upcoming prequel spinoff films, they should find a younger actor. Ben Affleck did the best he could do for an actor of his, let's say, skill set.

WB: I felt that Ben Affleck was able to portray a old, chiseled, dark, and brutal Batman. And I like it. Affleck was able to show us the darkest and scari-

est Batman we have ever seen on the bigscreen. Considering Affleck's competition, it isn't hard to believe that he is one of the best Batman we have seen.

Do you think that the DC Comics movies will be able to match up with the already popular Marvel movies?

NG: Maybe. Maybe not. You have to look at perspective. They are certainly going at it in different ways. The Marvel Studios arc created individual hero movies before creating their team-up movies. DC made a individual movie, (Man of Steel), a partial team-up, (Batman v Superman), and BOOM Suicide Squad. DC will have another individual hero movie, (Wonder Woman) and then DC's Avengers, The Justice League. DC is just starting to transform their own movie universe so anything could happen. Marvel has already set their universe and are starting to film spin-offs.

WB: At the moment, no. The DC cinematic universe is only two movies deep and Marvel cinematic universe has twelve movies and have much more to come. DC is a toddler up against a full grown adult. It is possible that DC can grow and beat Marvel in the future, but as it is now, it doesn't stand a chance.

Are the Marvel Universe movies losing their popular sheen, or are they just getting started?

NG: They will always be popular, but they will never return to their former glory with the Avengers unless they reboot the universe. Marvel Comics are already so unpopular compared to DC Comics that after Captain America: Civil War they won't have a lot of good stories from the comics that they can replicate in film.



WB: With the new Marvel movie, Captain America: Civil War coming out soon, I can safely say that they aren't losing their sheen just yet. Marvel has a lot more movies to make and most fans are getting excited thinking about them. Will the Marvel Cinematic Universe lose it's sheen sometime in the future? Absolutely. As the saying goes, "All great things must come to an end at some point."

What are your expectations for Captain America Civil War?

NG: Again, it is one of Marvel's few good comic stories so I'm sure it will be very good. Marvel is introducing so many new characters in the movie like Black Panther, Spider-Man (coming over from Fox Studios), Captain Britain, and Vision. The movie will also introduce independent characters like Ant-Man so there will be a lot of exposition (not including how long it will take to get Iron Man and Captain America to create sides). To put it in perspective, it took about an hour and a half in Batman V Superman and that was just with two characters that had never met. Imagine how long it will take with two sides with many different superheroes.

WB: I believe that Civil War will be one of the most ambitious film Marvel has attempted

since Avengers. From the trailers, the movie will have more superheroes than any other Marvel film. The movie will be a battle between characters that we have watched and loved in other films and new characters that we have to get know. Not only that, but the possibility of characters dying is without a doubt floating in our heads and creating suspense for fans.

Who would win in a fight between the Marvel and DC characters?

NG: If we were using the cinematic universe (including Fox Studios), then Marvel would win based on numbers alone, however, in comics, DC characters have better powers and backstories and more of them are well known than the 15 Avengers members.

WB: When it comes to the quantity, the Marvel cinematic universe has the upper hand. However, with only two movies, DC has shown that they have quality rather than quantity. So with a direct fight right now, Marvel would win, mainly because of the Hulk. However, DC is only going to grow, which means the fight will shift one way or another. Either way, I would enjoy every second of the fight.

State High Music Students Take On PMEA

BY HANNA YU

From mid-January to the beginning of April, the thoughts of many orchestra, band, and choir members at State High were caught up in new repertoire, prolonged practices, and numerous auditions for this year's PMEA (Pennsylvania Music Educators Association) festivals. Several students moved up from Districts, to Regions, and then to All-State, and are now hoping to qualify for All-Eastern at Atlantic City, New Jersey, the next school year.

PMEA took off first with District Orchestra on January 14 to 16. It was followed two weeks later by District Band, then District Choir the week after, continuing with a round of Region PMEA, and culminating with a combined six-day long All-State festival at Hershey from March 30 to April 2nd. Most of the people who participated in PMEA are students in advanced music classes at State High such as Symphonic Band and Master Singers.

For each level, new repertoire is required to be learned. "We audition at every level to get chairs," sophomore Eilene Deng stated, and results are announced the day students arrive. Deng was a cellist in orchestra who had moved up to All-State. Auditions also determine whether or not a musician moves up to the next level. Junior Mariana Corichi, a soprano in choir, explained, "At districts I had thirty-eight other soprano twos that I was going up against, and they rank top



fifteen, and the top ten move on to regionals." For choir, only the top four in each part, of which Corichi was included, move on after that to All-State.

All this learning, practicing, and auditioning makes up a big component of the PMEA experience. Grace Gilpatrick, a junior who played first-chair trumpet in the orchestra, cited "building up my repertoire and getting me used to the auditioning every two weeks, and practicing and constantly preparing for the auditions," as one of the biggest benefits of participating. "You learn to manage your audition stress when you have to audition so often, so that really helped," Gilpatrick added.

Corichi agreed. "The PMEA experience helped me most with auditions," she said. For her, going to PMEA was to take

on the challenge of learning the required amount of repertoire, and to be prepared to be auditioned on anything and to still sing that with musical precision. Corichi expressed, "I think overall that was the best thing I got out of the rigor I had to put in and the time I had to invest for the auditions. It was a good experience to be able to perform well and not let nerves be involved..."

Determination and hard work was not only required in preparation for PMEA, but also at the festival. "The next day was just rehearsal and eating, breaks, and that was definitely exhausting... but I think the hardest part was just the stamina of staying in rehearsal for that many hours," Corichi remarked. Students had to stay focused throughout the long

hours of practice during the festival.

Yet PMEA is ultimately an enjoyable and rewarding program to participate in. Gilpatrick said, "Honestly, I liked the experience getting to know all the new repertoire, because that really prepares me for college and gets me ready for my future." She mentioned Rimsky-Korsakov's Russian Easter Overture, which she played at Regionals, as one of her favorite pieces. "I love that piece," she admitted. "It's really great."

Getting to play under different conductors was another benefit. Corichi conducts the underclassmen chamber choir at State High called Treble Makers, and shared "working with different conductors contrasting Mr. Cleighton gave me

ideas as to how to lead rehearsals and fix musical things with the kids at State High."

Of course, meeting music students from other schools was fun and inspiring too. "They were great," Gilpatrick said. "I met so many other kids like me, so we really bonded very quickly, and then they all became friends and very close." Indeed, Paul Leskiewicz, director of the music department at State High, hopes that PMEA can lead students to begin making connections with other musicians and even get an early start on networking. Looking in retrospect, he sees his own connections with other musicians when he was young as truly valuable. "I was going through my records and programs the other day," he recounted, "and it's amazing how these phenomenal people are the ones you were just sitting next to." It's great for Gilpatrick, Corichi, and all the other students who are planning to pursue music as their career. The music students met at PMEA may just be the future's greatest musicians. "These kids don't realize it, because they haven't lived it yet..." Leskiewicz said.

Corichi concluded, "I just think it helped me become a better musician." Overall, Leskiewicz said that "PMEA offers a great opportunity to recognize their hard work and accomplishments, and to compare their skills with students from other schools."

From State High to Mile High: Q&A with Jordan Norwood



From page 1

Sanders because of how shift-y he was and Az Hakim because I felt like I was the same type of player as him and he wore awesome sneakers on the St. Louis turf like I would have done.

You recently became a father, what has that been like for you?

It's been great! It's really opened my eyes to what is important day-to-day and helps me shrug off things that aren't really worth the headache.

What has your journey in the NFL been like for you?

It's been long. I have

learned a lot in each season—both about the football business and about myself as a man.

You were part of the 2003 State Championship team in basketball that beat Chester High School. What was that experience like for you?

It was great to be able to experience that, especially alongside my older brother, Gabe. Despite my college and pro football career, that HS state championship is still one of the highlights of my athletic career.

What was it like to watch your brother Gabe be a part of the 2006 George Mason team

that made it all the way to the Final Four?

It was awesome to see my brother and his team succeed. The actual games were tough to watch as a spectator and brother—there was so much pressure in the NCAA tournament, I think I was more nervous and anxious than my brother was!

When you attended State High, which teacher that you had made a positive impact on you?

I didn't have Drew Frank as a teacher, but he had the biggest positive impact on me. He gave me the opportunity to play varsity basketball, which led to my athletic career as it

stands now. He also showed a lot of perseverance and humility during our state title run in 2003. We were the underdog and he taught me a lot about how to embrace that role as a competitor.

What goals do you have for yourself, whether it be in life or on the gridiron?

I try to stay away from making goals. I don't want to put a ceiling on what God has planned for my life.

What was going through your mind when you returned the punt in the Super Bowl for a record 61 yards?

I was just trying to make a play. The game before there

was a short punt that I didn't catch and it ended up rolling back another 15 yards or so. I guess, that was in the back of my mind too.

What advice do you have for anyone who aspires to be a professional athlete, like yourself?

I would say to enjoy the moments and don't look too far in the future. I didn't exactly aspire to be a professional athlete. I enjoyed playing basketball and football and tried my best every time I stepped onto the field and on the court. Eventually, I just found myself in a position to keep playing at the next level and the level after that.

Into the Ruck



the fresh meat how to play ball. Wertz plays the position of fly-half: coordinating the attack and defense of the team. Wertz came over to Lions' Digest to discuss why he plays and why others should play as well.

It's a great bonding experience, we're pretty much a family. Rugby is also one of the few sports where it's hard for one person to stand out. It's a lot more about the team and being able to play well together.

Why do you play rugby?

I've always loved contact sports and I really like the finesse side of rugby. It's kind of elegant and violent at the same time. Before I played football and lacrosse, but I ended up choosing rugby over both.

What's your favorite memory?

Just the team from last year. One bus ride to a game where our bus broke down on the way so we ended up getting stuck at this uni-mart for a while until we could figure out how to get the bus started. We ended up pushing the bus until the guy got it started again.

Why should people join the club?

How is rugby different from other Stat High sports?

We are a no-cut sport so it's a lot easier for people to get playing time. We play both an A side and a B side to make sure everybody plays. We'll have practices focusing on the most basic things compared to if you go to a football practice halfway in the season you're way behind. For rugby you can come in at any time and catch up.

Be sure to join in on the action at their next game, whether it be in the audience or in the ruck! For more information on future games or how to join, contact Shawn Wertz at sdw13@scasd.org.

BY JAMIE CLAAR

As the big red ball in the sky starts to burn brighter, signaling the beginning of spring, State High begins to offer the spring additions to many opportunities for its more athletically inclined students. Some

got their racquets and some got their bats, but others chose a different route: pull on the black jersey and charge the scrum. Their leader is Shawn Wertz, a senior at State High.

In his sophomore year, Wertz learned of the boys'

rugby team from a friend who was currently part of the girls' team. Soon after, he climbed the ranks, becoming the team captain. As captain, he is in charge of recruiting, sending out information on practices, and helping the coaches teach

Lacrosse Breaks Old Ties, and Forms New Ones

BY KELLY VANDEN

As a college town, sports have always been valued in State College. Anyone who has attended a Penn State football game can relate to the overwhelming amount of energy within Beaver stadium. Not only do the 100,000 roaring fans encourage the players, but they create a bonding environment between all the families and residents that support the team. Though State High cannot compare to the population of Penn State, the experience of participating in SCHS sports hold the same value within the students who participate.

As spring rolls around, high school students all over the country begin the process of pre-season practices, in the hope of impressing their coaches during tryouts. State High sports teams are no exception to the hours of training that are required from players. Coach Mahon, the former head of the Girl's Lacrosse team, is known for his months of pre-season work that the girls are encouraged



Photo by [unreadable]

attend in any hopes of making the team. As a result, the team has been very successful in their spring season the last few years. The intensity has risen once again this year, in the goal of gaining even more

success than years before. Over spring break, the State High Lacrosse team began their first days of tryouts. At the close of tryouts, concerns about coaching decisions were raised by a group of par-

ents. As a result, the coaching staff decided to resign. The coaches sent their email of resignation only a couple days after the girl's first scrimmage. This left everyone wondering who would step in

as the new head coach. The SCASD Athletics Department got together with the girls on the team and did their best to answer all questions. "I think even they didn't know what to do," said freshman Brooklyn Heim. "I heard that this is the first time an entire coaching staff has resigned after the season had already started."

Though this controversy has put the State High Girl's Lacrosse team off to a rough start, the girls have kept a positive attitude through it all. Emma Kerber, a freshman on the team, comments, "The coaching change has caused a lot of uncertainty, but I'm hoping as a team we can move on in a positive direction for the season."

The team remains focused and determined to not let this setback affect them, relying on the strong bonds they've made between their teammates and close friends. As all of us here at State High support them, and can't wait for the exciting season to come!

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Photo by [unreadable]

Girls' Basketball Team Takes It to States

BY SOPHIE CAPPARELLI

On March 4th, 2016, the Girls' Basketball Team attended Districts at Tyrone. Win after win, they made their way to the top. Before all of the hype started, junior Kayla Hawbaker explained what they have been doing to get ready for the big game.

"I was definitely excited last season. It had been very exciting for all of us and extending our season into the playoffs just makes it more exciting." Hawbaker said about making it to Districts. The team has been working nonstop to win this game. "They're { Penn Hills } definitely a beatable team. If we played like we've been playing our past couple of games, we should be able to get the win". Hawbaker claimed. All week, the team had been practicing, dreaming about a win. "We had been scouting them all that week. We have game film

on them, so we get a better handle on their tendencies and offenses and defenses." Hawbaker said about Penn Hills. She had also been thinking about her past games and how victorious they were. "My favorite game last year was when we played Harrisburg at home. We lost to them earlier that season by 3 points on the road and it was our senior night. We all played together it was such a fun game! We ended up beating them by fifteen points". Hawbaker said while reminiscing.

The game was a nail biter. In the beginning, State High was in the lead. They were down after half time, but when they came back out, they took the lead once again. Sadly, the girls lost in the end, but the game didn't define all the accomplishments they made in their 2015-16 season.

Spring Sports Preview



Photo by [unreadable]

BY CONOR CAMAZINE & TOM BUCHA

As the winter draws to a close, spring sports at State High begin to heat up. Teams such as Track and Field and Baseball are considered contenders for States while Volleyball is rebuilding after losing four starters from the previous season. The boys' track and field team is coming off an indoor season where they finished second in the state while the girls' team finished fourth. On the boys' side, Track

and Field is being led by first-year head coach Steve Shisler. Shisler has previously been an assistant coach for State High since 2010. With a roster that has plenty of depth in all areas, the track team is expecting big things. "We are a very well rounded team and are very capable of making a big push towards the state title come late May," Coach Shisler said regarding State High's chances of winning the state title.

Baseball is also expecting nothing less than a state title. There's very good reason for this considering they are returning multiple division 1 athletes. SC Baseball is coming

off their third straight district title. However, they are starting a new era with new head coach Troy Allen. Allen, from Virginia, attended George Washington University and played for them before he got drafted by the Atlanta Braves in the 28th round. Allen's been around the Centre County area for years and has even been coaching kids in the area, and even some on the high school team. With him having prior knowledge about the kids, it's not so much starting fresh but continuing what they have already started.