

# The Prowler

MARCH 2018 VOLUME 59, EDITION 3

## In the News

**North and South Korea march together in the 2018 Olympics.** "I don't think there's a reason for trust to be broken down. It's not like they're going to drag them up the border..." A10

**Season 22 of The Bachelor is underway.** "Americans overall are very nosy people and they like to know what's going on in other people's lives and they can do that with shows like 'The Bachelor.'" B14

**Fast fashion causes a complicated ethical dilemma.** "Do we ignore fast fashion because we want lower-income families to have somewhere to purchase affordable clothing?" C19

**Girls' Basketball wins county championship.** "The energy from the crowd, with our friends from school coming it made it more fun and exciting for us, especially when we won." D23

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## Cadets swap boots for dancing shoes

Community members prepare Central JROTC students for upcoming ball.



Savanna Aspey (left) learns ballroom dancing with Karen Crone (right) for Central's second annual Military Ball. Photo by Bobby Tufarolo

## Central Says...

“ [Larry] Nassar is a despicable human being that damaged hundreds of lives.

-Isaac Embry ,

“ People are most definitely sleeping on the women in the music industry.

-Morgan Batts ,

# Cadets swap boots for dancing shoes (cont.)

By **Grace Miller**  
Editor-in-Chief



The JROTC class put on their dancing shoes during January in order to prepare for the Military Ball on March 16, 2018. The ball, which will return for its second year in the high school cafeteria, has been the source of much joy and dancing for the JROTC students and their dates.

Retired Central teacher, Karen Crone, and her husband, Ken Crone, volunteered their time to teach the students how to ballroom dance. Boys and girls were paired together to learn dances like the foxtrot, swing and the hustle. They danced to a variety of upbeat music including "Cool Kids" by Echomsmith and "Poker Face" by Lady Gaga.

While the dance is optional for the JROTC students, Chief Master Sergeant Sandacz thinks many of this year's students will attend because of the amount of fun they had last year.



Justin Kane (left) twirls Legend Goff (right) as they learn to dance. Photo by Bobby Tufarolo



Karen Crone (left) and Ken Crone (right) teach Central's JROTC classes ballroom dancing. Photo by Bobby Tufarolo



Tyler Hebenstreit (left) and Janaya Zeamer (right) dance together. Photo by Bobby Tufarolo



Mallory Berhlohr (left), student journalist on the story, practices with Ken Crone (right). Photo by Bobby Tufarolo

# Central improv team goes to comedy festival for third year

By **Veronica Mallen-Luttgens**  
Copy Editor of OTP



When someone says “improv,” most people think ‘funny’ or ‘bold,’ but in reality, according to Central’s improv team, improvisational theater at its heart is about trust, companionship and making people laugh while doing something that they love.

Saturday, Jan. 27, Central York High School’s improv director, Benjamin Hodge, and Morgan Batts, Gavin Heilman, Olivia Neiderer, Dior Edmonds, Lyndsey Hertneky, Nadia Gentzler and Aubrey Stinson—a few members from the school’s improv team—went to SteelStacks, which was once the home of Bethlehem Steel, the second largest steel manufacturer in the nation. It has been reborn through music and art, offer-

ing more than 1,000 concerts and eight different festivals a year.

“It’s kind of like a little community,” said Hodge. “I think the biggest thing I get out of these improv festivals is that we get to see other groups and meet other improvisers, which is always cool. Sometimes, I think maybe we’re not doing as good of a job as I think we should, then when I go up there, I’m like ‘wow, we’re okay. We’re alright.’”

Aubrey Stinson, a senior at Central, went to SteelStacks for their first time. They like watching others perform because it showcases different ways to present yourself on stage. “A lot of the super hyper crazy groups were really fun, and they really inspired others to act crazy, too,” said Stinson.

Central senior, Dior Edmonds, returned to Steel-

Stacks for her second time. “Watching the other teams is always a refresher because everyone gets up on stage with the same goal: to make people laugh,” said Edmonds.

Edmonds says improv is not just a form of entertainment, but it also helps to strengthen relationships with others and within one’s self.

“I used to be a super big attention addict to the point it was borderline narcissistic. All of my jokes were distasteful and didn’t really fit me as a person. Now I’m more like myself,” said Stinson. “It’s really like you’re creating your very own world, but you also get to share it with your teammates and your audience. It’s also a plus when they laugh.”

During any live performance, it’s common to expect that something is bound to go wrong, but Edmonds says that doesn’t scare her from the



(Left to right) Edmonds, Stinson, Neiderer, Heilman, Hertneky, Gentzler and Batts perform at SteelStacks on Jan. 27 in Bethlehem, Pa.. Submitted photo

stage.

“The goal of improv is not just to make people laugh, but to not be afraid of failing because in the world of impro-

visation, failure is what most people find funny,” said Edmonds.

# Local girl’s story inspires Central’s Mini-THON involvement

By **Abby Hansen**  
Staff Writer



Kadence Shatto was your “typical 5-year-old girl.” She liked Justin Bieber, arts and crafts and playing teacher.

“She was definitely spunky,” said Jason Kelly, Kadence’s uncle. Jason and his wife, Malerie Kelly, both have many fond memories of their niece.

“We didn’t have any of our own kids, so we were invested in her,” said Malerie.

Kadence was diagnosed at the age of five with Hemo-

phagocytic Lymphohistocytosis (HLH), a rare blood cancer, in April of 2012. She passed away just four months later.

HLH can be confused with Leukemia, as it is so rare. According to Malerie, Kadence was the “fifth case Hershey [Hospital] had ever seen.”

The Kellys decided to get involved with Central’s Mini-THON because their niece received help from Four Diamonds.

Jason and Malerie are both teachers at Central York High School. Jason teaches social studies, while Malerie

teaches science. Jason said they decided to “get involved and do their part.” They also help local families and started a non-profit organization called The Kadence Jae Foundation.

Malerie said Central’s Mini-THON was going to “dissipate” before they took charge of the event. “It motivated us to keep Mini-THON here.”

The Kellys encourage students to participate in this year’s Mini-THON and “come out and have some fun,” said Jason.

They hope this year will have more participants

and reach the goal of \$70,000. Mini-THON is about raising money for Four Diamonds to help families of children with pediatric cancer, like Kadence.

“I don’t think we would be helping if our family wasn’t involved,” said Jason.

“It’s pretty crazy to see your community and your family come together in a good way,” said Malerie.

This year Mini-THON surpassed their goal and earned a total of \$112,720.18.



Kadence Shatto puts up a piece sign while fighting her battle with HLH in 2013. Submitted photo

# Dr. Snell named Pa superintendent of 2018

Journalism I and II students spent the morning drinking coffee and talking shop with Dr. Snell.

After Dr. Michael Snell was named 2018 Pennsylvania Superintendent of the Year, Central's journalism class contacted him for an interview. With hopes of discovering more about his passion for learning and the inner-workings of his job, the student journalists recorded his answers below.

## Q. What inspired MCL?

A. MCL came from a book called "Inevitable."

So one of the things that I do is I belong to several groups. There's a group called a study council that I go to once a week. Superintendents from across Pennsylvania and New Jersey all get together in these sessions.

There was a session where the theme was the future. What would public education look like? And they gave us a bunch of books to read and some resonated and some didn't.

So, the book "Inevitable" by Chuck Schwann and Beatrice McGarvey was clearly the driving force. So I read the book, put the book down and realized I couldn't go back to being the same kind of educator that I was.

You know, I've been in this profession for 25 years. I was moving along just fine. So, it really came down to: can I continue to do what I've always done, which I could've

but, personally, [my] north star, [my] compass, said I just have to change things up.

## Q. What has been your biggest problem: PR? Skepticism? Motivation? Immaturity? Challenged learners?

A. Inertia. The lack of change, of movement in public education... There is a notion that for 120 years we have done business the way we've always done it.

Public schools are good, don't get me wrong. We're not broken, but if we're not careful, we'll become obsolete... so there is this notion that we've always done it this way.

It was good enough for your parents and that's all they want for you. When in fact the world is changing, jobs are changing, we don't even know what jobs we're going to have in 5-8 years so how do we really... [this era is] rapidly changing, and yet we are stuck in this lack of

**"I like getting people to do stuff they wouldn't ordinarily do."**

movement, lack of change.

I call it the backwards-forwards principal. Everyone understands what they had when they were your age, and yet our job is to prepare you forward... there's all this nostalgia that leads to this inertia.

## Q. What's the best experience you have had as superintendent?

A. The best experience of superintendent? I don't know.

Here's what does it for me. I don't know that I can point to one, like, epiphany of experience... I like getting people to do stuff they wouldn't ordinarily do. Like when I work with principals, I edge them, I push them, and I cajole them, and I beg them and I force them because I guess I'm the boss.

All those scenarios... for me, when you take a look at what we've done the last four or five years... we've come a long way... What brings me satisfaction is that I have some influence in that change process.

It's not all me. Frankly, I do less of this than, you know, principals, teachers, everybody else is fighting a good fight.

For me, I really enjoy that leadership piece. That influence piece... It is also sort of kind of neat because I can read this book, this idea and the conversation manifests itself into what you see here and kids learning at their own rate.

So, all of that I get a great deal of happiness from... I say to people that it's very possible that I could have read that book and been put on Earth at this very moment at this very time to prove that public education can change.

## Q. How do we get the funds for MCL? IT staff?

A. We have always... let's just talk about the budget... We have budgeted roughly a million dollars... Every year since I've been superintendent, we've been talking

about going one-to-one even before I was superintendent, 15 to 20 years we've been talk-

**"When something goes south or goes sideways, being the boss is never fun."**

ing about it.

It got to the point where in the high school we got enough devices here... We did what we had to do to get whatever devices to achieve it... We've always budgeted that money and there's been no real increase to do so.

We stopped buying textbooks... so we've saved money in that respect. We haven't seen many savings in paper... So paper hasn't really been the offset that we expected it to be.

## Q. How does Central go against the popular opinion regarding learning styles?

A. Here's one thing I realize... [before I worked here] I always heard of Central and they were always doing crazy things... I always sort of heard of Central.

This district did this thing called the IM Series way back in the day— vision is part of your job, my job is to look around the corner.

What's going to happen in five years? Schools put you in this box that says everybody learns at the same rate the same way and we know that is just false. Crazy, goofy ideas come from us and they usually work out.

## Q. What's your end goal with MCL?

A. I don't know. I sort of term it like this... It's one conversation at a time.

So, whether you're a kindergarten or a fifth grade cat, we can have a conversation with you and your parents and respect and understand how you learn, what is your best learning style, and our answer more often than not is, "Yeah we can do that."

When I was in high school you couldn't do much else than 8 periods a day... If I left high school early, someone would've tackled me and asked, "What are you doing outside? You're suspended..."

Technology will help us manage that and then humans will let us remain insanely human... We will arrive when we can have a conversation with you and your family, and how do you learn best, what do you want to learn and "yeah we can do that."

## Q. What's one of the hardest decisions you've had to make?

A. I think the toughest decisions you have are personal.

When something goes south or goes sideways, being the boss is never fun. It's overrated... There are tough decisions, there are tough things you have to do. It's difficult.

If you're an administrator... just wait. There are tough decisions you have to make at times, and I try to do that with humility and respect...

And sometimes snow calls. The worst call is graduation— rain or no rain. That's a pain.

# Dr. Snell namef Pa superintendent of 2018 (cont.)

**Q. Why does Central always have to be the guinea pig? The first to try everything?**

A. I think it's an expectation... It's back in our DNA.

We were the first to roll out devices... You have to be comfortable being out there and working that angle. It's a whole lot easier in the middle of the pack... but when you're out front it's a little colder and a little bit more daunting...

At some point people say "What's next? When is enough enough?" and I think that's a good question. I think we're at a really good place with MCL right now... So there's this sense that we are out there and that's just what we've always been.

**Q. We always see the kids who thrive in an MCL environment (the "poster children"). What about the kids who don't thrive using MCL?**

A. So that's a great question. Customization means to customize. If we say everyone should customize and everyone should take Apollo, that's not very customized.

You know, so when you go into Starbucks now you have over 4,000 choices... when you come into this high school, we want you to have any number of choices about how you learn best.

So, if you really need a traditional class for math, go get it. We still offer that. If you want to do a hybrid, blended, self-paced class to just get geometry done because you think you know half of it already, you want to knock it out in an online course so you can get through that, then okay, you can do that.

There are folks that when you start this whole effort, they overexaggerate and overassume that everyone is going to do that... The problem is, everyone has become accustomed to everyone goes to school for eight periods a day and the bell rings.

That wasn't perfect either; it was just what people expected. We started to change the system up and everyone overreaches and says "Oh, we have to do that now."

That's not customized learning. Customized learning is how you learn best.

**Q. In a culture where people are so attached to their devices that they can't even eat a meal without it, how do you respond to criticism regarding giving young children iPads?**

A. I think you can go back in history and read any of those sort of things... When the television came out and I was young, people thought it was going to make you go blind...

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**"... diversity brings us beauty and opportunities that other school districts don't have."**

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Here's the problem: the research is inconclusive, but yet, if you spend morning, noon and night looking at that device, it's probably not a good thing. If you spend morning, noon and night eating glazed

donuts... that's not a good thing either... Just be smart and moderate it... I'm not so sure that looking at a textbook all day long is the best thing either, but you used to do that...

Some of the parents that complain are the same ones who can't put their device down either... There are equal amounts of parents that are addicted to it as you guys are, and it's about moderation and being smart.

You know people aren't going blind; small children always needed glasses. It wasn't because we gave them iPads... I've spoken with optometrists and they don't see any increase.

I don't think 180 days sitting in front of the computer is the way to learn... All I know is technology is not going away.

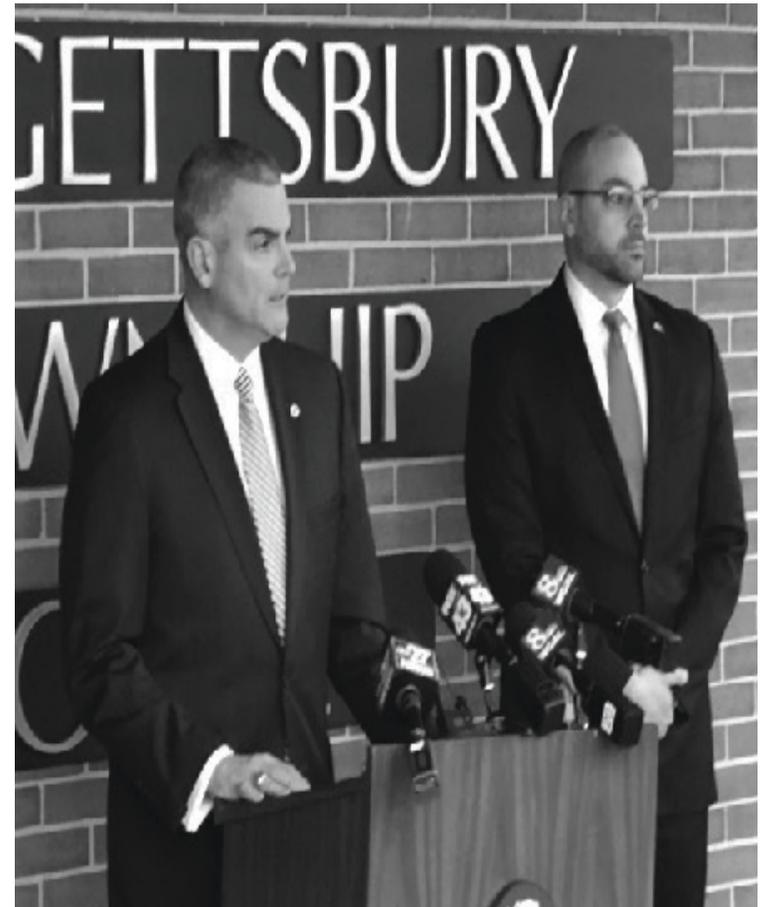
**Q. How do you deal with bad publicity?**

A. I sort of have an appreciation, I have a love/hate situation with the media. I have probably been as proud about what they printed and disappointed in what they've printed over the years...

You have to develop a relationship with reporters... I think in this day and age people have too many opinions... When we get bad press, I move on. I don't read social media... I get the fact that the press is a constitutional right; it's a very very good thing.

I'm just not enamored with, disappointed with what sells sometimes... When bad stuff happens, we try to rectify it and correct the story.

**Q. What about regarding the**



*Dr. Michael Snell (left) briefs the community with an update on Central's safety with York County District Attorney Dave Sunday (right). Photo by Grace Miller*

**Central boys accused of sexual assault?**

A. We talk about it a great rate. We get legal opinions as well. It's a non-school event; it's an off campus event.

And so there are a number of things that we have to communicate, and again, it's not a school matter... I think we issued a couple of statements early on... We have to be very careful.

It's an allegation at this point and we can't say more than we should...

I will give Ms. Romig a boatload of credit. I rarely give a speech that she hasn't thoroughly vetted... She is a gift.

**Q. What sets Central apart from other districts?**

A. First and foremost, I would say the human element.

We're the second most diverse school district outside of the City of York and I think that diversity brings us beauty and opportunities that other school districts don't have... It's about relationships.

It's about one conversation at a time... when we work really hard at relationships we'll be better than everyone else.

# Gun violence breeds conflict over gun safety laws

By Max Reeder  
Staff Writer



There have been over two dozen mass shootings in 2018, and it's only February.

Since Jan. 1, 2018, there have been at least 34 mass shootings in the United States. A total of 141 people have been injured and 60 have been killed—and those are just mass shootings alone.

In general, gun-related deaths in the United States have been on the rise in recent years. According to [gunviolencearchive.org](http://gunviolencearchive.org), in 2014, there were a reported 12,556 people killed by guns. In 2017, 15,596 people were killed. In 2014, there were 270 mass shootings, while in 2017, there were 346. These all took place in the United States.

While mass shootings did

go down from 383 in 2016 to 346 in 2017, we've already seen quite a few so far this year.

The past two years have brought the worst mass shootings in U.S. history. In June of 2016, a gunman opened fire at a nightclub in Orlando, Florida. He killed 50 and injured 53. On Oct. 1, 2017, a gunman opened fire on a music festival in Las Vegas. He killed 59 people and injured 441 others.

The aftermath of mass shootings results in a push from gun control advocates for more restrictions, while others say nothing needs to change.

Two Central students, Jacob Tyson, a junior, and Valentina Iazzetti, a sophomore, gave their opinions on gun rights in the United States.

Tyson considers himself to be a conservative, and he enjoys hunting. Iazzetti thinks of

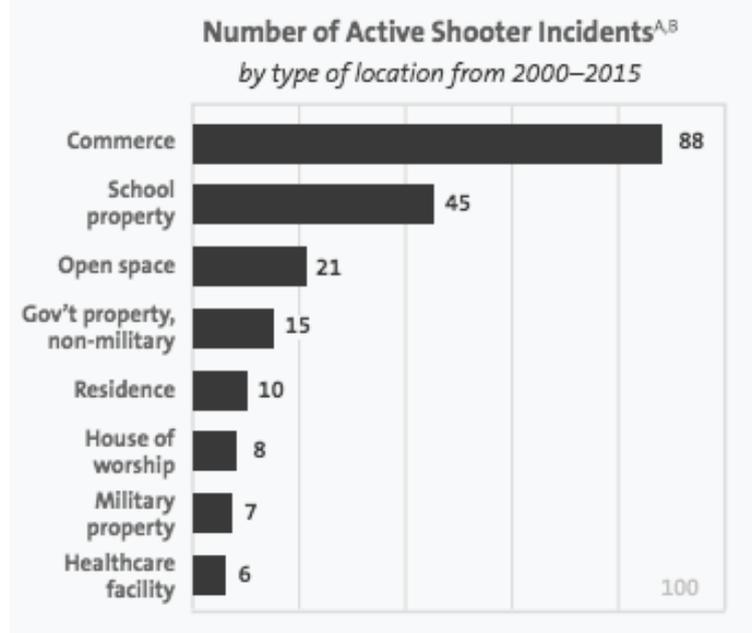
herself as a liberal and considers herself a "passionate gun control advocate."

"I think there should be more restrictions to purchasing a gun because there really is no background check on the individuals who are purchasing them, which can result in deadly events if sold to the wrong person," said Iazzetti.

Tyson has a similar stance on the issue saying, "I do support more restrictions on the buyer of the gun."

Some believe that gun violence isn't rising. "Most reports of rising gun violence are overplayed and are getting more press because our nation believes we have a problem. A rise in gun violence," said Tyson.

Iazzetti has a different viewpoint on the topic. "The U.S. spends trillions of dollars fighting terrorism when that kills a small fraction of people



The chart shows how common different locations of shooter incidents were from 2000-2015. Photo from [ovc.ncjrs.gov](http://ovc.ncjrs.gov)

killed by ordinary gun crime," said Iazzetti. "I find it very irresponsible of our government to continue to distribute firearms to unfit or unstable

people which ultimately leads to a rise in gun violence."

## School safety: An evolving challenge for schools across the country

By Sam Lavine  
Staff Writer



Fifty.

Fifty school shootings in this academic year.

Colleges, high schools and middle schools have all been the scenes of gun violence. In order to understand the situation the country is facing, one must look to the past.

It's 1999, and two perpetrators killed 12 students and a teacher before taking their own lives at Columbine.

It's 2014, and students are killed at an elementary school in Connecticut.

In 2017, there have been upwards of 50 shootings in the academic year and more than ten in 2018 alone.

Some of the first security reforms came after Columbine, while even more followed after Sandy Hook. Now, schools including Central practice lockdown drills at least once a year.

Scott Altland, student resource officer at Central York High School, has been a police officer for 26 years. He has been working at Central for three school years.

The most common incident he deals with at Central is the occasional fight.

"Normally some we've

seen first hand, but some we haven't," said Altland. "The biggest thing is, number one, to get them separated and do that as quickly as possible... It ensures the safety of us as the adults, the administrators and me and, number two, it alleviates cell phones coming out."

He also stated that social media is one of the greatest challenges he faces, as it allows news of the altercation to travel quickly.

Officer Altland also does his best to prevent fights or any type of incident from happening. One of these key methods is something he calls "visibility," where he makes sure that his presence

is known by doing things like parking his car in the front of the building.

He says he does this because after all the students arrive, there is only one way into the school: through the main entrance.

Officer Altland hopes that someone seeing his car will keep them from trying anything.

Administrators at Central, as well as the district, are also doing their best to increase school security.

Dr. David Czarnecki is one of the administrators at Central working with other district officials to increase security. Dr. Czarnecki is work-

ing hard with the district to review and revise security at Central.

"You have to be ready to adapt to situation that comes our way," said Dr. Czarnecki.

Both Officer Altland and Dr. Czarnecki say their focus is always the safety of the students and faculty first.

Lockdown drills are a big part of safety at Central, and Dr. Czarnecki believes that these drills are crucial, saying, "It is something that is important to me and the district."

According to Czarnecki, the district is looking into updating security policies in the coming months.

# Editorial: How do we combat cruelty with kindness?

By Linh Nguyen  
& Laila

Samphilipo  
Staff Writers



Some of you may view kindness as a weak trait, one for people inferior in comparison to you. Maybe a trait that only the meek possess.

Looking around today, it's not uncommon to see us teens put each other down, particularly online, and forget that being kind and mindful only goes to improve our community.

Living in a culture that incorporates technology makes it seem difficult to establish emotional connections. Social media allows for many amazing things due to the possibility for anybody to increase their general awareness of the world.

But similar to most things,

there is also a darker side to it. As teenagers, we seem to find comfort online, hiding behind screens anonymously, utilizing our ability to say whatever we please without any form of actual confrontation.

In our eyes, we can do remotely anything and not have to suffer the consequences of our actions. This lack of kindness is damaging to those who find themselves victims of cyberbullying or harassment. According to Cyberbullying Research Center, about 34 percent of students experience cyberbullying and 15 percent of students admitted to cyberbullying.

One can define kindness as the quality of being friendly, generous and considerate towards others. Some might say kindness is a lack of strength in

character. However, we think that kindness takes a lot of courage to display and shows exceptional character.

It's not difficult to show compassion and be kindhearted, especially in a school environment. The Aavidum club at the high school promotes acceptance and appreciation for everyone. It's an organization run by students and teachers, focusing largely on improving mental health awareness for all students.

Aavidum has created an online presence on Instagram. There, they offer motivational support and update Central students on current events. On a platform where bullying is fairly prominent, Aavidum seems to shed light on issues we all face in a relatable matter.

According to one study,



Few students showed up to school on Tuesday Feb. 22 due to threats made in the past few weeks. Submitted photo

when you're kind, you also encourage other people to reach out and be altruistic. Not only is being kind beneficial to others, but it also enhances your behavior and heightens production of endorphins.

The Department of Psychology of Tohoku Gakuin University in Japan did a recent

study on the relationship between kindness and happiness. The results showed that by being kind for just one week, the participants were happier.

Clearly, by acting kindly toward others we can improve our lives. We implore you to make changes and utilize kindness in every way possible.

## CYSD holds town hall meeting, fields community questions

By Grace Miller  
Editor-in-Chief



Bear spray was a topic of interest at Central School District's town hall meeting on Feb. 28, 2017. With the topic being brought to light by Howard Geyer, the crowd responded in a variety of ways. Some got a laugh out of the suggestion, dismissing it altogether, while others contemplated the accuracy of the weapon.

"One of my recommendations would be is 9.2 ounces of bear spray... I mean it's no joke. You can look it up on YouTube and watch all the videos of people trying to rob someplace and they get shot with this stuff and it's like, you know, truth," said Geyer.

Superintendent Dr. Michael

Snell stood before a crowd of people in the high school auditorium with a panel of community spokespeople, experts and elected officials knowledgeable about the threats made towards Central the previous week.

Questions were reserved solely for community members, allowing them to voice their concerns about school safety. A variety of topics were discussed, many reflective of the problems that America is facing nationwide.

Central senior Billie White asked a question that has recently been on the minds of many students and adults: "[I have a question] Regarding the projected possibility of having walkout protests in the following months of March and April, and I wanted to know your

standpoint on that issue."

The school walkouts that White references have been planned by both students and nationally recognized groups. They are planned for March 14 and April 20.

Dr. Snell responded to White's question saying, "So ultimately I care about your safety and security... the moment that students want to walk out causes alarm. What I will also acknowledge is right now the student voice might be moving the issue... having kids walk out of here in an uncontrollable fashion is unacceptable."

While Dr. Snell voiced his concerns about the safety of a walkout, he says he is still an advocate for the cause. "We've already had conversations with high school administrators

about avenues that you can utilize your voice," said Dr. Snell.

Other discussed topics varied from second-floor ladders to metal detectors to arming teachers. Dr. Snell said that all potential safety decisions were "on the table."

With the extensive safety procedures being examined, Central parent Matthew Grimes, who is also a therapist at one of the state's prisons, is worried that drastically changing safety precautions will defamiliarize students' surroundings.

"The security protocols [at the prison I work at] sound an awful lot like what security protocols we're moving to here at this school and at this school district," said Grimes.

Along with new safety pro-

cedures, one parent requested additional mental health services, saying, "We can afford for all the students to have an electronic device. I think the students all need mental health access."

The comment gained a large amount of applause, the first of the night.

The underlying theme of the night was that no suggestion is unreasonable, with the exception of patting down students before they enter school.

In light of the threats made at the end of February, Dr. Snell urged all community members to say something if they see or hear anything suspicious.

He also stated that the Panther hotline is always available for such situations at (717) 846-6789.

# Students rally behind feminism during 2018 Women's March

By Grace Miller  
Editor-in-Chief



Elisabeth Ketterman, graduate of Central York's class of 2017, left the 2018 Women's March with a strong feeling: empowerment.

As a Women's March veteran, Ketterman says this year's march had a different vibe from last year.

"Last year, [there] was a sense of urgency, as it was right after Trump's inauguration. This year it was pure anger and frustration of how people have been treated unequally this past year and even before then," said Ketterman.

The second annual Women's March took place on Jan. 20 in Washington D.C. and across the country.

According to Ketterman, what did stay the same, however, was the necessity for women to protest.

"Participating in these marches gives visual strength to the passion we feel, and develops a sense of unification," said Ketterman.

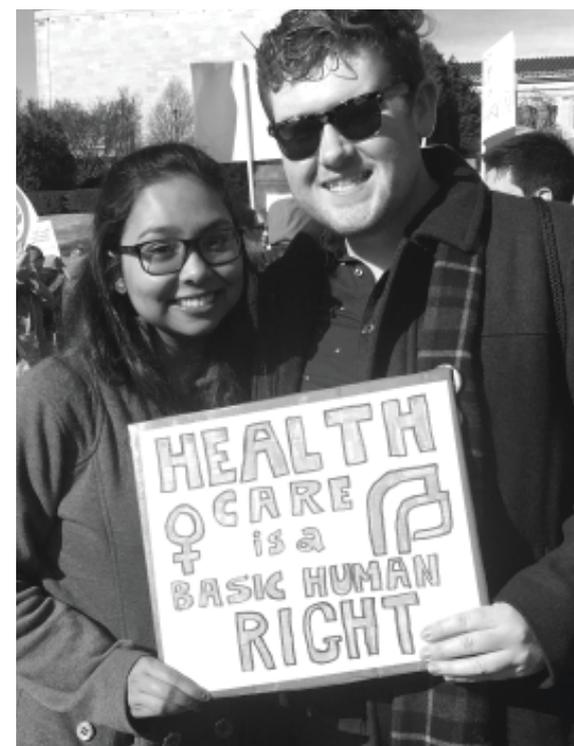
President Trump took to Twitter to make seemingly positive comments about the march, saying, "Beautiful weather all over our great country, a perfect day for all Women to March."

The comment was ironic to many, as Trump was the subject of many protesters' anger, including Ketterman.

Throughout it all, Ketterman has one request for others: "Go cause good trouble, and remember: if you don't do politics, you will have politics done to you."



Protestors march with homemade signs rallying against the current president. Submitted photo



Central alumna, Afrah Howlader and Liam Giberson protest for health care at the 2018 Women's March in Philadelphia. Submitted photo

# Central junior Patrick O'Neill creates tool for national competition

By Grace Miller  
Editor-in-Chief



For as long as he can remember, junior Patrick O'Neill has loved engineering.

After entering a national competition titled Two for the Crew, O'Neill is having his work recognized by the ASME Foundation and NASA.

Two for the Crew is a competition that asks high school students around the country to create one 3D printable tool that combines the functions of two. The winner will have their tool 3D printed by NASA and used by astronauts

in space.

On its website, NASA describes the challenge: "Students will be inventing multi-use tools and customized equipment astronauts can use, including solutions used for maintenance, medical, trash management, and the overall need for securing and storing items in microgravity."

O'Neill's tool is titled Crescent Moon and combines a crescent wrench with strong pliers. His tool landed him a spot as one of four teen finalists.

O'Neill, creator of Central's e-NABLE club that builds prosthetic hands for those in need, says he entered

the competition with hopes of winning supplies for his club. As a finalist, he has won a 3D printer.

"I knew that this competition would let me achieve one of the goals that I set for my club, so the opportunity was incredible. This motivated me to develop the Crescent Moon," said O'Neill. "Currently, the club is using my 3D printer. One of the goals of [e-NABLE] was to fundraise for a 3D printer so that the club can continue on even after I graduate."

While the process has not been easy, O'Neill is thankful for the recognition. "I designed the Crescent Moon

over a period of four months, through an iterative design process. I was extremely fortunate to have a 3D printer available to print out and test my designs. My process started with me creating a rough version of what I was trying to achieve. After reviewing that version, I would make changes and update the design. After over 40 versions, I arrived at the final design."

The final winner of the Two for the Crew competition will be chosen on March 14, 2018. Along with having their invention printed in the International Space Station, NASA says the winner will receive, "[A] Trip to Washing-

ton, D.C. for VIP experience to learn about space exploration and design printed on the Advanced Manufacturing Facility on the space station."

As March 14 approaches, O'Neill is excited to see what happens next. "I think that it has been amazing to have made it as far as I have. I do think that there is definitely very strong contenders within the finalists, but I have achieved my main goal already, winning a 3D printer for the club. If I make it further, it would be very exciting. However, I am extremely pleased with how far I've made it already," said O'Neill.

# Planet Earth warms, politicians continue to argue

By **Fayth Snyder**  
Staff Writer



Global warming, also referred to as climate change, is an environmental issue that's been around for quite some time. The changing planet does not go unnoticed by scientists. Between the years 2003 and 2008, NASA recorded that over two trillion tons of ice melted in the polar caps. That means that for five years, 12,500 tons of water flowed into the oceans every second. And in 2017, NASA discovered that Earth's external temperature was the second warmest it'd been in 137 years.

In regards to climate change, Central York High School ecology teacher Eric Webb said, "I think it's hard to say that it's not happening.

I have a tendency to trust the findings of scientists and look at the data, and the data suggests that the climate is changing, and warming is happening." Billions of people are inadvertently affected by the planet's gradual decay.

"I hope we can leave the planet better than it was when we arrived. I think that's a moral obligation; we have to think of future generations," said Webb.

"You know, there were some people in the '70s and '80s that were concerned about climate change and global warming in our country and were speaking about it. They were speaking about it in Congress, and Congress didn't act. Our presidents didn't act; globally, people didn't act," said Webb. "Now, we're going to have to deal with being reactive to it."

Senior Ben Herbert plans to enter the field of ecology after graduating. "I'm concerned about our forests, wildlife... basically, the whole planet. I guess what I'm most concerned about is people who still don't believe humans are responsible for the way it's changing now," said Herbert. "Because what good are they going to do this planet?"

Planet Earth is changing, and every action, either for, or against it, takes a toll.

One such action occurred in early June of last year when President Donald Trump announced the United States' separation from the Paris climate agreement, which was created with the intentions of acting against the changing climate and reduce mankind's impact.

"The guy in charge thinks



Eric Webb (left) holds a taxidermic house cat while he talks to Brendan Martyn (right). Feb. 9, 2018, in room 511 in Central York High School. Photo by Fayth Snyder.

that global warming is a scam made up by the Chinese. He dragged the country out of the Paris climate agreement, something that almost the whole world participates in,"

said Herbert. "I'm pretty sure the only other country that didn't agree to that is Syria, and that's because they have a civil war to deal with."

# Larry Nassar accused of over 150 counts of sexual assault, sentenced for life

By **Katie Kruza**  
Co-Feature Editor



Larry Nassar, former physician for many well-known female gymnasts, was accused and found guilty of sexual abuse. For the past few decades, Nassar has used his power to do the unimaginable.

Judge Rosemarie Aquilina was placed at the head of Nassar's court hearing, sentencing Nassar to 40-175 years in prison after more than 150 women and girls testified that Nassar had sexually abused them or someone else.

Nassar's court case included days of victimized women speaking directly to him about their experiences. Each woman, including Aquilina, made sure that they would not be silenced.

No one was holding back their opinions, including Nassar himself. He said that he was "manipulated" into pleading guilty and that all these women had been lying to the courts and the world. "I was a good doctor because my treatments worked, and those patients that are now speaking out are the same ones that praised and came back over and over," Nassar wrote. "The media convinced them that

everything I did was wrong and bad," said Nassar.

Unknowingly to him, however, the uproar grew louder.

"I find that you don't get it, that you're a danger. That you remain a danger," said Aquilina.

After a total of seven days, 156 women spoke in court. Not all of these women were abused by Nassar but they all had so much to tell him.

Nassar's total number of charges landed him with a lifetime behind bars.

"This situation had gone on for way too long and just because he was a highly decorated doctor did not make

it okay for coaches to ignore accusations of his inappropriate actions in the past," said Jacqueline Terpak, a gymnast and senior at Central.

"The girls affected were uncomfortable during so called 'treatment' but again, as a young teen when do you think to question a doctor or anyone of higher power than you," said Terpak.

The women who all spent time with Nassar for treatment said that because of the abuse, they struggled with anxiety, depression and some instances of self-harm. Certain victims said that they no longer trust doctors or that they shrink from any physical

touch.

"Nassar is a despicable human being that damaged hundreds of lives," said Isaac Embry, a Central senior.

This court case has only fueled the #MeToo movement. People all across the world are coming out, bringing abusers forward for what they have done.

"I hope that this ends the movement but doesn't end the conversation. There needs to be an end to the fight, but not the communication or the dialogue about the issue. I don't want to have to see women fighting for basic rights because of the indecency of other people," said Embry.

# North Korea marches with South Korea at the 2018 Winter Olympics

By Ben Herbert  
Staff Writer



On Feb. 9, the 2018 Winter Olympics kicked off with an opening ceremony in Pyeongchang, South Korea, where North Korea and South Korea marched together under a unified flag.

Despite the ongoing diplomatic tension between the bordering nations, North and South Korea held talks for the first time in years in January, and an agreement was made for the northern nation to send athletes to the Winter Olympics, as well to form a joint women's ice hockey team with players from both countries.

Many people see this as a major step in the relationship between the North and the South,

who have been rival nations since the Korean Peninsula split after World War II. However, Gregory Wimmer, a social studies teacher at Central York High School, says otherwise.

"Their marching into the Olympics is not the first time they've done it in the past 20 years," Wimmer said, referring to the multiple times they've marched together in the Winter and Summer Olympics since 2000.

Wimmer considers it as more of a "nice gesture" between the two countries, rather than a diplomatic easing of tension.

"I don't think it's going to harm anything. I don't think there's a reason for trust to be broken down. It's not like [North Korea is] going to drag them up the border... I don't think the athletes have anything to worry about," Wim-

mer said.

Central sophomore Josh Baum, however, sees it differently.

"This kind of reminds me of back in the 1980's when the United States played Russia in the Winter Olympic games and the hockey teams played against each other. That was sports, but it also had a big political movement [behind it] as well," Baum said.

Baum has a large interest in global politics. It's a subject he'll have a prolonged discussion about. The relationship with North Korea and South Korea is one that Baum pays a lot of attention to. He expressed the idea of a peaceful relationship being built after the games, but also warned people not to be so optimistic.

"This could be an attack. Honestly, I wouldn't really be too surprised about that," he said.



The sun rises over Pyeongchang, South Korea, where athletes competed until Feb. 25, 2018. Photo from Korea.net

Baum commented on North Korea's history of human rights violations and countless executions ordered by leader Kim Jong-Un, as well as its threats against foreign nations in the past, and

how their increasing arsenal has been a major problem to South Korea and its allies.

"They couldn't launch a missile to America but they can certainly launch one into South Korea," Baum said.

## Central introduces cyber snow day, gets mixed reviews

By Laila Samphilipo  
Staff Writer



Innovation seems to be in Central York School District's DNA. From issuing technology to students, to incorporating new learning styles into curriculum to now, the introduction of FID.

Central implemented their first "Flexible Instruction Day," known as FID, on Jan. 30, 2018. This allows students to work at home when school buildings are closed as a result of winter weather or emergencies. The state allows

these days to constitute as full school days, so they will not need to be made up later on throughout the year. Some welcomed the idea, while others seemed skeptical.

"It was lovely," said Brandy Detwiler, an English teacher at Central York High School. "All but a couple of my students completed their work that day via Schoology. The remaining students turned in their work the next day when they got to school."

Detwiler also said that not only did she think the day was a success for students, but also a personal victory, as she enjoyed being able to

spend time with her family while working actively with students online.

Her son attends Roundtown Elementary School, so he stayed home as well. Detwiler says that she, along with her husband and son, sat at the table and did all their work together. "I was able to answer emails, monitor work on Schoology and put together a few screencasts," said Detwiler.

She is not the only one looking forward to possibly more FID days in the future.

"I liked it because I had more time to do my work. I was in a comfortable envi-

ronment where I could take breaks when I wanted to," said Lauren Weirauch, a Central sophomore. "I had a balance of work and play."

Weirauch said that FID gave students the opportunity to work realistically, in a way that was flexible and prioritized time management skills, giving her a bit of insight as to how self-paced classes work; with course selection following soon after, the timing seemed nearly perfect.

Thomas Williams, a Central junior, agreed that the "cyber snow day" has great potential, but could use some improvement. "I'm sure that

the whole concept has some points that need ironing out," he said. "For instance, making sure that students know their assignments, or that they actually do them."

Despite the presumed benefits of FID like possibly cutting costs through lunches, gas and bussing, even reducing possible car accident risks, the district has seemed to put FID on pause.

On Feb. 6, the district released a statement, stating: "We have gathered feedback from all of our stakeholders and are evaluating it to determine what worked best and opportunities for growth."

# Central learners share what Black History Month means to them

Central students from across all grades share their thoughts and feelings on Black History Month, which is in February.

**By Marissa Marsh**  
Editor-In-Chief of P.O.P.



Celebrated every February, Black History Month has a different meaning to every person. Here's what Black History Month means to Central from the tiniest learners to the staff.

**Clydiene Francis, Diversity Specialist**

"Black History [Month] to me means reflection. I like to reflect on the many African-American activists who fought for equality, their bravery and how that changed the way I live today."

**Morgan Batts, grade 12**

"This month celebrates and recognizes all of the amazing things that African-American leaders and civilians have done to build a path for their people to succeed. It also allows me to be truly grateful for everything that my ancestors have done for me, and how it's going to increase my future success."

**Chika Emeribenini, grade 10**

"What Black History Month means to me is celebrating the people who came before me that made it pos-

sible for me to go to the school I get to go to today. Celebrating the years of slavery black people had to endure for me to be able to live in a beautiful home with friends of many different races. Black History Month both celebrates all the accomplishments we have made up until now while shedding light on the things that still need work."

**Tehya Shaw, grade 8**

"I think it's a very important time of the year. It helps us realize how important this time of change was, and even how black excellence is continuing now."

**Mikayla, grade 6**

"[Black History Month is important because] everyone is important and everyone means something to the world."

**Logan, grade 6**

"To me, [Black History Month means] the diversity of our country and what we went through to make our country what it is now."

**Kendall, grade 3**

"Yeah it's a good thing that we have Black History Month because Martin Luther King is my role model."

**Joseph, grade 3**

"Black History Month is a good thing, it makes me feel good to know that that happens. My mom is my role model."



Roundtown Elementary School Principal Matthew Miller shares that the green circle represents and celebrates diversity, something that Black History Month does as well. Photo by Marita Blake

**David, grade 3**

"Black History Month is a good thing because it's good to honor people who did good things. Kylie A. is my hero. She's in my class."

**Chenekan, grade 2**

"Black History Month is a good thing because we [celebrate] black role models. My brother and my sister and my mom and my dad are my role models."

**Ayden, grade 1**

"Black History Month is a good thing because we learn about heroes. My dad is my hero."

**Cora, grade 1**

"Black History Month means that we're helping people who have black skin. It makes me feel good. My hero is my daddy since he has black skin."

**Silas, kindergarten**

"Black History Month is a good thing. It makes me feel happy. [My role models are] my mom and my dad."

# The tale as old as time made its way to CYHS

By Joelle Pacheco  
Managing Editor of OTP



CYPA came back in full force with their winter musical production of Disney's "Beauty and the Beast." On Feb. 16, 17 and 18, the tale as old as time came to life in our very own auditorium.

All three nights of the show sold a total of 3978 tickets. The auditorium had a capacity of 1053 seats for each show.

Senior Annie Reichart, who previously played Ariel in "The Little Mermaid," was cast as Belle for this production.

Reichart said, "I really love Disney shows and I love all kinds of fairytale shows. I feel like at school my true calling is in theater. I'm not really a contemporary theater

person, but I like more classic stuff, so doing 'Beauty and the Beast' is obviously really cute because kids come and that's more my audience."

Even with the knack of playing Disney princesses, she doesn't think already playing one princess made this role any easier.

"They're honestly very similar except Belle has so much more character and so much more to stretch with," said Reichart. "This role is kind of difficult because there's already been kind of a set way on how you're supposed to portray Belle, but it's really cool to bring it to life in my own way."

Production-wise Reichart said, "It's a very big collaborative production. I feel like everyone has really been working together to make the image. Compared to other

shows, it moves very quickly and it also moves so fluently. As a show compared to others and compared to the movie, it's so much more heartfelt."

Senior percussion player for the pit, Melanie McGeary, has a taste of the amount of work that goes with preparing the music for the show. This is her third musical she's played in pit for, the others being "The Little Mermaid" and "Sister Act."

McGeary said, "This year we started in late December, early January and our show is in the second week of February. It does take awhile. Normally we start right when we come back from Christmas break."

The most difficult part about her job is playing for almost the full length of the show with the amount of instruments she's in charge of.

Pit involves her playing mallet percussion, xylophones, chimes, orchestra bells and accessory instruments like the triangle and tambourines which she shares with pit-mate Bobby Tufarolo.

Both Reichart and McGeary agree that there's something about being in CYPA productions that sticks with you. For Reichart, it's the feeling she gets by impacting young children with the roles she plays.

"When they see the characters on stage and when they come see you afterward, they love you and they don't even know you. It's awesome," said Reichart.

McGeary said, "It's super rewarding in the end. No matter how much work you're going to put into it, you know in the end that it's going to be absolutely amazing and

people are going to love it. I think it's that gratification of knowing that, especially seeing little kids there enjoying it and going up to the main characters and getting pictures with them, you were a part of something that's going to help other kids want to do that in the future."

Musical theater has a special place in McGeary's heart. She sees productions like this as a moment that will never occur again and is something that needs to be experienced first hand.

McGeary said, "That authenticity of live theater is something that will never go away and I think it's something that everybody should experience as often as they can."

## Sarah Lanphier: The journey to becoming a businesswoman

By Linh Nguyen  
Staff Writer



Sarah Lanphier, CEO of Sarah's Sweet & Savory Snacks, located in downtown York, is dedicated to creating a balance between nutrition and taste. Lanphier said, "Sarah's Snacks emphasizes bold, international flavors, clean ingredients and spectacular taste. Reducing sugar, increasing protein and using non-GMO ingredients--the focus was and will always be on flavor." She focuses on "mindful snacking" and offers recipes and tips on her blog.

Bella Sweeney, a sophomore, says she particularly

enjoys the Vanilla Ginger granola as an after-school snack. She often goes to downtown York and visits Sarah's Snacks every time.

Lanphier, a 2005 Central York High School graduate, has lived an active lifestyle. She swam on the high school swimming team, participated in her college triathlon and cross country team and is now involved with CrossFit.

"I really enjoyed competing on the cross country team in college," said Lanphier.

In spring of 2008, Lanphier started her business with her mother, Gayle Lanphier. They kick-started their business as a stand in York's Central Market and later opened

a retail store located on 46 W. Philadelphia Street.

"At first, it was mainly used for storage to support our wholesale operation, but has grown into a thriving part of our business," said Lanphier.

Lanphier's business began as a business class project at Elizabethtown College. Lanphier suggests that people should study the industry or business field they're interested in as much as possible.

"Things are always way more complicated than you think," said Lanphier. She spent three years researching the food industry and working in the bakery located on campus.

Lanphier's business was first called Nuts About Granola and was used as a fundraiser for her college triathlon team. In 2017, Lanphier rebranded the company to Sarah's Sweet & Savory Snacks. She contributed the name change to expanding her products to more than granola based food.

Sarah's Snacks will be launching new products later this year. Lanphier said, "I am very proud of the re-branding and positioning we accomplished with Sarah's Snacks brand and I am very excited to see where it goes."

Sarah's Snacks now offers a variety of nine different flavors of granola. From Jamaican Jerk, Peanut Butter and

Chocolate, Peanut Butter and Jelly, Vanilla Ginger, Vegan Trail Mix, Coconut Curry and even grain free options including: Banana Maple, Chocolate Chia and Original Nut and Seed. The company website also offers gift baskets and a sample gift set. Consumers can find the snacks in select Target stores, Leg-Up Farmers Market, Brown's Orchards & Farm Market and other locations throughout south central Pennsylvania.

# Album review: rapper Drake

By **Marita Blake**  
Managing Editor



Drake recently released “Scary Hours,” an EP with two songs — “God’s Plan” and “Diplomatic Immunity.” With “God’s Plan” having almost four million streams and “Diplomatic Immunity” not even hitting one million, it is clear which one people prefer.

This is my third Drake album review for this paper, and certainly not my favorite. “God’s Plan,” is a great song that will definitely be on most of my summer playlists, but “Diplomatic Immunity” was disappointing to say the least.

And for good reason.

“God’s Plan” has the superior lyrics, with ones such as “Don’t pull up at 6 a.m. to cuddle with me,” “She say, ‘Do you love me?’ I tell her only partly, I only love my bed

and my momma, I’m sorry” and “Imagine if I never met the broskies,” being popular on Twitter.

We have all seen the “Imagine if I never met the broskies,” captions that are all too abundant already, but I’m expecting to continue to see more of these through the summer as people take more group pictures.

“Diplomatic Immunity” didn’t have this sort of popularity.

And I don’t mean to trash anyone who likes it — when I reviewed “Views,” I didn’t like it at the time of the review and now it’s one of my favorite albums.

I think that it’s hard to review music when you haven’t really experienced it yet or been in situations where it is playing.

The part of music that makes you like it is the experi-

ences you have while listening to it.

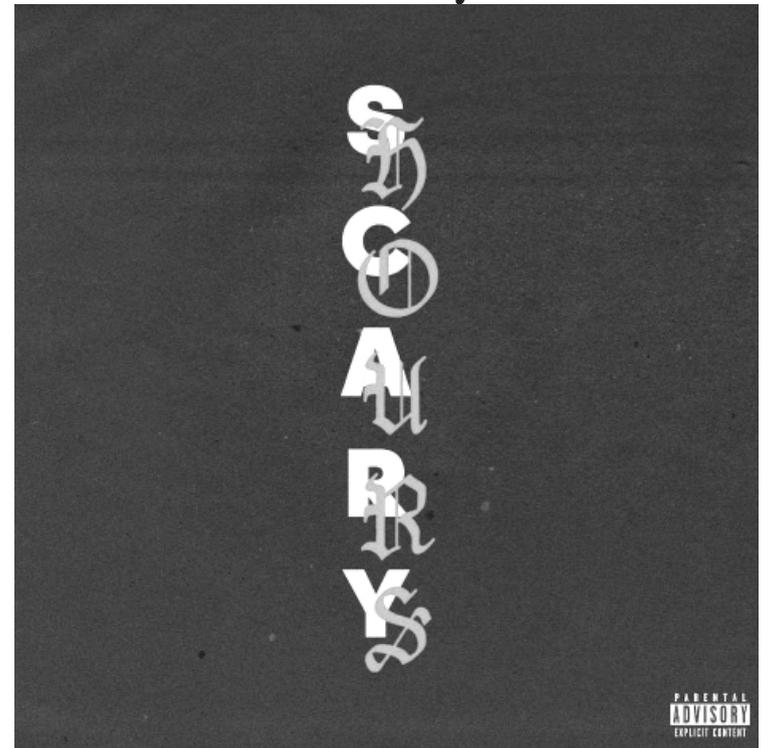
While this was an okay release, I think that it’s clear Drake may be starting to come to the end of his music career.

He is now 31 years old, and as much as I have grown to like his music, I think that he, frankly, is getting too old for the game. He isn’t able to keep up with the high-pace environment of releasing a full album every year as he has been doing for the past five years, including two albums in 2015.

This being said, of course I’m hoping he will continue to make music. He certainly isn’t the oldest in the game with Kanye being 40 years old.

In comparison to his past albums, I don’t think that “Scary Hours,” is up to par with “More Life,” or “Views.”

# releases ‘Scary Hours’



Drake’s new album cover, which says “Scary Hours” vertically down the middle. Photo from Genius.com

Only 50 percent of the songs on an album being worth playing certainly is below

what his past albums have been.

# Central students talk recent ‘Black Panther’ movie release

By **Sherron Copeland**  
Staff Writer



Senior Isaac Embry loves movies so much that he went to see “Black Panther” over its premiere weekend of Feb. 18. “Black Panther” is about one of Marvel’s many superheros.

The movie is centered around T’Challa, whose father was king of the fictional nation of Wakanda. T’Challa’s father’s brother went to America before T’Challa was born. While T’Challa’s uncle lived there, he sold vibranium, Wakanda’s most valuable resource, to a guy that’s been robbing Wakanda Clouse. The king’s brother fell in love with

a American woman and had a child, Killmonger.

After learning of his traitorous ways, the king kills his brother, leaving Killmonger clueless in America. Killmonger eventually finds out the truth and takes his anger out in war. He then goes to Wakanda and fights T’Challa for the throne to be king.

Embry said that what made the movie so good was how the villain was different from other Marvel movies. “It was different. Marvel gets predictable, but this one kind of broke the mold. This is really different because usually Marvel’s villains are weak,” said Embry.

Embry also said that the



jokes were placed in the right spots in this movie, whereas in other Marvel movies the jokes appeared in the wrong scenes.

The day he saw the movie, Embry took note of the audience. “There was a big portion [of different people], white, black. There were parents and kids, some older people. A very big portion,” said Embry.

“I like to sit in the back and there was people everywhere I looked. I even went before 12 a.m. I had to sit in the very front, which wasn’t as bad as I thought.”

“Black Panther” got a lot of noise and hype before its release, and Embry was not

let down. “I think it lived up to the hype. It was really really good. I like it a lot,” said Embry.

Embry liked the movie so much, that he had very little negative to say about it. He said, “I don’t know, Michael B. Jordan was the only thing that I could pick out. He was like a 93 and everyone else was a 95, but other than that, no.”

It’s commonly known that Marvel plays post scenes at the end of their movies. “The post credits had the winter soldier in it, so I was really excited,” said Embry.

# Central musicians talk thoughts on Grammys, music industry

By Molly Reinhard  
Staff Writer



Winning a Grammy is most musicians' dream.

But along with the 60th annual Grammy Awards on Sunday, Jan. 28, 2018 came a lack of female award winners, sparking controversy among viewers and stars alike.

The spark of outrage may not be uncalled for after a night of white roses on the red carpet, an accessory of many artists in attendance, representing support of the Times Up movement. The #MeToo movement, recently brought into the light of the media by the countless sexual assault allegations in Hollywood, began in 2006 to help survivors of sexual assault.

Ironically, out of 86 awards at the Grammy's, only

17 of them went to female artists during the Grammy broadcast.

Central senior Morgan Batts has strong opinions on the lack of female winners.

"People are most definitely sleeping on the women in the music industry," said Batts.

Female nominees included Lorde, SZA, Julia Michaels, Alessia Cara, Lady Gaga, Keshia and Kelly Clarkson. Out of all of them, only one was a winner (Alessia Cara for Best New Artist).

Batts, as well as junior Jackson Marino, felt that SZA, best known for hits such as "Love Galore," should have been acknowledged for the music she released this year.

"I think SZA deserves more recognition. She's one of the dopest artists out right now," Marino said.

Along with the indigna-

tion relating to the lack of female Grammy winners came a statement from current Recording Academy President Neil Portnow. According to The Cut, Portnow said, "It has to begin with...women who have the creativity in their hearts and souls, who want to be musicians, who want to be engineers, producers, and want to be part of the industry on the executive level... [They need] to step up because I think they would be welcome."

This statement came under fire in the media, with many female artists responding with harsh criticism, claiming it was a sexist remark. However, Central students Marino and Batts both agreed with Portnow's statement.

"Good music is good music, and it's as simple as that... I don't think anyone



Morgan Batts records her music in a studio located in Baltimore. Submitted photo

at the Grammys is sexist or is actively trying to make things harder for women," said Marino.

"I agree with everything that [Portnow] said because as an artist myself, I have to work hard to earn that number one spot," said Batts.

Batts isn't the only Central student hoping to create a career in music. Marino cre-

ates beats and uses SoundCloud to share them with others. He plans to pursue music in college, but not for money or fame.

"All I want is to be able to do what I love every day," said Marino.

Follow Marino on soundcloud @jack-marino-1

Follow Batts on Instagram @morgann.alex

## Season 22 of 'The Bachelor' brings drama, entertainment

By Marissa Marsh  
Editor-In-Chief of P.O.P.



True love.

Many long to find it.

And there's no better way to find true love than on national TV.

Season 22 of ABC's "The Bachelor" began Jan. 2, starring Arie Luyendyk, 36, as this year's Bachelor along with 29 girls trying to find true love.

"The Bachelor," is a dating television series that takes place over the course of several weeks. After going on many dates in various locations around the world with

all of the women vying to be the his wife, the bachelor offers the women he wants to remain on the season a rose, eliminating the women who do not receive one. Eventually, he proposes to the last woman remaining.

Luyendyk was a contestant on season eight of "The Bachelorette," and some say his announcement as this year's bachelor wasn't exciting.

"I don't really like Arie as the bachelor," said Suburban junior Lauren Wallace, a self-proclaimed "Bachelor" superfan. "I like when the bachelor is someone from the last season that I already know and

love. Arie is a little old."

Even without having the ideal bachelor this season, Wallace says she continues to watch and enjoy the franchise.

"It's very dramatic and that's entertaining. I like picking favorites and feeling like I'm a part of the show almost," she said.

Central senior Carly Schriver says that the show is very entertaining, and ultimately why she continues to watch.

"Watching 'The Bachelor' has been a tradition of mine for about six years. There definitely are some moments where it seems a little unrealistic, but I still love the show,"

said Schriver.

And of course, you can't have "The Bachelor" without some drama.

"There's always someone who's obnoxious and thinks everything's about them, so that didn't change this season. There's a lot of plot twists," said Wallace.

"No season is complete without a villain," said junior Sierra Smith. "The drama is so entertaining."

Wallace says that the drama is what entices Americans to watch the show.

"Americans overall are very nosy people and they like to know what's going on in other people's lives and

they can do that with shows like 'The Bachelor,'" said Wallace.

"I think 'The Bachelor' is so popular because we love the competition aspect. I like choosing my favorite woman and watching all of the drama," said Smith.

"Mostly anyone who watches ['The Bachelor'] knows that it's not a realistic way to date around. However, I just think the concept of watching someone's journey on the season and risk that they take to find love is so beautiful and brave," said Schriver.

# Local woman stresses importance of self-defense with Stellar Fitness

At a time when men and women aren't always safe, self-defense feels like a no-brainer.

By **Grace Strayer**  
Staff Writer



Girls from the ages of 16-19 are four times more likely to be sexually assaulted compared to others, according to the Rape, Abuse & Incest National Network (RAINN). RAINN also notes that someone is sexually assaulted in the United States every 98 second.

At a time when men and women aren't always safe, self-defense feels like a no-brainer.

Central York sophomore and student of a self-defense class, Suzanne Rebbin describes her view of self-defense as "being able to defend

**"Yes, I have had to use self-defense for myself..."**

or protect yourself against harm."

Fitness guru and owner of Stellar Fitness, which is located on 2300 Industrial Highway, Tia Long, describes self-defense as "protecting yourself and your loved ones from an attacker or a situation that you no longer feel comfortable in."

The Stellar Fitness entrepreneur explained basic self-

defense and said how it does not mean everybody needs a karate lesson, but rather that they be more alert and ready.

During a self-defense class at Stellar, Long described different aspects of self-defense, and not every tip was about hardcore combat. Simply staying alert and making smart decisions can be a huge help.

Long said one of many people's biggest distraction can be cell phones. However, they can be used to aid in defending oneself.

Self-defense not only deals with being armed with a cell phone, but being mentally ready as well.

"Mental preparation is the most important factor in self defense," said Long.

Breathing is essential too, she said. Without it, many get anxious. "Most times individuals shut down, they go into the 'black' zone," said Long.

In addition to breathing, using our voices, like yelling to get attention, can be our best "go-to," explained Long.

Self-defense is not gender specific. Everyone is at risk of needing it. As Rebbin said, "I definitely feel like everyone should have a basic understanding of self-defense because you only get one chance at life and in order to protect that one chance, you need to be able to defend your body."

Regarding the use of self-defense, Long said: "Yes, I have had to use self-defense for myself... so, with that I decided to make sure this would never happen to me again. And I decided to teach as many people as I can."

Long talked about the effect of self-defense tools, and how she personally decided

that self-defense products are a good idea.

Stemming from this, Long talked about using a site called "Damsel in Defense."

**"I feel I am a stronger woman for knowing how to protect myself and my loved ones."**

Clever name, right?

This website is prepared to equip women with the most simple to the most extensive types of help. They also offer more family-oriented resources to help teach children at young ages learn how to advocate for themselves.

"I have benefited from self-defense by learning many moves and skills in order to protect myself," said Rebbin.

Self-defense can even be a liberating experience. Long said she's learned a lot over the years as she's practiced and taught self-defense.

"I have found myself again," said Long. "I feel I am a stronger woman for knowing how to protect myself and my loved ones."



Tia Long (left) with Grace Strayer (right) during Stellar Fitness' self-defense class on Friday, Feb. 2. Submitted photo



# Graduate the right way: Things to do before you leave high school

How do you ensure you get the whole high school experience at Central York High School?

By Grace King  
Staff Writer



As a junior, I've been looking back on my experience in high school and doing a lot of reflecting.

I don't want to miss out on all the things high school has to offer.

Graduating high school does not simply consist of passing grades, a certain amount of credits or taking a variety of elective classes. To ensure you are a true high school graduate, these are some things you should do in order to fulfill that hunger for a satisfying four years of high school.

What is the perfect high school experience, and how do you make certain that you accomplish all the things you want to do before you graduate?

"It felt really nice to be part of something that was bigger than just me or my school."

Madelyn Strausbaugh, junior, says, "My perfect high school experience is having friends, getting good grades, enjoying life and ensuring

how I get to college. Just like getting there by putting myself out there more and trying to be more responsible."

She says that she also hopes to figure out her interests before college, saying, "[I want to] really put myself out there. I want to go out, have a sense of fun, and go to a party or something. Just remember to enjoy yourself every once in a while." Strausbaugh emphasizes that high school should be a time to experience different things because "high school doesn't last forever."

Another step that you should take to ensure a successful high school experience is to get involved in an after-school activity that you wouldn't normally do. Strausbaugh says that her favorite memory of high school came from her experience at Mini-THON in 2017.

"Last year at Mini-THON when they revealed the total, It felt really nice to be part of something that was bigger than just me or my school. It impacted kids all over the country too," said Strausbaugh.

In addition, you must not go through high school without going to at least one high school dance.

Specifically, prom.

You need that memory in order to confidently say that you have gone through all the things that make high school memorable.

You need to go through the awkward slow dance, dress up in the tacky dresses or suits and spend the unnecessary amount of money for photos and dinner. These are "must do's" during your high school years.

Karen Hudson, social

studies teacher at Central, gave some advice for the students at Central. "Enjoy your time at home with your parents because one day they won't be here and you'll wish you were back." Hudson be-

**"Don't cheat. Earn your own grades, be active in your school community..."**

lieves that there is a right way to go through high school.

Hudson says, "Don't cheat. Earn your own grades,

be active in your school community, play a sport and exercise. Intern. Listen to your teachers because they know something about life and they can stop you from making mistakes. And most importantly, respect and love each other," said Hudson.

The very last thing that you should do before graduation is to make sure that you make amends with anyone whom you may not have gotten along with during high school.

Those who will be graduating are jumping right into adulthood. It is good to be at peace with yourself after high school and with everybody

around you.

It will keep you focused on your goals and hopes in life. You will be able to move forward from high school and become the best version of yourself after.

At the end of the day, high school is what you make it. No matter where you end up in life, whether that be behind a desk, flying a plane, serving in the military, sailing the seas or building an empire, high school is a learning experience. Take advantage of it.



# Sign language: An option for Central York High School

By **Grace Montgomery**  
Staff Writer



According to the World Federation of the Deaf, there are over 70 million people in the world who use ASL as their first or second language. So how come most schools choose to not offer an ASL class along with their other language programs?

Central junior Hannah Grim, and American Sign Language teacher, Nancy Snyder, believe they should.

Grim's passion for sign language traces all the way back to fifth grade when her parents gave her a book about the form of communication.

From it, she learned simple signs and basic phrases. Snyder's husband introduced her to sign language after he taught himself through a book as well.

"I just became very interested...I remember thinking something like, 'Wow this is great! I can learn this and sign something and no one but me-or the deaf-will know what I'm saying. I had one friend who learned some signs just so that we could have a conversation and no one would know what we were saying,'" said Grim.

At first, Grim used this as a source of entertainment. "As I got older, I realized that this is actually an important skill and not just a hobby."

"ASL is increasingly prominent in American society...learning ASL opens up communication with thousands of people in our community," stated Snyder.

Snyder has spent her career working in close company with Deaf students in both a private school environment like Logos Academy in York

City and in residential schools for Deaf students.

"[For me] immersion in the Deaf world was the best language-learning experience," said Snyder.

"[Sign language] is a great option because it includes a different kind of intelligence from spoken languages. Signed languages draw on visual and spatial abilities that spoken languages leave untouched," Snyder said.

A recent Twitter poll of CYHS students shows that out of 103 votes, 92 percent vote yes to "Do you think American Sign Language should be offered as a world language at Central?"

Imagining this as an upcoming option for the future of Central schools, Grim said, "Eventually it will be like any other language at our school... we choose a language because we hear that it is easy or fun,

so we sign up."

"The idea of having a sign language class, to me, sounds great. Now that I think about it, I wish it would be an option before I graduate," said Grim.

"Any school could be enriched by having ASL instruction," added Snyder.



Chuck Snyder interprets live at a public event. Submitted photo

# York Daily Record: how to decide what sports team to feature

By **Marita Blake**  
Managing Editor



When looking at the cover of a local newspaper or on GameTimePA, it's easy to question where your sports team is or why another school had a story written about them instead of yours. It's easy to get lost in thinking that your team is the most important, because it is — to you.

Shelly Stallsmith, Digital Planning Editor overseer of sports for York Daily Record and GameTimePA, as well as a 1981 Central graduate,

provides insight as to why your team may not always be picked.

She says that when choosing which stories to cover, it's always a tough decision and there are many factors included.

"There are a lot of factors that go into that conversation. If we're on a tight schedule, it's not like we can't send somebody all the way to Kennerdale to cover something and we might need to keep something closer," said Stallsmith. "There's other factors that go into it, what are the underlying stories you can tell outside of just Team A plays Team B?"

These factors include: location, standings, the overall season, specific players, compelling personal stories and how the team's season has been going so far.

A team or sports game having some of these factors would make them a better candidate for a story, and with only two sports writers on staff in York, not every single game at every single school is able to get a story.

"We have two full-time high school sports writers at YDR, there's one at Hanover, one at Chambersburg, one at Lebanon. So that's who does most of our high school sports coverage. We also use some

stringers and some other staffers. We have photographers, we have videographers and it's not just stuff we do for the paper, we do video stories for the website, photo galleries for the website, we do podcasts, we do Facebook lives. It's all different," said Stallsmith.

While a newspaper's ideal job is to be able to reflect every aspect of a community, this isn't always possible.

"If I could have a reporter at every single game every single night, that would be amazing," said Stallsmith.

She adds that when choosing a story, you have to think about what will be most

interesting for the whole community to read, and not just for the school community being written about. Stallsmith says that when it comes down to it, it's best to write what the most people will want to read, they are your consumers.

"We don't play favorites with schools, and I know everyone thinks we do. And, you know, I went to Central so I know that growing up and being an athlete, you look at the paper and you go, 'Well, why aren't we in there?'" said Stallsmith.

"If it were about favorites, trust me, we would be at every single Central game," said Stallsmith with a laugh.

# School spirit within Central York High School: Is it dead?

By **Ellie McNally**  
Co-Features Editor



A mysterious lack of student body participation has seemingly swept through the halls of Central York High School, and more and more students are beginning to question the cause.

Freshman Ainsley Buia has taken full advantage of the many opportunities that come along with high school, but even she says she worries about the decline in participation.

As an avid participant in music-related activities and clubs alike, Buia says she has noticed a potential decline in involvement within her activities at school.

She says, "Some people just don't seem to care about supporting the school and its

activities, but those who do participate, really love what they're doing."

Buia says her passion for music has propelled her to join as many music-related groups

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"Central gives us so many opportunities to get exposed to different things and it is sad if some people don't take the opportunities."

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as possible at school, but even so, she says she makes time to attend sports games and cheer on the school's athletes.

It's reasonable to assume that freshmen have more time on their hands than the juniors and seniors who are frantically searching for colleges, but is a lack of time the only reason participation seems to dwindle after freshman year?

Buia's message to anyone who may be losing their school spirit, regardless of their grade, is simple: "I think that [students] are really missing out on something that is truly incredible. Central gives us so many opportunities to get exposed to different things and it is sad if some people don't take the opportunities."

This brings about a question: what are we doing wrong?

Is there some way we can bottle up the freshmen spirit so that it lasts us until senior year, or will it inevitably run out before graduation?

Senior, Jacob Broeder-

dorf, provides his own perspective on the issue saying, "I see somewhat of a decline, likely due to of lack of interest. There's nothing that really catches my eye, and there's not enough support throughout the student body, which kind of makes participating in events seem boring, or pointless."

Broederdorf's perspective sheds light on a potential cause. Perhaps this lack of participation could be attributed to a lack of initiative.

Yes, freshmen like Buia are historic school supporters, but history has shown that the freshman class rarely gets to be the trendsetters of the school. Until our student body, or rather, our upperclassmen, take the first step and throw their support behind an event, is it possible for an event to flourish?

Broederdorf says, "If you

don't like something, and don't see it as important, you're entitled to your opinion. However, don't make that a reason to avoid participating in all activities." He says that the more you try something the more you learn, so if you find yourself steering clear of school events, you may be missing out.

Both Buia and Broederdorf voice an appreciation for the opportunities our school provides to us.

With over 70 different clubs and student organizations to choose from, the option is always open to try something new.

Participation may seem like it's fading away, but school spirit is still alive beneath the surface. As the year goes on, we can only hope for something to ignite the spark and bring students back to school events.

# School walk-outs: Students need to stand up to government inaction

By **Grace Miller**  
Editor-in-Chief



Okay, I'll admit it.

As a journalist, I'm so sick of reading articles about gun violence. Not because there are more important things that should be covered, but because these horrific events shouldn't be happening at all.

With that being said, I'll quickly recap the amount of recent gun violence and the numbers of shootings that took place this year: too many.

When was the last time you felt safe at a movie pre-

miere? What about at church? School?

If you're like me, the answer is, unfortunately, not for a long time.

For a country that claims to be the land of the free, I haven't felt free to walk safely in public for a while now. Are we going to prioritize Americans' Second Amendment rights, which were crafted in a much different setting, over the safety of ANY number of citizens?

No, I don't have this elaborate plan to take down the NRA and stop gun violence once and for all. But we, as students, do have the power

to do something, considering our lawmakers won't do it for us.

The Women's March organization's youth branch, called EMPOWER, is planning a school walkout, which is, according to NBC, on March 14. EMPOWER encourages students and staff to walk out of school at 10 a.m. for 17 minutes, symbolic of the number of lives taken at the school shooting in Parkland, Florida last month.

A second walkout is scheduled for April 20, the 19th anniversary of the Columbine shooting.

This event was created by

a fed-up Connecticut student, Lane Murdock.

According to NBC, Murdock said, "Nothing has changed since Columbine, let us start a movement that lets the government know the time for change is now."

Maybe you read that and thought to yourself, "How is missing my second period class going to make any kind of difference?"

And sure, that's a valid question. Sitting outside for 17 minutes is not going to cause a natural disaster on Capitol Hill, but with participants from across the country, it will prove just how willing

we are to fight for change.

Murdock's movement garnered a stunning 45,000 signatures on her online petition for the walkout. Change comes in numbers, and change is coming fast.

So, get angry. Gather that frustration and fear to create a voice for yourself. Stand up for the safety of our peers and teachers.

It's a daunting task, but if you're up for it, I'll see you outside on March 14 and April 20.

# Activism vs. alienation: Navigating fast fashion while staying inclusive

By **Grace Seebold**  
News & Copy Editor



In a society that seeks instant gratification, it comes as no surprise that stores like H&M flourish.

With prices incomparable to other retailers, it's clear why they're so popular. They put every person, regardless of economic stature, on an even playing field.

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“...who do we become when we shame those who cannot afford ethically-sourced fashion?”

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Our society has become desensitized to the field of fast fashion.

We hear sweatshop, we think hard work.

We hear that workers overseas aren't being paid a living wage, and we think it's sad — for a moment at least — before we move on with our day.

Yesterday's trends become today's fashion nightmares.

We all remember how quickly the maxi skirt trend came. Equally as quickly as it went.

In 2010, not too many of us would be caught dead wearing jeans that weren't skinny.

Consumerism ensures greed. The greed that keeps us wanting more. We want

to stay on trend. We want to wear today's fashion — not last season's.

I can't count on two hands the amount of clothes I've given away simply because I never wore them.

With rising demand, factories have to start generating more. More for less, that is.

We want cheap.

We want fast.

We want style.

As *The New York Times* put it: “What costs must be cut, for example, in order to sell a T-shirt in the United States for \$5?”

Fast fashion is a problem. We all know it. But do we have the right to criticize anybody for where they choose to shop?

When does our activism become elitist?

What qualifies us to choose what matters more?

Do we ignore fast fashion because we want lower-income families to have somewhere to purchase affordable clothing?

Do we ignore lower-income families in favor of eradicating sweatshops?

We can muse about how much waste the fashion industry produces with each passing day and the environmental impacts of clothes piling up in landfills all we want.

But who do we become when we shame those who cannot afford ethically-sourced fashion?

Ethical fashion isn't cheap for good reason. When you pay your workers a living wage, when the factories have fire exits and a comfortable

work environment, it costs more. Clothes are cheap when you skip those steps.

Do I have a solution? No.

Does that mean I believe we should all ignore the problem at its core? That would be a resounding no as well.

So what can we do?

As consumers, the power is in our hands.

The power in which we choose not to shame people for where they shop.

The power in which we, if economically feasible, choose to raise our moral standards to meet our clothing standards.

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# The Prowler

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The views expressed in the opinions section are the views of the bylined author, as opposed to a reflection of the views of the entire staff.

# Spring sports: Upcoming calendar of events for March

By **Grace Seebold**  
News & Copy Editor



Baseball- BAS  
Lacrosse- LAX  
Soccer- SOC  
Softball- SOF

Tennis- TEN  
Track- TRA  
Volleyball- VB

## March

				1	2	3
4 	5	6	7	8	9 	10 Varsity Boys LAX (2 games)
11	12	13 	14 JV Boys BAS Varsity Boys BAS	15	16	17
18 	19 Varsity Boys TEN	20	21 JV Boys VB Varsity Boys VB	22 	23 Varsity Boys TEN Varsity Girls SOF Varsity Boys BAS JV Boys LAX Varsity Boys LAX	24
25 	26 Varsity Boys TEN JV Girls SOF JV Boys BAS JV Girls LAX Varsity Girls LAX	27 Varsity Boys TRA Varsity Girls TRA Freshman Girls SOC JV Boys LAX Varsity Boys LAX	28 Freshman Girls VB Varsity Girls SOF Varsity Boys BAS	29 Varsity Boys TEN Freshman Girls SOC Varsity Girls SOF Varsity Boys BAS JV Boys LAX Varsity Boys LAX	30 	31

# The Winter Olympics: Trials, tribulations, troubles for athletes

The stories of upcoming athletes around the world making it to the Winter Olympics.

By **Luke Rohrbaugh**  
Sports Editor



The sacrifice for an Olympic athlete is enormous. The dedication runs deep for these athletes who break down walls and barriers during the games.

The Winter Olympics in PyeongChang, South Korea showcased the journeys of many athletes. For some, the chances of them making it were slim to none, even non-existent. Though, the payoff for many was vast.

Erin Jackson, first-time Olympian, had a very long road to reach the trials for speed skating, due to the fact she hasn't been on blades her entire life.

Only four months prior to the trials for the U.S. women's speed skating team did she start skating. The transition payed off because she ultimately made the team along with many who she rivaled against in the trials.

Jackson became the first woman of color to race in speed skating ever in the Winter Olympics. "You might have a young black girl watching these Winter Olympic sports thinking, 'Well, there's not anyone like me out there. I don't know if there's a place for me in these sports,'" said Jackson during an interview with TIME magazine.

"But I'm looking forward to being in the Winter Olympics and showing, OK, we do have some representation in these sports."

Though Jackson became ill close to the start of her event, she still was able to pull through and compete for her country.

Jackson placed 24th out of 31 competitors pinned against her during the 500 meter sprint, the shortest of the races on ice.

The event was less technical, allowing her to focus on speed rather than endurance.

She understood her inexperience yet still took the race as a chance to learn further. During an interview with the Washington Post, she said, "Truthfully, I didn't train much as an in-liner. But that's definitely not going to work on the ice. I'm going to have to buckle down and make sure I'm training all the time."

Off the ice, Chloe Kim, first-time Olympic athlete, is breaking new ground for the United States by shredding some powder. Kim competed at the games while being younger than some people in high school at only 17-years-old.

She had been a gold medal favorite even before the games began and many were hoping that she could pull a medal for the United States.

She qualified at the latest 2014 Winter Olympics in Sochi but was only 13, leaving her non-eligible to compete.

"It will be a good experience to go through such a crazy event with my family," said Kim. "But at the same time, I'm very worried, 'cause it's the Olympics. I want to do really good. I've got to nail it."



The Olympic Rings, the symbol each Olympic athlete strives to compete for and respect. Submitted photo

She did exactly that. She won gold on the halfpipe, landing back to back 1080s. A feat that few before were able to grasp.

Kim is the youngest female in Winter Olympic history to win gold.

The 17-year-old notched a 98.25 on her final attempt during her event, a near perfect score. It put her eight and a half points higher than Liu Jiayu, the Chinese silver medalist below her.

Kim's father Jong Jin Kim talked to CNN about his admiration of his daughter saying, "I was very stressed because everyone was saying Chloe was going to win gold but no one knows the result—that I cannot control.

"Now I'm happy, all the stress is gone. I'm the dad of an Olympic gold medalist, not many people have this kind of

feeling."

Across our side of the Atlantic ocean is the Nigerian bobsled team who broke down walls to perform in this year's Olympics.

The Nigerian squad consists of three women: Seun Adigun, Akuoma Omeoga and Ngozi Onwumere, who have been living in the state of Texas for the past few years.

Adigun worked to make a team for the Winter Olympics after competing in the one hundred meter hurdles in the 2012 Olympics.

In an interview with TIME magazine, Adigun said, "I can't wait to get to that stage and give people every ounce of our passion."

"There is no reason why people should feel like there's only one lane they need to stay in," said Adigun in the same interview. "Diversity ex-

plains to people that there are no limits in this life."

Sadly, the team landed in 20th out of 20 places during their event.

However, the team was able to snag a personal best in time for them at Olympics. The time gave them a reason to keep moving forward.

"It takes a special type of individual to take on a fear of the unknown. And that is exactly what we are trying to show people that you can do," Adigun told Huffington Post. "[People from] a sub-Saharan climate can do anything. There's just way too much innovation in this world for people to think they need to be limited to their own environments."

# NHL holds players from Olympics, fans and players respond

By **Luke Rohrbaugh**  
Sports Editor



This year's ice hockey teams lost many key players due to the Winter Olympics.

The NHL announced in April of 2017 that they will not be taking the multiple weeks off to allow their players to take part in the Winter Olympics in South Korea.

The decision came from those who watched the NHL throughout the year. The organization itself held polls on its website, NHL.com, which showed 73 percent of people in the U.S. and 53 percent of people in Canada didn't agree with sending players and effectively putting a halt to the season.

The players from the NHL have played in every Olympics since 1998. Prior to that

they allowed young talent to take helm of the U.S. team.

The Olympics is a stint in one of the biggest points in the season, midyear. A part during the season used for big trades.

During a Board of Governors meeting, a hearing involved with the NHL, Commissioner Bettman said, "Having a compressed schedule can make the players more tired, more wear and tear, and the potential for injury is greater."

Some players have even sustained injuries during the games which led to them having to recover for the rest of the year. This includes New York Islanders center John Tavares, Detroit Red Wings center Henrik Zetterberg, Florida Panthers center Aleksander Barkov and former Panthers forward Tomas Kopecky.

It took the people years

to allow the players into the Olympics, let alone even get the sport into the games.

Many players wanted to take part in the Olympics to help lead their country to a medal. In a public NHLPA (National Hockey League Players' Association) statement they said, "The players are extraordinarily disappointed and adamantly disagree with the NHL's shortsighted decision not to continue our participation in the Olympics. Any sort of inconvenience the Olympics may cause to next season's schedule is a small price to pay compared to the opportunity to showcase our game and our greatest players on this enormous international stage."

The loss has lead the United States to create a team of NCAA and AHL, the league directly below the NHL, play-

ers to fill the void of losing the entire team. The NHL is hoping they see it as something of an underdog situation, something like the United States

single "miracle" gold medal in 1980.



The symbol for the ice hockey event during the Winter Olympics. Photo from Wikipedia Commons

# Central lacrosse teams prepare for their upcoming seasons

By **Seth McLaughlin**  
Staff Writer



With lacrosse season right around the corner, both the Central York boys and girls lacrosse teams are already practicing and preparing for the season.

The boys team is coming back from an 18-3 season in which they made postseason play and are looking to continue their success this year.

Last year, the boys lacrosse team won the county championship game over rival York Catholic in dominate fashion with a final score of

16-8.

Last year's season highlight was the county championship win, but this year the boys have an even bigger goal for their season.

"We want to go and win a state's game," said Central senior Chris Brandstedter.

One challenge the boys team is facing this season would be losing several seniors from the team from last year's playoff run, one being TJ Ross, the leading goal scorer on last year's team.

"I think we're going to be able to adjust great to losing last year's seniors. Our new head coach has really stressed

playing team offense compared to last year when we really used TJ Ross to bail us out at the end of possessions. I think this year we will really spread the points around instead of having one or two high scorers," said Brandstedter.

The boys lacrosse team has made improvements from last year and Brandstedter believes that their ability to use all of the players on the team gives them an advantage going into the season.

"We've really stressed playing fast and stick skills. Every practice is about playing fast and getting used to

sprinting to your spots on offense, defense and transition rather than jogging or walking," said Brandstedter.

"What gives our team the advantage is just the sheer talent and depth our team has. Frequently we can push the pace of the game, exhausting the other team's top players and forcing their lesser players onto the field while we can sub in players as well, but not have nearly as large a drop off in performance."

On the girls' side of the ball, the Panthers are coming off of an 8-8 season in which they did not qualify for postseason play, but believe they

have what it takes to make the postseason this year.

"Our goal is to better our record and make it to the postseason," said Central junior McKenna Johnston.

Johnston believes that the team's chemistry as well as their work over the off seasons gives the team an advantage and will help the team achieve their overall goal.

"Our team has the advantage of playing together since a very young age and all being good friends off the field. A lot of our younger players are very skilled, rather than most teams who rely on only seniors," said Johnston.

# Central girls basketball season: A season of accomplishments

By **Seth McLaughlin**  
Staff Writer



On Friday, Feb. 16, the Central York girls basketball team played Dallastown for the county championship at York College.

The Central girls beat Susquehannock in the semifinal to earn a chance to defend the county title which they had won the previous year. In the championship game, Central met up with Dallastown, who had been their biggest rival throughout the year.

Going into the game, Central had a season record of 19-4 while Dallastown had a record of 18-6. The two teams shared the Division 1 title and had previously met two times and split the regular season meetings, setting up a rubber match between the two teams in the county championship.

Although both teams were similar in record, right from the tip-off it was clear that Central had the superior team, especially on the defensive side.

“Our defense is definitely the biggest thing that makes us beat teams,” said Katie Markel, a junior shooting guard on the team.

“No matter the shooting percentage, if you can play good solid defense you will win games, and that has been said over and over again by our coaches in practice,” said Markel.

Central’s exceptional defense was on display in the county championship game when they allowed Dallastown to score only 12 points after three quarters of play while Central had 29 points going into the last quarter.

For most of the game, the outcome was never in ques-

tion, but when the final buzzer went off, the scoreboard read Central 40, Dallastown 19, securing back-to-back county titles for the Panthers.

Seniors Nikson Valencik and Teirra Preston led the way for the Panthers with Valencik tallying 11 points and 7 rebounds and Preston recording a double-double with 10 points and 10 rebounds. Sarah Sepic contributed 8 points to help seal the victory for the Panthers.

“Winning this year, to me, was a bigger win than last year just because it was over Dallastown and the whole year we had been the top two teams,” said Markel. “So to beat them by as much as we did, there was no better feeling than to show them who really was the best.”

The game had an atmosphere that was unlike other games this season, which

gave Central an added edge in the contest.

“The energy from the crowd, with our friends from school coming it made it more fun and exciting for us, especially when we won,” said Markel.

Although they just beat

their rival in a championship game, the team is still working toward their goal as they head further into postseason play.

“As a team, we’re looking to win districts and then go as far as possible into states,” said Markel.



Central York girls basketball team celebrates after their 40-19 win over Dallastown in the county championship game at York College on Feb. 16, 2018.

Submitted photo

# Boys basketball, teamwork, what made this season different

By **Nick Guadagnino**  
Staff Writer



One player can’t win a game by themselves. You need teammates and the coaches to work together. After that, anything is possible.

“Team, can’t win without a team,” said Bryce Bender, junior and power forward for the Central York Varsity basketball team.

Bender looks up to NBA players for inspiration in his own games. “[My inspiration is] Dennis Rodman because he gets lots of rebounds and he does the dirty work,” said

Bender.

Basketball has been important to Bender since he was in the second grade. However, inspiration to continue occurred when he was a little older.

“[I was inspired by] a really good coach when I was in fifth grade and he really boosted my confidence,” said Bender.

Bender said his greatest moment in basketball was “making the varsity team this year.” Bender is ready to return for senior year hopes to win counties next year.

Senior Garrett Markey, like Bender, is passionate

about basketball. He has been playing since he was about 5-years-old.

“[I like] the team aspect, I like the team and I like to play,” said Markey. “[What makes it fun is the] teammates, the team bond, when you win together it is a lot of fun and when you lose together you still are a team.”

Markey is a flexible player, proving to be a valuable asset. He mainly plays point guard and shooting guard but he can be put at small forward if needed.

“[I play] whatever they need. I am a true shooting guard but whatever they need

I can do,” said Markey.

Markey says his teammates give him support and push him further.

“...They push you in practice, cheer you on when you’re on the court, and they always help you out,” said Markey.

Markey attributes his love for the sport to his family given most of his family was involved with the sport. Markey says that his father specifically was influential in his decision to play.

The highlight of Markey’s basketball career so far is “playing in the district championship in 2016.”

Despite his passion for

basketball, Markey recognizes the difficulty of the sport. “[Basketball is] complex because there is a lot of little things you need to do to win,” said Markey.

Markey is ready to graduate and has plans to play college basketball at Dickinson University in Carlisle, Pennsylvania.

Markey hopes to be as successful there as he was on the high school team.



Garrett Markey takes a shot in a home basketball game against North Eastern. Submitted photo

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