



PHOTO: GABBY COX

Saying Goodbye

Mrs. Poates Leaves a Legacy

Emily Finto
News Editor

From a Spanish teacher to a high school principal, Anne Poates has affected the lives of thousands of students, parents, and faculty. The Freeman family will bid her farewell at the end of the 2015-2016 school year as she retires and looks to the future for new opportunities.

Mrs. Poates began her career as a middle school Spanish teacher at Byrd Junior High School. After a semester there, she moved to Tucker High School, where she taught for 13 years. She then became an assistant principal at Godwin High School, where she stayed for 11 years before moving to Byrd Middle School (soon to be Quioccasin Middle). She served as the principal at Byrd for six years and is completing her ninth year as the principal at Freeman.

After the retirement of Dr. Edward Pruden, former Freeman principal, the school was looking for someone to fill the position. When offered the position, Mrs. Poates jumped at the chance.

While she had not previously considered leaving Byrd Middle School, she said the opportunity to come to Freeman was "too good to resist."

"I hadn't realized how much I missed being in high school... It was the first day being here and interacting with high school students again, and I felt like I had come home," said Mrs. Poates.

As principal, Mrs. Poates' goal was "always to encourage teachers to try different approaches... to move out of their comfort zone." She took the "job of a lifetime" and worked to support teachers in their efforts in the classroom and the students' educations.

Mrs. Poates is dedicated to the growth of the students and staff. She enjoys going to student events and interacting with the students, both with the entire student body and individually. Her favorite memories at Freeman are standing in front of the student section at football and basketball games, especially Godwin games, and any other time she can be with the students.

"Whether it's on the athletic field or on the stage, I have loved sharing in the students' success-

es," said Mrs. Poates.

Her hard work and dedication throughout the years have not gone unnoticed amongst the students and faculty.

"She shows confidence in her teachers as professionals by allowing us autonomy in the classroom. I admire her inclusiveness and her language ability - she is bilingual. But mostly, I love her great sense of humor," said Paula Brown English teacher.

"She is really sweet and nice and she helped me when I transferred here... I could trust her, and I could go up to her and talk to her about stuff," said sophomore Gladis Cazun.

With the school year drawing to an end, Mrs. Poates looks forward to discovering what is next for her as she retires. She is not sure what her next step after Freeman is, but she hopes to continue to work in the education department.

"I can't wait to find out what I will do. Education is what I know, so I feel like there is bound to be some way I can continue to use the skills I've learned to do something on a part-time basis," said Mrs. Poates.

Next in line to fill the position

as Freeman's principal is Andrew Mey.

"The good news is, it is Mr. Mey who knows Freeman and is as delighted as I was to have the opportunity to come on board at Freeman. He also feels like he is coming home," said Mrs. Poates.

Her advice to Mr. Mey for his time at Freeman is to just enjoy his work.

"It's hard work, but the benefit of working with a terrific group of students is certainly worth it," said Mrs. Poates.

Mrs. Poates hopes that Freeman will continue to evolve and adapt once she has left. She has confidence that the faculty will pursue what is best for the students.

"There are so many good things going on, and it's hard for me to think about not being a part of it. I hope they will be able to continue to capitalize on some of the really good things that we have gotten started," said Mrs. Poates.

Regardless of where her next journey takes her, Mrs. Poates will not forget her time at Freeman.

"Being a principal at Freeman was a great way to cap off a career," said Mrs. Poates.

Mr. DSF Candidates Campaign for Crown

Kyle Adams
Editor-in-Chief

The excitement of a long-standing Freeman tradition was resuscitated May 22 when eight eager young men competed to earn the title of Mr. DSF. This year's theme was: "The Presidential Race." Former Mr. DSF Peter Humble and Jane Shawcross hosted the event with members of the SCA.

"Mr. DSF is a great way for our male students to show off their talents and comedic skills. It also is a fun event that the SCA students use to raise money for scholarships for seniors," said Carter Reilly, SCA sponsor.

To start the show, the contestants joined in a mostly shirtless choreographed dance to patriotic songs while sporting red, white, and blue in various forms.

Each candidate was introduced and escorted to the stage of the auditorium. Junior Roy Stevenson was escorted by his pet fish. A fan favorite was senior Mason Chakales's dance to "Hips Don't Lie" by Shakira as he approached the stage with his mother.

Contestants were interviewed about the American presidency. Senior Ethan Becker-Mowery stated that he would travel back in time to have dinner with former presidents.

The candidates participated in a talent show which included air guitar and air juggling.

The seniors dominated the laughter in the talent show. Mason revealed his cup-stacking abilities in suspenseful fashion. Senior Coleman Greene performed a rendition of "Dixieland Delight" with his father on stage that made many in the audience tear up. Finally, senior Troy Moore provoked laughter from the audience with his Dad-Bod Workout Video satirizing 80s instructional videos.

While the contestants waited for the judges' decisions, Peter presented a final video as reigning Mr. DSF. The video earned the most laughter of the night.

Former Editor-in-Chief of The Commentator, Coleman Greene, captured the title of Mr. DSF, winning the Triple Crown for his senior year - Homecoming King, Prom King, and Mr. DSF. His Batman impersonation, duet, William Howard Taft jokes, and persona as Mr. Commentator warranted his crowning in the views of the judges and the majority of the audience.

"It was an honor to compete with such a great group of guys. I felt like it was the culmination of all of the great experiences I have had at Freeman," Coleman said.

"The whole production takes a lot of diligence. The SCA staff couldn't have done it without the help of Ross Metcalf who did lights and sound and cheerleader Hannah Williams who did the opening dance choreography. Mr. Townsend also helped out backstage with corralling the boys. Overall we thought our hard work paid off and it was a very successful show!" Mrs. Reilly said.

Gov. McAuliffe Aims to Overhaul Virginia Graduation Requirements

Thomas Best
News Editor

Governor Terry McAuliffe signed legislation aimed at overhauling current Virginia graduation requirements on Thursday, May 12 at Arlington's Wakefield High School. The purpose of the new law is to modernize the secondary school system by making high school more relevant for students who wish to start on their career path directly after graduating.

"Driving the new standards is a realization that not all students want, need or should go to college," reported Louis Llovio for the Richmond Times-Dispatch.

Gov. McAuliffe has pushed for more career preparation and technical opportunities for high school students in the past. "We now live in a 21st-century economy. Our students deserve much better and I know that our high schools can do so much more than they've done," McAuliffe said at the signing. The new legislation is a triumph for the governor, who has in the past advocated for a reduction in the number of standardized tests.

State Sen. John C. Miller, D-Newport News, sponsored the Senate version of the legislation.

Sen. Miller, who passed away in April, said in February his plan was for all high school students to take core classes during their first two years of school. After that, those who wanted to go onto college could take classes that would best prepare them for post-secondary education. Others who wish to enter the workforce directly after high school could earn credits toward their diplomas for internships and industry certification.

"Virginia's high school graduation requirements — which require students to take certain courses and pass state Standards of Learning (SOL) exams — can make it difficult for some to fit career and technical education courses into their schedules," reported Moriah Balingit for the Washington Post. "Those courses do not always count toward graduation requirements, even though they might be better suited for students who want to enter the workforce right after high school."

The idea behind the legislation is for students to be "free to decide whether they would like to go to college and continue on with education courses or if they would prefer the flexibility to try and come up with the skills needed for a career," said Miller. Shannon Edwards, director of

school counseling, said she has "definitely noticed a larger push for more career preparation in recent years." As a result of this new push, all students, starting with this year's junior class, are now required to have at least one career and technical (CTE) credential in order to graduate.

High schools have become too focused on getting everybody ready for college. We need to have a greater variety of preparatory opportunities for our students, not just a single track to college."

-Mr. Ahrens

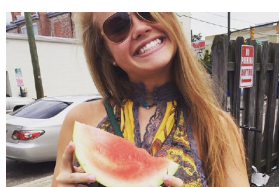
"This credential can be satisfied a variety of ways," said Mrs. Edwards. "One way would be passing the Wise Financial Literacy Certification. Another way might be taking different CTE courses and passing their certification tests."



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Bidding Adieu to Retiring Faculty

Mr. Bob Brinkley



Mr. Bob Brinkley has been teaching for a total of 34 years, with 27 of those years at Freeman. While teaching, he taught World History II, United States History, Twentieth Century World, and Contemporary World Affairs.

Mr. Brinkley said his most fond memory was “seeing a young man who was in the ‘school prison pipeline’ figure it out. He became a police officer and came back to the school to coach.”

“Mr. Brinkley is amazing. Because of him I passed the SOL,” said junior Waleed Suliman.

“He is a real professional, and he is a model of consistency in his attention to detail,” said human geography teacher John Larkins.

Mr. Ken Dimon



Mr. Ken Dimon has been teaching for 46 years with eight of those years being at Freeman.

One of his favorite memories is, “working with the students. They bring a smile to my face,” said Mr. Dimon.

“He was super helpful,” said junior Adra Ford.

“He loves the kids and treats them as though they are his own. He wants them all to succeed and is willing to help come up with ways for that to happen,” said exceptional education teacher Lauren Clare.

Throughout his years, he has touched the hearts of many students from Freeman, and other schools he has worked in.

Mrs. Amy Hruska



Mrs. Amy Hruska has been teaching for 36 years, with eight of those years at Freeman. She has taught chorus, general music, piano, handbells, performing arts, music appreciation, and private voice.

“One of the best memories is when I have a class spontaneously start to sing, and everybody joins in and gets into it! It happened once when Mr. Mey was observing,” Mrs. Hruska said.

“She is small, but she can sing and play piano really well. She is super nice and a good conductor,” senior India Lebron said.

“She will be missed, and her students know that,” said band and orchestra director Rob Blankenship.

Mrs. Irene Roberts



Mrs. Irene Roberts has been teaching for 34 years with 13 of those years at Freeman. She has taught French, German, and ESL for students ages six to 65.

“One of my greatest accomplishments as a teacher is that if students forget their French or German, well, that’s to be expected. If they realize the values of another culture, that is something they won’t forget,” said Mrs. Roberts.

“She is well versed in different cultures and is passionate about language,” said sophomore Jose Dudley.

“I would say Irene has a love for connecting culture with her teaching. She has been very welcoming to me as a newbie to Freeman, and I will really miss her,” said Spanish teacher Sarah-Henning Snellings.

Mrs. Gosia Salinska



Mrs. Gosia Salinska has been assisting teachers and students for 14 years with 13 of those years at Freeman. She has taught ESL and assisted students in eight different subjects.

Mrs. Salinska said one of her happiest memories was “seeing many of our new arrivals to this country achieving high levels of proficiency and going on to succeed in college or various professions.”

Seniors Shara Mangar and Sabita Chhetri said, “She always encourages everyone to do well. She always tells us ‘work your best and you will achieve your goal.’”

“She is able to reach students on linguistic, emotional, and academic levels,” said ESL teacher Melissa Campbell.

Faculty and Students React to School Board Decision

Sara Hamilton
Staff Writer

As students walk into the library seeking a study hall pass, library assistant Kathy Lawrence has already begun to write their names on the pink slips of paper before they reach her desk. “I have a lot of regulars,” said Mrs. Lawrence.

In early April, Mrs. Lawrence was shocked to discover that her fourth year as Freeman’s library assistant would be her last.

According to librarian Laurie Kaplan, in response to literacy rates in Henrico County elementary schools, particularly in Title I schools, HCPS reassigned full-time high school library assistants, including Mrs. Lawrence, to elementary positions.

“Eighty-seven percent of the school division’s book circulation is at the elementary level,” said Assistant Superintendent Beth Teigen. “We had to develop a solution to help our elementary schools with the greatest literacy needs by reallocating current staff.”

The fundamental idea behind the job relocation is to gain a full-time assistant at each elementary school.

Mrs. Lawrence was given the option to either cut her hours to part-time at Freeman or transfer to Glen Lea Elementary School as a full-time assistant.

Shortly after, the SCA began a petition to bring to the School Board advocating for Mrs. Lawrence’s full-time job at Freeman. After reaching the Honor Coun-

cil and Latin teacher Carter Reilly’s classes, junior Sidney Oleniacz volunteered to take the petition around the school.

“Seeing students eager to sign the petition makes me have a lot of faith in the student body,” said Mrs. Reilly.

“I thought it was cool to see everyone come together and support this one person that really is an essential part of how we do things at Freeman,” said Sidney.

After three days, Sidney brought the petition back to Miss Wheeler with over 500 signatures.

“I could not have been more grateful,” said Mrs. Lawrence.

However, communication between the School Board and Henrico County high school librarians proved ineffectual in swaying the decision.

“The librarians even proposed a compromise to share our assistants and get more programs by collaborating. But it was kind of like fighting a losing battle,” said Mrs. Lawrence.

“If it doesn’t make sense, it’s because it doesn’t make sense,” said Mrs. Kaplan.

Mrs. Lawrence cites a logical fallacy: to strengthen literacy, “they are taking me from a school with about 1800 students and putting me in a school with about 500,” she said.

“I think other things would have been better to improve the reading abilities in elementary schools. They are tearing apart these library teams that have worked together for so long,” said Mrs. Kaplan.

“I’ve worked so hard to get where I am, and then in the



Mrs. Lawrence working at the library front desk.

PHOTO: GABBY COX

blink of an eye it’s all turned upside down, and I have no say in it whatsoever,” said Mrs. Lawrence.

The decision also concerns other teachers at Freeman.

“If they feel like they can just throw people into different positions at any time, it is very scary for all the staff in Henrico County,” said Mrs. Reilly.

Next year Mrs. Lawrence will move to Glen Lea Elementary School in Eastern Henrico as a full-time library assistant.

Due to this change, the Freeman library will be faced with consequences in the coming year.

“After lunches, we will only be able to work with one class at a

time,” said Mrs. Kaplan.

In addition, the library will not be open after school, and seventh period will not be able to have a class and a study hall at the same time.

The Freeman faculty and students agree that Mrs. Lawrence is valuable to Freeman.

“Students come to her to get their questions answered and she always knows how to get the answer. She helps manage the printing and the flow of the library. She has worked with individual students who may be having a rough time, and she helps to alleviate some of the stress from the teachers,” said Mrs. Kaplan.

“Even if students don’t have a personal relationship with her,

they still know who she is and what she does for the school,” said Sidney.

In addition to Freeman’s admiration for Mrs. Lawrence, Mrs. Lawrence will leave with kind thoughts for Freeman.

“It’s a wonderful student body and fabulous teachers. They say all the time you’re a part of the ‘Freeman Family.’ Just feeling that close connection and support is like being a family,” said Mrs. Lawrence.

This summer Kathy Lawrence will leave Freeman without the promise of returning in August, but she will have left behind a mark filled with fine memories and impressive accomplishments.

Are you registered to vote?



TO: ANNA LYLE COLLETT

Mr. Felix Sarfo-Kantanka Jr., Governor McAuliffe’s Deputy Secretary of Administration, “spoke to students about Virginia politics and choosing a career,” according to the Freeman library’s website.

Do you need to register to vote? You must be a United States citizen, know your Social Security number, and your birthday must be on or before November 8, 1998. Students registered on June 2, 2016.

Yearbook Wins The Balfour Award for Design

Emily Finto
News Editor

This year, The Historian has been chosen out of 50,000 high school yearbooks to receive the Balfour Award, honoring the yearbook’s outstanding design and content.

The Balfour Award, sponsored by Balfour yearbook company, honors high school publications with excellent theme development, layout designs, photo content, and cover design. Balfour considers each of its high school publications for the award. Out of about 50,000 yearbooks world-wide, it selects three percent to be honored with the Balfour award.

In addition to winning the Balfour award, The Historian will also be featured in Balfour’s annual “Yearbook Yearbook.” Of the 50,000 yearbooks considered, about five percent are featured in the “Yearbook Yearbook.” The “Yearbook Yearbook” is sent out to other high

schools to be used as inspiration for their next publications.

“I was proud to be recognized for the hard work and effort that we had put into designing a yearbook that everyone would enjoy... Everyone has worked really hard to make sure that we publish a book that represents the whole student body and the true character of our high school,” said junior Emma Phelps, copy editor and future co-editor-in-chief for The Historian.

The Historian won an honorable mention with Balfour publishing in 2012. This will be the first time the yearbook will be included in the “Yearbook Yearbook.”

Many factors have contributed to the yearbook staff’s success this school year. From the teamwork to the development of page designs, the staff worked to complete this yearbook on time and to adhere to their design expectations.

“The 25 students start with a blank canvas, and they construct every aspect of a 252 page book. It is really a laborious task...

They are extremely creative and passionate,” said Megan Ariail, yearbook advisor and English teacher.

“Our designs and creativity combine to distinguish ourselves and really capture the essence of the school year,” said junior Emma Manning, Section Editor

“Our designs and creativity combine to distinguish ourselves and really capture the essence of the school year.”
- Emma Manning

for Clubs and Academics for The Historian.

Led by Mrs. Ariail, the yearbook and its staff continue to grow. They learn in a classroom setting unlike many others. To the students, the class resembles a real-life workplace because of the harsher deadlines and greater collaboration with their class-

mates.

“These students are working on a publication that must get published or the whole community is aware of their mistakes,” said Mrs. Ariail.

“Mrs. Ariail works with us which allows us to have more room for creativity and replicates what we experience in the world more than the typical classroom experience...we all have great ideas and there is great potential for an amazing book next year,” said junior Ally Creason, People Editor for The Historian.

Winning the Balfour Award has only encouraged the staff to work harder on the yearbook. As the juniors prepare for next year’s publication, they have begun to brainstorm ideas in the hopes of constantly improving the yearbook.

“I am excited for the future and what is to come in the upcoming years. Next year, the staff plans on building upon our success to learn more and design more. This award is motivating and helps the team to strive to better ourselves,” said Emma Manning.

A Beginner's Guide to Romance



Jack Neary and Sarah Lim
Opinions Editors

First Dates

Sarah: I would appreciate it if he drove on the first date, but I would rather drive if it would take him 15 different attempts to park or decided to drive 10 miles under the speed limit. The date itself is like a box of chocolates:

not only do you never know what you're going to get, but some are delicious while others are vile. Maybe try a trip to Belle Isle or a nice dinner where you two can talk, laugh, and get to know each other. And most importantly, do not ask her to Netflix and chill.

Jack: Try to plan an exciting activity for two. You want a date where you get to talk with the girl. If you don't talk to her, how will you know if you want a second date? Go to Busch Gardens or a restaurant. If you don't like the girl, at least you rode a roller-coaster or got some food.

Getting ready for a date

Sarah: Preparation is often a rigorous process. Start getting ready hours beforehand and you may still not like what you are wearing or how your makeup is done. You want to look natural, and modesty is definitely the best

policy for a first date. You want to keep the guy's eyes on your eyes.

Jack: Put on your finest suit and grab your classiest cane. Or, if you're going for a more casual look, wear a collared shirt and some khakis. Definitely wear something comfortable. Shower at least two days in advance.

PDA

Sarah: I can barely keep my eyes from rolling out of my head when I see PDA. Please keep the PDA on the DL because school is simply not the place for any of that.

Jack: Nothing worse than seeing some PDA on my way to English class. Please don't be "that couple." That being said, mad respect to anyone who is willing to while administrators stare at them. Gutsy move.

Meeting the parents

Sarah: Meeting the parents for the first time is like a girl scout selling cookies: you must be sweet, smiling, and willing to put on a good show. You only get one first impression, so don't mess it up.

Jack: Start with eye contact and a firm handshake. Parents love that stuff. Smile even if you're nervous. The dad will probably try to intimidate you. Don't give in to him. Give the mom a compliment. Overall, be yourself unless your real self sucks. Then be someone else.

Social Media

Sarah: Woman candy Wednesday can be cute once every now-and-then, but you should post pictures of your accomplishments on social media such as your close friendships, beautiful family bonding, sporting

achievements, and yes... your smoking hot boyfriend. But just like anything else you may love (ice cream, Netflix, etc.), moderation is the best policy.

Jack: A post a day keeps the haters away. How will people know you're dating if you don't post a picture with them? Planning photoshoots is a great way to get lots of cute "candid" pictures that you can tweet, insta, or put on whatever "vsco" is.

Break ups

Sarah: Sometimes people don't offer anything but a headache. Call a few good friends and do something fun for yourself. Cure your breakup blues.

Jack: Almost an inevitable part of any high school relationship. But it doesn't have to suck. My advice: sit down with a gallon of ice cream, some Taylor Swift, and "The Notebook" on Blu-ray.

He Said

Jack Neary
Opinions Editor

Great way to get a good base tan

The world's largest TV is \$1.6 million. Sarah, I might need some extra cash.

Never too early, never too much

Saving lives like I'm on Baywatch

No thanks



Jean Short-Shorts

If I Had a Million Dollars

Eating Ice Cream

Summer Jobs

College Applications

She Said

Sarah Lim
Opinions Editor

I don't know what's tighter: my jean shorts or my friendships...

My savings account will thank me. Sorry Jack.

I'm probably sad, probably tired, and probably watching Netflix alone.

Nannying some unappreciative snobs... I meant I'm nourishing the lives of our community's youth

There was a photo of the Duke bell tower over my crib as a child. I was born ready.

How We Can Revitalize School Spirit



Jack Neary
Opinions Editor

Being a senior comes with lots of perks: senior skip day, senior pranks, dressing up on Halloween, and eating lunch in the senior courtyard. I've been looking

forward to these things for three years.

But the best part of being a senior, in my opinion, is leading the student section. Finally, I get to stand in the front of the bleachers, with no absurdly tall kids to block my view of the football game.

Leading the student section can be exhilarating, but it's also a lot of power for some 18 year olds to have. And if Spider-Man taught me anything, it's that "with great power comes great responsibility."

I think we need to use this power to make the student section more inclusive and more spirited.

This fall, I supported the decision to let the underclassmen

dress up for the themes of each football game. I thought it made the student section much more inclusive and helped to heal the "seniors vs. the rest" mentality that exists at a lot of football games.

But there is still more we can do.

I think that the student section should better exemplify the ideals of the "Freeman Family." This cliché but true motto is drawn across the back of countless shirts and spirit wear, but it gets thrown to the side when the seniors yell at the freshman to "cheer or get out," or writing on the whiteboard: "Freshmen, you suck."

I understand that freshmen are there to get made fun of. They're

basically middle schoolers masquerading as high schoolers. And it's fun to taunt them for being quiet or just for being freshmen. But they're still part of the student section, and they deserve more. They may be small and occasionally annoying, but freshmen are people too.

My favorite memory from Freeman football wasn't the triple overtime victory against Manchester or any of our three straight victories over Godwin. It was when Luke Twente came into the sophomore section and cheered with some underclassmen, instead of just yelling at us like other seniors. Nothing better embodies the spirit of the "Freeman Family" than Luke, a senior in full Rebel Man costume,

cheering with some random sophomores. This is the spirit I want to take into next fall. Seniors cheering with underclassmen instead of against them.

I think we want the student section to be loud. But writing "Get Loud!" on the whiteboard does as much, if not more, than writing "Freshmen: cheer or get out." I know that when I was a freshman, having the seniors yell at me didn't make me want to cheer louder. Honestly, it made me want to leave the game.

Next fall, we seniors have the opportunity to lead the student section every Friday night. Let's not waste it by asserting our superiority over some 14 year olds just trying to enjoy a football game.

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

Why Do Senior Pranks Always Seem To Turn Sour?



Sarah Lim
Opinions Editor

Before they exit high school, many soon-to-be graduates attempt to leave a final mark on their school. While some do not see the harm in senior pranks, others do not see the value of them.

Senior pranks have been a long standing American high school tradition. These pranks range from miniscule to monumental or sometimes simply never come to fruition (I'm talking to you class of 2015 who promised us that carnival which never happened).

Often, the most memorable pranks are those that result in

long lasting damage to the school or to students' records.

For example, many of us will recall Godwin's class of 2013's prank which involved coating the halls with baby oil resulting in numerous seniors being restricted from receiving their diploma on stage at graduation.

Ultimately, I do not believe senior pranks have any redeeming qualities.

For those who believe that senior pranks should be allowed as a senior privilege, seniors are already finished with school two weeks before the other students, allowed to choose the theme for sporting events, have control of the white board during games, and exempt from final exams.

If the prank is meant as a way for a class to leave their mark on the school or become local legends, students should have been working on making a memorable, positive contribution to the school and their community for their past four years.

Freeman's class of 2016 attempted a senior prank during their final week of school.

A group of approximately 60 seniors wrapped yarn around

the fences, through the halls, and on the side of some walkways well before school began on the morning of Tuesday, May 31. Much of the yarn was removed before their peers arrived.

One of the major problems with this year's prank was that no senior communicated with administration in order to approve the prank.

I believe that pranks may be a possibility in the future if seniors take the time to get the prank approved by administrators. In doing so, seniors and administrators are able to work together to ensure that the prank is controlled, organized, and, most importantly, safe.

If seniors do not communicate with the school's administration, they must be willing to trade a consequence for a prank.

Seniors must understand that consequences will arise whether they are cleaning up the mess they've created, staying at home suspended for a few days, or not walking on stage to receive their diploma during graduation.

Teachers Reveal Their Secret Lives



PHOTO: RICHMOND ULTIMATE ORGANIZATION

Mr. Nicolas plays Ultimate Frisbee with Richmond Ultimate Organization.

Sara Hamilton
Staff Writer

Contrary to popular belief, teachers do not spend the entirety of their lives at school. In fact, many teachers lead interesting and exciting lives outside of Freeman High School.

Associate principal Mike Massa played in an Indie rock band, the Palominos, for seven years while working in education. Touring during summers and playing on weekends, the Palominos produced two albums, played all around Richmond, and even played with renowned bands like the Beastie Boys.

Today, Mr. Massa enjoys his last few days riding his motor-

cycle before his wife makes him get rid of it.

Social studies teacher Ann-Harper Pittman spends her time immersed in her incredible knowledge of Jane Austen.

"I'm somewhat of a Jane Austen expert," said Ms. Pittman, "I read a book called 101 Things You Didn't Know About Jane Austen, and I knew all of them."

English teacher Jess Pruet spends his much of his time creating art, focusing on mainly mixed media collages and oil painting. Mr. Pruet's art is displayed in many places around Richmond, and he is certified to teach art.

Heather McMunn, family and consumer science teacher, cares for two sets of twins, two fraternal boy-girl twins and two iden-

tical boy twins, as well as two dogs.

"We moved to a bigger house this summer. We did not think that we would have four kids in 20 months," said Mrs. McMunn.

Ben Fabian enjoys scuba diving and surfing in the Carolinas outside of teaching.

"I'm also in the coast guard reserve, so I'm in the military while being teacher," said Mr. Fabian.

Jason Abril is a sports enthusiast. When he is not writing screen plays in his free time, Mr. Abril can be found at the Richmond Volleyball Club or playing two-hand-touch football, broomball, or indoor hockey at the River City Sports and Social Club.

Spanish teacher Paverick Nicolas plays Ultimate Frisbee outside of school, and he is on



PHOTO: JASON ABRIL

Mr. Abril plays volleyball at the Richmond Volleyball Club.

the Ultimate Youth Organizers Board for Richmond. Mr. Nicolas also works in landscaping and will be giving food tours in Carytown this summer.

Administrator Queen Bailey is the manager for her younger sister, Queen Harrison, a track and field athlete in the 2008 Olympics and on almost every world championship team since then.

Ms. Bailey looks forward to going to Oregon in July with her sister for the 2016 Olympic Trials.

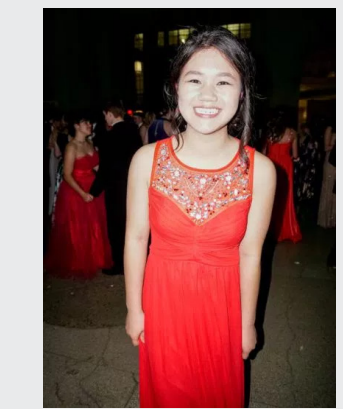
Science teacher Patrick Foltz enjoys competing with his high school friend, Dale Reynolds, in long distance cycling. Mr. Foltz completed the Tour of Richmond Gran Fondo last fall and looks forward to upcoming cycling races in West Virginia and Delaware.

It is easy to misunderstand that teachers don't live at school, for the secret lives of teachers take many forms and are led by the least expected.

Prom 2016



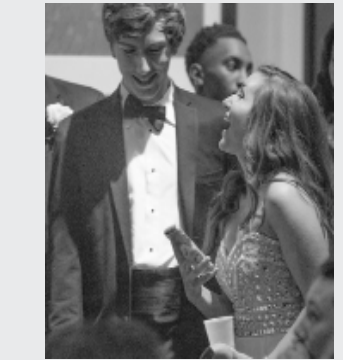
Prom King and Queen Seniors Coleman Greene and Sarah Lindamood



Senior Kai Zheng



Senior Rachel Marcus and Tarell Cisneros - Harrison



Junior Steve Bazianos and Senior Stephanie Ziu

For more pictures visit:
<http://dsfcommentator.wordpress.com>

PHOTOS: TRAVIS ELLISON



PHOTO: JACOB CANARY

Jacob Canary wins state champion title.

Junior Finds Success in Graphic Imaging

Max Slone
Features Editor

Several years ago, Junior Jacob Canary had no idea what graphic imaging was, but that changed after he was introduced to it.

Graphic imaging revolves around computers and programming.

"Graphic imaging is a process where you use computer software and design programs," said Jacob.

Jacob says that they use different types of computer software and design programs.

"The software we use are Adobe Illustrator, InDesign, and Photoshop," said Jacob.

In middle school, Jacob became intrigued in graphic imaging.

"I was interested when I first took a tour of the class that I'm in now in eighth grade," said Jacob.

Creativity is Jacob's favorite part of graphic imaging.

"The most interesting part of graphic imaging is using my creative abilities to make any idea

that is thought," said Jacob.

Graphic imaging competitions are mentally stimulating.

"The competitions are very competitive because I'm actually going to be doing the supplementation processes at the competitions whereas at states I made it beforehand," said Jacob.

Jacob is currently preparing for Nationals (that take place from June 20 to the 26th) by determining what he will present at the competitions.

"I am preparing for Nationals by trying to figure out and practice the type of processes I will be doing at the competitions," said Jacob.

Despite the work that is required for graphic imaging, Jacob anticipates pursuing his craft.

"I do plan on continuing graphic imaging after high school," said Jacob.

Jacob plans to strive towards a career in graphic imaging.

"My career aspirations would be a high position in a marketing company or becoming a graphic artist," said Jacob.

A Day in the Life of Freshman Brooklynn Barnes



PHOTO: MACKENZIE KING

Brooklynn poses in the hallway.

8:20 – Wake up which is bad because it's really late, but I can't help it, gotta get my beauty sleep

8:20 – Get right in the shower because it wakes me up in the morning

8:40 – Eat my bagel with roasted pecan and honey cream cheese on my way out of the house

8:45 – Brush my hair in the car while my dad is playing music from like 100 years ago

8:57 – Get to school and sprint to my class in the Annex

9:00 – Sit down at a table full of kids that never stop talking in Ms. Snellings' class

9:50 – Walk like 10 steps down the hall to Mr. Fencer's study hall and play hangman with the class on the board the whole time

10:42 – Go to Mrs. McMunn to cook and take notes

12:01 – Wander around the school during B lunch

12:27 – Spend hour talking about "Romeo and Juliet" with my favorite teacher Mr. Pruet.

1:24 – Get to Mrs. Steele's room and turn off my phone so she doesn't reprimand me

2:11 – Go to math. Caroline Miche and I stare blankly at the board the whole time while listening to music

3:08 – Go to Mr. Scott and talk about all of the cool things about earth!!

3:55 – Go home with Ceara Turner and eat something before we go to the gym

6 ish – Hang out with my boo, Nick, after the gym

10:30 – Take a bath to relax after dealing with him for a couple hours

11:15 – Dead asleep

Junior Athlete's Resiliency Pays Off



PHOTO: STEVEN TATE

Steven receives his third degree black belt from Grandmaster Seung Dong.

Max Slone
Features Editor

Junior Steven Tate has played tennis and has done taekwondo for years and plans to continue to do so in the future.

Steven started taekwondo when he was five years old and tennis when he was four, but did not play tennis competitively until he was nine.

Steven says that he does not favor one sport over the other, but that "tennis is more of a priority when it comes down to it."

According to Steven, taekwondo is centralized on mental aspects more than anything else.

"Taekwondo doesn't necessarily require a skill set to be successful, but more of a mindset. You have to set goals for yourself, be persistent, disciplined, motivated, self-confident, and

most of all be willing to participate in class every week to learn and grow as a martial artist and a person," said Steven.

Martial arts requires mental fortitude and dedication.

"Martial arts isn't something you will immediately be successful at, yes talent and athleticism help, but it takes time and patience to reach your goals," said Steven.

Steven recently received his black belt after years of training.

"The first time I received my black belt was scary, exhilarating, and fun all at the same time. After it was over, I felt a sense of great accomplishment and fulfillment. That was almost 10 years ago and each time I've received my next black belt those feelings are all still there," said Steven.

Steven's schedule coincides well with his other activities.

"My school's taekwondo

schedule is very flexible. I usually attend class 3-4 times a week for 45 minutes each time," said Steven.

The flexibility of his schedule allows for a relaxing environment to practice for taekwondo.

"It allows for a more relaxed environment where everyone can come and release any built up stress as well as better themselves as a martial artist," said Steven.

Steven has to balance his schedule between tennis and taekwondo, but he says that it does not cause any problems.

"Since tennis has a more rigid schedule, I work taekwondo around it. I've always been able to participate in both activities without feeling any sense of stress or anxiety when it comes to attending either of the two," said Steven.

Man on the Street

If you could go on a trip anywhere in the world, where would you go?



PHOTO: LUKE TIMME

Sophomore Luke Timme

"I would go to Hawaii because it just seems like a cool place."



PHOTO: ELLA LANIER

Senior Ella Lanier

"I would love to go to Paris to see the Catacombs and all the art there or Canada because I really want to see all the beautiful scenery and nature, especially some moose because that would be cool."

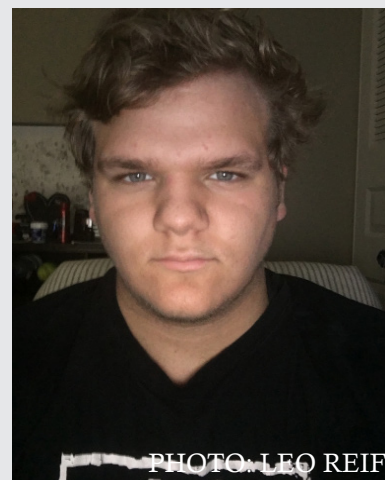


PHOTO: LEO REIF

Junior Leo Reif

"I would like to go to Berlin, Germany because of what has happened there over the past 100 years."



PHOTO: ALYSSA MCCANDLISH

Sophomore Alyssa Mccandlish

"I would want to go to Switzerland because I think it's really pretty and I want to go zip-lining there in the mountains."



PHOTO: MUSTAFA IDRIS

Junior Mustafa Idris

"I would take a trip to Dubai because it is a beautiful country."

Teachers and Students Discover Different Cultures

Anna Lyle Collett
Design Editor

From a voyage to Iceland, to a hike through Peru, teachers across Freeman are flying their way to understanding other countries, and cultures.

Freeman teachers are taking students abroad for international learning experiences. The groups are travelling in areas such as: Peru, Iceland, and different areas of Europe.

Ms. Sarah-Henning Snellings, Spanish teacher, along with Mrs. Irene Roberts, German teacher, is taking four students to Peru on June 22 for 10 days. The group will be hiking to Machu Picchu, taking a walking tour of Cusco's markets and famous landmarks, and visiting indigenous islands in the country.

As well as visiting several other historical sites around the country, Ms. Snellings hopes her students can enhance their Spanish and embrace the different culture.

"I really want them to get a chance to practice their Spanish,

that'll be really neat. It will be cool to help them see the history they have studied in class, and see a part of the world they have never experienced," Ms. Snellings said.

From July 2-13, Mr. John Larkins, history teacher, will be taking a group of students to different areas of Europe. The group will be visiting London, Paris, Barcelona, and Provence.

On the trip, the group of 36 will be going to Shakespeare's Globe Theater in London, taking a bicycle tour of Barcelona, and will be rafting through Provence. Mr. Larkins humorously looks back at his previous international trips with amusing memories.

"In 2009, on a rafting trip in the Czech Republic, I was the lead with five girls. I was in charge, and we got attacked, and splashed by a group of Czech men in canoes. The girls decided they wanted to splash back, and one girl swung her paddle and hit another girl. I remember it all in slow motion," Mr. Larkins said.

Next year, Mr. Greg Townsend, science teacher, will be embarking on a trip to Iceland with

another group of students. He has recently finalized the activities for the trip, and has sent out 150 invitation packets to hopeful travelers.

On the voyage to Iceland, the young scientists will be able to visit a Viking settlement, the world famous Vik beach, a geothermal power plant, and see glaciers around the country. They also will be exploring the Great Geyser, Blue Lagoon, and a waterfall.

Mr. Townsend is eager for this trip, and future trips to see the Northern Lights.

"I am looking forward to this trip at it is the first that I have been the group leader and put together. I have always wanted to visit Iceland," Mr. Townsend said.

All of the teachers going on the international trips hope to gain more understanding of unfamiliar cultures, and lifestyles.

"My first trip to Europe was when I had just graduated from high school. It made me begin an even more intense appreciation that things are different around the world. When I travel I notice a lot more," Mr. Larkins said.



PHOTO: GABBY COX

Ms. Snellings and Mrs. Roberts stand with the students they will take to Peru.

Freshman Fifteen? More like Festival Fifteen.

Just to make your mouth water!

Fromage, Fondue, and More

Elena Rogers
Center Spread Editor

Holy crêpe, the French Food Festival was ooh la licious!

Held right around the corner from Freeman each year is the French Food Festival. The festival is a fundraiser for and is held at the Little Sisters of the Poor, where the Sisters receive a certain portion of each vendor's sales to support the care of Virginia's elderly women. This year's festival was held April 28 and 29.

The French Food Festival strives to "connect all things French in Richmond," according to their Richmond website. Inviting everyone and hosting all, the festival is considered a success each year based on high attendance and abundant profits raised for the Little Sisters of the Poor.



A crêpe being displayed from the Richmond French Food Festival.

The highlight of the festival is, of course, the food. The French Food Festival website indicates "the rich flavors of France's finest cuisine, served up by a team of phenomenal local chefs," attract locals who return from year to year.

"The beignets and the crème brûlée are two of my personal favorites," said junior Smrithi Sathiyamurthy. Though she favors sweet over savory, the dishes vary in taste and aesthetic.

"The seafood soup bowl is my personal favorite," said junior Alexa Cruz. Items ranging from chocolate mousse to gumbo can also be found at the festival.

"This year I worked with Chef Sean Murphy and made beignets with other volunteers," Smrithi said. She has worked at the French Food Festival for three years now and plans to continue doing so.

The chefs working at the festival ranged from

local chefs, like Chef Murphy, to Master Chefs such as Paul Elbling, who was born and later studied in France. Master Chef Elbling has worked at the French Food Festival since the first festival in 2009.

A dessert contest is hosted at the festival as well, inviting chefs to submit their best pastry or treat to be judged and entered to win the title of best dessert.

"It had a very good representation of all the

different food diversities from all the different regions in France," said Alexa. A three year festival goer, she thoroughly enjoys helping out at the festival each year.

"It's not just food oriented," said junior Jared Watson. Other attractions at the French Food Festival include entertainment and shops. Local bands play every year to set the vibrant, French atmosphere.

"There's a lot of cool music," said Jared. A few groups who performed this year include Uke N Roll, Gypsy Roots, and The Ray Lindquist Quartet. Their upbeat tunes get the crowd on its feet and moving to their music.

Local shops also set up stands and tents with goodies and trinkets to sell to those attendees. These shops range from keychain vendors to dog treat sellers. The large

shop selection reflects the culturally diverse population that attends the festival.

"You'd be very surprised to see how many people are there. There really is something for everyone," Jared said. This festival's environment attracts attendees of all ages, whether it be the food, the bands, or the vendors that lure them into the cheerful celebration of culture.

"It all seems very authentic. Definitely go because there's so much you can observe about the culture," Alexa said. Making a name for itself in the Richmond area, the French Food Festival, is growing each year.

Big, Fat, Greek Festival

Sarah Lim
Opinions Editor

The Greek Festival at the Saints Constantine and Helen Greek Orthodox Cathedral has been a Richmond tradition for 41 years. This year, the festival began on Thursday, June 2 and continued throughout the weekend until Sunday, June 5. Patrons were able to immerse themselves in Greek culture, explore ancient traditions, and discover delicious cuisine.

Andrea Baker, an instructional assistant at Freeman, has attended Saints Constantine and Helen Greek Orthodox Cathedral her entire life and has volunteered at all 41 festivals.

"I believe that the purpose of the festival is for the Greek community to share faith, heritage, and great food with the Richmond area," said Mrs. Baker.



Stephanie Ziu posing with friends before she performs at the festival.

There were a plethora of authentic Greek activities for all ages to enjoy and immerse themselves in.

At the Hellenic center agora, a traditional Greek marketplace, patrons found a wide selection of beautiful jewelry, artesian crafts, folk art, homemade olive oil, and other traditional items sold by Greek vendors.

Tours of the Sanctuary, a traditional Orthodox

altar or holy place, were available and provided festival goers the opportunity to learn about the history of the Greek Orthodoxy faith.

"The Sanctuary tour is a hidden gem of the festival and I still take a tour every year because I learn so much more about my faith every time and each tour guide has different things to share," said Mrs. Baker.

A highlight for most patrons is the food. With everything from spana-

kopita and gyros to baklava and moussaka, there is something for everyone. My personal favorite was the pastichio: layers of Greek Pasta with sautéed ground beef garnished with cream sauce and spices.

Junior Mimi Stjepanovic has been a member of the Saints Constantine and Helen Greek Orthodox Cathedral for 16 years and has attended the festival practically every year since 1999.

"My favorite part about

the festival is being able to see so many people learn about my roots and celebrate a unique culture," said Mimi.

The mission of this festival is not only to enhance the public's knowledge of Greek culture, but also to assist local charities that specifically serve Central Virginia. They will donate a portion of their proceeds to Richmond Friends of the Homeless, Fresh Start, The Arc, Neighborhood Housing Services of Richmond, and the Neighborhood Resource Center.

Mrs. Baker explained that the Greeks believe in the idea of "Kefi," an aura of passion, happiness, and positive spirit.

"Richmond community has amazing Kefi, and when we all work together, donate, and present ourselves and our faith, how can you go wrong?" said Mrs. Baker.

Lebanese Festival has all you'll Lebaneed!

Mackenzie King
Features Editor

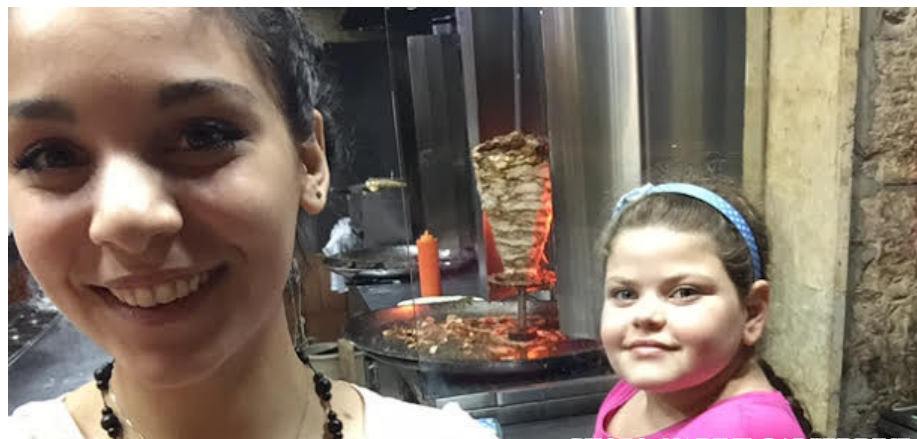
Whether people want a taste of a different culture or enjoy their own, the Lebanese Food Festival offers them the opportunity to be a part of a community.

The Lebanese Food Festival was held at St. Anthony Maronite Church May 13 - May 15 and has offered traditional Lebanese dishes, music and dancing for over 30 years.

Junior Nadine Garzeddine attended the festival last year. As a Lebanese student who came to the United States four years ago, Nadine was able to appreciate the sense of community and culture the festival brought to Richmond.

"Families who know each other hang out together and people who don't live in Richmond come. It's a time for people who don't know each other to be together," she said.

The Lebanese Food



Nadine and her cousin preparing to eat this traditional dish.

Festival helped Nadine and her family to adjust to life in the United States after moving from Lebanon because it allowed them to meet new people easily. Nadine also likes that the festival provides a way for the few Lebanese people in Richmond to communicate with each other.

"The festival helped me adjust because I could get to know people and make new friends in Richmond. It is a social thing and it is nice to have a little piece of home," said Nadine.

The festival provides

traditional Lebanese dishes such as falafel, shish kabob, manouch bejibn (an open faced flatbread cheese pie), laham bi ajeen (an open faced pita with fresh ground beef, tomatoes, onions, parsley, and Lebanese spices), and zaatar bread (an open faced pita with pesto, sesame seed, olive oil, lemon, and Lebanese spices).

People may also buy their favorite products such as pies, kibbee, and hummus in bulk to have long after the Lebanese Food Festival has ended.

"Even if the food

doesn't look good, it's amazing," Nadine says to the people who may be weary of trying these Lebanese dishes.

Junior Samia Hareez also attended the Lebanese Food Festival and thought it was a great way to experience Lebanese culture through food and dancing.

Both Samia and Nadine have had authentic Lebanese dishes but still agree that the food is their favorite part of the festival.

"My mom makes Lebanese dishes at home. My favorite thing about

the festival is the food because they showcase it pretty well," Samia said.

The festival is important to Samia because she likes "how a wide variety of people, not just Lebanese people, can feel welcome to join and be a part of Lebanese culture," she said.

Nadine says the festival is particularly special for her family because it was a way for them to have a piece of home here in Richmond and that it is a good experience for people wanting to learn about Lebanese culture.

"When you're an immigrant you try to blend in with the new culture and it's great to show people that this is my culture and my family," she said.

Upcoming Food Festivals

Watermelon



Anna Johnson is enjoying her Watermelon.

When: Sunday, August 14th, 2016

Where: Cary St. (Starts by Bakers Crust ends down by VCU)

What: While you walk around with your bowl of fresh watermelon, be entertained by more than 40 performers. Browse through the shops of Carytown and shop around the many street vendors. Last year more than 118,000 people came with more expected to come this year. It is free and is one of Carytowns biggest events of the year.

Food: With more than 260,000 watermelons sliced for the 2015 festival, you can expect a lot of watermelon. Bowls with pieces of watermelon can be purchased for a dollar. Food trucks fill the street, and many different kind of foods can be purchased. Watermelon themed food also fills the block, with many watermelon shaped cakes.

Quote: "Its so much fun and I would definitely go again. I recommend high school students go too" - Freshman CeeCee Fishburne.

Filipino



Find entertainment like this at the festival.

When: Friday and Saturday, August 12 - 13, 2016

Where: 8200 Woodman Road in Glen Allen at the Our Lady of the Lourdes Church

What: This will be the tenth year of celebrating the Filipino heritage and it is an event that consists of various choices of Filipino foods, vendors, and folk dances with live music. The event usually has over 600 volunteers a year. There will be 45 vendors including, Mary Kay Cosmetics. Funding goes to a different organization each year. The profits earned this year will go to the 5K Race 'N Roll for Muscular Dystrophy.

Food: Food and drinks will be authentic and include entrees, side dishes, dessert, and drinks. The prices will vary from \$5-7 depending on the item you choose.

Quote: "I definitely recommend the Filipino festival if you want to try some exotic food that you might not see in Richmond," - English teacher Jason Abril

Bacon



Your tastebuds will love these bacon bites.

When: Sunday, June 12th, 2016

Where: 17th Street Farmer's Market, 100 N 17th St, Richmond, Virginia 23219

What: While you sit and enjoy your bacon, feel free to wander the market to listen to local bands, make crafts, get bacon-themed henna tattoos, and more. Sponsored by Enrichmond, a company devoted to the enrichment of the Richmond area, the Bacon Festival welcomes all to celebrate the city and community, while enjoying the crispy, smoky taste of bacon.

Food: Bacon. Everywhere. All vendors will be selling bacon dishes for \$4. Items include bacon cupcakes, bacon mac and cheese, chocolate covered bacon, bacon empanadas, bacon ice pops, and more. More than 30 food trucks participate in the Bacon Festival, each contributing their own bacon snack.

Quote: "I went with my grandma last year. It's lots of fun for the family!" - Senior Sammy Zhao

Match the Food to the Festival



PHOTO: CUPCAKESTATION.COM
Sweet Potato Cupcake



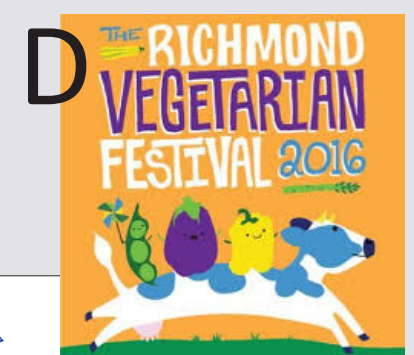
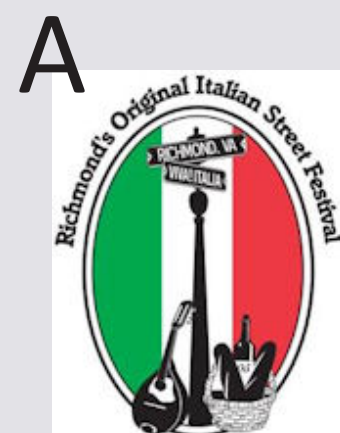
PHOTO: MISSOIN-FOOD.COM
Bourma



PHOTO: TORIAVEY.COM
Kugel



PHOTO: EPICURUS.COM
Cappellini Cacciatore



SPORTS
BRIEFS**Boys Lacrosse**

Record: 11-3-0

Quote: "We started off the season with a lot of new players, and a lot of them performed above the expectations we had for them. We lost 11 seniors and many players stepped up to fill in for the talent that left us. It was a good season and we were runner up for the conference finals and made it to the regional tournament." -Captain Jack West

Key players: Ted Palmer, Andrew Ryan, and Jack West

Girls Lacrosse

Record: 12-3-0

Quote: "The team lost a lot of players last year but many of the new players have stepped up, and it's been a lot of fun." -Captain Caroline Plashal

Key players: Carley Croddock and Trudie Grattan

Boys Soccer

Record: 10-3-0

Quote: "The team has done well so far, and we are 12-4 and are in the regional finals. The team has not gone to the regional tournament since 2007 so it's already an accomplishment." -Coach David Inman

Key players: The whole team has contributed, 17 of the 20 players have scored goals.

Girls Soccer

Record: 8-4-2

Quote: "I just definitely think this team was a different dynamic than any team I've ever been a part of, everyone inspired each other with their motivation and everyone came out super hard for every game, and everyone was super encouraging, which was a little different from previous years." -Captain Caroline Turner

Key players: Caroline Kasprzak and Lauren Bruns

Softball

Record: 7-11-0

Quote: "We all had a lot of fun, we all enjoy each other, but we do a good job of being serious when we need to." -Captain Virginia Irby

Key Players: Virginia Irby and Gabby Barnes

Baseball

Record: 12-7-0

Quote: "This year the team definitely showed growth from the beginning of the season to the end, and improved as a team each day. Ultimately we lost to a good Lee Davis team in the playoffs, but I'm proud of the progress we made along the way." -Coach Ray Moore

Key players: Luis Barrios and Coby Sale

Girls Tennis

Record: 12-3-0

Quote: "The team and I really enjoyed this season, I love all the girls on the team and we were successful because we all had fun and were focused when we had to be." -Claire Keeton

Key players: Emme Levenson and Molly Cox

Boys Tennis

Record: 11-4-0

Quote: "The team had an outstanding season finishing 14-5. The team was the conference 11 runner up and region 5A south runner up. The team was led by senior captains Joseph Brown, Bradley Knaysi, and Michael Wagner. -Coach Jeffress Given.

Key players: Joseph Brown and William Westerfield

Boys Soccer Turnaround

Jack Bernhardt
Sports Editor

The boys soccer team made a huge turnaround from last year's 8-7 record to a 10-3 regular season record this year and the number two seed in the conference playoffs.

Head Coach David Inman credits his team's mentality towards this year's schedule to their success.

"We've had the talent, we had much more potential last year than what we were showing and a lot of it was our mentality and that's where the team has performed well this year," said Coach Inman.

This year Coach Inman took the reigns as head coach after being an assistant last year, and he gave his new team two principles to follow in pursuance of victory on the soccer field.

"At the beginning of the year I told the team to focus on two principles in order to win, which were to work hard and to win games, and then we could compete with anyone," said Coach Inman.

The Rebels did take those principles into account during the season, going 7-0 in their first seven games.



PHOTO: GABBY COX

Jinks Jervey fights to win the ball from Godwin player.

"In the seven game stretch, the J.R. Tucker game stands out because we went down a man and we still won and showed our team we had the means to compete," said Coach Inman

Coach Inman's principles have benefitted the team's performance this year and his work has not gone unnoticed. His coaching peers voted him Conference Coach of the Year this season because of the Rebels success and turnaround from last year in his first year head coaching.

"Coach Inman made the practices a lot better, made us more successful, and helped us beat other teams," said sophomore mid-fielder Vahdet Maletic.

The Rebels followed their winning streak with a 3-0 loss to Godwin.

"The Godwin game was played in the rain, so the conditions were tough for both teams, in the end they just came off stronger than us and wanted it more than we did," said junior mid-fielder Jacob Canary.

In a short turnaround after the Godwin game, the Rebels faced the Deep Run Wildcats, another powerhouse on their schedule.

The Rebels won a 3-2 victory over the Wildcats, a historically dominant soccer school.

"We played one of our hardest games that day and Reagan Fakhoury had a key header in that

game to put us on top, in overtime," said Jacob.

For Coach Inman and the Rebels, the win over Deep Run showed them that they had something special this season.

"The biggest moment for our team was against Deep Run at home in an overtime win, a game tying goal with seconds left in the game, it showed our heart, and proved to us we could compete with anyone," said Coach Inman.

The Rebels finished the season going 2-2 with the two losses to Godwin and Deep Run a piece.

"Even after the losses we just want to prove everyone who we are and how good we are this season and how good we can be in the playoffs," said Vahdet.

These losses won't stop the Rebels, being the number two seed in the upcoming conference tournament, and a win would send them an automatic bid to the regional playoffs.

"Likelihood is that we will see Deep Run and Godwin in the playoffs, and if revenge is a motivator, we have plenty of that," said Coach Inman.

For more soccer playoffs information go to...

<https://dsfcommentator.wordpress.com>

From Playing to Coaching



PHOTO: JULIE LAZAR

Ethan Payne playing at DSF.

Ross Metcalf
Sports Editor

The Freeman Athletic community is one that is defined by cooperation, dedication, hard work, and determination. Like minded students come together with these core concepts and bring the best of their skills to the table when representing Freeman. Many have said that the Freeman varsity baseball team exemplifies this pride in continuing a tradition of family.

Ken Moore Field, the play-

ers who represent it, and the coaches are all a part of the rich history of Freeman's baseball program. 'Once a Rebel always a Rebel' seems to be the driving force behind the baseball team's coaching staff. Former Freeman players now coaching the varsity team include Head Coach Ray Moore, Coach Chris Moore, Outfield Coach Ross Tudor, Assistant Coach Scott Rudder, Pitching Coach Alan Davis, Coach Ethan Payne, and while Coach Kevin Holmes did not play he has two children who played varsity baseball. Freeman alumni who work with the J.V. team include Coach Jay Barnes, Coach Ken Moore, and Coach Booda Walthall who had children who played for Freeman.

The most recent addition to this list of alumni turned coach are Scott Rudder and Ethan Payne. Both coaches joined the staff at the start of the 2016 season. Coach Rudder and Coach Payne are not given one specific duty but instead works to allow the team improve in all aspects. According to Coach Payne these non-specified assignments allows practice to flow smoothly and create more one-on-one practicing.

Payne works with both the J.V. and varsity teams albeit in

a more limited fashion due to scheduling constraints as he is still in college.

Coach Payne said that his role as an outfield coach means making sure the outfield gets as many reps as possible, and whatever corrections or tips he can give to the players to ensure they perform to the best of their abilities.

According to Ray Moore, head varsity baseball coach Ethan is still in the where he is still transitioning to coaching and still has a better grasp on the player perspective. Coach Moore says that this is very useful when discussing various aspects of the game which effect the players.

While Coach Payne develops from a player into an official role he says that he has "to remember that while we are on the field I am a coach" and to be mindful of the respect that is required to and from the players. Coach Payne's impact on the team, especially as a former player, derives from his unique ability to interact with players in a more relatable manner.

"Ethan was probably the best player the past two years I have been on the varsity team. He has always been a role model for the younger players. As a coach he still seems to be one of us and just helping us to get better and

giving us pointers," said Luis Barrios, a junior on the varsity baseball team.

Coach Rudder joined the staff this year after working with the Hermitage team during the season last year.

"It's been an absolute blast. Everybody is willing to learn and try to get better which as a coach means a lot. As an individual everyone is trying to get better not just on the baseball field but outside the baseball field," said Coach Rudder.

Coach Rudder effects the team in a way that he is an approachable coach with a lot of knowledge about all aspects of the game, allowing him to be able to offer suggestions about practically any aspect of the game

"Right off the bat me and Rudder clicked, we had a cool relationship going. His presence, having him here is just great for us, he's a great coach. He helps me every day with my swing and the way I approach the game he's just a great coach," said Luis.

The ability to have alumni coach current players allows the two groups to better understand and respect one another and respect for the game.

Student Rowers Make a Splash at Regionals

Nick Newton
Sports Editor

It is the most important regatta of the season, Mid-Atlantic Region Championships, and as junior May Tilley and her boatmates look out onto the Princeton waterway where they will soon be rowing, they start to worry about the rain. Right before their event begins, though, the sky clears up and all is set for a perfect race.

Crew is becoming an increasingly popular sport around Freeman and Richmond in general. River City Crew has made the sport accessible to interested athletes in the Richmond area, and it is where three Freeman students -- May, sophomore Spencer Miller, and senior Charles Given -- practice and compete.

They all row out of Robious Landing, which is right behind James River High School across the river. James River itself has a crew team, and occasionally RCC will row against them in a competition.



PHOTO: CHARLES GIVEN

Charles Given competes at rowing competition.

May has been competing in the four man boat for most of the season, and though she has competed in an eight boat before, the four is her favorite event.

She said, "I like the four because you get to know the people in the boat better. The people in my four boat are some of my best friends."

This spring season was a good one for May and her boat. They did not make it to nationals, but they did make a respectable time in the Mid-Atlantic Region, especially against steep competition with many teams being made up of older college students.

She will continue to row over the summer in preparation for the fall season. Eventually she hopes to receive a scholarship for crew. Many colleges with large football teams are forced to create large woman's crew teams because of Title IX, and they offer many scholarships for woman's rowing.

May is not the only athlete from Freeman who made it to Regionals this year. Spencer Miller and his eight boat made it as well. Spencer is the bow seat in his boat, which is located in the rear.

His boat finished 9th in the race. Spencer seemed a little un-

derwhelmed by this finish, partially because a rower fell overboard. His eight boat was then actually a seven boat for most of the race.

Spencer said, "Yeah I think we'll go further next year, I will train hard and I know a lot of people on our team will. Hopefully we'll make it to nationals next year." With any luck hopefully they will be able to keep all their rowers in the boat next year.

Charles Given competes in a two boat, which is much different from an eight boat and a four boat. A two boat does not have a coxswain (a person who steers and keeps the rhythm for the rowers) like the four and the eight. A rower in a two boat also uses sculling oars, which are held one in each hand.

Height tends to help rowers get more leverage behind the oars, and that is certainly the case with Charles who is 6' 8". Charles is a senior, so this will be his last season with RCC, but he hopes to walk on at Virginia Tech next year.

Freshman Impact On The Field

Lacrosse Player Impresses Teammates



PHOTO: SCOTT PHILLIPS

Ford Burke being guarded by a long pole in a home game

Meredith Given
Sports Editor

Freshman Ford Burke has scored himself a starting spot on the Freeman varsity lacrosse team. Ford has been playing lacrosse since he was kindergarten.

Ford and Ethan Lustig are the only freshmen on the Freeman varsity lacrosse team. With 30 members on the team, Ford is one of the 11 starters. "I start in attack for the most part, and I like attack because I am able to score a lot, and help the team win," said freshman Ford Burke.

Ford's family has influenced his love of the sport. His father is the head lacrosse coach at St. Christopher's School, and both his brother and sister play lacrosse.

"Our children have been playing lacrosse since they were able to hold a stick," said Ford's dad John Burke.

Earlier this season Freeman played St. Christopher's, and Ford had to face his father's team. "It was a little weird because I always thought I would be the one playing for him and not against him. My dad wanted his team to win, but he also wanted to see me do well," said Ford. Ford did not score in the game.

"Coaching against him was far more difficult than I thought it would be. I wanted him to play well, but I didn't want him or anyone on the Freeman team to actually score," said Mr. Burke.

Although Ford's father is a coach of a rival team, he is still there to help him. "He is a coach for me on and off the field, and still gives me tips even when we are playing on competing teams," said Ford.

Ford also plays for Amped LAX, a year-round, select Virginia travel team. Amped plays in tournaments along the east coast,

and helps develop strong lacrosse players.

Ford said the Freeman varsity players have been welcoming. "At the beginning of the season I felt a lot of pressure, but as the year has progressed I have come to feel a lot more relaxed. Being on the team is a lot of fun, and the guys and coaches are awesome," said Ford.

"He brings a new level of talent to our squad and is a talented player and a great attacker," said senior captain Oak Mize.

Starting as a freshman on the team has proven to be stressful in some moments, but he has learned to remain calm and confident when on the field. "People don't really expect him to do as well as he is doing because he's so young, but he's proven to be a very confident and talented player," said Oak.

"Ford's been extremely valuable to our offense this season. He's our third leading scorer, and that's pretty impressive production for a freshman," said head coach Jimmy Hovis.

Ford scored four goals in the first game of the conference championship against Deep Run.

His favorite memory from this season is when Freeman beat Atlee for the second time of the season in overtime. "I scored two goals that game, and had the winning assist," said Ford.

The Freeman lacrosse team had a successful year, with 11 wins and only 3 losses. The team finished the season losing against Patrick Henry in the regional semifinals.

"He has always been a pretty good finisher and much of his success this year is due to having some very talented teammates who have helped to get him the ball in a position to score," said Mr. Burke.

Girls Soccer Star Scores Big



PHOTO: GABBY COX

Lauren fighting for the ball

Nick Newton
Sports Editor

What if I told you that there may be a superstar in our midst? Sound like a 30 for 30? Well freshman Lauren Bruns may have one someday at the rate she is playing.

Lauren is currently a starting forward and leading scorer for Freeman varsity. It took Lauren a little while to adjust to her new environment, but she hit her stride relatively quickly. Lauren had 17 goals during the regular season.

She certainly seems to be fitting in well so far, "I feel like I have a good relationship with my coach and I can talk to him about games and stuff. I'm friends with everyone on the team and we have just an awesome vibe," she said.

Through her skill on the field, her teammates have started looking to her to create on offense. She leads by example as she sets up her teammates for goals.

"A lot of times the defenders will kind of cluster around her which opens up goals for other people," said sophomore Shannon Galt, who plays attack for Freeman.

Girls soccer had some bad luck with their tournament draw this year, playing last year's state champion Godwin. As a result, The season was cut a short by a tough loss to Godwin in the semi-finals.

"I think I'll try to be more aggressive from the beginning next year. I started this season like socially and even game-wise maybe just a little timid because it's a whole new experience and a whole new environment," she said, "I'll just try to come out and be more of a leader because

I know everyone trusts me, and I trust everyone else."

In addition to starting for Freeman, Lauren has been playing for her club team, Richmond United. She is second on the team in goals and assists, behind the forward for the U17 U.S. Women's National Team, Jordan Canniff.

Lauren said, "It's so much fun because [Jordan] is playing at just an insanely high level, and I get to test myself against her every practice. She makes me so much of a better player, trying to beat her, play with her, and just learn from her. It's a challenge, but it is fun."

Lauren has aspirations to follow her teammate and be invited to one of the national team's camps this summer.

Her club team also gives her opportunities to travel for tournaments and competitions. Most recently, Richmond United went to the San Diego showcase over spring break. Lauren put up three goals while there to lead her team, all in front of the top college coaches in America.

The San Diego Showcase was her favorite by far, but her team has also traveled to Sanford, Florida and Houston. Her club team will be back in San Diego this summer for the championships, and Lauren is looking forward to it.

"California is just the coolest place ever, and after the games we went to a bunch of cool places to eat... It's just so much more exotic than everywhere else we went," she said. Whatever happens in the future, one thing we can be sure of is that Lauren will continue to be an exemplary soccer player on and off the field.

Girls Tennis Player Is Committed to Her Sport

KeAnna Anglin
Editor-in-Chief

Like most Freeman athletes, sports take up a lot of Alexandra Smyth's time after school, but her daily schedule is rather unusual. A dedicated tennis player, Alexandra leaves school every day after second period to condition and practice hitting with her club coach.

"Well I have sort of a complicated schedule," she said, "I go to first and second period, and then, I leave after second period to go to Westwood, my tennis club, for two hours to hit with my coach. Then I take a shower, make a shake (chocolate whey with coconut water, almond butter, and a banana is my favorite), and then I come back to school for fifth, sixth, and seventh period."

While Alexandra can be seen smiling and laughing in the halls, on the court she is a fierce competitor.

"She is extremely focused and does not play around when she is on the court," said sophomore teammate Lucy Collins, "She can stay calm, but when she

needs to get angry she gets angry, and that's how she gets the point."

Alexandra's love for tennis began long before her days at Freeman, and her interest was sparked in an unusual way.

"I started playing recreational tennis before elementary school because my mom wanted to have someone to hit with when we went on vacations," she said with a big smile, "I didn't start playing seriously until about two years ago, but I have always loved it."

Her dedication to tennis is not only apparent in her schedule, but also in her development as a player over the years.

"I've been playing with her since elementary school, and she has continued to grow. She has excelled in her ability to play tennis, and she has always been really good at being aware of the layout of the court. She knows where to strategically place the ball so that she wins the point," said Lucy.

Alexandra's commitment and love for tennis has allowed her to contribute to the Freeman tennis team as both a singles and doubles player.

"Alexandra brings a lot things



PHOTO: TOM VEAZY

Alexandra Smyth returns a serve

to our team," said Freeman tennis Coach Larry Parpart, "She has a great knowledge of tennis and has a strong desire to excel in tennis. She has five wins and four losses in singles, and four wins and two losses in doubles. She puts in a lot of time on the tennis court trying to improve her game."

However, Alexandra's tennis career hasn't come without struggle.

"This season has been hard for me because I sprained my knee last summer, and I took months off," she said, "Getting back into it was difficult, and I reinjured my knee during the first round of tryouts for school. My injury

taught me that tennis is my daily dedication. It is not just going onto the court and playing, its training and strengthening. My injury, like tennis, taught me that my body is capable of more than I thought."

Varsity Football Preview: 2016-2017



PHOTO: DSF ATHLETICS

Freeman Rebels take the field during a 2015 varsity football game

Jack Bernhardt Sports Editor

With the end of the school year approaching, the Douglas Freeman Football team is preparing and looking ahead to the many changes coming next fall.

Looking back on the 2015 fall season the Rebels posted a strong 9-2 record, only being defeated by powerhouse Hermitage and a disappointing playoff loss to Lee-Davis.

Moving on to summer workouts and training the juniors will assume the role of the seniors in leading and teaching the team moving forward.

"I think the embarrassment of that loss has sunk in, we've had the highest number of turnovers at lifts that we have ever had, everyone is so committed and using last year's loss as motivation for this year to make sure we're focused for every single game," said junior linebacker Sam Murphy.

Trying to follow the steps of past years' success, the rising seniors are hopeful to lead a team that will have to go through many adjustments schematically and personnel-wise.

"Last year's seniors will always be a part of the Freeman family, and their legacy will live on and we'll see how next year's seniors become leaders and captains and how they make the team grow," said Head Coach Mike Henderson.

Coach Henderson has moved on from last year's seniors and is focused on the returners this year and organizing the team.

"We have many key players returning like our quarterback Trey Laughlin, Sam Murphy a top tackler from last year and an all-conference player, Luke Murphy our leader in interceptions last season, Ja'Kari Williams the fastest player in our area, and

Adam Jones our center for every single snap last season," said Coach Henderson.

Even with key players returning, replacing seniors is always an obstacle each year.

"The offensive line will be difficult to replace, we lost both of our offensive tackles from last year and we are trying to replace them with guys with less experience, so that will be hard. We have talent though, and I am confident in that," said Coach Henderson.

On the defensive end the Rebels have strong returners like Sam and Luke Murphy as well as junior Nick Ackies, but they'll be focused on things other than replacing starters.

"Last year we had a rough 4-3 defense, and this year we were changing to a 4-2-5 which will

I think the plan for success is to play our best, we will have to play better as a team.

- Adam Jones

help us put people in the box and spread the defense," said Sam.

A 4-2-5, football slang for 4 defensive linemen, 2 linebackers, and 5 defensive backs, will help the Rebels spread their defense against the passing attack of other teams.

This new defensive scheme for next season makes the rising seniors not only role models but teachers in the new system.

"I enjoy teaching the new defense, I had the pleasure of playing my sophomore year, and learning how our defense works and it is pretty cool to teach the younger guys from what I know,

I think I and the other juniors have the experience to teach the new system," said Sam.

The new defense is accompanied by the departure of defensive line and tight ends coach, Troy Davidson, a Driver's Ed. Teacher at Freeman.

"Coach Davidson will be much missed but hopefully all of the stuff he taught will be carried on to our other coaches and players that are returning," said Coach Henderson.

Coach Davidson, leaving for Deep Run to become the Defensive Coordinator, gives the Rebels openings in the coaching tree.

George Bland will be assuming multiple positions in the football staff next season. He will be coaching tight ends and will help coach defensive backs next season.

Bland was previously an assistant at various private schools in the area before moving to North Carolina to become the head coach of a small football school.

"Coach George was in pretty high demand in local area, and we were lucky that he chose to come on staff with us," said Coach Henderson.

His arrival has contributed to the learning of the new defense and the skills of players already.

"Coach George is really cool, you can really tell he knows what he's doing. He has already taught us new things and we're really excited to have him during the season," said junior center Adam Jones.

Even with all these changes the Rebels are focused for next year, beginning the season at the Midlothian Trojans on August 26.

"I'm not predicting any record next season, but I know our team is special and we have a lot of chemistry. We will be ready for every single game in front of us," said Sam.

The Day the Music Died



Jack Neary Opinions Editor

"A long, long time ago, I can still remember how that music used to make me smile."

Don McLean's iconic lyrics ring true to me. Music did used to make me smile. But it does feel like a long, long time since I heard the music play. Why?

Because this fall, the music died in Henrico County.

In case you hadn't heard, this fall, at a Glen Allen football game, an extremely racist song was played over the loudspeakers before their game against John Marshall, a school with a majority African-American population.

Henrico County decided to pass down sweeping changes to how music is played at extracurricular events. As a result, any playlist being played at Freeman must be listened to an approved by two administrators every week, and submitted at least two weeks in advance before the event.

Henrico also strongly recommended to schools' Athletic Directors that schools play music without lyrics, to negate the chances of racist or inappropriate music being played.

Although I agree in principle with the changes - I don't want racist music being played - I don't agree with the number of restrictions it places on music. And, to be fair, I understand that when the county has to make changes, these changes are often sweeping and affect even those who were not involved in the issue.

But while I understand that playlists being approved is not the worst thing in the world, I don't understand the banning of lyrics during games.

Why can't a mature adult be in charge of the music and play what they want? Can't we trust adults to play songs that aren't offensive? Adult supervision

is an acceptable way of ensuring proper conduct at almost all other school events, so why doesn't the same reasoning apply to sporting events?

To be honest, there are very few songs without lyrics that are worth listening to. My favorite song so far is "Sandstorm," by Darude, but even that makes me feel like a 12 year old about to play laser tag.

Don't get me wrong. This isn't a life or death situation. The world isn't ending because the lacrosse team can't run out to the words of "Thunderstruck." I'm not staying up at night, ripping out my hair worrying about why I can't listen to the lyrics to "Brown Eyed Girl" in between innings. But the policy just seems...unnecessary.

I might just be bitter. I might just miss listening to "I Believe In A Thing Called Love" before baseball games. And I really didn't like the electronic music before football and basketball games.

In that respect, maybe I am just a bitter old man, sitting on my porch, yelling about the glory days and telling kids to get off my lawn.

And maybe it's not the worst thing in the world that a school that has had recent public disputes involving race - our mascot, for example - would preemptively avoid another scandal by making sure there is no chance for racist songs.

But I'm also not sure that strongly recommending that schools do not play songs with lyrics will do anything to stop the spread of "inappropriate messages" that some songs contain. It also won't do anything to stop racism. This is like putting a band aid on a shark bite: it might look like it helps, but it's actually useless at solving the underlying problem.

And it's irritating at best that the only songs the school can play are songs without lyrics - taking away half of the art - or songs that are just instrumentals, which are repetitive and tedious. Why not let the adults who are in charge of playing music make the music decisions? Or even better, why not let a Freeman "pep band" play music at basketball games?

I do believe we can make the best of this unfortunate situation, whether it's by using a pep band, finding better instrumentals, or some combination of live music and lyricless music.

We don't have to let the music die.

A Change To Freshman and JV Football

Ross Metcalf Sports Editor

The Freeman freshman football team is in danger of not making the cut next season. With a lack of freshman football players, uncertainty is growing in regard to the possibility of maintaining a freshman team. Thus, Freeman's football program is shifting toward the creation of a junior varsity A and a junior varsity B team. This change is currently only being made to the football program, and the shift is being seen in other high schools in the area.

Mike Henderson, head varsity football coach, said this was a process that the team would be doing on a trial basis in the upcoming 2016 season. According to Coach Henderson, the numbers were down in the JV and freshman teams and there were not enough players to make a full 10 game schedule. The change also allows for more room for sophomore athletes who are inexperienced in football and will be able to improve by having more playing time.

As a ninth grade P.E. teacher, Coach Henderson often teaches students who have potential to be good football players, but since they did not come out as

a freshman, they often lack the knowledge and experience of playing the game, not to mention losing valuable playing and conditioning time. The students who do come out as sophomores often do not start on the JV team and traditionally those first year sophomores become discouraged and do not return the following season according to Coach Henderson.

"Hopefully guys who are good athletes just not experienced enough should get to play a lot on the JV B maybe enjoy it and continue to develop and contribute as a varsity player later on," said Coach Henderson.

The creation of two teams allows more players to have playing experience, and it develops a core group to choose from when creating the varsity team.

The development of a strong JV team will mean the creation of a stronger varsity team as the players improve during their high school careers. This creation of the two teams will allow players of differing levels to develop and improve. The result of this change will create a greater pool of players available as upper classmen to play on the varsity team.

According to Suzanne Criswell, Director of Student Activities, the result of combining the freshman team and the JV into two



PHOTO: MOLLY GORMAN

Coach Godwin huddled with his players during a JV game against James River HS

JV teams allows the number of players to stay constant while facilitating a full 10 game schedule.

Mrs. Criswell said that the change affects "the bigger football name schools in the area" who are experiencing similar issues keeping a full roster on both the ninth grade and JV levels.

There are other area teams in-

cluding Godwin, Deep Run, and James River who are struggling to have enough players.

The formation of two JV teams is not a new concept in Henrico County Public Schools, and according to Coach Henderson, the previous change was made to switch to the ninth grade and the JV teams after speaking to a vari-

ety of older coaches and county employees.

When it comes to the changes in the formation of Henrico County's football teams, "everything is cyclical," said Coach Henderson.

PHOTO: SARAH LINDAMOOD

An Emerging Star

King Cole and The Cartier Create a Name for Their Music

Sarah Farney
A&E Editor

Fordson Labs has struck a chord with Freeman students' taste in music.

Fordson Labs is a collective formed by Freeman senior Coleman Greene, Godwin seniors Carter Ward, Harrison Fratkin, Antonio Laula, and Deep Run senior Jessie Reynolds. Coleman and Carter rap with Jessie drumming and Tony DJing. Harrison is the manager who helps book clubs and run the collective.

Coleman has been rapping since seventh grade, and in late eighth grade he and Carter started a DJ group called Access Denied. In high school they rapped together and wrote songs from

ninth to 11th grade.

"We started making songs more frequently, at the beginning of 2015 we formed Fordson Labs," said Coleman.

The name Fordson Labs was inspired by Carter's father, a computer specialist who works from home. He calls the house Fordson Labs because it's his lab on Fordson Road, and Coleman and Carter adopted the name for their collective.

Before Fordson Labs, Carter and Coleman were friends from middle school and little-league baseball. Their friendship began on a nine year-old all-star baseball team where Carter was nicknamed Polecat and Coleman was called Mets dork. Now they go by The Cartier and King Cole.

Coleman said Fordson Labs'

music is inspired by bluegrass and folk because they like the storytelling aspect of the style.

"I like all music and try to let most of my influence come from non-rap artists," said Carter. Carter's favorite Fordson Labs songs are Roots, Blest, and Free.

For his song content, Coleman said he is inspired by his faith which is why a Fordson Labs song might sound different than traditional rap music.

"I'm not looking to rap about anything I don't know about or I'm not concerned with, I just talk about what goes through my mind daily," said Coleman. Fans of Fordson Labs enjoy the distinctive style of music.

"The music was unique and there was a really fun atmosphere. It's rap but with Coleman's own personal twist," said

junior Anthony Vinson.

Fordson Labs has performed two concerts, on Halloween and at the Canal Club, as well as smaller gigs like Freeman's Rebel Run. At Freeman their biggest fan base is underclassman girls. They had approximately 400 fans at their last concert at the Canal Club.

"Our manager has been great with talking to us about how to come in contact with clubs, we've been getting our EPK together which is basically a musical resume that you can send out to people," said Coleman.

The hardest part about the music industry is standing out in the competitive environment. Their manager Harrison joined them in November to help them stand out in the competitive music industry.

"I think my biggest contribution to Fordson Labs would be giving them the opportunity to show how talented they are at big venues like The Canal Club," said Harrison.

Next year, Coleman is going to Wake Forest, while Carter is going to Tech. Blacksburg and Winston-Salem are only two hours apart, so they hope to continue making their own personal music and songs together over the internet.

"Big things are coming this summer. Our intentions are to definitely have another show before this year's graduating class heads off to college," said Carter.

"We're just playing it by ear right now and doing what we love," said Coleman.



Juniors Malavi Ravindran and Smrithi Sathiyamurthy pose outside of Escape Room RVA after trying Poe's Chamber.

A Summer Escape from Boredom

Sarah Farney
A&E Editor



Tucked behind Martin's in the Village shopping center, Escape Room RVA provides Henrico County citizens a pastime different from roaming Belle Isle or Short Pump mall. Escape Room RVA promotes team building by using artifacts, clues, symbols and unexpected interactive materials in a room to help teams solve a mystery within a one hour time limit.

I was very uneasy going into this experience. As someone who hates anything remotely scary like haunted houses, Ashland Berry Farms haunted hay rides, or horror movies, being trapped in a creepy room for an entire hour seemed like my worst nightmare.

Despite my skepticism, Escape Room RVA was an amazing experience. The name Escape Room RVA is misleading as the goal is not to escape a room. Fire codes in Virginia prevent people being locked in rooms, so the doors remain open at all times,

and you are free to leave to go to the bathroom or visit the lounge where free drinks are provided.

I went with four friends who had also never been before and we tried the easiest room, Poe's Chamber. The room was designed like Edgar Allen Poe's study and our objective was to find his hidden raven.

There was nothing particularly scary about the room except a few fake skulls. The employees promised not to jump out and scare us or keep any types of animals like snakes or spiders in the rooms. Anyone like me afraid of their shadow will still have a good time.

Within the room, there are a series of clues to use to accomplish the goal. Some of the clues are easier to solve, while others are very complex. Luckily, if your group is really stuck on a clue you can dance in front of the video camera placed in the corner of the room and someone will give you a hint. Better dances are rewarded with better hints- I highly recommend the Macarena.

Everyone in my group was completely enthralled for the hour. The room was like a real life mystery and finding something new or opening a chest

was a moment of immense joy. However, I do not recommend Escape Room RVA for anyone who is easily frustrated or dislikes riddles and puzzles.

The easiest way to guarantee a room being available when you want it is by making a reservation through the Escape Room RVA website. The website is easy to use and waivers can be filled out online to save time.

The downside to this activity is the cost which is a steep \$25 per person. It cost more than a movie or getting ice cream but it is also more memorable.

We did not end up finding the raven, although we all swear we were close enough that with 15 more minutes we would have had it. We will also definitely be going back to try another of the five rooms Escape Room RVA offers.

The next easiest room is The Cursed Crypt which has about the same solve rate as Poe's Chamber- 35 percent. The Super Villain Room is harder than The Cursed Crypt, but not as hard as Glitch in the Matrix which has an 18 percent solve rate. There is also a new room, Judgment at the Pearly Gates, which opens July 2016.

Project Runway Style



PHOTO: GABBY COX

Page Ryland
A&E Editor

"Ten minutes until show time designers!" calls Mo Regulinski, head fashion advisor. "Can someone hand me the face paint?" calls a frantic makeup artist. "Where is model number 42?" yells the fashion show coordinator, Jessica Bauserman. These are the lines I am going to miss the most.

Let's rewind. Back in February, I signed up for this VMFA fashion class, titled, "Teen Stylin'" in hopes of an opportunity that would give me more energy than my schoolwork. Picture your average episode of "Project Runway," and replace the adult designers with talented Richmond teenagers. Voila, you now have VMFA's Teen Stylin'.

Classes were 10 a.m. to 1 p.m. every Saturday. Throughout the course of the classes, designers were to create a garment that represents both the meaning, and visual aspects of a piece of artwork assigned throughout the museum. In the first couple of classes we learned techniques and engineered elements to incorporate into the garment. There were also several research sessions looking into the minds and works of famous designers.

Here's the catch. No fabric. No sewing machines. Strictly

alternative materials. Designer Nina Wisch, ironed black garbage bags together to create a look that resembled the seaweed used for sushi. I would be lying if I said some of these designers didn't intimidate me, especially the senior designers with full rides to Parson's School of Design...

Four months of designing avant garde garments and getting to hang out with some of the most talented teens in Richmond doesn't seem like such a rough time. The hardest part about the class was time. Designers work every day after school including classes and at least an hour on the weekend. The loads of school work, projects, and AP testing doesn't make the journey any easier. While time can be a prime issue, it reveals the reality of being a fashion designer.

The runway show was May 13, 2016, in the Quil Theater. Over 400 guests arrived, filling the VMFA atrium, resulting in a completely sold out show.

"Next up, 'Hushed Temper'." Designed by Page Ryland, modeled by Jordan Bourgeois." Everything is a blur to me now, except my immense pride in Jordan. To end the night, I was overwhelmed when it was announced Jordan had won best model and I had won the category, "Best engineered". The hectic journey had come to a close.



PHOTO: SPENCER SEASE

Jordan Bourgeois models Page Ryland's dress.

Student Spotlight



Name: Leighton Robinson

Talent: The performing arts - singing and dancing

Association: We Dance Academy

Favorite song: Can't choose!

Dream job: Broadwayyyyyy

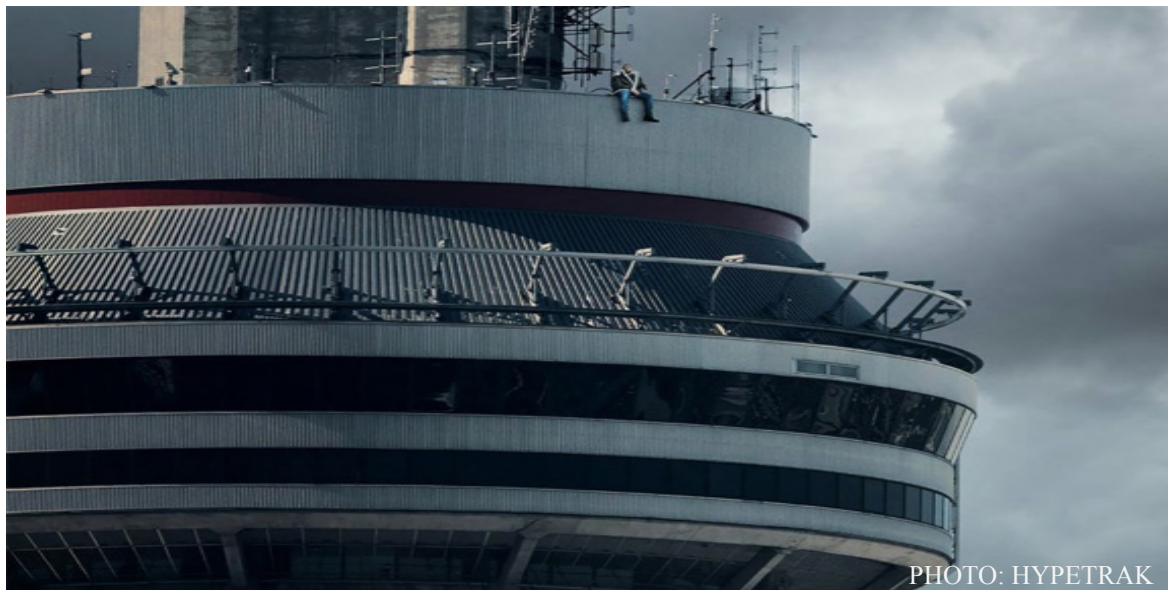
Years of interest: 5 years

High: "I just love being on stage and performing for an audience"

Low: Time consumption

Favorite memory: "It is nothing specific but it is just the bussiness of it all and staying there for twelve hours over weekends. I like the hecticness of it all."

Views of the Fans



Album cover from Drakes newest album "Views."

PHOTO: HYPETRAK

Kyle Adams
Editor-in-Chief



After six months of countless promos and fan anticipation, Drake finally released his largest album ever entitled "Views." The album contains 20 songs, three of which were released early to promote the album as a whole. "Views" sold 852,000 copies in its first week and is now available on nearly every streaming service.

Heralded as a consensus top-three rapper for the past couple years, Drake is known for his wide range of genres—the integral aspect that arguably makes him so popular. As evident in this latest album, Drake is fluid in his style from bass-heavy tracks to R&B songs.

At first, I was skeptical of the album because it felt like a mash-up of diversely styled songs with-

out a logical order. However, after constantly revisiting the album and reading the lyrics while listening, Drake's conveyance of a dual-emotion whirlwind of his rise to stardom finally became apparent.

With continual references to his childhood and adolescence in his beloved hometown of Toronto, Drake is articulate in describing his encounters with friends who became envious or apathetic as he achieved for fame.

However, he constantly reverts back to his unhealthy habit of judging his success by his monetary gain as opposed to friendships he has made or relationships he has solidified. The acknowledgement of mistakes is what makes Drake's songs relatable to so many, as seen in the songs "Controlla" and "With You."

Similar to past albums like "Nothing Was the Same," Drake once again stresses the values of loyalty in relationships. While he concedes that his worldwide

popularity has relatively changed him, he reminds his listeners that core values and peace of mind outweigh awards and prestige in tracks like "Keep the Family Close" and "9." Originality and creativity are paramount, especially in the art of music.

Simply put, Drake implicates that he now raps to honor his family, to excite his city, and to record the sentiments of his life's journey. On the contrary, he also does not forget to remind his listeners that he considers himself the best in the game and one of the few that has stayed loyal to most of his people. Thus, he posits that he must live more independently and have a smaller circle as he is lonely at the top of the rap industry.

Drake paired his aggressiveness and thoughtfulness to produce an album that stretches across the rap style spectrum. With the integration of innovative beats to nostalgic verses and catchy flows, Drake successfully compiled an album tailored to multiple musical tastes.

Burger Joint Pleases Food Enthusiast

William Omberg
Online Editor-in-Chief



There is nothing quite like a juicy burger paired with crispy French fries.

Jack Brown's Burger and Beer Joint, located at 5810 Grove Ave, does very little to stray away from this American staple. Their menu consists of simply burgers, fries, soft drinks, beer, and fried Oreos.

This seemingly limited selection is brought to life by 15 specialty burgers, including a separate concoction for each day of the week. For example, Sunday's proprietary burger, the Showalter, consists of a Wagyu beef patty topped with applewood smoked bacon, egg and cheese, sandwiched between two glazed doughnuts for \$6.99.

Since I ate on a Saturday, I opted for the Chiflet, a burger offered daily, which contains the same ingredients as the Showalter except on a standard bun for \$7.49. The burger also came with a side of sriracha mayo; upon applying a healthy portion of this to my burger, I went in for



PHOTO: WILLIAM OMBERG

William's meal at Jack Brown's Burger and Beer Joint

the kill.

The Wagyu beef tasted was just as enticing as its name sounded, tender, juicy, and cooked to perfection. The fried egg and sriracha mayo brought balance to the burger, specifically to its warm, cheesy foundation. Nestled in the heart of the burger sat two crispy strips of applewood smoked bacon, a perfect exclamation point to the sandwich.

As if the half pound burger and its ample toppings were not enough, I also tried both the standard French fries and the sweet potato fries. The regular

fries were crinkle cut and piping hot—iconic. The sweet potato fries, on the other hand, were sprinkled with a pinch of sugar, a refreshing change of pace.

Despite my stomach telling me otherwise, I also indulged in a pair of fried Oreos. Served in a box that resembled Chinese take-out, these delicacies were sugary, fresh out of the fryer, and, best of all, only \$1 each.

While I had a Coke, many people at the tables around me were enjoying one of Jack Brown's famed 100 craft beers, a selection that draws the attention of University of Richmond students.

For this reason, Jack Brown's is almost always packed with a young crowd. In the three times that I have been there, I have had to wait to be seated each time.

My wait times have ranged from 15 minutes to an hour, depending on the day of the week and the time of day.

The building itself is on the small side, with much of the floor space being taken up by the massive bar. Its small feel and full tables, coupled with classic and modern rock music playing in the background, lead to an energetic ambiance that does not die until the restaurant closes at 2 a.m.

Overall, Jack Brown's is quickly becoming my new go-to for satisfying my burger fix. It is open late, relatively cheap, and close to Freeman. They even have outdoor seating in front of the restaurant, which should help to cut down on extensive wait times this summer.

If you are really feeling hungry (and adventurous) and can eat either 13 burgers or 28 fried Oreos to break the standing record, you could even walk away with a completely free meal, a place on the Jack Brown's Wall of Fame, and an upset stomach for the next few days.

COMING UP

VCU Arts show: "Emerge"

June 2- July 8 6-9pm
Group show featuring works by VCU arts master's degree candidates and graduates

VMFA: Kehinde Wiley Exhibit

Opens June 11

Red, White and Light

July 4 4:30pm
Richmond Symphony under the Big Tent, a laser light show, patriotic performances and family activities.

Freeman Band Camp

August 11-26

Every Student's Nightmare

Comic by: Lauren Hecht

