

Bump, Set, Cure!

Sarah Halsey
Staff Writer

At the beginning of this school year, the Class of 2017 officers and sponsors were approached by the new administrators Mr. Marshall and Mr. Mey and given a task – find a way for the senior class to leave a lasting impression on Freeman and the surrounding community. After multiple meetings, they eventually settled on two: revamping the senior courtyard and hosting a walk-on volleyball tournament to benefit Relay for Life.

The first annual Bump, Set, Cure! tournament will take place this Saturday from 10 a.m.-3 p.m. The tournament will be a bracket-style, 6-on-6 event with each player registering when they arrive at the Big Gym.

Coordinated by the senior class officers, sponsors and English 11 teacher Jason Abril, Bump, Set, Cure! will be a fundraiser to benefit Relay for Life – the organization that hosts the annual Cancer Walk at Pocahontas Middle School to benefit the American Cancer Society.

“We are always looking for new ways to help people, and anything that we can do as seniors to support a great organization like Relay for Life as well as bring a fun event to Freeman is a good thing,” said senior class president Thomas Best.

Mr. Abril and the class officers wanted to orga-

nize an event that the entire Freeman community could take part in – not just the students. They are expecting people from around the state to attend as well as more local faces – like teams from Godwin and Tucker.

“The officers are running the show. They are coming up with the schedule, sponsors, and making the pamphlets that will help explain what happens at the tournament,” Mr. Abril said.

“Even though this is the first one, we hope to continue in future years. We really wanted to leave a long-lasting effect on Freeman,” said Jeanne Rockwell, senior class historian.

While the senior class officers and Mr. Abril have been spearheading the project, the event has an all hands on deck affair, with each class contributing to the organization and overall execution of Bump, Set, Cure!

The freshman class officers were in charge of running the concessions stand, the sophomore class will be managing the bracket during the tournament, and the junior class was in charge of marketing the event.

Senior officers were interviewed for Mix 98.1 on Wednesday to help promote Bump, Set Cure!

Bump, Set, Cure! will take place Saturday, April 22 in the Big Gym from 10 a.m.-3 p.m. The event is open to the public and each player will pay a \$5 charge at the door. All proceeds will be donated to Relay for Life.

“We really want to leave a long-lasting effect on Freeman.”



PHOTO: GABBY COX

Benefit Lacrosse Game

Freeman and Collegiate Play to Remember Frank Woolwine

“Once a Rebel, always a Rebel” – the message worn on pins by hundreds of students and parents.

On Aug. 6, 2016, Freeman lost one of its students in a tragic single-car accident in the Westham neighborhood.

Rising junior Frank Woolwine passed away from an intoxicated driving incident.

Frank was a member of both the football and lacrosse teams at Freeman.

While his presence is missed at Freeman, Frank’s legacy continues to impact the local community. On March 10 at William E. Long Stadium, his legacy and life were honored in the Frank Woolwine Benefit Lacrosse Game between the Collegiate School and Douglas Freeman.

Frank was a student at both

Zach Schwertz
Staff Writer

schools; he attended the Collegiate School from kindergarten to third grade, transferred to Maybeury Elementary School for the rest of his elementary education, and then went to Tuckahoe Middle School and Freeman High School. The Collegiate School also has a special place in the Woolwine family’s heart as the alma mater of Frank’s late mother.

Both Collegiate and Freeman were looking for opportunities to spread awareness of Frank’s story and honor his life. The two schools decided to do so through an athletic platform.

“It’s a cool thing to bring two communities together for a good cause and a good game,” said close friend junior Kevin Kiester.

On the lacrosse field, Frank left a lasting impact as an inspiring leader and fierce competitor.

“He was always a leader; he was a vocal leader and led by example too. I remember all the JV guys looked up to him,” said friend junior Ned Mize.

He inspired a sense of camaraderie among his teammates and friends by working hard to improve others around him.

“When Frank stepped on the field, he wanted to make himself better and everyone else around him better,” said economics teacher and JV lacrosse coach Bill Seegar.

BENEFIT continued on p.2

The History & Human Rights Club Speaks Up at Collegiate’s Global Issues Forum

Liza Moody
Staff Writer

Earlier this February, Freeman’s History and Human Rights Club learned about the factory conditions and the origins of the students’ clothing from an author who presented his findings at Collegiate School’s annual Global Issues Forum.

Over the past four years, the Collegiate School has

held the conference “to bring schools together with social justice clubs to attend workshops, to talk to each other, and to see what other clubs are doing in terms of human rights issues,” said Rebecca Field, an art teacher and the sponsor for Freeman’s History and Human Rights Club.

Throughout the day, the students heard two keynote speakers talk about struggles they witnessed, along with presentations

from different schools. The opening speaker John Dau spoke of his experience as a Sudanese “Lost Boy.”

“There was constant war and these boys who were fleeing from being conscripted into the army were in a refugee camp,” said Mrs. Field. Though “they were able to come to the United States... their families were gone.”

The other speaker of the day was Kelsey Timmerman who discussed the

origins of clothing and how he unearthed factory conditions as he traveled across the world to see these places.

Mr. Timmerman brought to light the factory conditions workers face daily and enlightened students because many “companies Americans buy from don’t really emphasize having humane working conditions,” said freshman Daniel Bazianos, a member of the club.

HISTORY continued on p.2

Freeman’s We The People Team Heads to Nationals

Caroline Daniel
Staff Writer

For most high school students, constitutional experience is limited to watching reruns of “Law and Order.” Few know the complexity of the US Constitution, and even fewer are asked to speak on the subject with any sort of authority. However, Freeman has a team of students who are doing just that.

The We the People Competition “simulates a congressional hearing, with the students in place of those who have been summoned to testify before Congress and the judges in place of the congressmen,” said Rob Peck, director of the Leadership Center and coach of Freeman’s We the People team.

Teams are divided into six different units, tackling questions regarding everything from “the philosophical underpinnings of

modern government” to “future challenges that democracy will face,” said Mr. Peck.

Team Brandeis, named after Supreme Court Justice Louis Brandeis, has already faced this challenge twice, successfully navigating both the regional and the state competitions. From April 21-24, they will head to Washington, D.C. to take on the task again—this time, on the national stage.

In addition to the task of mental preparation for the competition, Freeman has faced a financial obstacle.

“The cost per pupil is about \$1,300,” said Mr. Peck.

The DSF community has sup-



Freeman’s We the People team poses with teacher Rob Peck.

ported Team Brandeis in order to help them attend the national competition. Kerry Baumann, a member of Team Brandeis, started a GoFundMe account to support the project.

In addition, thanks to “very generous donations from students’ families, the school, the school system, and other corpo-

rations,” Mr. Peck said the team has surpassed its monetary goal.

This program has challenged the students to become better researchers, writers, and teammates.

“There is no academic program that I am aware of that better prepares students to be engaged and

participative,” said Mr. Peck. In fact, he said, “They have to exceed me in their knowledge, and if they don’t, they won’t be successful.”

The students on Team Brandeis rose to the challenge. The team’s highest scoring unit received a score of 356 points out of a possible 360 in the state competition,

a nearly perfect performance. Kerry, a member of Unit Six, is impressed by her classmates’ dedication and success thus far.

“We’ve worked really hard, and I don’t think any of us expected to get this far,” she said.

Mr. Peck noticed this sentiment in Team Brandeis. We the People has made the students “extraordinarily thorough researchers,” Mr. Peck said, “but they didn’t believe in themselves when we began this process.”

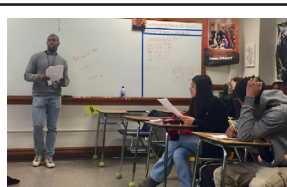
The team is gaining confidence. “We’re a little nervous, but each team has their process down. We’ve had so much practice,” Kerry said.

Members of Team Brandeis have high expectations for each other, hoping “to do at least as well [as they did at States],” Kerry said. However, Mr. Peck’s expectations are even higher.

“I expect to be the national champions,” he said. But if that does not happen, “That’s okay too.”



Opinions:
The Value of Teachers



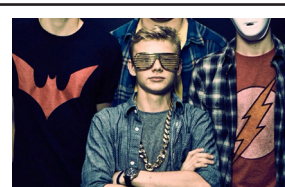
Features:
Bringing Music to Class



Center Spread:
There’s an App for That



Sports:
Senior Breaks Lifting Records



Arts & Entertainment:
Drum Roll Please...



The H&HR Club Speaks Up at Collegiate's Global Issues Forum

HISTORY continued from p. 1

After listening to the speakers, the students separated into three groups where they listened to various schools present different issues they thought were pressing in society.

The Freeman students explored the different inhumane actions that occur at factories and how these issues can be combatted.

"For example, the pesticides that factory workers encounter daily can be very harmful," said Daniel.

Other schools at the conference discussed what they had been doing across Virginia and even across the globe to promote social justice.

"There are so many bright ideas from these



History and Human Rights Club members at Collegiate's Global Issues Forum

PHOTO: REBECCA FIELD

people and so it's interesting how they embed them into our society," said Daniel.

"One school went to Haiti and provided water purification systems. That and what they do in the Rich-

mond community was interesting," said Daniel. For example, Collegiate hosts a Saturday school for

the daughters and sons of undocumented citizens. Though you can't always solve the issues, Daniel

explained that there are many small actions you can take towards bettering the world.

The "dedicated, open-minded, justice warriors,"

There are so many bright ideas from these people and so it's interesting how they embed them into our society."

- Daniel Bazianos

of the History and Human Rights Club have "brought global issues into our local community of Freeman through awareness and activism," said Mrs. Field.



PHOTO: SCOTT PHILLIPS

Mr. Woolwine poses with son Robert Woolwine.

BENEFIT continued from p. 1

The game ended in a Freeman Rebel defeat 11-5 against the Collegiate Cougars.

However, the purpose of the game went beyond the competition.

The tickets for the game were sold for \$7. All proceeds of the benefit game, totaling \$3,409.12, were donated to The Frankie Woolwine Story, Inc., a nonprofit founded by Frank's father, Roy Woolwine. It is an effort to express the importance of taking a second before making decisions.

The mission of the nonprofit is "to educate students of the dangers of distracted or impaired driving by sharing the life story of Frank Woolwine and to share the far-reaching consequences of a momentary lapse of reason to help young people realize how deeply they are valued and that small, careful decisions can be incredibly important."

Mr. Woolwine is in the process of starting up the nonprofit.

The funds from the game will

be used for the nonprofit and to support travelling speeches.

Mr. Woolwine's goal is to "talk to kids and families and tell them how important small decisions are in our lives" by traveling to high schools across the county and, hopefully, the nation.

The benefit game was a large stride in remembering Frank and honoring his legacy.

Members of the lacrosse team will always keep him in their thoughts and continue to honor Frank in other fashions.

"We have Frank Woolwine stickers on the backs of our helmets...In everything we do, we never forget about him," said Kevin.

However, Frank's legacy is not just remembered on the Freeman team. During the benefit game, members of the Collegiate team wore "W4FRANK" bracelets.

Mr. Seegar hopes the game will help members of the community "remember the precious gift of life" and "think about the choices that we make."

AP Computer Science Class Offered

Alex Moss
Staff Writer

A sample Free-Response Question (FRQ) from the AP Computer Science test is as follows: "A randomstring chooser object is constructed from an array of non-null string values. When the object is first constructed, all of the strings are considered available. Write the entire randomstring chooser code."

Freeman students will have the option to take this class and AP exam next year.

According to the College Board course description, this class offers students the opportunity "to explore how computing and technology can impact the world."

This course will involve basic coding in Javascript that students will then have to apply to their everyday lives.

The teachers and administrators at Freeman are always open to new ideas and "implementing classes that help students prepare for jobs that do not even exist yet," said John Marshall, associate principal.

AP Computer Science is different from most high school courses, especially most AP courses.

The curriculum is structured in such a way that will allow students to use their creativity as well as apply their knowledge on a global level.

Students often have AP Computer Science is for students to create their own app and continue to use and update it throughout the school year.

"AP Computer Science requires a whole new skill set with growing importance in our world today," said junior Tyrnan Prasad, a student who signed up to take the class.

Do not let the flexibility of the course fool you. The course will be no easy class. The College

Board recommends that students spend four to six hours a week outside of class working on their programs.

Because of the math in the AP Computer Science curriculum, students must have completed and passed Algebra II to enroll.

There is no guarantee that this class will be on the schedule for next year.

However, "student interest drives the course selection process, and AP Computer Science has generated a lot of buzz," said Shannon Edwards, director of school counseling.

The buzz is for good reason. This is a course like no other that could easily freshen up a schedule.

"It will give me an opportunity to expand my knowledge of computers and try something new," said junior Jonathan Yu, another student who hopes to take the course next year.

As of now, a teacher has not been assigned to the class yet.



Lauren Tull
Staff Writer

Are you looking to better the world through personal expression and the exploration of social justice topics? Freeman hopes to offer a class to satiate this desire.

The class was the idea of art teacher Rebecca Field. "We will be the ground-breakers," she said.

"It's going to be very student

Art & Social Justice Class is Coming to Freeman

led. They're going to be choosing the topics," said Mrs. Field. The topics could be things like racism, global poverty, or the environment.

Mrs. Field hopes to "find a group of kids that can come into the class not knowing each other and work together to better the community."

Currently, she has about ten students signed up for the course, but she wants to double that amount. Junior Julia Gibson has already signed up.

"It'll be interesting to look at art periods and how they inspire social change," said Julia.

"Once people see what the course is like, I'm hoping there will be more interest," said Mrs. Field. The class is being offered as a pilot course at Freeman for

the whole county next year.

"The class is being offered at Freeman next year as a pilot course for the whole county," said Mrs. Field. "It's made so people that aren't familiar with art can learn more about it while also working for justice," she said.

If you're not extremely artistic, this class is the way to fulfill the need for an arts credit, all while learning how to make the world a better place. The class will be offered to rising sophomores, juniors, and seniors.

"I'm looking for kids that are educational risk-takers. I'm not necessarily looking for the highest achieving or the most artistic students. I'm looking for students who are dissatisfied with the world," said Mrs. Field.

All Hands in for 2017 Little Feet Meet

Lucy Collins
Staff Writer

Special Olympics Virginia



The Little Feet Meet brings together various special needs children from elementary schools all over Henrico County. Encouragement and the value of teamwork are the building blocks of this Special Olympics event.

This year, Mrs. Rabon's advanced Sports Marketing class was asked to improve certain aspects of the Little Feet Meet, including a new website for volunteers and a photo backdrop for participants with which to pose.

This project gave the high schoolers a large responsibility of working with the Special Olympics Organization and organizing a Virginia-wide cause that gives young athletes a chance to shine.

From preschoolers to fifth graders, these children with handicaps are celebrated for all the skills that they embody. They are encouraged to participate in various fun activities that bring

out special sides of them that everyone should see.

"The Little Feet Meet benefits the kids by giving them the opportunity to participate in an event that is going to glorify their skills. They will get to have a lot of fun while they are around older kids whom they look up to," said junior Liza Laughlin, co-director of the Little Feet Meet this year.

The Little Feet Meet benefits both the school and the volunteers by interacting with individuals who have various disabilities.

"The Little Feet Meet gives high schoolers, and the other volunteers, the chance to observe individuals who have different disabilities than they do. They learn how the kids compete on their own level, achieve and enjoy just getting out and working with people who could be less fortunate than they are," said Terry Donohue, coordinator of the Little Feet Meet.

Each grade is grouped by class. If a class is too big, it is split up into two groups. Elementary school children participate in activities that test their skills in

a fun and comfortable way that suits them. Preschoolers are involved in activities that begin the foundation of stronger skills.

Each station is meant to be an exciting and comfortable space to let each individual student feel special and exhibit their skills.

"There is Olympic town. There are stations like the 100 meter and 50 meter run. There are stations like softball catch and baseball throw, and then there's a long jump. These are the stations that the elementary school kids are involved in. The preschoolers have their own stations, where

they have hula-hoops, bubbles, and they can bowl. These are stations where they can have fun and build up their skills," said Liza.

High school volunteers have the jobs that range from directors to cheerleaders, but all encouraging the kids along the way.

"High schoolers have the jobs of encouragement. We also make sure they know the lay of the land, from where the bathrooms are, to different activities on the field or track. Everyone in Mrs. Rabon's advanced Sports Marketing class is in charge of a station where they have four or five volunteers working under them," said Mrs. Donohue.

A chance to work as a team and celebrate the skills of others is what the Little Feet Meet brings out of the individuals who participate and mentor in it.

This opportunity reflects on finding the courage to give it all you have got. Building the attitude of a team player and celebrating the differences of those among us is what the Little Feet Meet hopes to bring out of everyone.

Is There A Place for Politics?



Sarah Lim
Opinions Editor

The increasing use of the Confederate flag, the legalization of same sex marriage, the minority movements across America, and

the recent election results have created an environment where the discussion about politics is inevitable.

Talking about politics is a skill that we all need to learn. A study from the University of Michigan found that discussions build students' problem solving skills more effectively than lectures. It would be phenomenal if this skill was learned in aschool considering there are many opportunities to bring young people together to help form political views, but school systems are reluctant to allow this discussion to occur.

The question then becomes this: How can the nation have the conversation about politics if students can't have that conversation in the classroom? Can

teachers use controversial topics as learning opportunities?

Before continuing, I understand that many students may believe that politics aren't important or don't apply to them; however, a majority of students will be able to vote by the time they graduate. Therefore, I feel it is imperative that students are able to talk about politics.

Courts have typically ruled that teachers can be disciplined for departing from the curriculum adopted by the school district or the state. It is not as clear whether freedom of speech, protected by the First Amendment, would protect teachers if they had not been specifically instructed to avoid discussing politics. Some courts have ruled that schools

may not discipline teachers for initiating conversation about controversial concepts that are

How can the nation have the conversation about politics if students can't have that conversation in the classroom?

relevant to a class's curriculum.

The trend seems to be that, if the items discussed are not disruptive, they are protected as free speech. For example, a teacher

is able to wear a necklace with a cross pendant. However, a court has ruled that a school may ban teachers from wearing buttons supporting a current political candidate, as this could be considered "disruptive."

Teachers should seek to develop an awareness among students about the political atmosphere in the United States. They should encourage students to bring their unique experiences and perspectives to the problems investigated by the class. In this sense, the classroom should not be seen as a safe bubble separate from society, but the classroom should be enmeshed and invested in the problems of the social and political world.

He Said

Jack Neary
Opinions Editor



She Said

Sarah Lim
Opinions Editor

My bracket's busted but the ceiling is the roof.

I keep getting catfished. Lame.

Go big or don't go.

All of my friends are in a cooler place than me.

Weak. Do you even lift? #Irepyourmax

Socks and Chacs? Socks and Stocks? Yes please.

March Madness

Dating Apps

Promposals

Spring Break

Kids on Crutches in the Hallways

Spring Fashion

Why does it go into April?

Not a substitute for real life dates.

Lame puns and cheap posters. Step your game up boys.

Getting tan and going somewhere tropical.

Stop breaking things and we wouldn't have a problem.

Jean skirts. #skrtskrt

An Overdue Societal Reverence



Kyle Adams
Editor-in-Chief

Frankly, I will likely not remember most of the content I have learned in the classrooms here at Douglas Freeman. How-

ever, I will certainly recall the few teachers who piqued my curiosity with their lessons and discussions.

These individuals did not just lecture curriculum; they taught how to enjoy learning. They smile when explaining how books are enthralling or why complex equations are beautiful. This experience may not be a privilege enjoyed by every student, but there are a handful of teachers that have been indubitably instrumental in constructing my character and my love for school.

Every student should encounter at least one of that breed of teachers. The focal quandary that lies between that aspiration and the unpleasant reality is the societal value of teaching.

Truthfully, teaching in public schools is generally an undesirable job in American society. The job carries a substantial strain with the common moniker of "underpaid and overworked." Also, the financial compensation is meek for an occupation that has little leisure time.

The typical public high school teacher in the United States earns around \$45,000 annually. Meanwhile, the entry-level legal secretary is guaranteed to make at least \$50,000 after the first year of working a job that revolves heavily on reading and sending emails—not dealing with 125-150 humans who are all at the rowdiest stage of their lives.

The daily schedule of a high school teacher is almost certainly more grueling than that of a

paralegal. Plus, the ability for a teacher to continually connect with students over a lesson for 45 straight minutes is scarce.

In addition to the exhaustion level, the collective role of being a public school teacher should be considered regarding the job's value. When not at home, students attain their foundational socialization and discipline at school. Teachers have the duty of teaching behavioral norms while simultaneously explaining concepts that seem programmed by the government to be profoundly mundane. That is quite an undesirable job to say the least—especially when many teachers acquire side-jobs because the occupation's income is not sufficient to comfortably support a family.

But what if teaching was a well-paid job and carried a societal reverence? Imagine the types of people that would begin to teach in high schools across the country if the salary greatly increased.

Instead, TIME magazine publishes articles with titles like: "Teachers Make Less Than Peers in Almost Any Other Job."

Stuffing as many students into one classroom, hoping for the best possible test scores, and spending the least amount of money on teachers and resources has alarmingly deteriorated public education in this century.

Public schooling is one of the greatest resources created by man, but it is now one of the most vulnerable to man's destruction.

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Staff Advisor

Lauren Lombard

The Commentator is a publication of Douglas Southall Freeman High School

Principal: Andrew P. Mey
8701 Three Chopt Rd. Henrico, Virginia 23229
http://schools.henrico.k12.va.us/freeman/
Phone: (804) 673-3700
ldlombard@henrico.k12.va.us

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.

April Fools Do's and Don'ts



Jack Neary
Opinions Editor

April Fool's Day. It can be a treacherous time for those who are looking for the perfect prank or looking to avoid getting pranked at all. Here's my declassified list of do's and don'ts for next year's April Fool's Day.

Disclaimer: I don't condone all of the actions that you might make on or around April Fool's Day. Prank at your own risk.

Do: Prank your friends and family.

Nothing better than hurting the ones you love. It's just like they say: Keep your enemies close, but prank your friends even more. Make sure you don't brutally prank strangers. There's definitely some bad karma there.

Don't: Seriously injure anyone.

This one should be obvious. But if your prank ends with someone in an emergency room, you've done something seriously wrong. This isn't a prank anymore – it's a police investigation.

Do: Make your prank funny for everyone.

Pranks are best when both the pranker and the pranked can laugh about it after it's over. However, if you're the only one laughing while your friend is in the fetal position crying on the floor, it might be time to reexamine your decisions.

Don't: Trust anyone.

If you're not actively pranking anyone, then you have to be on your guard at all times. Check your back every 5 minutes for "Kick Me" signs. Check your toilet seat for plastic wrap. Keep an eye on your car for sticky notes or window writing. That being said, you don't need to go full purge mode and put security cameras all over your house...or do you?

Do: Pull at least one classic prank.

Sometimes the tried and true pranks are the best ones. Wrapping a toilet seat in Saran wrap? Classic. Rubber band on the sink nozzle? Classic. Gluing a dollar

bill/coin to the ground? Classic.

Don't: Destroy government property

However much you want to mess up your own house is your business (or your parents, since it's technically their house). But messing around with school property or in public areas is a slippery slope. Don't make me your one call from the police station after you get arrested. I won't pick up.

Do: Use technology.

In high school, Bill Gates hacked his school's scheduling software to sign himself up for all-girls classes. That's probably a reach for most of us non-hacking geniuses, but you can still take advantage of the new world of technology we live in. Mess with your friend's autocorrect settings. Change someone's background. Put clear tape under a computer mouse. Sign your friend up for dating sites. Get creative. The sky is the limit.

Do: Have fun.

Simple. April Fool's Day is supposed to be a light-hearted day when you can joke and laugh with your friends. Don't get too serious about pranking or getting pranked. Laugh at others and laugh at yourself. If you're not having a good time, what's the point?

Senior Artist Uses Talents to Give Back

Nicholas Wright
Staff Writer

Senior Cidney Oleniacz, has found her life's passion. With her constant smile and positive attitude, she pursues that altruistic goal every day among her fellow Freeman students.

Cidney's compassion is expressed through art. She is an active officer in the National Art Honors Society (NAHS) and co-president of the Art Club.

NAHS is primarily a service organization, while the Freeman Art Club – "That's for anyone that wants to make art," Ci-

dney said.

"When [art] starts to click," she said, "you can just see it in people. I believe that as long as somebody is making what they want, getting their heads out of this world, they'll live such a happier life."

Cidney said that her family embraces creativity, but not everyone in her family is artistic.

"Elementary school made me like art. Middle school made me an artist; it made me start thinking about how art is putting my voice out there. High school made me realize how big my voice can be," Cidney said.

Nowadays, her medium



PHOTO: MACKENZIE KING

Cidney displays her recent projects.

is acrylic paint, but she also dabbles with oil paint and pencil.

"I make sure I'm creating something that will inevitably make me happy and be successful enough

for other people to know where I'm coming from," she said.

Art for Cidney is a family affair. Forty years ago, her grandmother went to a small art show in Vir-

ginia Beach. The artists set tents along the boardwalk to display everything from paintings to jewelry to weaving. The thought struck her: "Why not bring it to Richmond?"

Cidney's grandmother did just that, and Richmond Arts in the Park was born. Each spring nearly 500 artists descend on Byrd Park to exhibit and sell their work. Proceeds go to the Carillon Civic Association, whose mission is the preservation of the neighborhood surrounding Byrd, and many other local nonprofit organizations, while also supporting the the artists themselves. Arts in the Park will

be held May 6 and 7.

Cidney helps organize and set up artist booths and gives information to event-goers.

"I help my grandmother make sure every artist is happy and healthy. Artists, they're entrepreneurs, so it's important that they can sell and support their families and lives," she said.

Cidney hopes to pursue art education.

"When somebody is doing something they are passionate about, they go to this separate place. They're in their purest minds. That's why I want to keep creating and keep seeing and keep teaching."

What is Your Favorite Thing to do in Richmond?



"I like to bike the Richmond Capital Trail because you get to see the scenic views."

Freshman Gabriel Tufaro



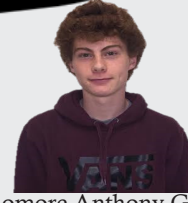
"I like to look at the graffiti on the buildings. There is one behind a tattoo shop and it's like a portrait but it gets cut off; it looks like a puzzle piece. I just like seeing what people can create."

Junior Rachael Carr



"I like to go to the James River and watch the sunset. I just think it is very beautiful and very calming."

Senior Hagir Saleh



"I like to go to Short Pump Mall and hang out with friends because I like ice skating, going to the movies, and watching sports, especially football at Buffalo Wild Wings."

Sophomore Anthony Guardino

Student Teacher Brings Music to Class



PHOTO: MOLLY HERRING

Mr. Jalloh teaches a class.

Molly Herring
Staff Writer

As J. Cole finished his performance, student teacher Muktaru Jalloh was already out of the National, working his way to the tour bus outside the venue where the artist would go next.

Mr. Jalloh, a graduate student at Virginia Commonwealth University, not only knows his way around a concert venue, but also Tom Robjent's classroom, where he can be found this school year.

Mr. Jalloh is a staff writer for The Commonwealth Times at VCU and has written stories about the Smithsonian's National Museum of African-American History and Culture, new sneaker hot spots popping up in Richmond, and his favorite topic, music.

Mr. Jalloh was not involved in journalism until college. "I'm a music junkie. That was the foundation behind it," said Mr. Jalloh.

Bored with both his English and Political Science major, he started looking into media literacy and journalism classes, which is where he met one of his best friends. "That changed things for me," said Mr. Jalloh.

Mr. Jalloh and Aila Castenae started the website strokesnrhymes.com; the site is his platform for reaching the public. "I consider a website a media where we plan to shed some light on artists who don't have that platform to spread their art," said Mr. Jalloh.

Mr. Jalloh cares about the well-being of every student in his classroom, and his hands-on teaching style

is popular among students. "He goes out of his way to help people," said Senior Cheriece Holman. "He respects us," said senior Noah Jacques.

Mentoring is a large part of Mr. Jalloh's life. "I mentor probably ten kids at this point," said Mr. Jalloh. He starts with them in the sixth grade and advises them all through college applications and college life.

Mr. Jalloh plans to work mentoring into his website and his career. "I want to have a non-profit like a scholarship fund or mentorship program," said Mr. Jalloh.

Modeling his approach off "a bridge between Charlemagne and Marc Lamont Hill," Mr. Jalloh sees himself on the radio, producing shows, or having his own platform or publication. "I plan to move to New York or L.A. I think we are in a time where you shouldn't just do one thing. I see myself being a professor who is engaged in hip-hop and pop culture," said Mr. Jalloh.

Mr. Jalloh will be a bridge between the educational world and the hip-hop world. The artists he will work with will have the opportunity to come to his school, observe, and give talks and workshops. "I think music is poetry. It's critical thinking and analysis. You can always include that in your teaching. The two worlds can co-exist."

Mr. Jalloh is a mentor, hip-hop enthusiast, and teacher with a knack for experiencing and writing about good music. He will reach millions of people one day, but Freeman is only one stop on his world tour.



PHOTO: VICTORIANO OLIVAR

Kenneth plays point guard.

Sophomore Embraces Life in America

Hank Holland
Staff Writer

After moving from the Philippines, sophomore Kenneth Olivary finds his way into the Freeman family through his outstanding commitment to the JV basketball team.

Kenneth, his brother, and parents moved from the Philippines on April 30, 2016. Leaving one's home for a completely new place in another country can be very difficult.

"I just miss my friends and family," said Kenneth. Kenneth hopes to visit his grandparents and other family that are still living in the Philippines.

"America is better; there is more freedom," said Kenneth. In the Philippines crime rates are higher due to lesser law enforcement and over crowdedness. "It is very dangerous in the Philippines. People are scared of carjacking, kidnapping, and stealing," said Kenneth.

Kenneth described the school system in the Philippines as similar to the U.S., but with different conditions. "Not all of the schools have floors; there are cement floors in some," said Kenneth. Kenneth took the jeepney to school, which is a form of transportation similar to a bus, but with no air conditioning.

Since a young age in the Philippines, Kenneth has developed a passion for basketball and that has carried on into his life at Freeman. Kenneth started playing basketball in the first grade. He was pretty much self-taught until coming to the United States. Kenneth played for his school in the Phil-

ippines, but it was less serious. He learned to play just by playing on his own and with friends. This year at Freeman he took JV basketball very seriously as his first real basketball team. He did not miss a single preseason workout.

"Kenneth is extremely hard working and a great teammate. He won our team's hardest working individual award," said sophomore teammate Grant Sasina. Kenneth describes his commitment to basketball as his passion. He hopes to play in college and maybe in a professional league one day.

"He is an extremely quick and nifty passer and dribbler," said Grant. Kenneth plays as a creative point guard committed to team play.

Kenneth enjoys technology in addition to basketball. He takes creative writing at Freeman and enjoys working with computers. "I love to play games and use my cell phone," said Kenneth. He enjoys playing Xbox and going on social media as well.

In the off-season Kenneth is running spring track to stay in shape. He is a sprinter, so he is sticking to short distance events.

Kenneth described making friends at Freeman as "difficult," but his participation on the basketball team and track team have created a lot of friendships. He is fully into the flow of things at Freeman and a true member of the Freeman family.

Kenneth plans to pursue basketball in the future and stay in the United States. "It's good here. I just miss family bonding and all the activities with my friends. If I have a chance to live in the United States, I will," said Kenneth.

Mr. Stowe Keeps Freeman Family Safe



PHOTO: GABBY COX

Mr. Stowe patrols the school.

Lauren Tull
Staff Writer

Many students know him only as the "golf cart guy," but he is much more than that. Donald Stowe is our school's security officer, and his job is to keep students safe.

Mr. Stowe is the first person you see when you drive onto campus and the last one you see when you leave. He said, "I'm down in the parking lot most mornings. I patrol the parking lots checking for permits and also for any suspicious behavior. It's good to have a presence there just in case someone comes into the lot that shouldn't be there, or anyone needs help."

Then, he patrols outside, then inside the school "looking for safety issues and people that aren't where they're supposed to be," he said. He looks for students wandering the hall and strangers that don't have a name badge from the office. All day he is "doing a continuous safety audit and helping enforce the code of conduct," he said.

At 3:55 p.m., it's back to the parking lot. Mr. Stowe refers to patrolling the exit in the afternoon as "controlling chaos," but he's proud that "we haven't had any accidents so far [this year]." He said, "Sometimes when students are leaving school, they can be a little aggressive. If I see that someone is driving recklessly, they get a meeting with me the next day, and we talk about it." Mr. Ahrens said that since Mr. Stowe joined the Freeman family, the parking lot has become a lot safer. He also called Mr. Stowe the

"eyes and ears around the school."

"I feel like we're pretty safe," said Mr. Stowe. But, he believes the most prevalent threat to our school's safety is people letting others in through doors that are supposed to be kept locked. He said, "They need to tell them to go through the front office. It's a problem when you don't know who they are or where they are going."

Mr. Stowe would like all Freeman drivers to know that if you drive a different car than you normally do, leave him a note on the dashboard explaining the circumstances. He said, "As soon as I know you have a car in the shop, that's fine. Then, I won't have to give you a warning."

Mr. Stowe has been doing what he does for six years now, but before he did a lot of work with electronics. He graduated with a degree in electronics and has worked for three companies as a quality assurance technician, a calibration technician, and a quality auditor. "After that, I came here. They closed the plant, and I needed a few more years until retirement," he said.

When he's not helping to ensure our safety, he fishes, travels, or practices photography. Mr. Stowe's favorite place is New York City, and he has been there many times. He has three grandchildren and he said, "I entertain them and they entertain me. They keep me pretty busy."

"[Being a security officer is] a rewarding job," said Mr. Stowe. "While it can sometimes be a bit unpleasant to sit outside when it's cold or rainy, I enjoy the time with the students here."

Junior Makes his Hobbies Count



PHOTO: SPENCER MILLER

Spencer works on building a canoe.

Mia Fuller
Staff Writer

Beekeeping, tea growing, plane flying, and NASA clubs. These are just a few hobbies of the legendary Spencer Miller. Every day is a new adventure for the all-around junior whose hobbies play a large role in his day to day life. "I don't spend time on gaming, or texting, or relationships. I spend it on hobbies."

For Spencer, hobbies have been with him since he was a child. He has focused on things that he finds interest in and has learned to expand, and eventually, perfect them.

To start, Spencer spends time as a beekeeper. "I am a very environmentally-conscious person," he said. "I try to live a natural life and connect with the greener side of life." When finding out that the bee population was dying, Spencer decided to help preserve the diminishing species. "You have to be attentive to the hive. Depending on the year, everything changes," he said.

Spencer is also learning how to grow tea leaves. "Making tea for me right now is mostly just growing the plants. They take three years to actually harvest, and I am in my second year," he said.

After the leaves are harvested, Spencer will have to clean the leaves, steam them, then either ferment the leaves or dry them, each process different for achieving different kinds of tea. "Tea is slightly easier to grow than other drinkable plants, and I thought that I could control the moisture levels better in tea than other plants," he said.

Spencer sees beekeeping and tea-making as not only a hobby, but a passion. "I would absolutely love to open a tea and coffee house where I would grow, process, and sell all the products in a local environment," he said.

Spencer enjoys many other hobbies of the scientific nature. Every other Saturday, Spencer works from 6 a.m. to 9 p.m. on different assignments for the NASA program "VASTS." "The main theme of the program is learning about NASA rocket missions in the past, and being creative by designing ones for the future," he said. Spencer became involved in the program in hopes of expanding his knowledge for the future. "I am an aspiring aeronautical engineer and I thought that this program would give me a definite leg up," he said.

Spencer also became fascinated with boats at a young age and has continued this passion by

competing on a crew team, as well as building his own boats. "I really love water, but I am almost scared of getting in it. I sink like a rock," he said. "That is why I love boats. In boats, I am able to enjoy all the wonders of the water and not have to drown."

While on his crew team, Spencer resides as the "Official Admiral" of the River City Crew Team. Spencer and his crew team train for races that can consist of anything from a three mile race down the James River to 2000 meter "sprints." "I really like the competitive feel and the compassion and connection you feel with your team and in the boat," he said.

Spencer's favorite hobby is designing, building, and flying large remote control airplanes. He is an avid member of the Hanoover RC Club and has been flying these RC planes for over 10 years.

"As of now, I plan to major in aeronautical engineering and build real planes," he said. One of his biggest goals is to create his own company where he can build his own planes- Miller Aviation. Spencer is currently working on his first production drone, which is an airplane that has autonomous capabilities and plans to sell it as his first Miller Aviation plane.

At Freeman, Spencer is the Vice President of Model U.N. and is hoping to organize a flight club. He also enjoys hanging out with friends and taking naps.

Spencer has been able to manage his schoolwork as a student in the Leadership Center. "I try to be efficient in everything that I do and that leads to less wasted time," he said. Spencer is also trying to get off social media by the end of junior year in hopes of focusing on his true passions.

By the end of his college career, Spencer hopes that all of his hard work and dedication will lead to his end goal. "Miller Aviation is my future, and I truly think about it daily," he said.

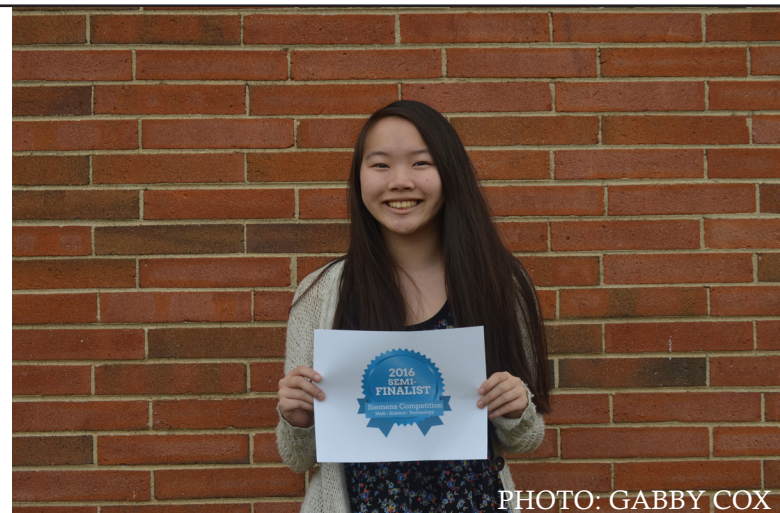


PHOTO: GABBY COX

Grace shows off her STEM award.

Sophomore Seeks End to World Hunger

Nick Ulrichs
Staff Writer

World Hunger is the paramount problem of the twenty-first century. In Africa, this problem is amplified because the Striga plant kills food agriculture in the region. Tenth grader Grace Lu is trying to stop this plant using science. Her project made her a semifinalist at the Siemen's STEM competition.

"When I found out about [world hunger], I wanted to do something about it," said Grace Lu.

She managed to combine her interest of world hunger with her love of science and used math modelling in order to figure out how the Striga plant was killing other plants and how to prevent it from doing so.

"The Striga plant has these interceptors that can detect [another plant] while it's growing and it kills it," said Grace.

Her inspiration to do such advanced scientific research came to her when she witnessed the Siemen's STEM competition in elementary school.

"I saw all these teens doing such great things when they [were] so

young [...] and I wanted to do something like that," said Grace.

Her main focus of the project was the technology aspect of the process, but she will soon start research in the lab in order to achieve her main goal of finding out how the Striga plant works in nature as opposed to the way it works in a math model. The Striga plants currently growing at her house are a testament to her commitment to this problem in Africa.

"I started growing Striga plants at my house to get the seeds and the different variations of it," said Grace.

With world hunger in mind, Grace has a career aspiration of "working with the UN" to stop world hunger and accomplish goal number one of the United Nation's millennium goals-- eradicate extreme hunger. Her interest in famines and world hunger also led her to write a paper over the summer about a 20th century famine that happened in China. Her project and other research has given her a fresh perspective on life in the United States.

"After doing this, I am more aware of how lucky we are to have this kind of agriculture," said Grace.

A Substitute Teacher's First Act



PHOTO: GABBY COX

Mr. Zimmerman grades papers for one of his classes.

Jackson Woody
Staff Writer

All is quiet on a chilly Wednesday night. The hallways of Freeman High School, are covered by a cloak of darkness. Most classrooms lie still and desolate, but the light is on in Room 101--illuminating a half-eaten pepperoni pizza sitting next to the figure of David Zimmerman.

The piles of ungraded AP Calculus papers and an AP Statistics lesson in front of him reveal Mr. Zimmerman's devotion to his profession: substitute-teaching for math teacher Brianne Conway, who went on maternity leave from November until February.

"The math department called me and asked if I was free to take over for Mrs. Conway, and I said 'sure'. They made sure to book me early," said Mr. Zimmerman.

This was not Mr. Zimmerman's first gig substituting for Mrs. Conway.

"Back in 2013, I was called up to substitute for Mrs. Conway...and I think that experience helped me out a lot this time around," said Mr. Zimmerman.

During Mrs. Conway's absence, Mr. Zimmerman taught her AP Statistics, AP Calculus, Honors Algebra II, and SODA classes. Even though he was a mathematics major, he still needed to relearn much of the material he taught.

"I was already familiar with

calculus and Algebra II, but I had never taught AP Statistics before. Because I never knew AP Statistics, I taught myself the material after school then did my best to teach it the way I learned it," said Mr. Zimmerman.

Even though he taught himself on quiet nights in the math hallway, he still had help from Mrs. Conway. The two met before her absence to lay out the blueprint for Mr. Zimmerman's takeover. He also shadowed and substituted while she was still on the job. He also sought her advice during her leave.

"He emailed me during his tenure to ask for help with material, and I replied with help over text," said Mrs. Conway.

Much of Mr. Zimmerman's students quickly approved of his style. One of those students is senior Emma Manring, a member of his former fourth period AP Calculus class.

"His teaching style was really good for me. He was always so available for help and he made everything very simple and did a great job of explaining concepts and details about them," said Emma.

Mr. Zimmerman's AP Statistics class posed the greatest challenge to him. He never took it as a class, but his lessons still resonated very well with his students.

"He was a great teacher. He made sure we understood everything and was always willing to help us and explain things," said junior Kaitlyn McBride, a member of his second period AP Sta-

istics class.

Mr. Zimmerman is no stranger to shining under the lights. His sparkling blue eyes hide his past career as an actor in dozens of plays, commercials, and movies.

"I got my masters in theatre. Before that, I did a lot of performances in the community, and back in high school, I was in all the school plays and musicals," said Mr. Zimmerman.

Mr. Zimmerman is also a coveted actor in a variety of movies and commercials.

Some of the films he appears in include his role as a police officer in director Christopher Nolan's Batman remake, The Dark Knight Rises.

"I was in the background for The Dark Knight Rises. I was also in a Kit-Kat commercial and a variety of other commercials as many of my students know," said Mr. Zimmerman.

Mr. Zimmerman's personality also captured the adoration of his students.

"He was really laid back in class, and he made the class really fun. He was very entertaining," said sophomore Emma Stefanik, a member of his first period Algebra II class.

On February 15th, approximately three months after Mrs. Conway departed, Mr. Zimmerman's tenure as a substitute for Mrs. Conway came to a close. Despite the sadness of leaving, he left the class with the ultimate goodbye present.

"On his last day, he sang part of Les Miserables, which was amazing," said Kaitlyn.

Mr. Zimmerman's talents will not be leaving Freeman just yet. Beginning in March, he took over for AP and Honors Chemistry teacher, Marisa Vest, who also left on maternity leave. Mrs. Vest has confidence in her new substitute's ability to teach her classes.

"I think he is highly organized and really eager to fill my shoes," said Mrs. Vest.

This year may not be the last Freeman will see of Mr. Zimmerman. In March, he officially applied for a full-time teaching job at Freeman. He also plans to continue his acting career as he will go back and forth between teaching and performing.

Day in the Life of the Lunch Cart



PHOTO: GABBY COX

8:00 AM - Wake up and mentally prepare to carry pounds of food. Weightlifters have nothing on me.

8:30 AM - Get loaded up with Chick-Fil-A breakfast meals and forgotten lunches.

9:05 AM - Watch a parade of kids walk by with tardy passes in hand.

11:00 AM - Brothers, sisters, friends, and cousins pile me up with Cookout, Panera, and Chick-Fil-A.

11:34 AM - Last second drop off's from moms. Mostly greasy fast food, but also some quaint brown paper bags with homemade lunches.

12:00 PM - Students' mouths water as they walk by and see unclaimed food still waiting.

1:00 PM - Attendance secretaries are also eyeing me. But these lunches aren't for them, and I'll guard them with my life.

3:15 PM - Bill Seegar takes hallway duty. He walks over and checks out the remaining food selection. This isn't a grocery store, sir.

3:55 PM - The kids file out of school, leaving one lonely lunchbox and a pair of tennis shoes. One more mom drops off an athletic bag for practice. Moms are the best.

5:00 PM - Realize that the cheese in the BLT above me is rotting. Really wish this mom had made a less stinky cheese choice this morning.

8:00 PM - Doze off thinking about the days when I will be the lunch cart at Google and can finally hold some high-class food.


What is Your Life Missing? There's an App for That.



By Sarah Farney

Is your summer bod ready for when school ends in nine weeks? If not, download Sworkit to get in shape fast. Sworkit is a free exercise app (premium is \$4.99 a month) that customizes workouts to fit the user's specific needs. You can create a workout plan based on personal preference. Sworkit has four main categories of exercise: strength, cardio, yoga, and stretching. To begin a workout, select one of the four categories. If you choose the strength category, you then choose a sub-category like full body, upper body, lower body, or core strength to focus on. For each

SWORKIT



By Thomas Best

When you first open the New York Times app, you will be greeted with headlines about healthcare reform, the Trump administration, and international affairs. However, if you dig deeper, you will find a variety of topics available for your reading pleasure. While all iPhones are distributed with the 'News' application preinstalled, the New York Times app offers its users an intricate reading experience that can't be beat. By downloading the app, you will be able to browse through a variety of topics including opinions, world, U.S., politics


NEW YORK TIMES



By Emily Finto

iPhone case? Crocheted puff ball hat? Personalized wood engraved sign? Hand-woven tapestry? Interested yet? Etsy, an online retail middleman, provides a platform for artists to sell their products, like these. Etsy strives "to reimagine commerce in ways that build a more fulfilling and lasting world" by "using the power of business to strengthen communities and empower people." You can register as either a buyer or seller. Etsy provides sellers with an easy-to-use program to organize, sell, and ship their products.

ETSY



By Mackenzie King

The Daily Practice for the New SAT® app is a free app created by the College Entrance Examination Board to help students prepare for the new SAT. This app can be found in the education category of the app store and requires a software update of iOS 8.0 or later. The Daily Practice for the New SAT® app is compatible with iPhone, iPad, iPod Touch, and Android. Those who download the app can answer a single question every day or binge from the app's pool of content, as well as receive optional hints and answer explanations.


DAILY PRACTICE: SAT



By Keanna Anglin

Need a little help kick starting your annual "summer bod" workout plan? Look no further than Urbanite Inc.'s 8fit-Workouts, Meal Plans, and Personal Trainer. A "roadmap to a healthier, leaner, and stronger you," this chic, recently updated app features an easy-to-use interface and offers more than the typical workout app. To begin, users simply state their desired outcome (weight loss, muscle gain, or recomposition), measure their current fitness level with a strength test, watch as their custom workouts and meal plans are designed, and follow the recommended daily workouts and meals. This app is perfect for all teenagers. It is free on the app store and features interactive workouts that can be done either at home or the gym. It also includes nutrition plans, tips, and guides, a meal planner with healthy recipes, fat burning exercises, muscle building HIIT workouts, and more! Additionally, 8fit assists users with maintaining a healthy diet by providing a "foods to eat and foods to avoid" section and healthy grocery shopping lists. Whether you need a little boost to begin working out and eat healthy or just looking to try out a new workout app, 8fit-Workouts, Meal Plans, and Personal Trainer is the perfect app for teens of all ages, goals, and fitness levels!

8FIT



By Thomas Best

If you're searching for a place to indulge yourself in the day's latest news and world events, look no further than the AP News application. Similar to the New York Times app, you get the option to select topics to read about like politics, business and science. However, the AP News app also lets you explore trending topics, ranging anywhere from "Donald Trump" to "NFL Football." Users can even pick and choose which topics they want to receive updates on - like specific states or certain people. The user-friendly interface


ASSOCIATED PRESS



By Emily Finto

Shopping is fun. Shopping is also expensive... WANELO, Want Need Love, is a shopping app and website that allows users to browse through millions of fashion and home products at the touch of a button. "Wanelo is a shopping experience powered by the people who use it," says the app. Users can either post pictures of products they're looking to sell or browse through the trending products and home feed catered to their interests. From tapestries to tennis shoes, sellers offer second-hand or new products at a lower price than most retailers. Because Etsy is a platform for at-home artists and Wanelo is for resell and discount selling, they are typically advertised to different buyers. While this retail platform isn't nearly as easily-navigable or organized as Etsy, it tends to offer more mainstream brands. Unfortunately, the transactions and product delivery aren't quite as secure as Etsy's, but as the company expands, it continually works to improve the customer's and seller's experience. However, Wanelo is an easily-accessible and resourceful platform, particularly if you have a specific item in mind. It offers considerable deals and a variety of products that, while overwhelming at times, are perfect for a shopper on a mission.

WANELO



By Anna Lyle Collett

Elevate is blowing the minds of millions, as it has become one of the most widely used and awarded apps on the market today, being downloaded more than 10 million times. Elevate is a cognitive training tool that allows users to have personalized brain training. The purpose of these games is to boost focus and comprehension, while receiving progress reports. Elevate works by training over 40 skills to improve productivity, efficiency, and self-confidence. An analysis of Elevate was conducted by Dana Nakano, PhD, Assistant Professor of

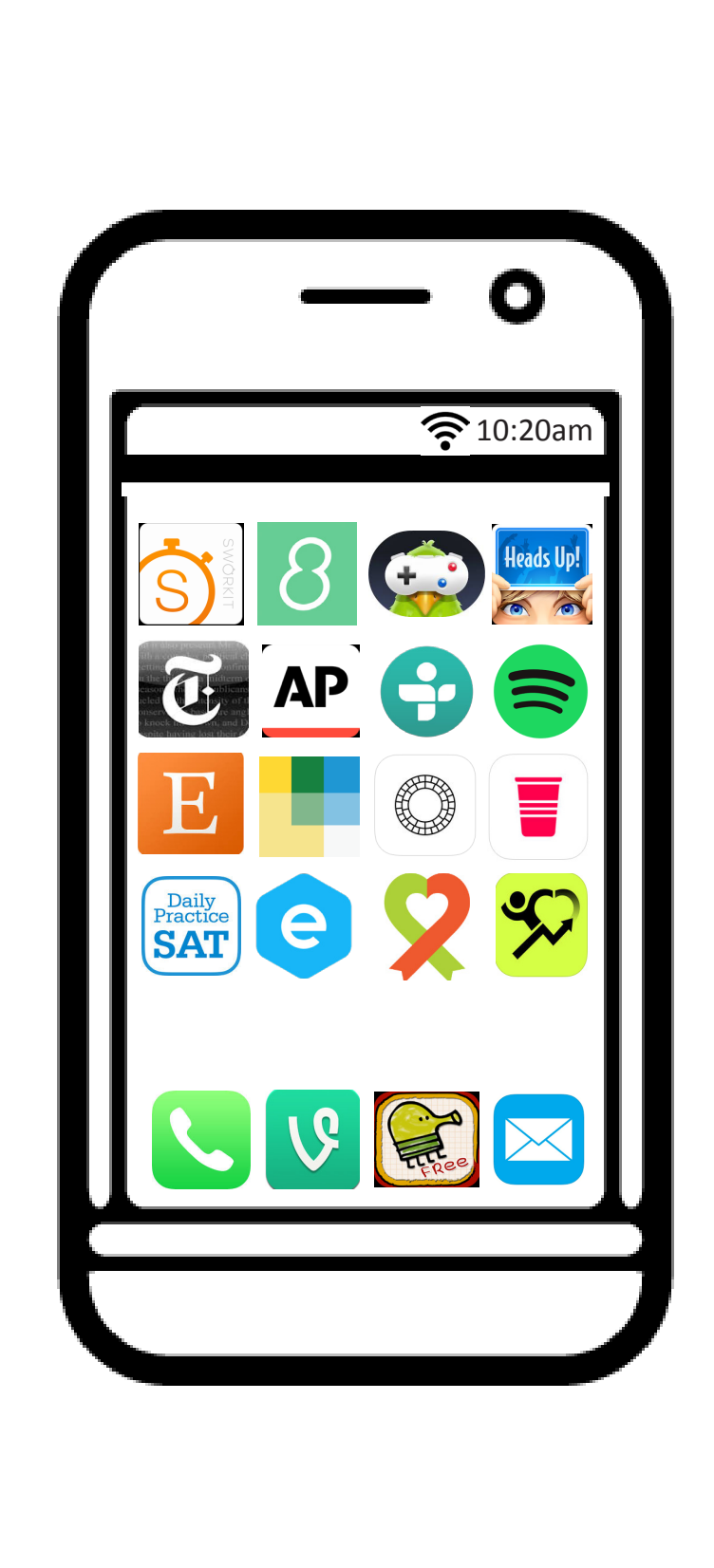
ELEVATE



By William Omberg

What are thoooooooonooooo new social media apps? On Jan. 17, my personal favorite app of all time, Vine, shut down. Vine's career was relatively short lived—four years—fitting for what it once was. The social media application was unique because it centered around mere six second clips. From cringe-inducing dances to meme-bound comedy to heart-warming baby videos, Vine had it all. For four years, we were blessed with six-second catch phrases, "Ya, Ya, Ya, Yeet, Ya" and "Gra-ta-ta." For four years, a potato flying around your room was not supernatural. For four years, "Buenos días" became "Buenas noches." Vine did not just define our lexicon; it defined how we consume media. Its rise to fame was the crossing of the Rubicon for long form journalism. With its six second limit, Vine forced content curators to give the people quick hitting media. It might have shut down due to financial problems, but its influence still spreads through the grapevine of social media with which we are left. Vine was to video as Twitter was to literature. We will never gather news nor read the name LeBron James the same way. RIP Vine, RIP.


VINE




By William Omberg

Former top app on the App Store in 2009, Doodle Jump, was a staple on my iPod Touch. With over \$1 million in net profit, I surely was not alone in my jumping endeavors. Its success can be directly attributed to its simplicity. Playing as a green doodle, the player must avoid obstacles, use powerups, and defeat monsters on their journeys to the top of the screen. Move by tilting the screen to reach the never-ending flood of jumpable platforms. Green platforms remain fixed in place, blue travel either vertically or horizontally, and brown are facades, breaking if the user attempts to land. Along the player's journey, Gamecenter friends' high scores are shown where they fall, motivating the user to keep jumping. The app contains some level of variance as its theme changes from the standard, doodle theme to more festive alternatives when appropriate—ranging from a spooky Halloween version to a snowy winter iteration. The standard doodler also changes based on the user's chosen nickname. This opens the door for Easter eggs from other popular apps (try Ooga to play as the pygmy from Pocket God). Doodle Jump can serve as a quick-hitting game niche for any mobile device, especially if a prying younger sibling or cousin asks, "Got any games on your phone?"


DOODLE JUMP



By Jack Bernhardt

One last shot. All you need to do to walk away victorious is sink the 8-Ball in the bottom right pocket. The pressure is on. You pull back the pool cue to aim your shot. Wipe the sweat from your brow. You readjust the cue just a hair to the right. Now, uncertain that the ball will inevitably lie in the pocket, you pull back the cue, release and await your outcome. In the iOS 10 update of the Apple SMS application, iMessage, a new feature titled GamePigeon allows anyone to become a billiards professional for in-game situations like this. At the touch of a button, the new function allows you to trade shots with your friends throughout the convenience of text messaging. The text message format gives you the chance to go on hot winning streaks or even average crushing losses as many times as you can handle, with as many people as possible. Its features also include settings to customize your avatar and pool cue, as well as increase the difficulty of play. If regular 8-Ball gets too repetitive, there are variations of the mini-game like, +8 Ball and 9 Ball, which change the level of play and tactics used on the billiards table. The GamePigeon feature also includes other mini-games that iPhone owners can play, 8 Ball being the most popular and competitive.

8-BALL



By Meredith Given

With so many music apps in the app store it's hard to find one that offers variety. Spotify, and Pandora all offer music and radio stations only. The app TuneIn Radio offers much more variety than the other music apps. With a monthly payment of \$7.99, users gain access to every NFL and MLB game, over 600 radio stations, 40,000 audiobooks, podcasts, and 16 language learning programs. TuneIn Radio gives users an option to search whatever they want, and a browse section that has the most popular stations and suggestions. TuneIn doesn't limit users to listening to stations that are


TUNEIN



By Page Ryland

Go from bland to grand with VSCO. VSCO is a must have app for any photography lover, pro or not. With its simple layout and design, it is nearly impossible to mess up. Let your mind take a journey through the creative process of visual editing. VSCO is short for Visual Supply Co. and brings out the creative side of all users. This is a three step method which includes choosing a filter, editing, and an optional social media sharing opportunity. Although most users choose to create a VSCO account to upload their edits, one does not have to subscribe to the account, and simply use it solely for editing. Often times, users of the app will include their VSCO address in their Twitter or Instagram bio as a gateway to their edits. The app is free but tends to charge for any additional filters users wish to buy. The app is available on all devices including Android and Apple products. VSCO is popular with all age groups, not just teens, for a multitude of reasons. The app offers aesthetically pleasing templates and filters that enhance just about every photo. After editing with VSCO, upload it to your Instagram to bring your feed to life.


VSCO



By Elena Rogers

Wish you could donate money that you don't have? CauseTap is your app. It's easy to use and provides its users a platform to give to organizations working towards bettering our world. You don't even need money to donate. The app does it on your behalf. After installing the app, you'll be shown numerous organizations, one of which you will choose to receive donations that you earn on its behalf. The organizations are categorized to help you narrow down the choices by topic before choosing a specific organization. For example, you could choose the Human Rights category and select the True Colors Fund as a specific organization within it as your cause, or the Education category and to the She's the First organization that category. If you ever decide it is time to switch it up and donate to another cause, you are free to change your cause to a different organization. So how do you earn the donations? By downloading other apps - free or paid. After choosing your cause, you'll be shown a list of apps that collaborate with CauseTap, which will donate on your behalf. Some popular apps on the list include Spotify and Lumosity. CauseTap is free and currently only available on Android but is coming soon to iPhones.

CAUSETAP



By Jack Bernhardt

How much is a game of charades worth to you? To more than 25 million people, it's worth exactly 99 cents in the app "Heads Up!" There is also a free version that offers fewer options for categories. The interactive app, designed by comedian and daytime show host, Ellen DeGeneres, features many themes to guess from with up to as many people as possible, from Disney characters to accents. The idea for this app was thought out during DeGeneres' daytime show, "Ellen" where guests played a game of charades featuring physical cards on their heads. The app mimics the game by placing your phone on your head and guessing the person, object, or place on the screen. The game is simplistic from there. The guesser flips the screen up if they guess correctly and down if incorrectly, always moving to the next question no matter the outcome. The app, marketed and released on iTunes on 2013, immediately shot to the top of the App Store and was downloaded 650,000 times. Since then, "Heads Up!" is still widely popular being atop the App Stores for top-paid apps. The app, to this day, is way to play a quick game of charades at ease with friends and family.

HEADS UP



By Meredith Given

Do you want to listen to any artist or song without paying? With Spotify, you can do exactly that. Spotify is a music streaming app that offers users any artist, album, or playlist that they desire. If a user doesn't want to listen to ads and be limited to shuffle only, they can upgrade to Spotify premium by paying \$9.99 a month. Spotify premium allows users to play any song and download music and listen offline, and offers better sound quality. Spotify also has a browse page that has today's most popular music on a playlist, along with every genre of music's most popular songs. The app also composes playlists based off of recent browse history and the kind of music they like to listen to. Along with giving endless music, Spotify also notifies the listener when there is a concert local to them. Users can also play radio stations on Spotify. They can type artists' names in or a radio station and Spotify will play music with similar artists to the one that was typed in. Spotify is optimal for high school students because it offers so much music variety and is so personal for the listener. The app even offers a 50 percent discount for college students, so it's affordable for students heading off to college in the near future looking for a cheap music fix.

SPOTIFY



By Elena Rogers

Want to go to a movie-like, high school house party, but you can't drive yet? No problem! Hop on the app Houseparty to chat with your friends. From the comfort of your own home, you can join different rooms with a max of 9 people in each room. Any room that one of your friends is in will show up in your "house" and you will be able to join that room. Any of your friends and any of the other friends of the people in the room can join the chat at any time. Users have the ability to lock the door of the room, blocking others from entering the room until it is unlocked. The room will be hidden when the door is locked. When a friend opens Houseparty, you will get a notification saying they are "in the house." If you have a friend named Cory, I strongly recommend downloading the app. If your friends are a little Houseparty-happy, you can turn notifications for the app off. Users also have the option to hide when they get online from their friends, sparing them the repetitive notifications. Houseparty is a great way to meet new people while chatting with some friends. No gas money is spent and everyone stays safe at home, but is extremely entertained by the company of their friends.

HOUSEPARTY



By Sarah Farney

Charity Miles will bring miles of smiles. It is an app that donates money when you exercise. To get started, choose a charity that matters to you. Charity Miles has 40 different charities that cover every cause from educating girls to protecting national parks. Some of the charities included are Stand Up To Cancer, ASPCA, and ALS Association. Charity Miles allows you to switch charities before every walk/run so you can donate to multiple causes. After choosing a charity, you will select an activity: outdoor walk/run, indoor walk/run, or outdoor biking. Bikers earn ten cents per mile for their charity while walkers and runners earn 25 cents per mile. The money Charity Miles donates comes from sponsors like Humana, Johnson & Johnson, and Chobani which donate money based on how many miles you complete during a workout. This app is only compatible with the iPhone, iPad, or iPod Touch that has iOS 9.0 or later, so it is not available for Android users. The app may also use your location even when it is not open, which can decrease battery life. To help make the world a better place, download Charity Miles: Walking & Running Distance Tracker on your phone today.

CHARITY MILES



Miles Fagan competing in races.

PHOTO: PETE FAGAN

Cycling For Miles

Rachel Alexander
Staff Writer

Student mountain biker Miles Fagan was flying through the Urban Assault race course, maintaining his hold on 6th place. Then suddenly, he was off his bike, sprawled out in the middle of the trail, bleeding from the hip.

"I slid out, and I got a rock right in my hip, chip[ping] the bone," said Miles. While he ended that race in the medical tent, now, three years later and as a freshman at Freeman, he can say he has ended other races on the winners' podium.

"Miles wants no obstacle to slow him down or stand in his way, and he works hard to do his best," said Pete Fagan, Miles' father and coach of the Henrico Composite Mountain Bike Team (HCBMT). Team practices are twice a week, often consisting of five mile rides – "nothing big," said Miles.

"It's nice to have a good team who will go out and train with you," he said. Fellow bikers of the HCBMT are middle and high school students from across the County. The team trains to compete in cross-country races as a part of the Virginia branch under both the USA Cycling High School Mountain Bike Series and the National Interscholastic

Cycling Association.

"While Miles has to work to keep up, he's a better technical rider than I am," said team member and Freeman senior James Mayer.

Important technical skills, like cornering or keeping a pace are what Miles practices to perfect for races with the HCBMT, although one-handed wheelies and other cool tricks are enjoyable to pick up when not competing in races.

"One of my personal favorite things about biking is going off jumps, just looking down and seeing that you're 15 feet above the ground and being like, 'Whoaaa!' he said.

Stunts are typically not allowed in races, "the strength and confidence [Miles] gains from learning the tricks translate to other race skills," said Mr. Fagan.

These skills are put to the test on race days, taking Miles and the HCBMT team across the state to compete. "[Races are] an all-day thing. You'll be there for at least five hours," said Miles. Besides the team jersey and bike pants, it is important to bring lots of water, healthy snacks, and sports glasses as mud is likely to splash upwards.

Long-distance races are physically and mentally demanding, and staying committed to the cross-

country sport is difficult.

"I'd be training really hard and not doing that well – you start to think, 'well, what's the point?'" said Miles. However, self-doubt never held him back for long; he won third place in last year's USA Cycling State Championship in the middle school division.

"For Miles, or anybody else, once you overcome an obstacle, it makes you work harder. That is a pretty cool feeling whether you are 6 or 60," said Mr. Fagan.

This drive towards biking is one long shared by the entire Fagan family. "My parents actually met on a bike trip across the country," said Miles. "Biking has just always been a thing my family does."

Yet, "[for Miles'] level, he can be relentless," said Mr. Fagan. "His desire to put in the time and hard work has taught him that effort and perseverance can help you get better and succeed at your goals."

Miles hopes to see his dedication pay off. "Most importantly, no matter the outcome of the race, biking is about the understanding of connecting hard work and extra effort to results," said Mr. Fagan.

Any students interested in joining the mountain biking team can contact coach Pete Fagan at henricoMBT@gmail.com.

A Family Kick

Rachel Alexander
Staff Writer

For Passang and Pima Dupka, members of the Freeman boys varsity soccer team, the sport of soccer is more than kicking a ball.

After the family emigrated from Nepal, senior Passang and sophomore Pima would often join the local Nepali community in impromptu soccer games at Quiocassin Middle and Pemberton Elementary.

"[When] I was small, I used to go with my brother to all the parks where all the Nepali people play," said Pima. "That's how I started playing soccer."

"I love the feeling of playing on the team and representing Freeman."

- Pima Dupka

While Pima picked up soccer after moving to the United States, Passang remembers the sport as an important part of growing up in Nepal.

"We'd just play until

we got tired or until it got dark," he said.

"We didn't have soccer balls, so sometimes, we used pig's bladder. You have to wash it A LOT, then you blow it and tie it, and you have a soccer ball," said Passang. Other times, old, rolled-up socks would substitute as soccer balls.

Passang also recalls playing with a tough attitude with his old neighbors in Nepal. "We didn't have shoes, so we'd play barefoot," he said.

Although he no longer plays barefoot as the goalkeeper of the Freeman team, adjusting to the rules and formalities of soccer on the school level was rather difficult.

"I didn't have too much knowledge about soccer back in Nepal, but I've learned a lot since then," said Passang.

For Pima, who plays midfield on the Freeman team, the challenge was getting over his initial nervousness.

"It was hard because I did not speak much English," said Pima of his acclimation to the Tuckahoe Middle School team.

He also recalls being nervous as a freshman on Freeman varsity. "But all the seniors were really nice and supportive," said Pima.

As he is a midfielder and his older brother a goalie,

their positions do not leave much room for interaction on the field. Yet outside of school, they train to perfect skills and drills, practicing passing, agility, and moving with the ball.

"And a lot of our players do that," said boys varsity coach David Inman. "But they're among the players that will stay an extra hour, or find someplace to stay after training to work on things."

"He pushes me because he is a lot older," said Pima of his brother.

While Pima looks up to Passang when playing soccer, Passang admires his brother for the time and effort he puts into the sport. "[Pima] works hard outside of school," he said.

Their dedication to soccer makes them "integral parts of the team," said Mr. Inman.

"I love the feeling of playing on the team and representing Freeman," said Pima.

Soccer has been an important connection to the Freeman community for Passang and Pima Dupka, as well as an important connection to the local Nepali community.

"Playing sports gives a sort of different identity within the community, and that's something to hold on to," said Mr. Inman.

"[Soccer] just brings people together," said Passang.



PHOTO: MEREDITH GIVEN

Pima (right) taking a shot against Passang (left) during practice.

Senior Breaks Lifting Records

Hailey Reid
Staff Writer

Six hundred pounds—the weight of the average vending machine; is also the weight senior Jack Wallace can put on his shoulders.

For Jack Wallace, lifting is more than just a hobby. Not only has he broken school records in the weight room, but he also wants to pursue powerlifting after high school.

Powerlifting is similar to Olympic lifting. It is a strength sport with three maximal lifts: bench, squat, and deadlift.

"I powerlift because it's what I love to do," Jack said.

This is when the athlete lifts as much weight as possible for one repetition. Jack lifts 350 pounds benching, 600 squatting, and 480 deadlifting. "I set the squat record last year with a 535-pound

"I think the future is very bright for Jack. The last four years have shown him that he can achieve anything."

- Coach Derby

squat and plan on breaking the bench record in June," Jack said. Blake Derby, strength and con-



Jack Wallace lifting during advanced weight lifting.

PHOTO: GABBY COX

ditioning coach, has seen the way Jack has changed over the past four years in all aspects.

"Jack has changed his lifestyle over the last four years, from not always making the best decisions as a freshman to completely changing the way he lives his ev-

eryday life. He pays attention to what he eats, how much sleep he gets, and getting his schoolwork done," Coach Derby said.

"I eat around 4000 calories a day and intake about 315 grams of protein, 315 grams of carbohydrates, and 100 grams of fats,"

Jack said.

Jack wakes up early and makes sure to get his workout in before school. Coach Derby said that Jack shows leadership through his example.

"People see how strong he is and want to know how they can get

that strong," he said.

Jack lifted competitively in the Mid-Atlantic Super Strength Weekend last April, and hopes to do more in the future.

"I think the future is very bright for Jack. The last four years have shown him that he can achieve anything as long as he is willing to put in the work for it," Coach Derby said.

"I will be competing two to three times this year. One to qualify for Raw Nationals, one for fun, and the third one will be Raw Nationals in October in Orlando," Jack said.

Jack lifts with his teammates during football season, but his personal training is where he spends his most time. He adds deadlifting to his personal training, which is not practiced during football.

"Jack is completely dedicated to lifting, which is his sport," Coach Derby said.

Ray Williams is one of Jack's inspirations because he is a "beast." Ray Williams set the powerlifting world record with a whopping 1,052-pound raw squat.

Jack's goals for the future include "competing in the Arnold Classic, breaking the Freeman bench record, and obtaining a 1,500-pound total."

One of Coach Derby's most memorable moments with Jack was when he broke the all-time school back squat record which was 530 pounds. "Now, Jack holds the record at 535, which I am positive he will break before he graduates," Coach Derby said.

Needless to say, powerlifting is a passion for Jack Wallace. When asked how long he sees himself doing this, Jack responded: "until a doctor tells me I can't."



DOUGLAS S. FREEMAN H.S.

PHOTO: GABBY COX

On Feb. 2, 2017, seniors Andrew Ryan (Washington and Lee), Sam Murphy (Washington and Lee), Trey Laughlin (Washington and Lee), Nick Ackies (Norfolk State), and Jack Miller (Old Dominion University) met in the library to officially sign their letters of intent.

Rebels Tackle the Collegiate Level

Sarah Halsey
Staff Writer

On February 2, 2017, five Freeman football players signed their National Letters of Intent that determined where they will be attending school and playing football for the next four years.

Having been teammates for four years already, three seniors will be together for four more years. Trey Laughlin, Sam Murphy, and Andrew Ryan have committed to Washington and Lee University.

Also, Jack Miller committed to Old Dominion University.

College football will be a ma-

major change for some of the commits. "I'm looking forward to being totally committed to one sport. At the high school level, I played multiple sports and am now excited to put all my focus towards football," Trey said.

"I just really love football, and I'm excited about playing it for four more years," Sam Murphy

said.

Senior Andrew Ryan tore his ACL this past high school season but is looking forward to playing the sport once again. "I'm excited to strengthen my bonds with my teammates and am eager to get back on the field," he said.

However, the idea of just one sport was not appealing to

one senior commit. Nick Ackies dual-committed to Norfolk State University for both football and baseball.

"I'm enthusiastic about the increase in competition at the collegiate level," Nick said.

Freeman looks forward to supporting these young men as they continue to the next level.

On the Gridiron and Diamond at Norfolk

Alex Moss
Staff Writer

A 270-pound defensive end that can pitch a 90 mile-per-hour fastball. "That's a unique athlete," said Ray Moore, head varsity baseball coach.

That athlete is senior baseball and football player, Nick Ackies.

Not only is Nick a spectacular athlete, but he is also accomplished a rare milestone that few Freeman students have done - sign to play two sports in college. A Bo Jackson-esque feat.

Bo Jackson was a professional athlete who played Major League Baseball and in the National Football League, much like Jackson, Nick is planning to play Division IAA football and Division I baseball at Norfolk State University (NSU).

Becoming the next Bo Jackson and playing sports at the highest level is a dream of Nick's and "when you throw a ball that fast, scouts notice," said Coach Moore.

On signing day, his mother said that Nick was constantly recommended to focus on one sport but his response was always the same - "I want to play them all."

Even with playing multiple



PHOTO: JULIE LAZAR

Nick pitching in a game against Henrico High School.

sports, Nick "is one of the greatest pitchers I've ever seen," said James Manning, a teammate and fellow pitcher on the varsity

team.

Nick may be an exceptional athlete, but he still has room to grow. He plans to focus more on

baseball while at NSU and continue to improve his game. More specifically, Coach Moore would like to see him "work on his con-

sistency" on the mound and in life.

Nick is not the only Richmonder headed to Norfolk State to play football next fall. Four members from the Highland Springs football team, who won the 5A state championship, are going to be NSU Spartans as well. He has gotten to know these fellow student-athletes and the rest of the upcoming freshmen football players for NSU who are "unbelievable" in talent and in character, according to Nick.

Nick will be pursuing the sports he loves, but not in the same positions in which he grew to love the sport.

As for football, Nick, who played defensive end as a Rebel, plans to potentially be a tight end or fullback as a Spartan. As for baseball, he will strictly be a pitcher rather than playing first or third base which he has previously played for Freeman.

Regardless of position, Nick is a "great competitor" and will continue to "[set] an example for his teammates," said James.

Nick looks to play a new position, on a new team, in a new place and is most excited for "a new lifestyle at college."

For now, Nick is focused "on winning a state championship

Senior Makes a Splash at George Mason

Tyler Hendricks
Staff Writer

The crystal clear water glitters under the bright summer sun while senior Ellen Claire Smith approaches the edge of the aquamarine colored diving board. Amidst the sweltering Virginia humidity, she prepares to perform her favorite dive, the reverse dive. This sport is a beloved passion for this diver.

Thirteen years ago, Ellen Claire, sometimes called E.C. by her friends, began her diving career at Kanawha Recreation Association.

Her story begins with another sport. As a young girl, she did gymnastics until her mother signed her up for dive team at her pool. Over the years, diving became something she loved.

"I love the water and summer is my most favorite thing in the world. I associate summer with diving so it's like my happy thing," said Ellen Claire; however, she did not just restrict her diving to the summer.

For several years, she dove during the school year at the University of Richmond's Weinstein Center. There were dive coaches there she worked with. The coaches helped her in the off-season three times a week, but she only competed during the summer. Her summer seasons lasts about seven weeks with practice five days a week for an hour and a half and meets every Thursday. "For an average practice, we

start with a warmup and then we do a lot of ab work. Core is a big part of it. Then we dive for the rest of the time," said Ellen Claire. In addition to her practice, she also coaches the younger age groups. This upcoming summer will be her fourth year coaching. Because she is a coach, meet days for her begin at 10 a.m. She warms up for an hour and then eats lunch. Then the competition begins in ascending order by age. The dives are scored by a panel of judges.

According to Ellen Claire, each age division will have a certain number of dive they are required to do. Sitting on the side of the pool is a panel of five judges. The diver will dive, then each judge will hold up a number indicating the score, which is then multiplied by the degree of difficulty. This is the individual score which is added to other individual scores. This makes the team score.

Next, as with all sports, diving requires a large time commitment, but she said the most difficult aspect is the amount of work required "to train your body to do the things you have to do to compete." She remains undaunted by the discipline required.

"It's a lot of work, but I'm willing to work hard, even when it gets excessive. It is especially hard in the summer the week before champs where we have a week of three-a-day practices. It's going to be a big adjustment doing that all the time next year, but I'm willing to work hard," said Ellen Claire. Dougie Phil-

lips, the Kanawha diving coach, attested to Ellen Claire's strong work ethic.

"Ellen Claire is a hardworking, dedicated athlete who has grown from a cute little girl to a self-confident and determined diver," said Coach Phillips. Additionally, one of her teammates, senior Sam Murphy, emphasized her determination.

"She is normally the last one out of the water because she works so hard," said Sam. He added that one time while learning dive, she landed flat on the water, "harder than anyone I've ever seen." He said she was shook up at first, but before long she was back on the board "and did it again and stuck it." He also described her as "a positive person who is always smiling."

Coach Phillips described Ellen Claire as role model for the younger divers on the team and as a valuable asset to the team. This value did not go unnoticed. During the championship meet, Ellen Claire met the George Mason diving coach.

"The coach came and scouted me over the summer at our championship meet and came up and talked to me," said Ellen Claire.

She then went on a recruiting trip several weeks ago. At first, she was not sure about the school; however, after spending a weekend with the team she "absolutely loved it." She was drawn to George Mason not only for the opportunity to dive there, but also because she liked the team.

"The school is really big, but

it feels really homey. The team is really, really nice, so I decided to go there. They were so nice and so welcoming when I went there, and I felt like I already made friends so it's going to be really nice having a circle of friends going into school," said Ellen

Claire. Currently, she is undecided in what she wants to study; however, she is interested in marketing. Even if she is unsure about what to study, she knows her immediate future lies down a board and into a pool at George Mason University.



PHOTO: ELLEN CLAIRE SMITH

Ellen Claire dives at a meet.

Three Rebels Pin States

Ellie Somers
Staff Writer

Brett Reid (Senior), Tyler Thomas (Junior), and Ernie Campbell (Sophomore) represented Freeman at this year's Virginia High School League state wrestling tournament February 16-18 in Salem, VA.

Brett has been wrestling for six years now. This season, he wrestled in the 126-pound weight class with a record of 25-11. He placed first in the district, fifth in the region, and ended up in the top 12 in states.

"My proudest accomplishment from wrestling at Freeman would be winning the conference this year because that was a big goal of mine throughout high school. Finally achieving it, at Freeman, was a very special moment," he said.

"I have no intentions to wrestle in college, but I don't want to completely walk away from the sport. I might consider doing some club wrestling if that were an option," Brett said.

Tyler has been wrestling for two years now. This season, he wrestled in the 120-pound weight class with a record of 22-4. He placed second in the district, third in the region, and seventh in the state.

"My proudest accomplishment in my wrestling career so far was placing third in the region," he said.

"This was my first time at states, and next year I'm striving for a state title," Tyler said.

Ernie has been wrestling for 8 years now. This season, he wrestled in the 195-pound weight class with a record of 27-6. He



Tyler Thomas (11), Ernie Campbell (10), and Brett Reid (12) before the state tournament.

placed first in the district, sixth in the region, and did not place in the state.

"My greatest accomplishment was winning the conference as a freshman and [as a] sophomore," he said.

"My goals for the future are to win regionals and states," Ernie said.

Matt Henshaw has been a wrestling coach for two years at Freeman. He is very proud of the success of the wrestling team this season, finishing with a record of 18-1.

"[I'm] very happy for Brett who had an injury-plagued year last season. Tyler has done a tremendous job in only his second season of wrestling. Brett and Tyler are partners whose work ethic is awesome and both have benefited from each other's efforts," Coach Henshaw said.

"Ernie is a very talented wrestler who should have placed

higher this year this year at regionals and states. However, he was sick several times this season, and he wrestled up a weight class," Coach Henshaw said.

"Ernie wrestled in the 190-pound weight class where he should have been at 182. He was being a good teammate by allowing other good wrestlers to participate in the lower weight class which helped our team."

The three wrestlers each display strong leadership on the team. "Brett and Tyler work hard and can be vocal in their convictions. I think both qualities are important in leadership," Coach Henshaw said. "Ernie's knowledge of the sport enables him to teach others through demonstration and practice. All three wrestlers are well received by their teammates."

Coach Henshaw has high hopes for Ernie and Tyler's future. "I would like to see both [Tyler and

Ernie] to continue working at a higher level and to obtain a leadership role for the next season. Both Ernie and Tyler have a lot of experience that would benefit the team," he said.

As for Brett, Coach Henshaw wishes for him a successful future. "Brett is a really good athlete; a coach's dream. However, he is a great person. He has such a huge heart, is unselfish, and caring. His character speaks louder than his accomplishments," Coach Henshaw said.

Ultimately, the Freeman wrestling program is improving with each year that passes. "The past two seasons have generated a renewed interest in the sport of wrestling here at DSF. We have increased participation, improved our record, and uplifted our program to a respectful level. We just need to keep it going in the right direction," Coach Henshaw said.

SPORTS BRIEFS

Varsity Baseball

Record: (5-5)
Apr. 4 - W 15-0 vs. Hermitage
Apr. 6 - L 1-7 @ Glen Allen
Apr. 14 - L 4-7 @ Monticello

Upcoming Schedule:
Apr. 21 vs. Mills E. Godwin
Apr. 28 @ Deep Run
May 2 vs. Maggie Walker

Varsity Softball

Record: (0-7)
Mar. 24 - L 5-8 vs. Maggie Walker
Mar. 28 - L 0-12 @ Lee Davis
Apr. 4 - L 5-6 @ Hermitage

Upcoming Schedule:
Apr. 21 vs. Mills E. Godwin
Apr. 26 vs. Henrico
Apr. 28 @ Deep Run

Girls Varsity Lacrosse

Record: (6-1)
Mar. 27 - W 9-2 @ Lee Davis
Apr. 3 - W 15-7 vs. James River (Mid)
Apr. 17 L 11-12 @ Deep Run

Upcoming Schedule:
Apr. 24 @ Midlothian
Apr. 28 vs. Deep Run
May 1 @ Atlee

Boys Varsity Lacrosse

Record: (4-2)
Mar. 27 - W 10-7 vs. Lee Davis
Apr. 3 - L 15-16 @ James River
Apr. 17 - W 16-8 vs. Deep Run

Upcoming Schedule:
Apr. 24 vs. Midlothian
Apr. 28 @ Deep Run
May 1 vs. Atlee

Boys Varsity Soccer

Record: (4-3)
Mar. 31 Postponed @ J.R. Tucker
Apr. 4 W 3-1 @ Hermitage
Apr. 6 L 0-5 vs. Glen Allen

Upcoming Schedule:
Apr. 21 vs. Mills E. Godwin
Apr. 27 @ Deep Run
May 2 @ Maggie Walker

Girls Varsity Soccer

Record: (6-2)
Apr. 4 W 10-0 @ Hermitage
Apr. 6 W 5-0 @ Glen Allen
Apr. 17 L 1-5 @ Collegiate

Upcoming Schedule:
Apr. 21 @ Mills E. Godwin
Apr. 27 vs. Deep Run
May 2 vs. Maggie Walker

Boys Varsity Tennis

Record: (4-4)
Apr. 3 - Postponed vs. Cosby
Apr. 4 - W 5-0 @ Glen Allen
Apr. 17 L 2-7 @ Mills E. Godwin

Upcoming Schedule:
Apr. 20 vs. Deep Run
Apr. 24 vs. Maggie Walker
Apr. 25 @ J.R. Tucker

Girls Varsity Tennis

Record: (8-1)
Apr. 3 - Postponed @ Cosby
Apr. 4 - W 5-0 vs. Glen Allen
Apr. 17 - L 1-5 vs. Mills E. Godwin

Upcoming Schedule:
Apr. 20 @ Deep Run
Apr. 24 @ Maggie Walker
Apr. 25 vs. J.R. Tucker

Records as of April 17, 2017

Megan Kelleher
Staff Writer

Freshman Chris Sullivan bid 'adieu' to the River City and said 'bonjour' to an opportunity overseas. In the summer of 2015, Chris got the opportunity of a lifetime: a chance to play his favorite sport in a football-loving country—France.

Chris began playing soccer when he was five years old. He "played for a small team" then transferred to Strikers, a Richmond-based soccer travel team.

"I went straight to ADP, which is the U-9 division of Strikers," also known as "the travel league," he said.

Nathan Terrell, a long-time teammate of Chris's on the Richmond Strikers and Richmond United, noted that Chris is "hardworking" on the field.

With Nathan playing center-attacking midfield, the two often work together, with "Chris being a passing option" for Nathan. Chris is also a "reliable" athlete and a "team player," who is "per-

sistent" in his efforts.

After years of hard work on and off the field, Chris got an email that he would never forget.

"I was picked out of a pool of Strikers players from my age group," he said. This "specific group of 0-2's" were going to be spending ten days of their summer in Brittany, France, playing the sport that they loved.

Like any other tourist, Chris and his team frequented the famous sights.

"The first day we were in Paris... we went to the Eiffel Tower and the Louvre," Chris said. The team also "visited the Paris Saint Germain shop," which is the shop of the "big soccer team in France," he said.

After a day of sightseeing they travelled north to the region of Brittany, France—home to coastal city Saint-Malo and neighboring the famous castle Mont Saint Michel.

Chris's sightseeing adventures did not last long, however.

Playing as center-back for the team, Chris felt the games were "intense" due to the opponents'

skill and the running required of a center-back.

"In U12, they only play 12-minute games" so that teams can "play more, per day," he said.

Chris said the tournament was "very different from the ones in the United States."

"The games were very fast-paced, and you had to score very quickly in order to win," he said.

There was also a noticeable difference in soccer culture, as "there is more competition in Europe with all of the big-scale clubs," he said. During the games, the team would have "to react to how [the opposing team] would play," he said.

When he was not playing upwards of five games a day, Chris and his teammates stayed at a house that the team had rented in the countryside.

Chris had fond memories of "just chilling" and bonding with his teammates at the estate.

"We made it the farthest that Strikers has ever gotten in the tournament," Chris said. Though making it to the second stage, Chris's only disappoint-

State Gymnastics Recap

Jackson Woody
Staff Writer

Over the past few years, Freeman has become a gymnastics powerhouse in Virginia. This year was no exception, as the gymnastics team beamed their way to a third place finish in the 5A state competition.

The team began their journey by winning their third conference title in three years. They also went on to three-peat as regional champions in a close competition, giving them a surge of excitement heading into the state meet.

"I was so proud when we won the regional championship in Virginia Beach. It was a close competition and we weren't sure if we had enough points to win. The girls did fantastic and got the big scores we needed," said Margaret Carlson, the first-year head coach.

Throughout the postseason and especially at states, the Rebels shined with stellar all-around performances from juniors Mallory Girvin, Erin Hayes, and Kameryn Shears.

Kameryn finished fourth place in the all-around event, fourth on the floor, and tied for eighth on the balance beam, Mallory also tied for eighth on the beam, and Erin tied for sixth on the bars.

Competing at states, the team faced much sharper competition from northern Virginia schools such as Stafford and Freedom. Even though they did not fully catch up to their two new foes, they were only two points off of a second place finish.

"This year our team was really close. We were close the past two years but we were much closer this year. That's helped us get better because of how well we get along and how well we end up doing really connect" said Mallory.

During the postseason, the team found leadership from their senior captains, Hannah Douglas and Kate Reamsnyder.

"It was awesome to see them grow. We grew together as a family and we had a blast," said Hannah.

This was the team's first state championship appearance under Coach Carlson, and if their performances this year say anything, it will not be their last.

Swim Finals Overview

Jackson Woody
Staff Writer

Some argue that the legend of mermaids is real, others argue that mermaids are mythical; however, there is no arguing that the boys and girls swim teams put on a legendary performance at the regional swim meet.

The girls team swam away with the first place title by scoring 451 points, beating the second place team by over 200 points. The team dominated with nine individual and relay victories.

A strong competitor was freshman Sarah Bender, who won gold in 3 events, including the individual 100-yard freestyle title and two freestyle relay events. Before the meet, she felt pressure, but she powered through her nerves.

"I was a little intimidated, there were so many upperclassmen that were doing super well and I just tried to hang with them," said Sarah.

The boys team made quite the splash themselves. Led by seniors Jack McSorley, Anthony Vinson, and Campbell Nystrom,

the boys team finished 18 points out of first place and settled for second.

Swimmers from both teams said they gained something they value far more than a championship.

"As separate teams, we still feel like one team. When both teams won at districts, the bus ride home was really hype, but when the boys got second at regionals, the bus ride was really sad because we all wanted to win," said sophomore Caitlin McSorley.

Prior to regionals, both teams won the 5A conference 11 meet by margins of over 100 points behind top 3 finishes in every single event. Their dominant performance fueled their run throughout the postseason.

Both teams advanced to the state meet. Coming off their momentum from regionals, the girls finished in third place and the boys finished sixth. Notable performances from the meet include Jack McSorley's 500-yard freestyle second place finish, junior Maya Atkins' second place finish in the 100-yard breaststroke, and a second place finish for the girls team in the 200-yard freestyle relay.

Freshman Scores Overseas



Chris Sullivan (9) dribbling the soccer ball upfield.

ment about the trip was that the team did not get the chance "to play in the big stadium."

Nathan also added that in France, Chris "was a great leader and captain" in helping the team to reach the quarterfinals.

Chris has also "won various medals for the tournaments that

[he has] won over the years."

Richmond soccer player turned globetrotter? Chris hopes so. Looking forward, Chris hopes to play overseas again, as he had an unforgettable experience in France, noting that he would love to play the sport in Barcelona or Madrid.

Drum Roll Please...

Caroline Daniel
Staff Writer

Other students in his study block were working on short assignments, talking to friends, or trying to beat their high scores on Cupcake 2048. Instead, sophomore Miles Dawkins used his hands and feet to tap out complicated drum rhythms on the tile floor. He patiently tried to explain the patterns, which seemed to come naturally to him, as clueless onlookers watched, fascinated.

These rhythms make perfect sense to Miles because, as a largely-self-motivated drummer, he spends nearly every waking moment thinking about music. "I practice every day for an hour and 45 minutes," he said. After three and a half years of such an intense practice regimen, Miles is beginning to master the instrument.

Miles' life has adapted to incorporate the drums, including his family life and his physical appearance. "I have massive calluses," he said, "and I've started to build up a pretty decent forearm muscle." His parents have been "really supportive" of his passion, especially his dad who "finally learned to sleep through [his practice]."

It was Mr. Dawkins who first introduced Miles to metal, punk, and jazz, opening up a world

of musical possibility for his son. "[My dad] has a bunch of friends who are in the metal and punk industry," said Miles, who has had the opportunity to meet some of his favorite musicians as a result.

One such musical hero is Ryan Waste, guitarist for the band Municipal Waste. "I know [him] really well," Miles said. "On stage he looks like...you don't want to mess with him too much, but in person he's just a ton of fun." Miles also admires drummer Chris Adler and the band DRI, or Dirty Rotten Imbeciles, whose logo he laser engraved into the back of his phone case.

Though he attempted to take drum lessons at the beginning of his music career, Miles has decided to pursue a different route to learn beats. Instead, he now listens to popular songs that he likes and teaches himself how to play them. "I sit down for maybe an hour or two trying to figure out how to play [them] by ear," he said.

Though this nontraditional route has allowed Miles to learn songs that he is interested in, it has also been a hindrance to him. Because he deciphers rhythms based on hearing rather than seeing, "I can't read music too well," he said.

This could have stopped Miles from being able to play with other drummers, but he has been able to overcome the potential

challenge, even joining Deep Run's indoor drumline competition team. "[The coach] was really thoughtful and helpful," he said. "That's where I really started learning to read [music]."

Diving into his passion is what invigorates Miles. In fact, he has gotten so into his music that he has broken many drum sticks and even the drums themselves. "I've broken one of each tom, and [I've broken] the snare three times," Miles said.

Many Freeman students got their first glimpse of Miles' talent in the Student Variety Show on Feb. 10. He was the first act to take the stage, playing Lamb of God's song "Blacken the Cursed Sun." Besides facing the daunting task of being first to take the stage, Miles had also chosen a song with a difficult rhythm. "The timing's in triplets, but once you get [it] down the rest is pretty easy," he said.

Still, having some pre-performance nerves was inevitable. "I did [have stage fright] at first," said Miles. "I listened to the song I was going to play all week."

Once he started playing, however, he got lost in the music. "I just close my eyes sometimes and just think about the drums and nothing else," he said.

The rush of performing in front of a live audience is not one that Miles will soon forget. He, Cole Ryland, Jacob Dawson, and Mark Heerens hope to



PHOTO: MILES DAWKINS

Miles poses with his band.

start a punk band and continue performing soon. "I'd like to be successful with it, if I could," he said.

"He really inspires me," Jacob said. "Seeing someone so dedicated to his interests has made me want to work harder."

Miles combines his love of music with an intense interest in mathematics and engineering. Miles thinks there "could be a connection" between his music and math abilities, most notably that "it has really improved [his] mental skills." According to Miles' step-mother, Marcie Blough, Miles probably "equates the zeroes and ones of binary electronics to the on and

off of a drum beat." In addition, "he excels in classes where there is problem solving... [because] drumming is like problem solving," she said.

In fact, Miles' most recent engineering feat is making his own computer from scratch. After doing lots of internet research, he "designed the CPU and learned coding," he said. With the help of architecture and engineering teacher Jason Ciaschi, Miles has also helped start a robotics club at Freeman.

Miles plans to pursue his passions for drums and engineering and to "just have fun" with skills that will continue to perplex people all around him.

The Next Rock Star to Overtake Spotify

Molly Herring
Staff Writer

Not only is Richmond home to rock band Last Night's Ghost, but Freeman High School is home to sophomore Nathan Vranas, drummer and percussionist for the band.

Last Night's Ghost is recommended on Spotify if you enjoy artists similar to The Rolling Stones, Pearl Jam, and Guns 'N Roses. Their EP called "Wait for Me" has four songs, and the band has four members including Nathan.

Nathan has been playing drums for eight years. "I saw other people who were really good at drum set, and I thought it was cool and I wanted to do

that," said Nathan.

He came to Freeman from Veritas Middle School looking for a musical program upgrade. "Veritas did not offer much, or really anything, in the way of music," said Nathan.

Nathan's biggest inspiration is drummer Jojo Mayer. "He keeps getting better," said Nathan. "Even though he is one of the best, he gets lessons to keep getting better all the time. That's what I try to do."

According to Freeman band director Rob Blankenship, Nathan emulates Jojo's work ethic. "He has a lot of natural ability, but he works hard," said Mr. Blankenship.

Nathan makes a substantial contribution to the band room. "Nathan has a lot of energy. He's a natural leader, and a lot of oth-

er students look up to him even though he's only a sophomore," said Mr. Blankenship.

"He's a really great guy and he's a good set player. His band is amazing," said freshman Miles Fagan.

Although Last Night's Ghost is the most popular, Nathan is in three other bands in addition to the Freeman band. "It has helped me because I used to only play rock drums, and now I am into actual percussion," said Nathan.

Even though this is Nathan's first year of high school band, he has picked up the skills quickly. "When he came in, he had no idea how any of this worked. He fell right in," said Mr. Blankenship.

Just this year, Nathan has drastically developed his band

skills, and he is expected to go even further by the time he is a senior. "If he stays with it and keeps working, I can see him being drumline captain," said Mr. Blankenship.

The differences between Nathan's two bands is substantial, but that has not stopped him from enjoying both sides. "It's black and white. We [Last Night's Ghost] play head-banging music, and at Freeman we play band music. But it's all music. It's all meant to be enjoyed," said Nathan.

The music Nathan listens to helps him expand his drum skills in all genres. "I listen to a lot of pop, indie, punk, metal, and everything in between. I pretty much play what I listen to," said Nathan.

Nathan's plans for the future

revolve around his love of music. He wants to go to VCU and major in percussion with a minor in the music industry or marketing. "Richmond's great, all my friends are here, and the VCU percussion instructor is awesome," said Nathan.

After college, Nathan wants to be a drummer in a band. If that does not pan out, Nathan "would love to be either a studio musician for pop artists who can't record their own music, teach music, or work at a record label or booking agency," said Nathan.

Nathan is a talented musician with aspirations to drum onstage in front of huge crowds or behind the scenes in the Pop Top 40. Expect to see the name Nathan Vranas pop up in the Rock section of Spotify soon.

Paint! That! Wall!

Caroline Wall
Staff Writer

Freeman students are encouraged to paint on the walls. Or at least Mrs. Baker-Neal's Art IV and Art V classes are.

The students are currently creating a mural in the art hall to represent the history and culture of Freeman through the decades.

"The mural is a celebration of Freeman. It's showing that the school is not just a building. It has a history," said senior Gray Gibson.

They were inspired by artist Ryan McGinness. McGinness has a piece on display at the VMFA in which he made prints of different symbols from art history and layered them on top of each other.

The students decided to apply this idea to a mural representing Freeman. The project has been a work in progress, starting with conversations with administration. "We discussed our intent to come up with something that would be commensurate, have context, express our values, and be somewhat permanent," said principal Andrew Mey.

"We wanted to do something that was conceptually 'Freeman,' working with not only the school atmosphere but also the cultural atmosphere and community atmosphere in a historical way," said art teacher Mary Baker-Neal. "We wanted to show that in a mural that is basically, 'If these walls could talk, [these are] the things these walls have seen.'"

The main concept behind the mural is a pen that represents Douglas Freeman, who was a biographer. A giant ink spill is coming out of the pen and is made



PHOTO: KYLE ADAMS

The new mural in the art hall.

up of images that represent the school and its culture throughout different decades, beginning with the '50s. The decades are layered on top of each other with larger, lighter images in the back and smaller, darker images overlapping them. The top layer will be made up of personal images that represent the art students involved in the project.

The art classes have already put almost a month of work into the project, spending the majority of their class time choosing the images they wanted to display, creating stencils of them, and then transferring those images onto the wall. The students used yearbooks to find specific people and objects to trace and transform into stencils.

"One of the harder parts was staying organized and figuring out who's doing what," said senior Kate Reamsnyder. "It's a process."

Through this challenge, however, they have learned patience and communication. According to Mrs. Baker-Neal, the mural has been a fully collaborative effort.

"Everybody is involved," she said. "It started with an idea that I presented to the class, and then we just ran with it."

their best work.

"We get to do our own thing, and if we have different styles, we get to work on our own styles," said Kate. "Mrs. Baker-Neal likes to encourage us to become our own artists."

"The environment is just a really supportive space, even when I'm not doing art," said Gray.

Meanwhile, the students are contributing to the school's overall environment by displaying Freeman's history in a way the whole student body can enjoy. After all, "[t]he students make the school," said Gray.

"The whole idea was just to show the change that has happened in Freeman throughout the decades and what it is now and what it could become," said Kate.

"They're trying to capture things that are valuable to Richmond and our local community," said Mr. Mey. "It's an appreciation for the diversity in our local community, to understand that Freeman High School is very much a part of Richmond's history and to look at how Freeman has changed overtime to a point where diversity is being celebrated."

Mrs. Baker-Neal is proud of her student involvement in the mural and hopes that the mural proves that "[i]t takes all of us—past, present, and future—to produce beauty in life and artwork."

A Very Seussical Musical

Ryan McCracken
Staff Writer

Written by Lynn Ahrens and Stephen Flaherty, and based on the stories of Dr. Seuss, Seussical has been delighting audiences since 2000 and this Spring will be coming to Freeman.

Universally described by the cast and crew as colorful, vibrant, and filled with fun, the play will be performed in the auditorium on Apr. 27, 28, and 29.

The members of the production have been practicing three to four times a week, three hours a night, and come "tech week" (immediately before opening night) that will double to six hours. The cast and crew are somehow able to manage their time despite this immense workload, due largely to their work ethic and, as theater teacher and play director Mrs. Spears describes it, "boundless enthusiasm". One positive of this time demand, though, is that the theater department is able

to grow even tighter. "It helps us to bond," said freshman actor Will Boyle. The genuine excitement of the cast and crew was palpable, and could be observed through their raised voices and enthusiastic gesturing when speaking about it.

This performance will be staffed by a 30-member ensemble cast, the largest production in recent years. The show will be noticeably bigger in other respects as well, with an expansive set, an impressive count of song and dance numbers, as well the overall level of detail. Many of the actors will have large roles, and according to Mrs. Spears fully 10 cast members could be described as "leads". Said sophomore actor Conor Battle "This show is a lot larger than anything I've done at Freeman before, and it shows in every little bit of music and scenery and dance."

In the show, a young boy named JoJo finds Cat-in-the-Hat's hat and is whisked away to a world populated by many of Seuss' characters. The plot closely resembles that of "Horton Hears a Who", with one of the major differences being the abundance of characters from other works of Seuss. It is this spin on the classic that heightens the production to its epic scale.

This "whimsical" show "has lessons for everyone of all ages" said sophomore actress Ariela Press, and it was unanimously agreed upon by the cast and crew that anyone who is able to attend should do so. "If there's a Freeman show to come see, this is it" said Battle. Tickets will be sold for \$10 in advance and \$12 at the door.



Spring Trip Scrapped

Anna Lyle Collett
Design Editor

In February, the music department made the shocking announcement that the annual spring trip was cancelled.

The decision stemmed from the earlier decision made by Rob Blankenship, band and orchestra director, and the band boosters to make the spring trip a biennial event.

“We made the decision for the purpose of saving money and being able to take bigger trips. The idea this year was that we were going to do a one-day trip somewhere close like Washington, D.C., Virginia Beach, or Williamsburg,” Mr. Blankenship said.

However, scheduling issues have barred the music department from taking this trip too.

“A one-day spring trip would not have worked because of scheduling between AP tests, spring break, the spring musical, and the fact that We the People moved on to nationals. We have band and strings people involved in that,” Mr. Blankenship said.

On the second Saturday in October, the annual marching band trip to Bluestone was cancelled due to dangerous storms from Hurricane Matthew. As a result of the spring and marching band trip cancellations, Mr. Blankenship and the band boosters have agreed to let the seniors have an event in their place.

“Our seniors were not really getting their last trip. The band boosters and I decided to let the seniors get together and come up with something they wanted to do. The boosters will try to fund it,” Mr. Blankenship said.

So far, the seniors have brainstormed several ideas. Some include day trips to Virginia Beach, Washington D.C., or New York City. Another idea was a dinner for the group.

Although the music department hoped a spring trip could occur this year, the musicians are excited for events in the future.

NETFLIX

Calling all bored second-semester seniors and procrastinating underclassmen: the 2017 Commentator Staff has Netflix recommendations that will help you binge away the last nine weeks of school.

Enjoy our picks of the best TV shows that range from funny to fascinating, tear-jerking to terrifying, and heartfelt to hysterical.

Watch it Again



“The Office is even better the second time around. You can laugh at jokes you missed the first time, watch Jim and Pam fall in love again, and cry during the last episode. The Office is hilarious whether you watch it all the way through or just your favorite episodes.”
-Jack Neary

Trending Now



“When a boy goes missing in Indiana in the 1980s, best friends must band together to rescue him. The show Stranger Things is a suspenseful story of best friends, monsters, and conspiracies that is sure to keep you awake at night.”

-Mackenzie King

Documentaries



“This trial documentary of the American student is very suspenseful even if you followed the story on the news. The show illustrates holes in Italian and American judicial policy and it left me thinking about what else the government could get wrong.”
-Mia Fuller

Crime TV Shows



“Lie to Me is a captivating show that captures the psychological backgrounds of pathological liars. Dr. Cal Lightman explores the microexpressions of one’s face and the subtle trends of criminal lying with his innovative expertise and cheeky wit.”
-Kyle Adams

TV Dramas



“Aaron Sorkin’s political drama follows the senior staff working in the West Wing during the fictitious presidential administration of Josiah Bartlet. The show earned 26 well deserved Emmys for its fast-paced wit. If you need a patriotic pick-me-up, West Wing is a must.”
-Sarah Farney

Historical TV Dramas



“The Crown is the epitome of biographical dramas. This Golden Globe and Satellite Award winning show delves into the life of Queen Elizabeth II and her legendary reign. It is the destination for drama and history enthusiasts, as well as anglophiles.”
-Anna Lyle Collett

All Photos from Netflix.com

‘Hidden Figures’ Made Public

Caroline Wall
Staff Writer



Everyone knows about the Space Race. Everyone knows about John Glenn’s orbit around the earth. And yet, everyone failed to learn about three African-American women who helped make that feat possible. The Oscar-nominated movie “Hidden Figures” changes that and does so in an entertaining and inspiring way.

Katherine Johnson, Mary Jackson, and Dorothy Vaughan defied the popular culture of 1960s America to make gains for themselves and their country, and they more than deserve a movie to tell their story.

These three women played integral roles at NASA at a time when most women did not work and most African Americans were denied many civil rights, much less important positions in the workplace. Actresses Taraji P. Henson, Janelle Monáe, and Octavia Spencer do them justice, adding lots of spunk, wit, and fun to their characters.

The movie is uplifting to say the least. It is hard not to be inspired by watching three women defy all odds to successfully help their country to achieve the impossible, especially when going to the movies was the only time you had left your house all day. It becomes even more inspiring when you know that the movie is also uplifting your math grade (thanks to Mrs. Campbell for the extra credit). But I would gladly watch the movie again, even without the added incentive of extra credit. It’s that good.

What makes “Hidden Figures” most inspiring is that it reminds its audience that, in America, anything is possible for anyone. Who would have thought that a man would orbit the earth, and who would have thought that three African-American women stuck in 1960’s culture of oppression and discrimination would have helped him get there?

However, the movie is more than just the story it is trying to tell. The acting is superb, as the three leading ladies are supported by a highly-skilled ensemble cast. Furthermore, the writing makes the story come to life in a way that is light-hearted and fun, not serious and boring. The audience forms a connection to Katherine, Mary, and Dorothy and their struggle to be accepted for their intelligence, not rejected on account of their gender or race.

And as an added bonus, the movie’s music is excellent (which I guess is a given since Pharrell Williams is one of the movie’s producers). It is perfectly upbeat, fresh, and fitting to the story, so much so that the whole album is now on my Spotify playlist.

As a credit to its acting, writing, and music, “Hidden Figures” was given a well-deserved nomination for the Academy Award for Best Picture. It effortlessly uses modern storytelling to portray the events of a historically important event, and while doing so, it reminds people across the country to dream big and not let stereotypes stand in their way.

Having seen “Hidden Figures” in theaters, I witnessed the whole place erupting into applause as the credits rolled, and for good reason. I give this movie a round of applause with an added five stars.

Review: Food for Thought

GOATocado

Goatocado is the GOAT of Richmond’s restaurants.

Located on Main Street, Goatocado serves healthy and fresh dishes featuring avocado. The food on the menu is vegetarian, but organic grilled chicken can be added to any dish for protein, or cheese can be taken out of dishes to make them vegan.

Part of Goatocado’s mission statement is to be conscious of environmental impact, so its ingredients are locally sourced and vary season to season.

Goatocado offers different flavors (like Japanese, Italian, and Mediterranean) that can be served as a wrap, in a bowl, or, if you’re really adventurous, on mac and cheese.

I ordered a Californian wrap which had zesty black beans, apple-corn pico de gallo, chipotle-pineapple dressing, and shredded smoked gouda cheese, topped with fresh avocado on naan bread (\$8.75) with a side of mac and cheese (\$3). My co-reviewer Emily Finto also ordered the Californian wrap on naan but added grilled chicken (\$11.50).

The flavors were delicious. The fresh ingredients set the dish apart, especially the crisp apples. I was expecting more avocado based on the name Goatocado

but enjoyed all the other components so much, it did not matter.

My one complaint was that the nature of the wrap made it difficult to eat. The wrap was not closed on the bottom, so to keep everything from spilling out, the wrap was encased in brown paper. Keeping the wrap intact while peeling away the paper was a struggle, and dressing soaked the paper on the bottom of the wrap and dripped onto my tray.

The wrap was also monstrous in size. With every bite, I had beans, avocado, and apples cascading out of the naan shell and onto my clothes. Emily and I spent most of the meal struggling to contain the mess and giggling at each other’s facial expressions from attempting to fit the wraps in our mouths. If you’re on a first date or wearing clothes you care about, order a bowl!

Overall, however, Goatocado was a success. The taste of the food was phenomenal, but, when I return, I’ll know to get a bowl to make the actual eating experience more pleasant. The price wasn’t outrageous, especially for the quality of ingredients, so no complaints there. Now onto dessert....

Sarah Farney
A&E Editor

After dinner at Goatocado, a short car ride, and \$7 paid parking, Emily and I arrived at Charm School Social Club for something sweet.

Charm School is a relatively new gourmet ice cream and pastry shop in Jackson Ward. Emily and I were originally apprehensive about Charm School because we’re frequent customers at Gelati Celesti; however, it surpassed our expectations.

“The toasted fluff is just a little bon fire in my mouth”
- Corinne Brager

The atmosphere was friendly and inviting. It had a few small tables set up but mostly long tables to encourage conversation between strangers.

I opted for a single scoop of Orange Cardamom, a spice that tastes aromatic- neither savory nor spicy. Emily chose two scoops, Thai Iced Tea and Mint Chocolate Crisp in a waffle cone.

The presentation of our ice cream was exquisite, which added to the overall experience.

Just Desserts

The employees took the time to scoop the ice cream in perfect circles and to toast my marshmallow topping to perfection. Add the ice cream and the décor together, and you get an Instagram-worthy photo.

There were fewer flavor options than at places like Deluca Gelato, but there was a good balance of unique flavors and classics that even the pickiest eater is sure to love.

My favorite thing about Charm School was that it made interesting flavors that tasted good. At Gelati Celesti, I usually choose a classic flavor like Chocolate Decadence over something seasonal like lavender, but at Charm School I branch outside of my comfort zone without worrying if the flavor will be a hit or a miss.

The prices at Charm School are very similar to the prices of other ice cream shops around Richmond, and the shop doesn’t skimp on the ice cream. However, adding toppings like its signature Toasted [marshmallow] Fluff will up the price. Overall, the price for the quality ice cream it serves is a bargain.

The Charm School Social Club is sure to charm your taste buds with its exciting new ice cream flavors.

The Evolution

Comic by: Lauren Hecht

