

The Commentator

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Douglas Southall Freeman High School



Waleed poses as the VHSL 5A State Champion following the race.

PHOTO: ANNA LYLE COLLETT

Waleed Races to Nationals

Hailey Reid
Staff Writer

Some may call him “the next Usain Bolt.” Others call him Waleed Suliman.

On Nov. 12, Waleed finished first in the state’s cross country meet, making him the first Freeman athlete to win the cross country state championship twice.

“It is a big deal for me, because I found out that there was only one person to do this, and it was in the 1980’s. My dad, Mrs. Criswell, and my family came,” Waleed said.

Following states, Waleed ran in the regional meet in Charlotte, North Carolina on November 26th.

Article continues on page 8.

Rebels Join the Workforce

Rachel Alexander
Staff Writer

Have you ever thought: who folds your to-go salad dressing containers at Panera? Who stamps your donut boxes at Sugar Shack? Quite possibly, it could be a fellow Douglas Freeman student.

The Cooperative Work Experience Program, or COWEP, was established over 10 years ago, offering real-life work experiences to exceptional education students.

On Monday mornings, these students can be found helping the gardeners at the Lewis Ginter Botanical Gardens. Later in the week, on Wednesdays, they help with labeling donated books at the Children’s Museum.

Each morning, students are bussed to their scheduled work-sites where they learn important skills applicable to any job after high school.

“Every kid, for them, being on the job is an accomplishment. They also have a better feeling for their own self.”

- Ms. Myers

“One of the locations we went to last year was a threading salon. And actually two of the students applied to the cosmetology tech center and got in,” said Lauren Lightfoot-Clare, exceptional education department chair.

From serving food to folding laundry, COWEP students are involved in a variety of activities that open them up to new career paths.

Sister Collette, Volunteer Coordinator at Little Sisters of the Poor, welcomes students every Thursday morning. She recalls a former student who went on to work at a university dining room.

“You can see how they grow,” she said.

Students are not just setting up the dining room, folding towels,

and sweeping the walkways—they are learning how to communicate.

“At the beginning of the year, they were nervous to go,” Ms. Clare said. “But now when they run out of something, they’re comfortable asking for more,” she said.

Whether they need more salad forks or soup spoons to set up for dinner, students are able to approach supervisors in order to get what they need. Their confidence grows with each worksite.

“They become more communicative,” said Barbara Myers, Instructional Assistant. “But they also have a better feeling for their own self,” she said.

“I learned you have to work together with your teammates,” said Skye Parker, a student participant of COWEP.

At Little Sisters of the Poor, Freeman students work alongside students from J.R. Tucker, interacting with one another as they get the job done.

“It can be hard,” said Skye. And, like any job, the work can be tiring.

“Sometimes the workplaces are boring,” said Josh Awad, a returning veteran of the COWEP program. “But, I like the Children’s Museum better ‘cause they have books and stuff. I really like to read,” he said.

Josh and others help label books with stickers at the museum, as well as helping in the garden at Lewis Ginter.

“Planting is fun,” said Josh. “My favorite work site is Sugar Shack,” said Skye. She enjoys helping to stamp donut boxes.

“We have a lot of stamps that students can use, and they get creative,” said Adam Hale, Sugar Shack manager.

The COWEP program is rewarding for both students and employers. “We’re a big business, and they’re very helpful,” said Mr. Hale.

Employers have watched students grow, and so have teachers. “Every kid, for them, being on the job is an accomplishment,” said Ms. Myers.

The skills students develop on the job have led participating employers to offer several past students paying jobs.

Exceptional education students have long succeeded in the Cooperative Work Experience Program, creating connections with the surrounding community.

“We’re grateful to have them,” said Sister Collette.

Trump’s Triumph Surprises Electorate

Ryan McCracken
Staff Writer

No one saw it coming.

From Democratic loyalists to devout Donald Trump supporters, popular opinion before the election held that Hillary Clinton would emerge victorious.

However, Americans waking up the morning of Nov. 9 were greeted with the headlines: “Trump Triumphs” and “President Trump.”

Though Clinton won the popular vote by over 2 million votes, Trump prevailed in the Electoral College, largely due to upsets in states like Pennsylvania, Wisconsin, and Michigan.

In the aftermath, emotions ran high and tempers flared. Protests erupted in many U.S. cities, including Richmond, where demonstrators flooded the streets.

As the school day began, emotions of every kind were on full display, with some toting signs commemorating Trump victory and others shedding tears.

While the Commentator’s mock election poll in many ways resembled the popular election results, there were several key differences, most notably Libertarian candidate Gary Johnson receiving far more support than he did in the nationwide election.

The final percentages at Freeman were: Johnson 14, Trump 33.3, and Clinton 52.6.

Senior Andrew Dymon voted for the first time this year, casting his ballot for Trump, and



Trump speaks following 2016 election victory.

described the experience as empowering.

“I felt like an adult; I was proud to finally exercise my constitutional right,” he said.

Although the outcome of the election left many students bewildered, AP Human Geography teacher John Larkins offered some analysis.

“Trump won because of a worldwide backlash against globalization, especially in the developed West, with things like Brexit taking place recently,” he said.

Sophomore Chase Smith, President of the DSF Republicans Club, agreed.

“People didn’t want the establishment, they didn’t want another generic candidate, they wanted change,” said Chase.

Others are at Freeman aren’t so enthusiastic.

Senior Nadine Lin, President of the Young Democrats Club, expressed serious concerns.

“His inflammatory nationalistic rhetoric and his appointment

of Steve Bannon to Chief Strategist especially are causes for alarm,” said Nadine.

However, Nadine is optimistic that the government can still find success.

“We need to have faith in our political system. Other figures in Congress provide a check on the executive, and citizens can hold Trump accountable,” said Nadine.

Junior Mohammed Zia, an immigrant from Afghanistan who arrived in January, had a piece of advice for Trump.

“One religion can never be the problem... every race, every religion has good people and bad,” said Mohammed.

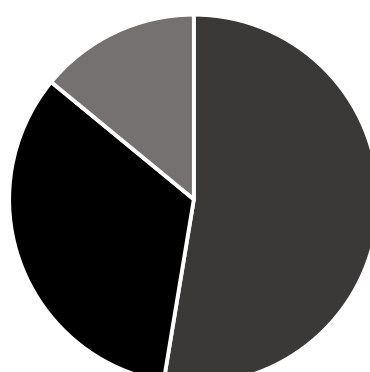
President Obama will continue to serve until Jan. 20 2017, Inauguration Day, at which point Donald Trump will assume the presidency.

Now that a president has been chosen, American life may soon return to normal.

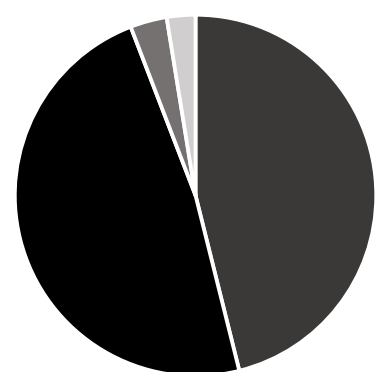
Mr. Larkins said, “Thank God it’s over.”

Freeman's Mock Election Results

National Popular Vote Results



■ Clinton ■ Trump ■ Johnson



■ Clinton ■ Trump ■ Johnson ■ Other



Opinions:
Texting and Driving



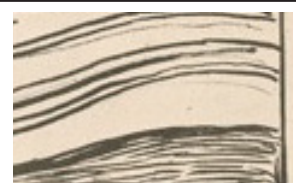
Features:
Humbling Accomplishments



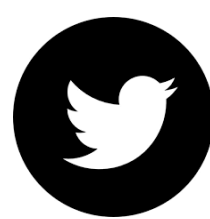
Center Spread:
Ready for the Real World?



Sports:
Volleyball Postseason



Arts & Entertainment:
VMFA: The People’s Story



Sensory Room Renovation

Liza Moody
Staff Writer

Walking past room 115, you will see an inviting seascape featuring mermaids, bubbles, and seaweed floating in the waves.

This is Freeman's new sensory room, a collaborative project between Rebecca Field's Art III class and Lauren Lightfoot-Clare's Exceptional Education class.

According to the Hidden Angel Foundation website, sensory rooms allow people to increase focus as they explore different textures and sounds in a safe and secure environment. These rooms are especially beneficial to autistic children who often struggle with communication. The goal of the project was to create a calming environment for autistic students.

"For kids with autism, their senses are over-acting, and so a lot of times things that have sound can be too much for them...the sensory helps them be able to calm themselves down in

different ways," Ms. Clare said.

The project began after a conversation between Ms. Clare and Mrs. Field. Ms. Clare wanted to create a sensory room for the Freeman exceptional education students, and Mrs. Field had been looking for a social justice project for her Art III class. Together they decided to combine their plans to design the sensory room.

The renovation fit the Art III curriculum, because "one of the things we talk about is public art and how you create a piece of artwork that fits a space that is already there," Mrs. Field said.

The two teachers were also excited about the collaboration because "the art kids are going to be learning about autism ... and our kids get a chance to help make the room a little bit more of their own," Ms. Clare said.

In the early stages of the project, Mrs. Field's class researched autism and found out how to create a calming environment. "A lot of it had to do with the color choices," said junior art student Anna Marie Zielinski.

The students also learned that

every child is different, and putting together a room to satisfy everyone's needs can be difficult. "One of the colors the art students found was pink, but there are some kids that when we put the pink on they hate it," Ms. Clare said. "Some of them like blue, some of them like yellow, some of them like pink, some of them like red which you know is one of those angry colors," she said.

The Art III class settled on ocean theme "because blue, and green, and violet, the cooler colors on the color spectrum, are soothing and so automatically the kids were thinking of the ocean and water and how soothing that is," said Mrs. Field.

The Art III students split into five different groups to paint the walls and the ceiling. The four walls are covered in transitional paintings of "bubbles, mermaid tails, waves, and seaweed," junior Abbie Raines said.

On top of that, the fifth group painted fluffy, white clouds on the ceiling tiles.

In addition to the murals on the walls, there will be color chang-



PHOTO: GABBY COX

The first stages of the sensory room renovation.

ing LED lights that the students can change to suit their color preference.

Final touches were provided by Carrie Yeatt's FCCLA club. Her students filled textured wooden boxes with items that the students could amuse themselves with.

"The texture kind of allows them to be able to feel the boxes and a self-soothing technique," Mrs. Yeatts said.

The collaboration was both personal and helpful to the community because the Art Department and Exceptional Education

classes "have a back-hall family here," Mrs. Field said and "we all have responsibility to interact with each other."

The sensory room was able to fulfill its goal of creating a tranquil environment.

"If I was upset with someone, I could come in here and it would calm me down," said Luis Cruz, a student in the exceptional education class.

Using a mixture of styles and tastes, Freeman students united to create a community space for the exceptional education class.

Put Down the Phone, Pick Up a Book



PHOTO: GABBY COX

Students read during the Monday DEAR period.

Ellie Somers
Staff Writer

"Studies show that the more you read, the better you perform in all areas of your life," librarian Rosemary Wheeler said. This year Freeman students get the opportunity to improve their performance through Drop Everything and Read (DEAR). DEAR began on Monday, Oct. 17 as Henrico County Public Schools' initiative to increase lit-

eracy across the county.

"Every high school, middle school, and elementary school in the county has a version of this plan," principal Andrew Mey said. "It is part of an initiative to encourage reading for pleasure."

Every Monday at the end of third period, Freeman students stop what they are doing and read a book of their choice for 20 minutes. This twenty-minute DEAR period shortens all classes by three to four minutes, and pushes back the beginning of fourth period by about 10 min-

utes.

At Freeman, DEAR is overseen by the administrators and department chairs, but at a district level it is run by the county's language arts specialist: Erica Basnight-Johnson.

"It is not a new concept by any means, and it's very common to find in schools," Mr. Mey said. "However, for it to be meaningful it has to be unique to the school, so the way we designed it is unique to Freeman High School."

In the Rebel Hub, there is a

DEAR reading log. "Students can log in and keep track of how much they are reading. It does have a space where students can identify specifically where they're reading," Ms. Wheeler said. The reading log is voluntary, but the results will be compared with results from other schools at the end of the year. The school with the most books read for the 2016-2017 school year will win a trophy.

"I have quite a few students who have told me that they enjoy DEAR. It gives them time to calm down, relax, and read what they choose to read, not what they're told to read," Ms. Wheeler said. "I haven't had a student tell me that they don't like it."

"I want them to read something they really want to read," English teacher Paula Brown said. "I like the independence of it, the freedom to choose what to read." Mrs. Brown also noted that students are still getting used to the DEAR program and typically forget to bring books. "Once people have several times of it, they will remember to bring their reading material," she said.

"I think DEAR is a time where we can pause our day and just let our imagination soar from the stories that we read," math

teacher Bethany Braun said. "I let my students read anything they like to read. I even bring in newspapers or magazines for them to read."

"I like DEAR because I've always liked reading and it's nice to have everybody be quiet," freshman Julia Hall said. "It helps me take my mind off of school."

"I don't really like DEAR, but I think it works," junior Jafet Rubi said. "I don't read on my own and DEAR forces me to read, which is good because literacy rates are so low."

"I personally don't like DEAR time just because I forget about it every week, and I would rather use the time for extra studying or getting ahead in classes," sophomore Olivia Weitzel said.

"I don't think DEAR makes a student want to read more. If anything it make reading more of a chore, especially if the student isn't fond of reading."

"I believe that reading, like writing, is a muscle; that the more you do it, the more comfortable you become with it," Mr. Mey said. "I think providing high schoolers the time to do it during their busy day allows them to step out of their worlds and read quietly and relax."

We The People

Hank Holland
Staff Writer

This year at Freeman, all AP Government students participated in the "We The People" competition as part of the AP Government curriculum. The in-house competition was held on Dec. 6 in several different classrooms throughout Freeman.

The competition required students to compose an opening statement and answer questions from a panel of judges as a group. "It gives them a deeper understanding of the U.S. Constitution and the principles behind it," said AP Government teacher Hana Hecht.

In previous years, the competition was strictly a part of leadership AP Government classes, but last year Mr. Fabian's class joined in, and this year all the AP Government classes participated.

"Anything that increases the number of people who are participating is a good thing, particularly in a very contentious election year," said AP government teacher Rob Peck.

The competition offered an alternative style of learning as the competitive edge encouraged students to take further interest in national government.

"I do like that everyone has the opportunity to do it; it is a good opportunity for public speaking and having a competition makes

students feel the need to actually work harder in class and know what they are talking about," said senior AP Government student Emma Buckley.

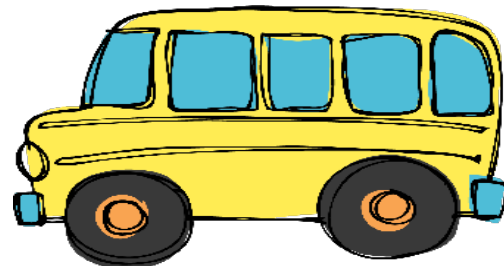
The competition was between seven total AP Government classes. "It's all the classes versus each other, but effectively it's going to end up being center kids versus non-center kids," said senior AP Government student Charlie Holloway.

This year, Mr. Peck's 3rd period class placed first in the competition, followed by Mr. Peck's 4th period class and then Ms. Hecht's 2nd period. The top two finishing teams will move onto regionals and face teams from other high schools.

The competitive atmosphere is viewed as beneficial by others. "The more competition you have, the better; it gets people going, it motivates people to want to do their best," said AP Government teacher Ben Fabian.

Students prepared for the competition with the "We The People" textbook and outside research. "The biggest portion is the argumentation: what the student brings to the table, but there is certainly an outside component, which requires one to two hours a week of research" said senior Nitish Vaidyanathan.

"It is extremely important to learn about the Constitution, and how the US Government works because we're citizens, and eventually you will have to vote and do other civil service things," said Emma.



Bussing in New Technology

Megan Kelleher
Staff Writer

Just as quickly as teens twiddle their thumbs to tweet, post on their snap story, or double tap on Instagram, Freeman students now have their bus information at their fingertips.

The Remind App, most commonly used for secure communication between teachers and students, is now debuting in a new way here at Freeman.

"Mrs. Rennie asked if I could think of a way to send out notifications to students when the buses arrived, and Remind came to mind," said Jessica Ciokan, Technology Resource Teacher (ITRT).

Technically, Remind "is designed for classroom use," she said. This way, students have the ability to receive notifications for their specific bus. However, Ms. Ciokan made the app work for her, setting up "classrooms" for each bus.

Currently there is "a whiteboard on the bus ramp that we put up when the buses arrive," said Toni Rennie, exceptional education teacher and administrative aide. However, "because

there are so many buses, you don't always know when your bus is here," Mrs. Rennie said.

This whiteboard creates a hazard at the bus loop as the "kids all congregate right around that board, which makes it really unsafe because they're right on the edge of that curb," Mrs. Rennie said.

According to Ms. Ciokan, the Remind App was implemented "mostly for safety reasons and to streamline communication on the bus ramp," and the app has proved to make the bus loop more efficient.

"The kids are loading the buses now much more quickly," said Mrs. Rennie.

Because the students are no longer solely relying on the whiteboard, there have not been "many missed buses since we've been using it," said Laura McKinney, administrative assistant.

The texts are not just sent by robots. Freeman students, such as seniors Molly Bruce, Ellie Hinkle and Brenna Gilman, are responsible for sending the texts. "I use Remind for other clubs, like NHS, and I'm in charge of sending out text updates, so I already knew how to do it," Molly said.

In order to get the word out, Mrs. Rennie and other administrators came to PE classrooms one week and hung posters in the main hall. Now, 405 students began to use the app to streamline their bus experience.

"I think it's a very helpful technology to use our phones to know our bus is on time," said freshman Carlos Mercado-Lopez.

It has even helped alleviate some stress from students' lives.

"I'm always afraid I'm going to miss the bus. It's a lot easier to have a text to let you know," said freshman Ellen Forrester.

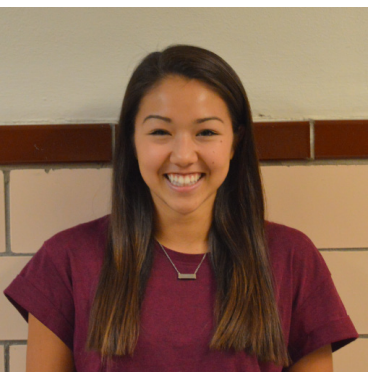
The Remind App has opened up new doors for students who are typically bound by the buses' tight schedule.

Many students have had the dreaded nightmare of missing their bus ride home from school, and this new technology has eliminated that worry.

The Remind App used for buses is "uniquely Freeman at the moment," said Ms. Ciokan. However, students in other schools may be seeing the Remind App used for their buses in the near future.

"I imagine that at some point other schools will want to adopt this type of thing as well," she said.

Women, Fight For Your Rights



Sarah Lim
Opinions Editor

As of July 2013, there were only 19 elected female heads of state around the globe. As of November 2015, half of America's states have never elected a female governor. In the business world,

women currently hold approximately five percent of Fortune 500 C-level positions. Of the 112 Supreme Court justices in American history, only four women have been appointed.

The numbers should speak for themselves.

The powerlessness of women has negatively impacted society.

A plethora of intellectual ideas have been silenced due to women's forced subservient position in society. Even if these ideas were heard by the public, they were not heard from a woman's mouth.

In my AP Biology class, I remember shaking my head in disbelief while listening to a lecture about Rosalind Franklin, a British biophysicist who was never given credit for the X-ray diffraction she produced (her photograph revealed the double helix

shape of DNA). Franklin's data was stolen by Noble Prize winners James Watson and Francis Crick.

A woman's intellectual property is not the only right that has been violated by society for practically all of history. Women have not been able to speak their minds due to the antiquated belief that they are innately inferior to men.

This notion is rooted in ancient beliefs from holy scriptures that were repeatedly misinterpreted and then relegated women to a secondary position in the eyes of God. Since then, women's social, educational, political, and economic freedoms have been restricted. Society has rendered them powerless.

The role of women in the United States has dramatically shifted over the last hundred

years. From the passage of the Nineteenth Amendment to the first female presidential nominee for a major political party, women have glacially gained opportunities to let their voices be heard.

Though a change has started, there is an absence of historically strong female leaders due to past restrictions on women.

Not only has the involuntary powerlessness of women limited past voices from being heard, but now women systematically underestimate their own abilities due to an inadequate representation of female potential reflected in history books and today's media.

As a result, we live in a deeply distorted society.

Young girls simply cannot be what they cannot see. Millions of brilliant ideas still go unheard because of women's fear that they

will be punished for engaging in more assertive behavior. Because gender inequality is rooted in entrenched attitudes and societal institutions, a large-scale commitment is essential to catalyzing social change and to empowering women to rise above the systematic powerlessness.

After witnessing the loss of the Democratic nominee who was a strong, exceptionally qualified woman, I am still perplexed by the defeat. For me, Clinton's loss is an obvious sign that bold, commanding women are still characterized as overbearing and vindictive.

I urge my fellow females to undertake leadership positions in fields that you are passionate about. Being a leader at a young age is imperative to perpetuating a new culture of strong females.

He Said

Jack Neary
Opinions Editor

Greens, beans, potatoes, tomatoes, ham, lamb, etc.

25 Days of Christmas movie marathon on Freeform

Hatchimals: slightly less creepy Furbys

Put on your yarmulke, Here comes Chanukah

They smell like beef and cheese. They don't smell like Santa



Thanksgiving Food

Favorite Holiday Tradition

What I want for Christmas is...

Holiday Songs

Mall Santas

She Said

Sarah Lim
Opinions Editor

I currently have a food baby

Baking a bajillion cookies with my family

To get into college. Please, Santa.

All I want for Christmas is yoooooooooooo

They ask me to sit on their lap...Enough said

An Unsettling Campaign Precedent



Kyle Adams
Editor-in-Chief

Simply put, this election was astonishingly abnormal. Regardless of my partisanship, both candidates bewildered me. Their lack of ability to truly connect with the American people and conduct themselves as po-

tential leaders of the free world was highly distressing.

The fact that the American people selected these two individuals as the two best possible prospects to lead an entire branch of our government is alarming.

Quite frankly, I am severely disappointed with the American population. A woman who was and may possibly still be under federal investigation was selected as one party's best representative. Meanwhile, a man who has never been in any sort of governmental position was the other party's selection and is now in line to take over arguably the most powerful position in the world.

But, many were still able to overlook these issues. The federal investigation has not revealed anything substantial thus far,

and some believe an anti-establishment businessman is exactly what this country needs in a time of Congressional stagnancy.

However, Trump set a precedent that could not and should not be overlooked. An astounding amount of people were insulted, attacked, or offended by Trump's remarks on the campaign trail. President-Elect Trump's campaign tactics must not be deemed tolerable.

CNN's Van Jones expressed logically: "You tell your kids: 'Don't be a bully. Don't be a bigot. Do your homework, and be prepared.'" Put shortly, this cannot be accepted as the new normal because it miraculously worked once.

The night after the election, I was perplexed by many of my

teenage counterparts who replied to my tweet that read: "It appears that morality has taken a backseat to fervent nationalism and demagoguery, which should be profoundly depressing to any American." Over ten Trump stalwarts texted me, asking what the tweet even meant. The word "demagoguery" tripped many up, which is ironic because Trump's candidacy epitomized the word.

As a society, we cannot condone a campaign of this sort. Trump's campaign primarily flourished under the umbrella of xenophobia and supremacist rallying cries that often did not make any reasonable sense. "Build the wall! And make Mexico pay for it!" Somehow, people deny that this defies basic economic sense. Even looking past

that, the proposal of deporting Muslims, illegal Mexican immigrants, and denigrating women lacks the fundamental decorum any elected official should have.

Truthfully, I feel as if I am on another planet from those who support Trump and overlook his indefensible volatility as a person—as displayed by his social media, campaign rallies, and personal interviews.

We as a population hold the keys to our government, and this election especially proved that. This campaign cannot be held as a precedent for normalcy. We have a responsibility to hold our elected leaders accountable to the highest standards, and if this country is to work efficiently and cohesively, we must learn to love each other instead of divide over differences.

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Letters to the editor are encouraged. They must be signed before they can be printed. Because of variety and space, only a limited number of letters can be published. The Commentator reserves the right not to print a letter.

Texting and Driving? Oh Cell No!



Jack Neary
Opinions Editor

The Freeman parking lot is pure chaos. Junior girls drive around with no regard for human life. Senior guys make turns like it's the last lap of the Indy 500. West End moms whip in front of high schoolers like we don't exist and disrespect the natural order of the exit line. (Quick note to moms: you're great, but please don't park on the side of the road. You make turning out of the parking lot like a game of driving Russian Roulette.)

It's not just the parking lot: out on the streets, the driving doesn't get much better. I put my life on the line every time I drive on Parham or Patterson on my way

to school. And while I've been cruising around, I've seen a lot of kids are texting and driving. Since I normally don't like driving near teenagers anyway, this is frightening issue for people in the West End.

Statistically, more and more kids are texting while they drive. Thirty five percent of teens admit to texting while driving. I guess we high schoolers decided that driving is not enough of a challenge. Controlling a 2-ton metal box on wheels just didn't thrill us enough. We needed to make it a little more exciting. So now we stare at our phones while simultaneously trying to run over a minimal number of kids.

Texting and driving is one of the stupidest things you can do. Before you decide to pick up the phone and text while driving, think first about whether it's worth it. What are the benefits of texting and driving? Will your friend really be mad if you don't send them the perfect emoji right now? Does the groupchat need your input while you're cruising down River Road? Is your game of online pool important enough to warrant running over a grandma who's just trying to cross the road?

The potential benefits of texting while driving: sending a potentially funny text a few minutes faster. The potential risks: immense. According to the FCC, there were 3,179 people killed in motor vehicle crashes involving distracted drivers in 2014 alone. And it's not only the driver that's at risk: when you text and drive with people in the car, you put their lives on the line. That's like telling the freshman you drive to school, "Hey, I like you and all, but your life isn't as important to me as this emoji I'm trying to send."

I do not think all teens are bad drivers. I just want to say that texting and driving can turn even a good driver into a terrible one in an instant. Since I can barely trust myself to text and walk, I can barely imagine safely texting and driving. Here's an idea: put your phone on silent while you drive. Don't let your phone distract you from your safety. Make your passenger answer your phone for you. Worst case scenario, pull the car over if you absolutely need to answer a text. Keep the streets safe and be smart.

And teach your moms how to drive in the parking lot.

Student's Battle Builds Compassion

Molly Herring
Staff Writer

Freshman Josh Dupuis, cancer survivor, does not hide his cancer, but it is only a small part of his story. Josh is a friend, a son, a big brother, and an athlete. He is willing and eager to tell of his battle, but he knows that is only one of the things that has made him who he is today. In January 2013, Josh beat cancer. Since then, he has touched his friends, family, church, community, school, and even people he has yet to meet.

Josh found out he had a brain tumor in third grade. "I started having intense headaches," Josh said. A trip to the doctor and a CT scan revealed a tumor blocking fluid in his brain. "Everything happened very quickly. It was a whirlwind," said Susan Dupuis, Josh's mother. The doctors performed a biopsy and found it benign, but a tumor removal disclosed cancer cells in the center.

He and his family were shocked. "We immediately had to become investigators," Mrs. Dupuis said. The family went on a nationwide search for the surgeon that could perform the operation Josh needed. The family educated themselves on cancer so they could

stay involved in Josh's treatment.

Despite the obstacle they faced, Josh's family was his support system. "My family pulled together behind me even though they were devastated," Josh said. "Josh made it easy," Mrs. Dupuis said. "He never complained. He even apologized one time."

To Josh, cancer was a mental battle. "You have to stay tough and power through it on your own. The doctors tell you everything, and you can't control what they say," Josh said.

Mrs. Dupuis shared a picture book with the title "Zaching' for Josh." She beamed with pride as she flipped through the photos of hundreds of friends, family members, and church members doing Zach Lederer's strong arm pose. It is clear that Josh's community surrounded him with love and support. Zach, a friend of Josh, lost his battle with brain cancer in 2014. In the book, Zach says a few words about Josh. "Please tell Josh that he is a true hero of mine," Zach writes. "He is fighting the good fight and I truly look up to him for that."

No one ever thought Josh would get sick. "We never imagined it because, you know, all of you are born perfectly. The world chips away at you, but you have to build yourself back up, or at least get used to what it does," Mrs. Dupuis said.

Josh fought through six treatments of chemotherapy over 18 weeks. Towards the end of his treatment, he was sent to Houston, Texas for "a special kind of proton radiation that is safer for kids," Josh said. Instead of radiating the entire brain, which is still developing at Josh's age, this method targets a direct spot.

Josh was "happy, very happy" when he found out the treatment was successful. "I was finally able to see the light that was at the end. I learned I had the power to push through and I was still pretty tough," Josh said.

Mrs. Dupuis said she was "elated" upon hearing the good news, but Josh still gets an MRI every six months as a checkup. Despite the uncertainty, the family maintains a hopeful outlook. "No matter what I see, I know it is in God's hands. You only have so much control over tomorrow," Mrs. Dupuis said.

Although Josh has emerged stronger than ever, there were moments in his battle that felt impossible to overcome. "After the removal of the brain tumor I thought I was done," Josh said, "The news that I wasn't was a big blow."

However, Josh kept fighting. Optimism was the key to his success. "My mindset was that there was light on the other side and once I got through it, life would



Josh talks to a friend in Ms. Snellings' class.

be a lot better," he said.

Josh's fight has shaped him into the compassionate person he is today. "I feel like it has given me some insight into what people can go through and it helps me be with other people through their struggles," Josh said.

Josh visits other kids in the hospital with recent diagnoses and shares his story. He is also a part of Cookies for Kids Cancer, a fundraiser meant to fund research and new treatment methods for children's cancer.

Mrs. Dupuis is also making it a priority to share the family's story. When Josh was diagnosed, she "was looking for someone who had been through it and came out okay," she said. When

the family did not find anyone, she decided to speak out. "I think we need to tell our story so other people can find us," said Mrs. Dupuis.

To anyone fighting like Josh did, he says, "It's all about the mindset. You have to be tough yourself. You have to look beyond what is right in front of you."

He has touched many hearts, and we can expect that he will touch many more in his future. Josh is a polite and kind young man. He asks thoughtful questions and is very inconclusive in group work settings. Every day, he takes extra time to thank me for class that day! Truly, he is an outstanding young scholar.

What is your QUIRK?

"I have a sweet spot for dorky things like Star Wars, Marvel, Battlestar Galactica, and math. I also like very specific colors like teal with a hint of sea foam green and robin's egg blue."

"Every night when I'm done with my homework I braid my hair, and I sleep with it. I love my hair curly. When I'm done with that, I answer my snapchats, then read a book on my phone before I go to sleep. In the morning I take my braids off."

"I have a before - game ritual. Before every Freeman baseball game, I go to Zaxby's Chicken and get a chicken platter and a side of fries."

"Every morning I drink exactly two water bottles before I leave. I don't even think about it now; it has just become a natural thing."



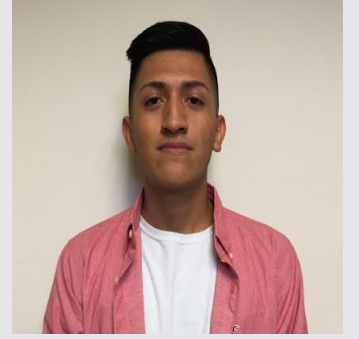
Freshman Anna Elena Felton



Sophomore Kristy Michel - Maurice



Junior Camden Lazar



Senior Jose Maldonado

Senior Inspires with TED Talk

Caroline Wall
Staff Writer

Greeted by the roar of applause and the bright lights of the TED sign behind her, senior Nuray Makhsatova walked confidently onto the stage of the Collegiate auditorium. She planted her feet and began to speak, her voice echoing through the auditorium as she shared her story with the audience members and viewers at home.

Three months ago, Nuray was living in Kazakhstan. Since then, she has moved to the United States, adjusted to life at Freeman, and given a TED Talk. Yes, a TED Talk.

TED Talks are forums for experts to share ideas and innovations, and TEDx events extends this platform to students. These are events hosted by local, independent organizers to create discussions their own communities, and they usually include videos and live presenters.

Collegiate School hosted one of these TEDx events Saturday, Nov. 19. The event was called TEDxYouth@RVA, and the talks centered around the theme "What Now?"

Nuray contributed to this discussion with a speech on her transition to America. She believes that this is a topic that must be discussed because "a lot of schools have a lot of people from different countries, and they have all different cultures and languages," she said.

Nuray was nervous about speaking in English, as she is more comfort-

able speaking in Russian, but she felt "so honored to have this opportunity" that allowed her to practice her English. "This has helped her English language proficiency improve," said Lissy Campbell, ESL teacher.

Nuray was also nervous about speaking on a big stage in front of a large crowd. However, this also made her excited because it was "such a great chance" to share her own story.

Nuray moved to the United States in August. She is from Kazakhstan and will be returning in June after she graduates. Nuray is an only child and came to America with her parents. Her father is studying at VCU.

It was a big transition to come to America. Preparations specifically the process of gaining a visa, took several months. During that time, Nuray felt the nerves and excitement of coming to a new country. "I was excited to go here, to come to the United States, because it's my first time," she said. "I didn't know what would happen to me but [I was] happy to have a chance to see different parts of the world."

Luckily, Nuray has adjusted to life at Freeman, stating that she really likes the school. "I think it's great," she said. "Teachers here are real helpful."

Nuray's teachers helped her prepare for her TED Talk. Mrs. Campbell was the one who offered her the opportunity, stating that "Nuray was the perfect candidate" to participate in the event. She was thrilled when Nuray agreed to speak and commends Nuray for having written her own speech and being willing to speak in front of 500 people.

Mrs. Campbell hopes that Nuray will inspire other ESL students to take on similar challenges. "I hope it will encourage them to possibly want to do the same thing and talk about their own experiences," she said. She plans to show her classes more TED Talks in the future as inspiration.

Nuray hopes her speech will influence listeners, specifically people who are "willing to move here." She wanted people to see that it is important to "take risks and take every chance that life gives you."



Nuray gives her TED Talk at Collegiate School.

Talia Moore Becomes Role Model for Children in Haiti

Jackson Woody
Staff Writer

Every year, junior Talia Moore goes to Cite Soleil, Haiti—the largest slum in the western hemisphere.

She goes with her family through Third Church, driven by her goal of being a role model for the children of a country known for poverty and disaster.

"My main goal has been to serve as a babysitter, teacher, friend and role model for the kids there. They aren't as privileged as we are, so I try to be there for them," said Talia.

Talia spends much of her time teaching Vacation Bible School to the children of local neighborhoods.

"The kids there are all very willing to learn since they do not have the same opportunities that we have in America, so I enjoy working with them," said Talia.

Despite her love for teaching Bible School, Talia still has greater ambitions for the country.

"What I would like to do, ultimately, is to create sustainable living areas in Haiti. I'm also interested in urban design, so I'm hoping to tie those things together to build lasting communities there," said Talia.

While Talia and others take care of the children, the rest of her group works on building and rebuilding homes for the residents of slums over the span of a week; however, redesigning entire communities is no easy task, especially in Cite Soleil.



Talia works with a young girl in Haiti.

Recent natural disasters turned the city into a ruin.

"There's rubble everywhere, there are no real houses. Living conditions aren't great at all," said Talia.

The task of rebuilding is difficult, but Haiti itself presents challenges. With an unstable government and widespread risk of disease, Talia always faces danger.

"It's a third-world country, so there are always risks. We took malaria medication last time," said Talia.

Despite this, Talia still caught a stomach bug during her last trip, which sidelined her for the last day of work.

Another struggle with helping the country is the language barrier. Many Haitians speak Creole, a combination of French and various African languages. Yet that does not pose much difficulty to Talia.

"She takes French at

Freeman, and this has been very helpful because Creole is fairly similar to French," said Dana Moore, Talia's mother.

"I taught Bible school with a girl who could speak the language there, but she also spoke a little English just like I spoke English and knew a little French, so we sort of taught each other English and French which was really special," said Talia.

Talia is optimistic about circumstances Haiti.

"The culture isn't like anything here in the US, people live in such a different environment, but despite those things, people are so joyful and it's unlike anything here," said Talia.

"Interestingly, the people we've met smile so much and are able to find joy in the small things of life because that is often all they have," said Mrs. Moore.

Talia and her family plan to return to Haiti this upcoming summer with Third Church.

Author Teaches Rebels



Mr. Patteson helps a student in one his classes.

Caroline Daniel
Staff Writer

Children everywhere have high aspirations for their future jobs, from being the president to a television star. David Patteson was no exception.

“I was born writing,” said Mr. Patteson, a Freeman credit recovery teacher. “My first real writing started when I was about eight years old and wrote long, gushy letters to my grandmother.”

He has taught at DSF for six years. Along the way, he has managed to fulfill his childhood dream of becoming a published author.

Mr. Patteson credits his English teachers in school and his “aptitude for writing” for his passion. In addition, he has always loved reading. Currently, his favorite genre is British literature, but he is also interested in authors such as Mark Twain, John Updike, and E.M. Forster.

“I read for enjoyment. It’s like an escape from reality,” he said.

His literary heroes have affected his writing style as well.

“I can’t help but imitate them when I read them,” Mr. Patteson said. “I find myself doing it subconsciously.”

Mr. Patteson writes literary fiction, including short stories, novellas, and poems. He has also written and illustrated graphic novels. His three published books are “Headstone,” “Coming Back,” and “Sin.”

A major obstacle in the path of many aspiring writers is getting published. Mr. Patteson chose Amazon self-publishing, a cost-free option, to publish his novels.

“Anybody could go in there and publish something,” Mr. Patteson said. “Once you get published, the trick is to build up a following.”

To do this, Mr. Patteson goes to many writing events. He frequently attends poetry readings, oral storytelling shows, and a critiquing writers’ group.

Mr. Patteson exposes students in Mr. Robjent’s class to the connections between advertising and poetry. He also teaches a two-week poetry unit in Mrs. Smith’s

AP English 11 class.

“We take popular songs, and we mix in collage and redacted poetry and collaborative poems... We bring in Mr. Durrett, who does music with them,” Mr. Patteson said. He hopes to work with a freshman or sophomore class in the near future.

Beau Nardo, a senior who participated in Mr. Patteson’s poetry unit last year, said, “Mr. Patteson just had a way to take a subject so daunting such as poetry and distill it into something to which we could take meaning.”

Mr. Patteson encourages Freeman writers to continue their passions by constantly writing and reading.

“Write for yourself. Follow your muse, wherever that leads,” he said.

Mr. Patteson also advises hopeful authors not to hide their talents.

“The other [important] thing is going out there. Telling people you’re a writer, doing poetry readings... Spend as much of your time as you can in that world,” Mr. Patteson said.

PHOTO: GABBY COX

Spotlight on Jacqueline Waweru

Lucy Collins
Staff Writer



PHOTO: GABBY COX

Imagine a white sandy beach, with its sun rays beaming down upon the clear blue water, to a wide open wildlife reserve, just visible through a backdoor window. Junior Jacqueline Waweru does not have to imagine visiting these dream-like venues. What most call a luxurious vacation, she called home.

Until she was 8 years old, Jacqueline and her family lived in Kingston, Jamaica. Jamaica’s warm weather and numerous activities made it an exciting place to grow up as a child.

“Kingston is a lot different than Richmond. We didn’t use technology, and there were no distractions. I just always played around and had fun,” she said.

When Jacqueline was 8 years old, she moved to Maasai Mara, Kenya with her family. Living in Maasai Mara was particularly intriguing for Jacqueline, because of the differing cultural aspects to the wildlife that surrounded her.

“I loved living in Africa, because that’s where I got my pet tigers, Maki and Mica. My family and I saved them from their mother, who was killed near the side of a road. Watching the tourists who would come through our town was also interesting to see. I enjoyed learning about their different cultures and what they did in their countries,” she said.

At age 10, Jacqueline’s family decided to move from Kenya to the United States to pursue a better education for their children.

“My parents wanted my brothers and I to live in America so we could have a better learning environment. When I lived in Africa, I didn’t understand the meaning of school. Most of the time I would just play around with my friends; school wasn’t taken really seriously there. Since I’ve been in America, I’ve learned to take school much more seriously, and I’ve learned the meaning of school,” she said.

“She has a unique perspective because of her background, and when she does share her perspective in class, it is always interest-

ing,” said her English teacher, Brian Durrett.

Jacqueline enjoys running the track at Quiocasin Middle School. Although she does not run for the Freeman track team, she has participated in the Monument 10K numerous times since moving to America.

“I really do enjoy running in my free time. It’s great for exercise and a good way to clear my head,” she said.

Jacqueline also likes to spend time with her younger brothers, Lewis and Ryan.

“I do mostly whatever my brothers want to do. I like to play video games with my brother Lewis, who is 10 years old. My youngest brother, Ryan, is just 1-year-old, so my family and I like to take him to the mall or on different outings together,” Jacqueline said.

When Jacqueline grows up, she aspires to be a doctor. She takes classes at the Medical System Administration at the Hermitage Technical Center, during the first three periods of the day, then takes a bus back to Freeman to resume her regular schedule during fourth period.

Jacqueline has taken a course at Hermitage Tech the past two summers.

“The classes at Hermitage are probably my favorite classes that I take. I really enjoy them because I find the different parts in the medical field interesting, which makes it intriguing to learn more,” she said.

Even though the halls of Freeman High School may not be sprinkled with white sand and may not be surrounded by exotic wildlife, Jacqueline’s story is one of many that makes the Freeman student body so interesting and complex.

A Senior’s Journey to America

Tyler Hendricks
Staff Writer

Senior Mustafa Idris’s family won the lottery. However, it was not money they won, instead they won green card visas to live in the United States.

Mustafa was born in Saudi Arabia 17 years ago and he traveled over 6,000 miles to live in America.

“My family were immigrants in Saudi Arabia because of the war,” said Mustafa.

After eight years, he moved to Sudan, his “home country.” His father was a doctor in Saudi Arabia but decided to return home to Sudan to be closer to family. While in Sudan, Mustafa’s family applied to come to the United States through the Diversity Visa program, which awards 50,000 green card visas per year to immigrants around the world.

This program is designed to increase diversity as well as to increase the number of under-represented nationalities in the United States. Because of this goal, the program does not allow more than seven percent of the visas to be issued to a single country. The small number of visas offered by the United States means few immigrants are accepted into the program.

“We came with the lottery; we waited for years for it to happen. When it happened, we had to travel to Egypt,” said Mustafa. He described Egypt as similar to Sudan because of the shared language of Arabic and shared faith of Christianity and Islam. Mustafa remained in Egypt for a month due to a problem with the visa.

“We stayed at a hotel for a month; there were missing papers,” said Mustafa. Once the problem was resolved, he moved to the United States in 2011.

“We came at midnight; we took the bus from New York to Richmond,” said Mustafa.

He traveled with his father and his two younger siblings as his mother and older brothers were already living in Richmond.

“Their papers were done so



PHOTO: LAUREN LOMBARD

Mustafa works on an assignment in one of his classes.

they had the chance to come, while my two younger siblings and I couldn’t come because our papers weren’t done. My dad would come here, stay with them and go back for us,” said Mustafa.

He and his younger siblings stayed with his grandmother who “took good care of them” while their father traveled to and from Richmond. His grandmother has since moved to Richmond and lives with them.

Mustafa lives with his mother, his father, who is a doctor, his eldest brother, who “works hard to take care of the family,” his older sister, who is a VCU student, and his two younger brothers.

He noted that school is quite different in America.

“Education was really bad in my country; it cost a lot of money, here the opportunity is free. There, if you don’t do your work you might get beat up by the teachers and that is still happening there, but here, no one can touch you,” said Mustafa.

One of the classes Mustafa takes is early bird Advanced Marketing taught by Sabrina Rabon. She describes Mustafa as “quiet, respectful, and caring.” Because of this class, Mustafa’s job at Kroger will allow him to

get a second credit through the Marketing Co-op Program and allows him to leave school after fourth period in order to work.

“If a student is enrolled in a marketing class, they have the opportunity to earn a second credit through the co-op. He has to work a minimum of 396 hours, but he works way over the required amount,” said Mrs. Rabon.

In addition to giving him an additional class credit, Mustafa uses his job to help his family. He contributes to paying for phone service, car insurance, and food at home.

“I wouldn’t take money from my family and make them pay for my stuff,” said Mustafa.

Despite school and work, Mustafa still manages to find time to have fun playing soccer with friends at the University of Richmond soccer fields, sometimes playing until the lights shut off at 11 p.m.

“I try to play three to four times a week,” said Mustafa.

Mustafa has big plans after he graduates high school. He hopes to follow in his sister’s footsteps and attend the Virginia Commonwealth University, where he wants to major in civil engineering.

Day in the Life of Freshman Nalani Stephenson



6:30 AM - Get up and shower (while singing)

6:50 AM - Get out of the shower, put on my facial mask and then brush my teeth

7:00 AM - Put on deodorant and lotion

7:30 AM - Wash the mask off, do my hair while singing and dancing in the mirror

7:40 AM - Start getting dressed

8:10 AM - Spray a lot of perfume on, the Bath and Body Works kind

8:20 AM - Repack my bookbag and then put my shoes on

8:35 AM - Wait for my bus while listening to some “Lil Uzi Vert”

8:50 AM - Arrive at school and go to the cafeteria and get some tea

12:27 PM - Eat lunch, talk about random things with friends, and listen to the boys behind rap, argue, and roast each other

4:00 PM - Start homework, study a little more and then do my chores

6:00 PM - Watching Netflix and on Facetime while answering over 125 messages

9:00 PM - Lurk on Instagram and spam Snapchat

11:00 PM - Go to sleep

Are you ready for the real world?

Know your post-graduation options.

Consider Community College.

Alex Moss
Staff Writer

In the state of Virginia, you are never more than an hour away from a community college. The accessibility is beneficial, but the opportunities they provide may be even better.

A community college is an institution where students can take classes when they want, in the subject fields in which they are interested. Community college offers automatic acceptance to all of those who go through the application process, take a placement test, and have a general education diploma.

This option after high school offers flexibility, accessibility, opportunity, and a chance "for students to get to know

themselves a little bit better," said social studies teacher Ashley Weber.

Nine community colleges are within a 25-mile radius of Henrico County. As for finances, community colleges do not offer room and board, so tuition is significantly lower than a four-year institution, and payments are based on the number of classes the student takes. For opportunity, students can complete a two-year program for an associate degree, or have the opportunity for automatic acceptance to various four-year institutions in the state of Virginia.

Many students complete high school with a great deal of uncertainty, and community college is an opportunity to "explore options," said school counselor

Beth Metcalf.

Flexibility is a huge pull factor for community colleges. The student can "build [their] classes around [their] schedule," said Mrs. Metcalf. Students can take night classes, allowing them to also work a full time job. It is also common for a student to attend a community college for a needed certification or course needed in the work force.

The most common community college for Freeman graduates is J. Sargeant Reynolds community college, which has three different locations across the City of Richmond and the greater Richmond area. J. Sargeant Reynolds has four main schools: business, nursing and allied health, humanities and social sciences, mathematics science and engineering.

A variety of unique programs at JSR grant degrees that are beneficial in the work force. Students who complete a two-year culinary program are granted automatic acceptance to Johnson and Wales University — a top culinary school in the US. Students can save up to \$50,000 in the transfer process because credits have been earned much cheaper than that at Johnson and Wales. In just one year of full time study in a field like fire science technology, a J. Sargeant Reynolds student can be transferred to an associates in arts degree program which leads to the ability to become a certified fire fighter in just two years. With an associates in arts degree from J. Sargeant Reynolds in nursing, a student can become qualified to

take the licensing examination to become a Registered Nurse.

A number of Freeman students have enrolled at J. Sargeant Reynolds in the past and plan on enrolling in the fall of 2018. Senior Savannah Morris looks to "earn necessary credits to become a high school teacher" at J. Sargeant Reynolds, while former Freeman student, Tyler Murdaugh, "likes community college because it [he] has no distractions and is able to focus on his school work."

If interested, contact your guidance counselor or visit www.vawizard.com to explore community colleges in the area.

Did I mention the military?

Zach Schwertz
Staff Writer

Oorah! Hooah! Hooyah! The chants and battle cries of the five branches of the United States Armed Forces - Army, Marine Corps, Navy, Air Force, and Coast Guard - have resonated in the ears of generations of Americans. These chants and battle cries become commonplace for the nearly 180,000 individuals who enlist into the military each year. Enlistees join for a variety

of reasons and in a variety of fashions. Joining the military is a practical alternative for high school graduates instead of attending a four-year institution.

The military yields numerous benefits. Among the most important is the "financial benefit, in regards to higher education. The current G.I. Bill is fantastic," said Colonel Patrick Looney. College debt is an issue many college graduates face and struggle to overcome across the nation. The G.I. Bill is a federal legislation that provides the necessary funding for active and retired military members to obtain a collegiate education in exchange for their service in the armed forces.

Aside from the financial perks, joining the military helps mold individuals' characters. "It is one of the best character-building professions you can get into, in terms of learning responsibility [and] learning time-management," said math teacher and active reserve member Derek Podolny. Mr. Podolny is an active reserve member of the United States Navy and holds the rank of Lieutenant Commander.

The military provides the focus and direction for individuals who need guidance. "If you don't really know what you want, and you're not sure about how to go forward, I think [the military] gives you that path," said Lieutenant Commander Abi Dryden, 2001 Freeman graduate and sister to sophomore Ernie Campbell.

Active service members reap the advantages of the strong network connections available through the military and a career that offers a steady pay

check. Individuals who have a certain passion for a specific career can still pursue their dreams in the military. "Every military outfit has a way for you to be in the military and still do what you love," said Lieutenant Commander Podolny.

Career service members enjoy the possibility of early retirement and can arrange retirement plans with their branches based on their amount of service. Naval recruitment officer for Douglas Freeman Petty Officer Carlos Velez is planning to retire from service at age 41 next year.

"How many 40-year-olds do you know retire?" said Petty Officer Velez with a smile on his face. "Aside from the boons of enlisting in the armed forces, the military is a serious commitment that involves harsh training, limited

freedom and the potential to be put on the front lines of battle. "Military is not for everybody, but, at the same time, college is not for everybody," said Petty Officer Velez.

Graduates who are interested in enlisting in the military after high school should contact and arrange to meet with their counselor in order to discuss their interests, plans and potentially set up a meeting with a recruitment officer. Each branch of the military has a local recruitment officer like Petty Officer Velez.

After meeting with a counselor and local recruitment officer, potential enlistees must take the Armed Services Vocational Aptitude Battery (ASVAB) Test and score at least a 35 out of 99 in order to qualify to enlist. The ASVAB Test is offered at any time at any local recruitment station.

Douglas Freeman offers the ASVAB test on the second Wednesday in February each year. The ASVAB test offers insight into not only aptitude, but also personal interests that help guide future enlistees into the branch and service that will be most fitting based on their results.

Furthermore, prospective enlistees must pass the physical examination at the local Military Entrance Processing Station (MEPS). Most importantly, soon-to-be enlistees out of high school are required by law to present proof of graduation in order to qualify to enlist.

After completing all the prerequisites for enlistment, enlistees are notified of their status and sent to boot camp for 6-12 weeks to begin their military career.

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Tighten your core at AmeriCorps.

Mia Fuller
Staff Writer

For some people, college isn't the right step. In fact, it may not have to be. Sometimes, helping others could be just as beneficial as getting an education. For those people, the next best step might be joining AmeriCorps.

AmeriCorps is a branch of the PeaceCorps, which focuses on volunteer opportunities throughout the nation.

"It's almost to me like a Tech Center on steroids," said Kevin Steele, school guidance counselor. To put it simply, it is a program focused on organized large-scale community service.

The premise of AmeriCorps is to help others, while also helping its workers. There are hundreds of volunteer opportunities with which workers can get involved. For example, there are many opportunities in education

where the AmeriCorps members help impoverished school systems. There are also many architectural opportunities, such as building homes and important buildings. No matter what the interest is in, AmeriCorps can offer it. "It's a great organization and they do really great things all around the world," said Shannon Edwards, Director of School Counseling.

There are three specific programs that AmeriCorps offers. AmeriCorps State and National focuses on local service options and projects within a community. AmeriCorps VISTA allows its members to serve in public agencies and help low-income families. AmeriCorps NCCC is a full-time program for people ages 18-24, that allows them to strengthen communities through a team-based community service program. "Since there are so many branches of AmeriCorps, when a student

comes to me, I like to know what goals they have so that I can help them find the branch that will really meet those goals," said Mrs. Edwards.

Math teacher Jeff Given has encountered AmeriCorps within his own family. His son and former Freeman student, Freddy Given, participated in AmeriCorps right after graduating high school. "Freddy was assigned to the West Coast region, somewhere in Sacramento, California. Then his first assignment was in Kalispell, Montana where he worked for Habitat for Humanity and helped build houses," said Mr. Given.

"I think it's a great program for kids who aren't sure of what they want to do. It's 10 months of commitment, and you get to travel and learn new skills," said Mr. Given.

The AmeriCorps program is offered to anyone that is over 17 years

of age and has graduated from high school. While at an AmeriCorps location, workers go through training courses that help them prepare for the tasks ahead. The programs focus on teaching its volunteers skills that can feed into any career path. AmeriCorps helps expose people to different parts of the nation and allows them to learn educational skills, environmental studies, and many other technical traits.

"It's a next level opportunity for you to develop skills that you are interested in, along with an educational piece," said Mr. Steele. The community service options that are offered through AmeriCorps benefit the workers, as well as people throughout the nation.

Not only is AmeriCorps a volunteer service, but it is also a starting point for people's future. Each member, after they have served at least a 10-12-month period, qualifies to receive a Segal AmeriCorps Education Award. This grant gives the worker up to \$4,725 that can help pay for college, graduate school, or a career.

"The great thing about it is that you are virtually guaranteed a job once you get out. It is a nice feeder into the professional world," said Mr. Steele.

Joining AmeriCorps is simple. "I would encourage everyone who is considering to make an appointment with their counselor to discuss the details," said Mr. Steele. The counseling office has numerous fliers, pamphlets, and additional information for students.

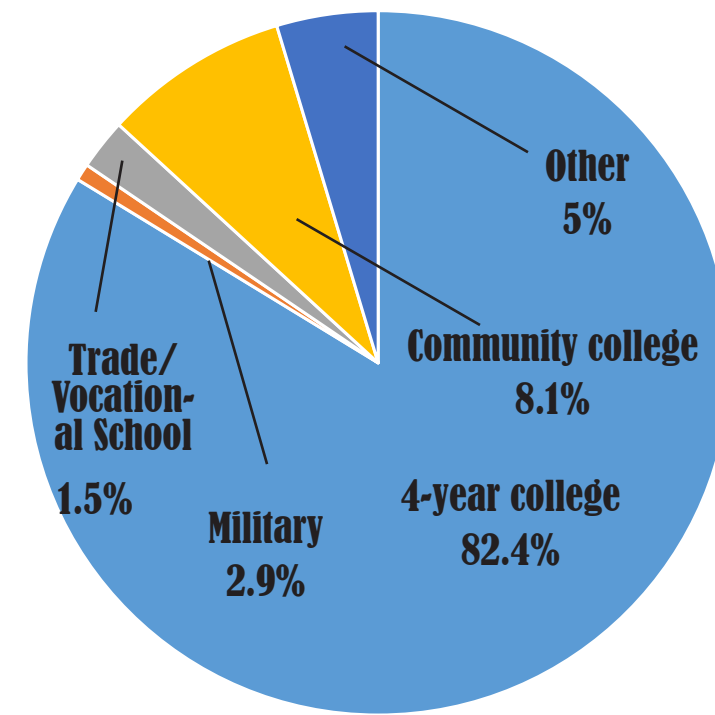
AmeriCorps may not be the best option for everyone.

"Some advice that I would give to students would be to research completely," said Mr. Steele. "You don't want to get there day one and not enjoy yourself." "Just like you would

for any college, do some research. Make sure it is the right fit for you," said Mr. Steele. To look at more information and get an application, you can go to www.nationalservice.gov/programs/ameri-corps, or ask any school counselor for more information.

If community service is something you might be interested in, AmeriCorps might be the best option - it may even help you change the world.

"There are needs all over the world, and to be a part of something greater than you, I think is worth it," said Mrs. Edwards.



Going on a gap year?

Jackson Woody
Staff Writer

A gap year means taking a year off before going to college or entering the workforce to volunteer or intern with any institution, usually nonprofit organizations. Some institutions give college credits if the work they do is relevant to what they plan to do in college.

Gap years provide valuable, hands-on experience in a variety of fields. Some of the most common fields include missionary work, unpaid apprenticeships, and nonprofit internships in the medical and education fields.

"It gives an opportunity to work on something you really love and sink your teeth into, but still gives you an opportunity to pursue anything you want," said guidance counselor Kevin Steele.

Those who choose to take a gap year require a certain set of qualities to succeed.

"To be able to do a gap year, you still have to be very aware, self-motivated," said Mr. Peck. Despite the potential benefits, gap years are uncommon. The most common path is going straight into college from high school.

Freeman graduate (2015) Zach Morgan decided against going to college straight out of high school. Zach took a gap year before college in Jamaica, where he and a team of ten others worked with local residents to help those who are disadvantaged in society.

"Being out of the

country helped me take into consideration the opportunities that could one day arise. It helped me be more open to the possibility of studying abroad or working outside of the states one day," said Zach.

Now in the workforce, Zach believes he has grown more in both knowledge and maturity after his experience than he could have in college.

"I think high school students are pressured way too much about going to college right after high school. School isn't going anywhere, so you might as well enjoy being young and experiencing new things. You end up gaining a lot more knowledge and maturity I think than a lot of college students," said Zach. Zach was not the

only Freeman student who opted to take a gap year, or even the only one in his family. His younger sister, Bethany, also a recent Freeman graduate, opted to take a gap year before college.

Outside of Freeman, notable people who have taken gap years are Virginia Senator and former Vice Presidential Candidate Tim Kaine, as well as President Barack Obama's oldest daughter, Malia.

The trade-off for trade school.

Meredith Given
Sports Editor

It may be hard to believe, but there are other schooling options after high school besides colleges and universities, or two year junior colleges. Trade and vocational schools are useful options for students who are looking to do something different after high school.

Trade and vocational schools are post-secondary educational

institutes, where one graduates after two years with technical skills required to perform a particular task or job in which they studied. There are around 200 different trade or vocational programs in Virginia from animation to sports medicine.

There are various trade schools located in Virginia. Everest School in Chesapeake, Virginia offers trades programs for electricians and HVAC program. At the electrician school students will receive the

required classroom hours and electrical work that is required to become an officially licensed electrician.

There are many benefits for attending a trade school for prospective electricians. Certificate programs offered at trade schools are focused on hands-on work and theoretical knowledge directly to the electrical trade. Most of these programs can be completed in under a year, whereas getting a degree can take over two years.

Advanced Technology Institute in Virginia Beach, Virginia offers many trade certifications, including automotive technology, Diesel/heavy vehicle technology, HVAC and refrigeration, and tractor/trailer/commercial driving. Fortis College in Norfolk and Richmond also offers HVAC certification.

Most applications can be found on the different trade school websites. Cary High School graduate Trent Wootan attended Universal

Technical Institute in Exton, Pennsylvania to study diesel and industrial technology.

"I applied at uti.edu, filled out an application, and then a campus recruiter got into contact with me and helped me finish all the other application stuff," said Trent.

Receiving a trade school certification or diploma can vary depending on the field, but usually takes 12-24 months.

"Auto or just diesel is about 12 months. I

also added on Cummins certification which was another 12 weeks. I started a year after I graduated high school, and I graduated a year before all my friends that went to a traditional four-year school," said Trent.



PHOTO: PUSDK12.ORG



PHOTO: EARTHSPACECIRCLE.BLOGSPOT.COM

Waleed Heads to Nationals

Continued From Page 1

As a result of his fifth place finish with a time of 15:09 at the Footlocker regional meet, he will be running in nationals with a chance to become an All-American by finishing in the top 15.

In 2015, Waleed ran in the FootLocker National Race in San Diego, California. Only 40 people in the nation are chosen to run this race.

"I never had the chance to go all the way to San Diego before. They gave me the chance to do so for free which was pretty awesome. It was a great experience," he said.

Waleed was born in Sudan, and emigrated to Jordan. He came to America from Jordan in the spring of 2014, starting his sophomore year at Freeman the following September.

"I only ran for four months over [in Jordan]. I ran to get ready for soccer. My uncle was an Olympian, and I needed to beat his PR (personal record), which was 1:46 for the 800 m. He ran in the Olympics of 1996 and 2000," Waleed said.

When Waleed first came to America, his perception was initially skewed. "I thought whatever you wanted would become true. You have to work hard to achieve your goal, and that was the biggest surprise. Living here

is a lot harder than Jordan, but better. I was afraid of football players because they are mean in the movies I had seen before. Not every aspect is true," Waleed said.

Coach Brian Reutinger noticed a quick growth in Waleed.

"He did not know much about communicating. Within a month, he changed drastically and found a niche at Freeman," Coach Reutinger said.

Waleed's sophomore year was drastically different than his junior and senior year. "It was pretty hard to make friends, and I don't know what I would have done if I was not a runner," he said.

Waleed said he came not knowing a single word of English. He credits the help of Freeman alumni (class of 2015 and 2016), Matthew HP, Peyton Artz, Jinks Jerve, and other teammates with helping him adjust.

"I am doing better now. I actually work my butt off for that. I am thankful that I have made friends and things are going smoothly," Waleed said.

Melissa Campbell, Waleed's ESL teacher, and Brian Reutinger, his cross country and track coach, have guided Waleed significantly throughout high school.

"My coach carried me all the way here. Without him I would

not have arrived here. All the things I have done and am going to do is going to be because of him," Waleed said.

"[Waleed] has enjoyed some things we take for granted here that he did not have. He is appreciative of everything he has, such as being more appreciative of school and American culture," Coach Reutinger said.

During practices, Waleed and his teammates run about five to six miles a day when they have an upcoming race. Coach Reutinger describes him as being "a good leader, extremely coachable, gracious, and outgoing."

Joe Gilman, a sophomore on cross country, said, "Waleed jokes around a lot, but gets serious in the thick of practice."

"We have practices no matter the weather. I am thankful for that though, because I would not have been where I am right now without that," Waleed said.

Boys cross country has gone to states three years in a row. "It is pretty awesome, actually. Going three times in a row is a blessing. I am looking forward to nationals too. In the end, cross country is based on a team," Waleed said.

Waleed's personal record in the cross country 5K is 14:49. His mile time is 4:07, "unofficially."

"I don't think the school realizes how amazingly fast and talented Waleed is, and I know our

team is really going to miss him next year," junior Mia Girardi said.

Waleed had many scholarship opportunities. "My top five were Michigan, Oregon, Villanova, NC State, and Ole Miss," he said. However, in the end Waleed committed to Ole Miss, the fourth ranked program in the country.

Waleed is one of the senior captains this year for cross country. "I enjoy being a captain. I try to be a friend to them so they can get hooked up with it. You have to balance being friends and being a leader. It is fun but can sometimes be hard," Waleed said.

"He knows how to take charge of a group without being mean or yelling," Joe Gilman said.

Roy Stevenson, senior cross country runner, is another captain alongside Waleed. Roy has recognized the vocal change in Waleed over the years.

"When he first came, he was quiet. Now, he will not stop talking," Roy said.

Even after winning so many races, Waleed still relishes the sensation of victory.

"It is still a great feeling. I am trying not to feel confident that I am going to win. Nothing is going to be guaranteed," he said.

Waleed also gets along very well with his teammates and

coaches.

"I definitely like my coaches and teammates. Whoever is on the team is my friend, and I respect everyone. The team is your family," he said.

The Freeman family appreciates not only the success that senior Waleed Suliman has accomplished in cross country, but also the character that he shows.

"Waleed is one of the nicest guys I know. He is one of my best friends and knowing him for the past three years has truly been one of the highlights of my high school and running experiences," Mia said.

Suzanne Criswell, Activities Director, recognized Waleed's "raw" strengths as both a person and a runner as he has brought fame to Freeman Cross Country.

In his three years, Freeman has won one team state title, and Waleed has won seven individual titles. Mrs. Criswell described Waleed's ability as "innate."

His love of running is contagious and he pushes his teammates to run their very best.

Waleed Suliman is not only a very successful runner, but a humble leader and teammate.

"Based on his attitude, you wouldn't know his success unless someone told you. He lets his racing do the talking," said Coach Reutinger.

Thoughts on State of Freeman Football



Jack Bernhardt
Sports Editor

Under the coaching of Mike Henderson, Rebel Football is a force to be reckoned with in Conference 11.

Nowadays, not only is a winning season normal, but the expectation is higher. Coach Henderson has evolved the Rebels

from a football bottom-feeder to a powerhouse in the region.

The Rebels' success should be considered dominance based on the raw statistics. From 2009-13, the Rebels went an unimpressive 14-26, losing to Godwin in 2012 and barely handling a less-than-mediocre Deep Run team by one point. The Rebels have gone 8-0 against our conference "rivals" Deep Run and Godwin in Henderson's four-year tenure.

I've never seen them lose to our supposed "rivals" in my four years at Freeman. The Rebels didn't just win those games, they dominated.

Since my freshman year, I've seen the Rebels demolish both of our rival foes, Godwin and Deep Run, in a combined 205-41 score. That's outscoring the Eagles and Wildcats 68-28 and 137-13, respectively. It's uncontested.

This begs the question, should Godwin and Deep Run be considered our rivals anymore? What makes a rivalry: tradition or competition? I ask those questions and they lead me to think that even with rivalries being unequalled in competition, the traditions of rivalries still live on.

There's no better feeling of pride than trading student section chants, wearing your camo, and screaming, "We eat eagle meat!" at the top of your lungs. The Rebels have, yes in recent years, outgrown its division, but there is still progress ahead. The Rebels now circle games on the schedule and pack William E. Long Stadium for games like Atlee and Hermitage, and every year prepare for a deep playoff push.

Even if the old rivalries are now becoming one-sided, there



PHOTO: SCOTT PHILLIPS

Freeman Football running out onto the field before a game.

are still fresh rivalries being born. The fact is that even with our dominance, there will be better teams out there, but that brings

us to new levels of competition of football, and this is just beginning of where this team can be.

In Henderson we trust.

Freeman Volleyball Postseason Results



PHOTO: MARGARET DEWITT

Junior Brandon Smith sets the ball for senior captain Thomas Best against Godwin.

Ross Metcalf
Sports Editor

Many times, teams are judged solely on their record and how far they were able to advance in the postseason. Too often, teams are judged on a win-loss ratio and not on the caliber of each player or how well they function as one unit.

The 2016 boys and girls volleyball teams exemplify two teams that were able to perform well into postseason, getting to the regional competition while maintaining a bond of commitment.

Junior Liza Laughlin described the girls team as "the most fun." We all just got along really well," she said.

Both teams were stacked with returning seniors bringing both leadership and experience. Each team focused on a strong regular season record with their eyes set on the state championship. However, those goals did not come to fruition this year as both teams lost to Deep Run High School in the conference semifinals.

While neither teams goals of reaching state championship competition were met, the strong leadership of seniors on each team allowed for a memorable regular season.

"Just like last year, we started playing our best volleyball not necessarily in September, but at the end of October when you need to make your push for playoffs. That was one thing that this team did very well; when we had

to play great, we played great," said Drew Lovering, girls varsity volleyball coach.

Captains for the girls team were Molly Bruce and Kerry Baumann.

"The only reason that we were able to go as far as we were was the leadership on the team and being able to motivate each other even after losses," said Liza.

The team's seniors included Brayton Thompson, Leland Lawson, Molly Bruce, Kerry Baumann, Mattie Johnson, and Sarah Hamilton. The remainder of the team was almost exclusively juniors with one underclassman, Teegan Howell.

"I think one of the reasons I like volleyball so much is that practices are just as fun as games and we have a good group of girls,

and we all get along well, and our coach is fun to be around," said Kerry.

The seniors wanted to make their last year "special and lead their team in the best way" possible, said Kerry.

"I think that they were more open to doing things for the good of the team instead of wanting playing time; they were just very unselfish. They just wanted more to have a positive community," said Molly Herring, junior on the girls varsity team.

Overall, they finished the season with a 14-12 record, losing to Deep Run in regionals in three sets.

The seniors on the boys team and their captains Jaden Perini-Anderson and Thomas Best were able to create close family atmosphere in which every team member was able to know exactly what was expected of them.

"The seniors this year were more like our older brothers in the fact that they would put you in your place if you messed up and made sure that you would not make the same mistakes again," said Joe O'Connor, junior varsity volleyball player.

"The seniors did a great job setting a mental tone and providing experience, since Thomas was on varsity since he was a sophomore. They provided postseason experience in the run we had; they were just good role models on and off the court," said Chris Gilliam, a junior on the boys varsity team.

The most notable victory this season was the home game against Godwin.

"It was the perfect game; everything was perfect, everybody was banging everything. There were so many people in the stands in

that game; we had more people at that volleyball game than I have seen at most of the basketball games. We totally got in their heads, and we did what we had to do and everyone was having a lot of fun," said Steve Baziano, senior varsity player.

The overwhelming victory over Godwin proved to the team that a states run was a possible destination. With a final record of 18-8, the team's hope of a state championship ended with a loss to Deep Run High School in the regional quarterfinals. Deep Run defeated the Rebels in three sets, as they proved difficult for the Rebels during the postseason.

One of the biggest issues the boys team faced was that each team member was put into a different role than they had played the prior season. The only player who played the same position was Thomas Best. Interestingly, the boys team was the tallest team in the area and used that height mismatch to dominate the smaller teams.

"I felt like we almost got there, especially in the last game. When you look at our size, there were some teams that just couldn't match us in that, and we also had the best libero in the state (Gavin Satterwhite). With all that you would think we would get to states, but I mean I think the biggest issue was that everyone was in a new position on the team," said Steve.

Gavin finished the season with one of the best passing percentages of players in the area.

The focus building a community and family feeling in each team allowed the varsity volleyball programs to shine this year and to be set as a standard of comparison for future teams.



PHOTO: GABBY COX

On Nov. 9, seniors Alyssa Hahn (Davidson committed September 2016), Gracie Douglas (Liberty), Jack McSorley (Cornell), Karoline Nease (Navy committed 2015), and Trudie Grattan (Stanford) met in the library to officially sign their letters of intent.

Seniors Move Up to the Collegiate Level

Gracie Douglas

Sarah Farney
A&E Editor

Among stressed seniors frantically writing college essays and praying for acceptance letters, Gracie Douglas is relaxed with the knowledge she is already going to college. Gracie committed to Liberty University for their Division I lacrosse program.

Her lacrosse career began in 6th grade, playing for a travel team called Storm. Her older sisters, Maddy and Sarah Bradley, had both already been playing lacrosse. Her twin sister, senior Hannah Douglas, also played lacrosse but stopped before high school.

"I was forced into it by my mom, then I actually started to love it years later. I originally didn't want to play because I hated to sweat," said Gracie.

Two of the other Freeman players, seniors Trudie Grattan and Karoline Nease, also began playing on the Storm team since sixth or seventh grade.

"They play year-round for a travel team, and we have grown to become a 'lacrosse family' over the years. These relationships have helped grow Gracie into a confident and strong young woman," said her mother, Susan Douglas.

The girls' bond has contributed to the success of the lacrosse team at Freeman. In fact, Karoline and Gracie often assist each other for goals.

"I think our biggest accomplishment was almost getting to states last season. I have a really good feeling about this year. We've gotten so much better since last season, and we'll get as far as we can last time," said Gracie.

Gracie plays midfield and

attack positions. Her greatest strength is that she is versatile in the positions she plays. The skill she hopes to improve upon at Liberty is her speed up and down the field.

"She is one of the top scorers on the team every year and despite her size, she is very aggressive and a force to be reckoned with," said Mrs. Douglas.

Hannah's favorite memories of watching her sister play lacrosse were the moments where she would fall on the field.

The whole family traveled to her games and tournaments, and Hannah would help her practice on the turf fields at the University of Richmond.

"The family had to pull together and be willing to let us travel on weekends, stand in cold, rainy, windy weather to watch games and spend hours in the car going up and down Interstate 95," said Mrs. Douglas.

Liberty was the perfect school for Gracie, as she will be able to continue her academic and lacrosse career while growing her faith in God.

"The school is insanely gorgeous and I wanted to go to a school big enough to have football which I really like," said Gracie.

Gracie is already friends with some of the other 2017 lacrosse recruits from across the nation. She appreciates the family dynamic of the team.

"I think I'll fit in extremely well. I've gotten to know older girls already, and they're so welcoming," she said.

"We believe we go nowhere by accident, and Gracie is going to Liberty for a reason. We are so excited to see what the future holds for her on and off the lacrosse field," said Susan.

Jack McSorley

Lauren Tull
Staff Writer

Jack McSorley wakes up at 4:03 a.m., on the dot, five times a week.

He has been swimming for 13 years and has loved being in the water for as long as he can remember. Now, as a senior, Jack swims eight times each week for a total of 20 hours, and he has committed to swim for Cornell University.

"Jack naturally took to the water at a young age, never showing fear," said his mother, Catherine McSorley. "He tried other sports, like soccer, but he seemed bored and preferred to look for four-leaf clovers," she said.

He continues to swim years later because he likes racing and values the comradery of the sport. "Honestly, it's a lot of swimming, and if it wasn't fun and I didn't enjoy the company, it would be hard to get through," said Jack. "The people you're with make a difference."

Jack has had the opportunity to compete with many talented swimmers, some of whom have been in prestigious events like the Olympics. As a freshman, he was on a relay team with Townley Haas, and they broke the Virginia record in the 800-meter freestyle.

Jack has always been surrounded by highly-touted swimmers. His idol is Thomas Stephens, a boy who attended Collegiate and now swims at Stanford. He was Collegiate's valedictorian in 2011, as well as the fastest swimmer NOVA ever had. "I looked up to him as a role model for what I should do," said Jack.

Furthermore, swimming

has taught Jack many lessons. It showed him "the importance of having a good work ethic," as one "cannot succeed without working hard," he said.

Carter Bristow, a junior who swims at NOVA with Jack, described him as "hard-working, a good leader, and inclusive." Carter noted that Jack "always makes sure everyone is included and comes up with activities to help make our group closer."

Jack's dedication paid off when he committed on Nov. 9 to swim at Cornell, an Ivy League University in New York. He chose this school because he felt that it would be the best fit. "In the end, it came down to a happiness factor," said Jack.

He hopes to go into engineering at Cornell once he enrolls in the fall of 2017. Engineering and swimming coincide because "his love for math is well applied in the sport as there are always splits to calculate, qualifying times to meet, and yards to count," said Mrs. McSorley.

At Cornell, he will continue to swim 20 hours a week, the NCAA maximum. Swimming that many hours a week and being a college student may seem like a challenge, but Jack feels confident in his abilities, hoping to "strike a balance between school and athletics."

Jack also hopes to be involved in Naval Reserve Officers' Training Corps (NROTC) at Cornell, so he will be able to serve after college, a long-time aspiration of his.

Jack has been swimming—swimming fast—for most of his life, and there's no sign of him slowing. One thing is for sure, Jack will make waves in the future.

Nicholas Wright
Staff Writer

At a time when most would be relaxing in their senior year, Trudie Grattan is 'laxing' it up.

On Wednesday, Nov. 9 she signed to play lacrosse for Stanford University.

Trudie is well-versed in the sport. "We started in first grade," she said, referring to herself and longtime friend Karoline Nease. Karoline, another senior player on Freeman's varsity team, signed to Navy this fall.

"I like that [lacrosse] is unique. Not many people play it, so it's fun helping the game grow," Trudie said.

Trudie plays goalie, a position that is "tough mentally," she said.

"The defense, as a whole, is kind of a family. I like to be a leader on the field," she said.

One member of that DSF lacrosse family, Elizabeth Mauck, attested to said leadership.

"She's hard on us, but it makes a difference," said Elizabeth. "She's always a leader."

Trudie's greatest strength as a player is "her ability to see plays developing and communicate that to her defense," said Freeman lacrosse coach Samantha McLean.

"She is constantly working to improve her game," she said.

Trudie intends to help carry the Rebels to the state tournament one final time this spring. Last year, Freeman reached the state quarterfinals but was defeated by Potomac Falls High School.

At Stanford, she looks forward to "being part of a team 24/7."

Trudie chose the school

after much consideration. Her initial pursuits were Ivy League, but "on a whim [she] went out [to California]" after representatives approached her about playing lacrosse for Stanford.

"I've been out there three times. It's really, really interesting," she said, "completely different from all schools on this side of the country."

The greatest pull Trudie felt from Stanford was the "great mix of academics and athletics," she said. "[They have] a huge respect for athletes."

A high-achieving student at Freeman, she wanted to be "challenged with academics" at the school she chose, and Stanford fit the bill.

Of course, the "really pretty" campus, California weather, the atmosphere of the university, and the fact that everyone is always physically active played a role in Trudie's decision. The campus's positive atmosphere and open nature were also factors.

Coach McLean believes Trudie will "thrive" at Stanford.

"Being a Division-I college athlete requires a high level of dedication, and Trudie has proven that she has what it takes," she said. "I know she will rise to the challenges presented to her."

Her teammates concurred with their coach's prediction.

"I think she'll be really successful," said Elizabeth. As Trudie moves forward with her academic and athletic goals, she offers some advice to student-athletes.

"Grades first. Don't ever let your grades fall behind because I wouldn't have had the opportunities I've had without the hard work I put in freshman year."

Four Rebels Invited to Big River Rivalry Game

Jack Bernhardt
Sports Editor

After a 58-21 loss to Highland Springs on Nov. 18, most seniors realized that their football careers had come to a close.

However, four senior Rebels will play in the annual Big River Rivalry Game, which will be held at Randolph-Macon College on Saturday, Dec. 17. These players will all have one final chance to play with fellow teammates against top players.

This all-star game hosts the top seniors from the metro-Richmond area, with teams being divided by the north and south of the James River.

The Rebels invited to the game were: running back Tanner Dobruck, defensive back Ja'Kari Williams, linebacker Sam Murphy, and defensive tackle Nick Ackies.

These players will take this opportunity to not just show their talent but also cherish the high school gridiron one last time.

"It isn't very reassuring, knowing your last game isn't always going to end on a good note, but this game is a good, up-tempo way to play and have fun and end our high school careers in a good way," said Nick.

For Sam, it is a game to reminisce on his tenure as a Rebel football player.

"It is good to know we

will have one more guaranteed game and be recognized for all the work we put in before and during the season," said Sam.

The seniors credit the whole team for their success, not to their own individual talents and skills.

"Having four of our players invited shows that we have multiple lead-

ers; it sets an example for younger players coming up, that not just one or two great players can go," said Ja'Kari.

Tanner, a first-year Rebel, is grateful for the opportunity to play in this prestigious season finale.

"Coming to a new school and being one of the new guys, I didn't expect to be

invited to this game where all the other players had been working at the same program for years and years," said Tanner.

For Ja'Kari, this game has been a goal since his sophomore year, when he first played varsity football.

"I remember telling Coach [Blake] Derby two years ago, after Jake Hendricks and Andrew Oostdyk made the roster, that I'd be on that team one day," said Ja'Kari.

This game also has a recruiting benefit to it.

"For the athletes that don't have a lot of looks, there will be a ton of scouts to prove their skill with the top players in the area," said Ja'Kari.

In addition, the game

will match up players who would have never had the chance to play each other, especially private school players against those of public schools.

"I think it gives people a goal, especially players who aren't on a powerhouse team or go to playoffs every year, to show their individual talents," said Tanner.

"I think that this game will, yes show the talent of our area and of our players, but it will also show the hard-working, team-contributing players that will do anything to play the game they love one more time," said Sam.

Tickets for the game are \$5 for students and \$10 for adults. Kickoff is at 1 p.m.



SPORTS
BRIEFS**Wrestling****Record:** N/A**Quote:** "We will shoot for the stars, shoot for the conference finals," said Coach Henshaw.**Key Players:** Brett Reid Austin Evans**Boys Basketball****Record:** 2-2**Quote:** "It's a great group of guys, the team chemistry and locker room atmosphere is something special," said Coach George.**Key Players:** Chris Gilliam and Ted Palmer**Girls Basketball****Record:** 1-5**Quote:** "I believe we are much improved athletically from last year. The team is 50% underclassmen so we will get better as the season goes on," said Coach Clements.**Key Players:** Kerrigan White and Grace Wright**Swimming****Record:** 1-0**Quote:** "The varsity swim team is looking really strong this season. Coming off of a 3-0 win over Tucker, Deep Run, and Godwin was a great way to start the swim season off strong for the guys and girls teams.

Winning states is the big goal of the season. Freeman swimming looks to continue its dominance in the season this year," said Coach Hou.

Key Players: Jack McSorley and Carter Bristow**Winter Track****Record:** N/A**Quote:** "We hope to develop as a team and get better meet to meet so we can be at our best by championship season," said Coach Reutinger.**Key Players:** Joe O'Connor and Lauren Thornton**Gymnastics****Record:** 1-0**Quote:** "The gymnastics season kicked off with a home meet against Deep Run and Atlee. I have a solid team this year with 14 competitive athletes! We have a lot of depth this year, so I believe we will be very competitive. I am looking forward to a spectacular season," said Coach Carlson.**Key Players:** Kamryn Shears and Mallory Girvin**Born a Rebel, Bred a Baller**Nick Ulrichs
Staff Writer

Sophomore Muktar Abdulkadir misses basketball workouts like a sniper misses his target—never.

"Since last year's basketball season, he has not missed a workout," said Larry Parpart, boys varsity basketball head coach.

While possessing an unparalleled work ethic, the point guard also has an intriguing back story.

Muktar was originally born in Dadaab, Kenya, and lived there in a refugee camp until he was 4 years old. His memory is limited because he was young, but his whole maternal side of his family still resides in Kenya, so his motivation started with the stories his mom told him about his grandfather.

"He was a hard-worker, a farmer. He had a lot of struggles, and [his struggles] continue teaching me to work hard," said Muktar.

He first played basketball at the renowned Upward Recreation Basketball League. Initially, he did not like going because he preferred to be outside, but that quickly changed.

"Going into middle school, I got a love for it and just wanted to get better," said Muktar.

Senior players have noticed Muktar's diligence on the court and in the weightroom. He has



PHOTO: MARY NEARY

Muktar makes move around Maggie Walker player.

set a good example of persistence for all basketball players, even though he is the youngest and one of the shortest players on the varsity team.

"He works his hardest every day, and he gives it his all every single play," said senior captain Ted Palmer.

As a result of his dedication to the basketball team during the offseason, he received a new Wilson Evolution basketball from the Freeman basketball coaches as a reward for his efforts. This

has never been done before.

According to coaches, Muktar's positive attitude makes him an optimal teammate to have on the floor.

"He's always cheering his teammates on because he knows for us to be a good team, everyone has to improve, not just him," said Coach Parpart.

Off the court, Muktar has overcome great adversity to come to the United States. However, he also faced strife on the basketball court as a middle-schooler.

"I got cut from the basketball team my sixth grade year. That really motivated me to become better," said Muktar.

Muktar has worked vigorously to get to where he is today. His constant urge to improve makes him a role model for all Freeman students and an embodiment of the Freeman athletic spirit.

"I'm not finished. I still have to get better and hopefully do some great things for Freeman," he said.

Flipping a New Face into DSF GymnasticsSarah Halsey
Staff Writer

It is not your vault if you didn't know the coach of Freeman's gymnastics team this season, Margaret Carlson.

A first year P.E. teacher at Freeman, Ms. Carlson previously taught eight years at Pocahontas Middle School. "I was also the gymnastics coach there, so I have some experience," she said.

Coach Carlson not only has experience as a coach, but also as a competitor. "I was involved with gymnastics from 8 years old to 18 years. So, through high school," she said.

Ready for a change, Coach Carlson found out there was an opening as a physical education teacher at Freeman, which is near her house, and she decided to take it.

Coach Carlson is adjusting seamlessly to her new high school workplace and enjoys the diversity offered at Freeman compared to that of Pocahontas Middle School. "The kids are great. There's more diversity, and they understand more of the concepts of the materials and fitness," she said.

Coach Carlson's daughter, junior Kate Carlson, also attends Freeman. Kate was a part of the gymnastics team her freshman and sophomore year and is rejoining the team for the 2016-2017 season.

Kate appreciates having her mom as her coach and enjoys the availability of her mom at home to talk about gymnastics.

"I'm most excited about having my mom as coach because it'll be easy to discuss practices and

stuff that happened at practice when we get home," Kate said.

This bond is rare in sports, but it is often one of the most memorable for both players and spectators to see a parent teach a child outside of the home.

Kate is not the only one excited about having a new coach at the helm of the program. Junior Mallory Girvin is motivated this year to be as successful as they have been in recent years. Being conference and regional champions last year, the girls are expecting the same success with Coach Carlson.

"I think with the new coach, it'll add to the already successful team we have. We will all grow together," Mallory said.

New girls added to the team this year are eager to be a part of a winning team. Freshman Kenzie Meyers heard about the successes of past seasons and is looking forward to this year.

"Ms. Carlson has already implemented new traditions, and we are starting to feel like a team, even though we've only had a couple of practices," she said. "I'm excited to see how we will do this year."

To help prepare the girls and be a useful coach, Coach Carlson has set up a Schoology classroom completely dedicated to the gymnastics team. "It will notify the team when there are updates and changes in practices," she said.

Overall, Coach Carlson wants to continue to carry the torch of success of Freeman Gymnastics. "I just want the girls to do the very best they can," she said.

The team's next meet is Thursday December 15th at Freeman at 7pm against Godwin.



PHOTO: GABBY COX

Coach Boyd instructs players during a game.**Former Patriot Coach Becomes a Rebel**Nick Newton
Sports Editor

The Freeman JV boys basketball team has a new head coach this year: Charles Boyd.

Chapin George, the former JV coach who steadily coached the team for the past two years, has moved up to assist veteran head coach Larry Parpart with the varsity team.

Last year, Coach George led the Freeman JV team to a 10-9 record. The year before, his squad went 12-8.

"Everyone looks forward to his workouts, and hopefully he can stay as a coach for a while," said current varsity player Steve Bazianos.

Now, Coach Boyd has taken the reins of the JV team. Coach Boyd has been around the game his entire life, and he hopes his passion transfers into his coaching abilities.

"I've been playing basketball since I was six if that tells you anything about my love of the game," said Coach Boyd.

Since then, Coach Boyd has played in high school and college competitively. Now, he continues to play recreationally. As for his transition to the coaching world, he began coaching when his sons started playing AAU basketball.

After his sons entered high school, he began coaching JV basketball at Patrick Henry. He coached there for three years until his sons graduated.

When he heard of an opening at Freeman, he jumped at the opportunity.

"Freeman has such a great pro-

gram, I wouldn't have gone anywhere else," said Coach Boyd.

Coach Boyd is thrilled at the challenge of developing his players and leading them to a successful season for his first year and beyond.

The JV program is essential to the growth of the Freeman basketball program, so the coaching job is quite a responsibility.

As sophomores, JV players prepare to play varsity basketball over the course of the season. There is a vast difference in competition between JV and varsity basketball.

In addition, the personnel is a mixed bag for every coach to configure.

"It's a lot harder to coach high school basketball than college or AAU ball because you have to form your strategy out of the players that come to you. You can't recruit or anything like that," said Coach Boyd.

Sophomore player Hayden Pounders describes a typical practice, "We always get there about 30 minutes early for a shootaround. Then we go run some plays and practice free throws. Then we will scrimmage using those plays."

The players seem enthusiastic about their coach this year. While a fresh face to the program, his experience warrants the respect of his players.

Sophomore Rob Steele said, "My dad plays pick-up basketball with Coach Boyd sometimes. He's a nice guy and I'm looking forward to playing for him."

Thus far, the team has lost their first game against St. Christopher's and have an upcoming home game against J.R. Tucker.



PHOTO: GABBY COX

Coach Carlson instructs her daughter, Kate, during practice.Records current as of
December 9



PHOTO: ROB BLANKENSHIP

Rebel Brigade Marches To Victory

Anna Lyle Collett
Design Editor

At the state assessments in November, the Rebel Brigade marched their way to making Freeman history. However, this feat did not come easily. The Marching Rebel Brigade faced early adversity this season. At the beginning of their season over the summer, ten band members quit. On top of this, they lost three players to injuries and changes in schooling.

before the two-week period begins, leaders meet to get the field and band room ready. They also review marching techniques, and discuss what Mr. Blankenship expects of them as leaders. For the next three days, new members from eighth to ninth grade come, where they learn the fundamentals of marching. Band members call this "Rookie Camp" or "New Member Camp." After "Rookie Camp," Band Camp begins where the entire marching band starts to work on the core of their show. They rehearse from eight to five, Monday through Friday. They are outside in the August heat from eight to one, and then move inside for sectionals until five.

Brigade made the trip to the state marching assessments under the organization of the VBODA.

At the assessment, the marching band was awarded a superior rating. This is based on a scale ranging from poor, fair, good, excellent, to superior. If wind ensemble receives a superior rating at the concert assessments in March, Freeman will be considered a Commonwealth of Virginia Honor Band. If they receive the award, it will be for the second year in a row, making Freeman history.

"Band doesn't only teach you things that only go with band. It teaches you responsibility and that you are not only responsible for yourself. Marching band has really helped me transition into adulthood, and accepting and taking on responsibilities and leadership roles as a member of the band," Steve said.

In addition to the Commonwealth of Virginia Honor Band award, Mr. Blankenship and Ms. Kristen Christopherson, choral director, are working to receive the Virginia Blue Ribbon School award. To receive this award, the top three performing groups at a school must all receive a superior rating at assessments. The top three performing musical groups at Freeman are: wind ensemble, string orchestra, and festival choir.

Despite their obstacles this season, the Marching Rebel Brigade is hopeful for more successful seasons in the future. "We definitely had to put in a lot of hard work in VBODA, and I think we improved a lot since the beginning. I am really proud of the band," Caroline said.

"The students that quit did because they didn't realize the time commitment, how intense practice can be, and how much work is involved," said Rob Blankenship, band and orchestra director.

However, Mr. Blankenship saw immense commitment from many marchers across the Rebel Brigade this season. He saw leadership from seniors Michael Russell, Steve Deren, and Parker Lazear, as well as juniors Jake Greene and Caroline Chappell.

Caroline Chappell, timpani player and front ensemble section leader, guided her section of new marching band members all season.

"I was a section leader this year so it was a lot different and a lot more responsibility than I had last year. It was a lot of fun since a lot of people in my section were new, so I had to lead really well," Caroline said.

In the second week of August, the Rebels have band camp. For two days

"Band camp definitely helped all the new people get into it, and it showed them how to get into the groove and what it is like. It brought us together as a family," Michael Russell, drum major, said.

This season the marching Rebels' theme was Revolution, featuring challenging pieces that are show grade levels four through five. These ratings are based on the band and string difficulty scale set by the Virginia Band and Orchestra Directors Association (VBODA). They categorize this as the highest level of music that "requires multiple positions, all keys, modulations, and perhaps more than one clef...complex rhythms and meter relationships are commonplace," according to www.sharmusic.com.

On Saturday, Nov. 5, 2016, the Marching Rebel

"For the most part, the people in the band work really hard. All of them. They kept pushing and pushing and working and working and it paid off," said Mr. Blankenship.

Senior Steve Deren, a field captain and French horn player, has spent the past four years in marching band. He believes the purpose of band goes beyond music theory and education.



PHOTO: ROB BLANKENSHIP

Jostens Renaissance Aims to Improve School Spirit

Alex Moss
Staff Writer

Most Freeman students learn about the Renaissance painters Michelangelo and Leonardo da Vinci, but many may not know the ones at Freeman. Freeman teachers Laura Jones, Jason Abril, Sarah Snellings, Selena Washington, and Carter Reilly have the opportunity to become renaissance painters this year along with the entire student body.

Much like the Italian Renaissance, the Jostens Renaissance is sweeping across the nation, capturing the attention of intellectuals. Jostens has a program called "Jostens Renaissance Education."

For the last 25 years, Jostens has partnered with schools to improve school spirit and motivate students. Now, it has made its way to schools across Henrico County.

A school is not just for a group of students, but also a community—a family. The goal of the Jostens Renaissance is simple: to transition that group of students into a community and grant the opportunity for all to be a part of the Freeman Family.

Rather than creating a new ceiling for the Sistine Chapel, this Renaissance asks students and teachers to create a new positive school atmosphere. The program plans to "reach students who are not actively engaged," said Ms. Jones, social studies teacher.

Ideas for the program include: allowing students to paint a locker for \$5 to fund an exceptional education prom, allowing seniors to wear their graduation gowns through the halls to motivate freshmen, and a "wall of wonder," where students and teachers can shout each other out for some-

thing big or small for the school to see," said Sarah Snellings, program sponsor.

While the ideas are intriguing, there is still a lot of work to be done for the program to be successful.

"Students have to buy in, [the program must be] student-led and student-driven," said Ms. Jones. If enough students get involved in the program, teachers can create a renaissance club and potentially a renaissance class to "give Freeman a better environment," said Carolyn Ellis, SCA treasurer.

The club would help make "little changes over time," said Mr. Abril, freshman class sponsor. The students in the class would work to enhance Freeman's culture.

"It will make everyone feel like they will belong, have people want to support the school," said freshman Nalani Stephenson.

Freeman's diverse population is something that the Jostens Program appreciates and "will make everybody their own type," said freshman Zhaki Pinckney, while also "bridging some of the gaps we see," said Mr. Abril.

However, an entire renaissance is not required to show gratitude. This program urges all to appreciate the numerous opportunities this school offers.

The spirit of this renaissance is not just in the physical changes, but the ideas and actions of the student body.

"We're just here to learn right now; this will make us part of something," said freshman Samantha Davis. The movement starts with individual efforts, and the program will follow.

To get involved, speak to the teachers mentioned and keep an eye out for the changes that are soon to come.

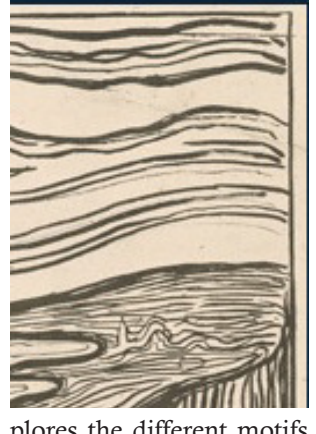
Love, Loss, & the Cycle of Life: The People's Story

Rachel Alexander
Staff Writer

Crisscrosses, blobs, bold colors, somber images, and striking symbols line the gallery walls. From November 12 to February 20, the Virginia Museum of Fine Arts is hosting a new exhibit, Jasper Johns and Edvard Munch: Love, Loss, & the Cycle of Life.

The exhibit reveals how Norwegian expressionist Edvard Munch influenced American modernist Jasper Johns, fusing expression and abstraction as one artist learns from another.

Through each room of the exhibit, the viewer ex-



plores the different motifs of love, loss, and death through the eyes of the artists.

Bright lines etched on the canvases can represent anything from withering corpses to mating crickets. Ghostly figures and grim self-portraits discuss

illness and mortality. Yet there is a method; each room of the exhibit showcases a different artistic medium through which the heavy ideas speak.

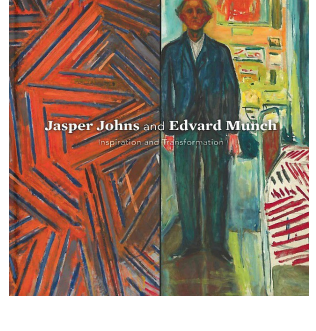
"The first room introduces crosshatching, the second room has the Savarin Can and motif of wood grain, and the third has the arm print[s] and the handprint[s]," said curator John Ravenal.

The exhibit continues from there, showcasing over 120 pieces from both Edvard Munch, artist of The Scream, and Jasper Johns, exploring how Johns interpreted Munch's work into his own.

"Munch is opening the door for [Johns] to address some of his own feelings,"

said Mr. Ravenal. Johns' direct references to Munch begin in the 1970's, with the image of the Savarin coffee can holding upside-down paintbrushes. Beginning with what appears mundane, recreating this image again and again, Johns slowly embraces Munch's depth of emotion.

As the international



AIDS crisis worsened in the 1980s, Johns found an outlet for his newly acquired "vocabulary," said Mr. Ravenal. "He starts dealing with subject matter of illness, loneliness, and anxiety."

Looking back, Munch's original dealings with these themes come from his personal connections to the experience of illness. Members of Munch's family suffered from mental conditions, and he himself thought he had mental illness.

In their respective ways, both artists transformed personal reactions to external and internal emotions into art for any audience to share.

"Artists create expres-

sion for thoughts, feelings, fears, and observations ... and I think that's relevant for people of all ages," said Mr. Ravenal.

At its core, this exhibit is about creativity. "It's about patterns, sounds, repetition, and intervals. and those kinds of experiments are so human."

Regardless of the thesis of the exhibit, "There are these beautiful paintings that one could enjoy," said Mr. Ravenal. "At least, that's my hope."

Tickets for the exhibit can be purchased at <https://vmfa.museum/>. For non-members of the VMFA, tickets are \$10 for children 17 years old and younger and \$15 for anyone 18 or older.



The New Buzz

Molly Herring
Staff Writer

There's a new buzz in the Freeman hallways. Students from all over the school have been taking up a new hobby: kazooing.

Sophomore and club president Chloe Fortier broke musical ground this year when she started Freeman's first ever kazoo club.

"I had a kazoo epiphany," said Sophomore Chloe Fortier, "The kazoo gods visited me in the night and told me I must be a repre-

sentative of the community of kazoo lovers."

For most people, the last time they picked up a kazoo was at a childhood birthday party. The new kazoo club is a reminder of that care-free fun. "It's a nice little childish escape," said Myles Casey, club leader. "You don't have to take it that seriously."

The band has big goals. "I want to perform live," said Chloe. She plans to teach the group "some Fetty Wap, some Smash Mouth, some Coldplay, maybe some My Chemical Romance." They may even be able to pull off a performance at a pep rally or football

halftime show.

The club is open to musicians of all levels. Whether you are a seasoned kazoo master or you just opened your 12-pack from Target, practices are inclusive.

Meetings are random and may take place on Mondays, Tuesdays, or Wednesdays. "Not Friday," said Chloe, "I am not staying after on Fridays. I gotta blast."

Freeman's kazoo club is a great place to get engaged in this newly formed community of talented musicians and regular students that all meet up for the love of kazoo. In the profound words of Chloe's kazoo, "TTEYYEGYETT RTTFFFERP."



"Kazoo Kid" - YouTube

Stopping the Silence

Page Ryland
A&E Editor

This could very well be the film that every young male and female should watch before the end of his or her high school career. Or maybe it will be the film that will finally open the eyes of millions and stop this underground crime. Now streaming on Netflix, "Audrie & Daisy" presents itself as one of the most powerful and heartbreaking documentaries of 2016.

The film follows two ordinary American girls, Audrie Pott and Daisy Coleman. Their lives were considered ordinary, that is, until they were both sexually assaulted by boys in their own high school. Audrie and Daisy can be the voices of many that are struggling in their same situation.

Audrie was first introduced at the beginning of the film by her close friend. Chills quickly began to arise once I realized Audrie would not be able to be interviewed. She had hung herself in her bathroom months after her rape incident. At a party, Audrie drunk herself unconscious. Two of her fellow classmates raped her, drew on her body with sharpie, and filmed the whole thing. What drives a boy to do this? I couldn't tell you. But what I can tell you is that this happens



PHOTO: AUDRIE & DAISY

all the time, and it is extremely common in high schools.

According to a 2011 survey by the American Association of University Women, in a given school year, 58 percent of 7th-12th graders experience sexual harassment, and one in every 20 sexually-harassed girls switches schools because of it.

As tragic as it is, Audrie and Daisy's stories created discomfort and guilt for nearly all teens that have watched. It is hard to believe that this goes on at any high school party, or after Homecoming and Prom. The bottom line is that it exists. It is real. And it needs to be put to an immediate stop.

As a documentary, "Audrie & Daisy" easily created a lasting impression on not only me, but all of its viewers. Every scene, every interview, and every word stuck with me and rested in my

mind days after watching. Some of the most powerful scenes were created by displaying tweets, social media comments, and pictures of the girls being tormented. It was overwhelming to see what these girls went through and had to deal with every day since their incident. The soundtrack sets the tone perfectly for the events and details the film was portraying.

Before you decide to go out this weekend, or plan to hang out with the new boy at school, remember that things like this aren't planned. It can happen. Overall I think this is one of the most heart-wrenching films, and it should definitely be next in line to view for any teenager.

National Sexual Assault Hotline: 1-800-656-4673
National Suicide Prevention Lifeline: 1-800-273-8255

HogsHead Cafe

William Omberg
Online Editor-in-Chief

HogsHead Cafe is tucked away amidst the sprawling suburbia of Short Pump, hidden across from Lowe's and nestled next to the Broadmoor apartment complex.

On my particular Wednesday night excursion, seven of the nine tables were taken, and the bar was completely full. HogsHead's menu is quite unique, with items such as "The Hog Burger," their signature burger topped with pepper jack cheese, bacon, hand-pulled pork, onion rings, cole slaw, and barbecue sauce, served on a pretzel roll (\$13.99).

My co-reviewer, Nick Newton, chose the aforementioned Hog Burger with a side of baked apples, while I settled on the Nash-



PHOTO: WILLIAM OMBERG

ville Hot Chicken Tacos, the special of the day (\$13.99). My tacos consisted of three flour tortillas, each topped with a spicy, breaded chicken strip, creamy cole slaw, a dill pickle wedge, and red onions. The spice and crunch of the chicken was successfully balanced with brine of the pickle and onions, neutralized by the slaw. Nick's burger can only be described as monstrous. A family entered the restaurant, and upon glancing at Nick's plate, the father said, "You know what that sandwich requires? Unhinging your jaw and unleashing your inner python. Wowza." The real MVP of his plate, though, was the side of baked apples. They struck the delicate balance of tart yet sweet, soft yet crunchy.

We caved in and ordered a slice of lemon ice-box pie to share. The slice was not cheap at \$6.99, but its ample size did not disappoint. It featured notes of earthy flavor underneath the lemony body, sitting on top of a crumbly graham cracker crust, topped with a heavy whipped cream.

I realized this clearly could not be a go-to weekday meal for a high schooler. If I were to swap the Coke for water and lose the pie, my tab would have been a much more absorbable. At only 4.4 miles from Freeman, distance is not a factor, either. Stay hungry; you'll need to be.

Has Your Zodiac Sign Changed?



"Yeah, that's accurate, I'm a pretty reserved person."
-Marco Robles, Pisces







"That's very true, but I'm not bossy."
-Josh Young, Leo

Elena Rogers
Center Spread Editor

You may have heard the recent outraged exclamations from daring millennials who had their zodiac sign tattooed on their left arm or teenage girls who check their horoscopes daily. What's causing this sudden commotion? An article was released announcing a new zodiac, Ophiuchus, was discovered that would claim the days between Nov 29 and Dec 17. Zodiac signs were found by looking at what constellations the sun passes through from Earth's perspective throughout the year. And how we may only recognize 12 (or now, perhaps 13), there are, in reality, more than 30 constellations that the sun passes through. Well don't fret if you are one of those astrology-loving people because your horoscopes have not been changed. So you Sagittarius babies are still independent and bold and destined to have a romantic month, if, of course, you believe what the stars are telling you.



"I believe the lucky number, but not love of my life predictions."
-Sydnie Fleischmann, Aquarius



"I don't believe in horoscopes."
-Connor Giles, Virgo





"Kind of makes me sound like a grandma."
-Emma Rademacher, Capricorn



"I don't believe zodiac signs say anything about me."
-Nayeli Molina, Libra

<p>Aries March 21 - April 19 Adventurous Energetic Courageous Impulsive Daredevil</p>	<p>Taurus April 20 - May 20 Patient Reliable Loving Inflexible Self-indulgent</p>	<p>Gemini May 21 - June 20 Adaptable Eloquent Intellectual Tense Inquisitive</p>	<p>Cancer June 21 - July 22 Intuitive Imaginative Sympathetic Moody Clingy</p>	<p>Leo July 23 - August 22 Generous Enthusiastic Faithful Bossy Patronizing</p>	<p>Virgo August 23 - September 22 Reliable Practical Modest Fussy Worrying</p>
<p>Libra September 23 - October 22 Romantic Charming Sociable Gullible Flirtatious</p>	<p>Scorpio October 23 - November 21 Determined Powerful Passionate Jealous Compulsive</p>	<p>Sagittarius November 22 - December 21 Optimistic Jovial Honest Careless Irresponsible</p>	<p>Capricorn December 22 - January 19 Ambitious Patient Careful Pessimistic Grudging</p>	<p>Aquarius January 20 - February 18 Friendly Loyal Independent Unpredictable Detached</p>	<p>Pisces February 19 - March 20 Sensitive Selfless Compassionate Secretive Weak-willed</p>

Partner Project Heartbreak

Comic by: Lauren Hecht

