



PHOTO: GABBY COX

Saying Hello Mr. Mey Begins a Legacy

Kyle Adams
Editor-in-Chief

Freeman welcomes back a familiar face: new head principal, Andrew Mey. After serving as principal of Meadowbrook High School in Chesterfield for three years, Mr. Mey gladly returned to Freeman. Mr. Mey formerly served as the associate principal at Freeman from 2008 to 2013.

The school welcomed Mr. Mey back when news of Mrs. Poates's retirement surfaced late last year.

"Freeman is a very unique place. It is a school with very strong tradition of high achievement. There is an enduring connection between families," Mr.

Mey said.

"There's just a sense of accomplishment at this school. Students are driven to success at this school more here than any place else that I've worked at. Many students take it upon themselves to gain the best exposure to a good education. There is a real passion and drive to learn and be successful," he said.

From hearing a faint British accent on the intercom to shaking his hand in the hallways, many students are curious as to Mr. Mey's background.

Mr. Mey was born in Kenya, but his parents relocated his family to England early in his life.

Mr. Mey noted that his blended childhood aided his understanding of others.

"I think any time you get the

opportunity to go different places, it broadens your horizons and allows you to see things differently. I'm very grateful for my upbringing. Being able to see things from many different lenses has taught me to be empathetic of others, to feel as others feel," he said.

Mr. Mey has one simple goal for his immediate vision for the school: "To make Freeman an even better place to work and learn. There should always be a sense of challenge and purpose from the students and staff."

English teacher Angela Smith said, "he has told us to celebrate even the small victories."

Mr. Mey's long-term ambition is to have Freeman be "as competitive as any school in the surrounding counties."

Mr. Mey plans to construct an atmosphere of abundant opportunity in which students can develop a profile to attend the college of their choice.

Additionally, elevating the excitement around the senior year of high school is a top priority for Mr. Mey. Events such as Convocation, Bike to School Day, and the Senior Honors Assembly are celebrations that warrant more attention, he said.

With the instant implementation of student-safety policies, Mr. Mey still wants to keep education at the forefront of the school's focus. Mr. Mey added that the most important part of high school lies in the holistic experience.

"High school is the training wheels of the world," he said.

Einstein's Closes Its Doors

Tyler Hendricks
Staff Writer

In August of 2016, the Einstein Bros Bagel next to Freeman closed its doors. Students and staff alike were surprised by the closing.

Junior Emma Griffith used Einstein's reusable cup program. Customers could purchase a cup and buy refills for less than \$1.

"It only cost 53 cents to refill the cup," said Emma, whose name and order were known by the staff due to her frequent visits.

"Lately I have been going to 7-Eleven to get coffee because their coffee is really good, but it is a little over \$1 more," said Emma.

Emma is not the only one whose coffee visits have been interrupted. In addition to students, many teachers were affected by the closing.

Jeffrey Meador, biology teacher, also visited Einstein's daily. He would buy the hazelnut vanilla blend with the refillable cup.

However, despite his disappointment, he was not surprised at the closing.

"I knew the store wasn't performing to standards because I talked to management a couple months ago, but I am disappointed," said Mr. Meador.

Senior Jacob Canary is an Einstein's employee at the Libbie and Broad location. He said that the closing of this Einstein's benefits his location because they received customers and materials from the closed shop.

"I wasn't informed ahead of time at all. We got a bunch of their stuff. They weren't getting enough business," said Jacob.

The 2,556 square foot shop now sits vacant with no new tenants. The lot is managed by CBRE-Richmond.

"We lease, sell, and manage commercial properties all over the world," said Senior Vice President Barry Hofheimer.

"In our opinion, Einstein's had operational problems in this location, having six managers over seven years, never utilizing the patio area, etc. They noted vandalism and loitering after school hours as the problem," said Mr. Hofheimer.

Mr. Hofheimer said that though there are no new contracts for the lot, CBRE hopes to have new tenants soon.

He also noted how being next to Freeman affected the business.

"Being next to Freeman is an overall plus, but it does require some additional management emphasis at certain times of year," said Mr. Hofheimer.

He added that the Freeman traffic poses concerns for the retailers.

"We have the security guards there now to make sure that students who received their licenses over the summer do not park in the center lot for school. The security guards also bring some order to the high number of drop offs and pickups at the beginning and end of the school day," said Mr. Hofheimer.

Though Einstein's may have closed shop, students and teachers hope to see a replacement retailer soon.

Remembering Frank Woolwine

Emily Finto
News Editor

Friends and family mourn the loss of rising junior Roy Franklin "Frank" Woolwine Jr. who passed away this past summer in a fatal single-car accident. Frank's car ran off the road and struck a tree in the Westham neighborhood early Saturday morning, Aug. 6, 2016.

Frank is survived by his father, Roy Woolwine; his stepmother, Emily Mumford Woolwine; his brothers, Robert and Henry; and his sisters, Annie, Mizzy, and Sally.

In addition to spending time outdoors and with friends, Frank was on Freeman's football and lacrosse teams. His dedication and natural leadership inspired his teammates to work hard in every practice and game.

"From the get go, he was leading the laps. As a coach, you want that kind of dedication in a player to be infectious to the rest of the team," said lacrosse coach William Seegar.

"He was always laughing and smiling, and his personality could light up a room," said football coach Michael Henderson. "He loved the game of football and he makes us want to play harder every game in his memory."

Both on and off the field, his optimistic outlook influenced

those around him.

"The thing that inspired me the most about Frank was the fact that he found the good in everyone and everything. There wasn't a situation that you couldn't put Frank in that we wouldn't walk out smiling. He loved life and always wanted everyone around him to be happy," said girlfriend, freshman Caroline Ferguson.

Following the accident, friends and family came together to remember a lost brother, son, and friend. Over 200 students gathered for a candlelight vigil in the Woolwine family's backyard on Sunday, Aug. 7. They later packed an overflowing funeral service at HOPE Church on Thursday, Aug. 11, where they released blue and white balloons at the end of the service.

"His many friendships are a testament to his friendliness," said father Roy Woolwine.

At the service, Mr. Woolwine spoke to the audience, urging them to learn from this tragedy.

"I want all the kids to use Frank's death as an example of what can happen when you make a terrible decision. I know the mind of a 16 year-old does not think that way, but please try to take a second to decide whether you are doing the right thing. It may save your life. I also want all the athletes to honor the pledge they signed to participate in sports," said Mr. Woolwine.

At the beginning of the season, VHSL athletes sign a pledge,



PHOTO: STRAWBRIDGE EXPRESSIONS

agreeing to abstain from drugs and alcohol while participating in school athletics and activities.

Parents and teachers alike are encouraging teens to think before they act.

"Frank's death was a tragedy, but it becomes a bigger tragedy if we don't learn from it," said Coach Henderson.

"As a 16, 17, 18 year-old, you believe you are invincible. In retrospect, you have to understand

that you're not," said Coach Seegar.

"I think that in the wake of anything, we all kind of have that moment of reflection that life is a lot more precious than we give it credit for and that in an instant, literally, things can change. Frank's death has taught us to make smart choices and, at the same time, considering what you're doing to improve the world around you," he said.



Opinions:
Dress Code



Features:
Frey Visgo



Center Spread:
New Things at Freeman



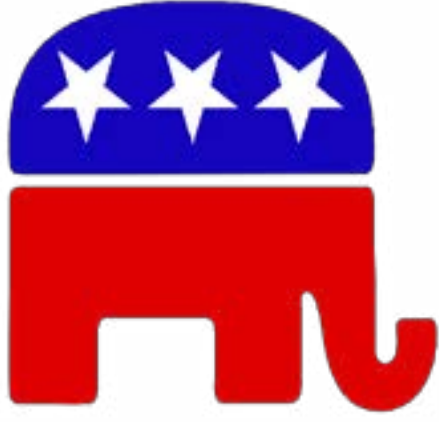
Sports:
Cross Country



Arts & Entertainment:
Gavin Traylor



Election Motivates Students to Get Involved



DSF Republicans

Young Democrats

Nicholas Wright
Staff Writer

In the midst of an intense election season, Freeman's newest club, DSF Republicans, is working hard to establish itself as an influential force in the school's political climate.

Sophomore Chase Smith is the founder and current leader of the club. "Our main goal is to get younger people involved and active with other like-minded Republicans," said Chase.

Joanna Metz, the club sponsor, said that DSF Republicans helps Freeman represent both sides of the political spectrum, since the school already has a Young Democrats club.

"It helps [students] become more conscientious people and more aware of what is going on in the world," she said.

At this point, the DSF Republicans is not yet an official club.

School policy requires

six months of regular meetings for a club to get official status.

The club's first meeting brought in 13 people, but the current goal is to reach 30 members and then grow larger as word of the club spreads.

While Chase has been promoting the club on social media websites, his primary strategy for building numbers is simple word of mouth.

Though the club is small now, Chase has big plans for the DSF Republicans.

"I want it to grow. I'd like to get Republican clubs started at more schools in the area," he said.

The DSF Republicans, like the Freeman Young Democrats, will host opportunities for discussions at bi-weekly club meetings and volunteering with Republican campaigns.

Despite the prominence of this year's presidential election, Chase wants the club to primarily focus on

local politics, particularly the seventh congressional district, where most Freeman students live.

"I know that many Republicans might not feel too hot about [Donald] Trump," he said. "Right now we are focused on ensuring that [Representative] Dave Brat gets re-elected."

Chase anticipates getting Freeman students involved with Congressman Brat's campaign by "going door-to-door, making phone calls," and volunteering at campaign functions.

He also hopes to host guest speakers like Republicans from Turning Point USA, Dave Brat's Chief of Staff, and possibly Congressman Brat himself.

"You can be a Republican and you can be a conservative," said Chase, "but if you don't get involved, you're not going to help your cause."

This November marks the sixth election in which the Freeman Young Democrats Club has been active.

"I remember my first meeting freshman year," said Young Dems president Nadine Lin.

"It's about educating people on the party's goals and getting younger people involved," she said.

Meetings provide students opportunities to discuss candidates and policies in the current political climate.

Jason Abril, the club sponsor, said that such discussion helps students become "more informed citizens."

"Having a community of Democrats who want to discuss the issues that matter most and how to solve them was super appealing," said Kate Sjovold, veteran member of the Young Democrats.

With a strong emphasis

on political discussion, differences of opinion are actually valued by the club, not looked down upon.

"It was interesting last year because it was Hillary and Bernie campaigning against each other... For the first time since 2008, members of the club had different opinions on who should be president," said Kate.

"It's cool seeing that there can be differences within a party, and putting them aside to work toward a common goal," Nadine said.

In addition to political discussion, Nadine stresses the club's focus on community service and political involvement.

"Though we talk about politics in Young Dems, another big aspect of the club this year will be volunteering and helping to elect Democrats up and down the ticket," she said.

Most of the club's activities are not held on school

grounds, but in the local community and around Henrico County. Even before the first meeting, members were already "canvassing and making phone calls for the campaign," Nadine said.

Plans are already underway to have a coordinator with the Democratic Party speak to the club about "ways to get Freeman Young Dems involved," Nadine said.

This year the club has grown in membership. Nadine attributes this growth to the presidential election.

"When you look at the Democratic Party's platform, you see that it's inclusive, progressive and thought-out," she said. "That's what we need in our country right now, and people understand that."

When the nation chooses its leaders this November, you can be sure that the Freeman Young Democrats have played their part.

Sneak Peek at Homecoming 2016

Caroline Wall
Staff Writer

Every fall, students look forward to the festivities of Homecoming.

However, what students do not see is all of the preparation that goes into the weekend's events. With a combined effort of the SCA and the Homecoming Committee, the spirit week, pep rally, parade, and dance are all able to run without a hitch.

This year, the Homecoming parade and football game will be Friday, Oct. 21, and the dance will be Saturday, Oct. 22.

The Homecoming events kick off with spirit week. Spirit week is the week before Homecoming, in which students are encouraged to dress up for a daily theme. The SCA, sponsored by Carter Reilly and Gregory Townsend, works together to come up with the themes.

"We'll get like 20 ideas and then eliminate ones and narrow it down to ones we think are the most fun and the most doable," said Catie Grayson, SCA president. These themes are then posted around the hallways and on Twitter.

The SCA is also in charge of the pep rally, which is held at the end of the day Friday. "Usually we'll just come up with a fun

game and get a music playlist on our phones," said Catie. The pep rally allows students to show off their school spirit and get excited about the upcoming parade and football game.

The Homecoming Committee, made up of members of the faculty, including Andrea Baker, Carrie Yeatts, and Suzanne Criswell, is in charge of organizing the parade and football game, both of which take place Friday night. They begin planning a year before the event. However, some details still come down to the wire.

"We have actually gone until the parade started at 5:45 in search of one more car," said Andrea Baker, committee member and organizer.

Each grade level has representatives ride on their class float. Students, with help from class sponsors, are responsible for decorating their floats. The floats all correspond with a theme. This year's theme is "Our Journey." Mrs. Baker said that she enjoys the float tradition because it builds "class comradery."

With 95 percent participation from all clubs over the past five years, the parade is always a big hit. All club sponsors and sports coaches are provided with packets filled with information about the parade and how to get involved. Many members of the community also come out to

support Freeman by watching the parade and participating in tailgates.

Homecoming generates a lot of revenue for the school. Every Homecoming princess must pay a fee of \$15 for her flowers and ticket to the football game. For the rest of the community, a ticket to the football game still costs \$7. For the past two years, the Homecoming game has brought in a profit of at least \$2000, according to Suzanne Criswell, Activities Director.

On Saturday it is time for the actual dance. The SCA is responsible for decorations.

"We get all of our decorations from this website called Stubbs, and we have a budget, and each of us will look through and select things that we think are appropriate for the theme," said Catie.

According to Mrs. Reilly, the SCA students are "super involved" in the dance. "They even come in the morning before the dance to help set up," she said.

The SCA has about \$2000 total expenses for the dance after covering the cost of the DJ, police officers, decorations, food, balloons, and more. A ticket to the dance is \$10, creating a \$4500-6000 profit after expenses have been paid.

Students are encouraged to attend the dance and participate in the parade and spirit week.



PHOTO: EMILY FINTO

Seniority Rules

Jackson Woody
Staff Writer

Most success stories start with hard work over a long span of time. For the Class of 2017, the years of hard work have finally paid off.

Under the new administration, this senior class has negotiated more benefits and privileges than ever before.

"This year, the seniors asked for privileges, and the new administration said 'great, we love your ideas,'" said senior class co-sponsor Jamie Bargo.

"The seniors have had a lot more face time with the administration than they have over the past three years. We've gathered as a group several times with Mr. Mey, Mr. Marshall, Mrs. Metcalf, and Mrs. Criswell—they all want privileges for the seniors and new legacies to be formed from those privileges," Mrs. Bargo said.

Some of the new benefits and opportunities are a first-time coming for any senior class at Freeman.

"We've discussed the possibility of having food trucks come to Freeman for a day, senior breakfasts and brunches, leaving five minutes early every Friday all year round, and senior movie day," said Thomas Best, senior class president.

As a change, seniors are being rewarded more for their diligence and resilience than in previous years. Andrew Mey, the new principal, understands the journey of high school, especially senior year.

"Senior year is a pivotal year; students work hard to get to the

senior year. There is a tremendous amount of pressure on seniors just to push through the senior year," he said.

"We already do a lot to celebrate seniors, but I want to do more. I would like to look for opportunities with the seniors' help to do more to celebrate the senior year, and to support them for almost making it to the final step," said Mr. Mey.

The current seniors have embraced the new opportunities, especially the possibility of a food truck day.

"I'll be happy as long as we get food trucks," said senior Emilio Layton.

Despite the celebration of senior privilege, this is not a one-sided deal. The senior class has new responsibilities expected of them.

According to Mr. Mey, some of the responsibilities of seniors this year include raising school spirit, committing to more volunteer work, keeping the student body safe at Freeman extracurricular events, and continuing to prosper academically.

"They get privileges, but it is a responsibility for them to give back to our community," said Mr. Mey.

These advantages are not exclusively for this year's seniors. The new administration has opened up communication with all classes to ensure that the Freeman Family will be in good hands for years to come.

"We want to build a tradition. We would like to consistently meet with representatives from each class to understand their initiatives and to build upon already-existing traditions," said Mr. Mey.



PHOTO: GABBY COX

Mrs. Reilly hangs up Homecoming signs.

The Value of the Choice



Kyle Adams
Editor-in-Chief

Right before I die, I want to be able to retrace sharply the memories of my life. When I have kids, I want to be able to look them in the eye and tell them that I avoided the traps of high school. When I am in college, I want to reminisce about the peo-

ple and events of Douglas Freeman High School.

While I am still in high school, I want to soak up every bit of it.

That's the thing about life. Since you cannot physically relive it, all you can do is close your eyes and reminisce about the times you felt warm inside and never wanted to leave that moment.

To me, memories are the foundation of human connection. Every time I listen to "Dixieland Delight" at night, I close my eyes and remember the bus rides home with the baseball team. With everyone singing in unison, bonding over a long-established Freeman tradition and mutual hatred for Godwin, the mind feels a lucid sense of comfort and genuine love for everyone in that moment—and in that memory down the road.

So while many high school

kids and even adults enjoy the momentary feelings of freedom and invincibility while intoxicated, I find enduring fulfillment in the touching, thoughtful moments of life—sober. I believe that freedom rather lies in connecting with emotions without substantive aid.

Alongside my many baseball memories, the memories of being in the student section for suspenseful football games remain vivid in my mind to this day. Seeing classmates on the field beat Atlee with 6.2 seconds left sent a warm tingle up my spine as I celebrated with my closest friends at the front of the student section. But even as a freshman, jumping and chanting "Rebel born, Rebel bred, Rebel 'till the day I'm dead" and "I believe that we will win" at the top of my lungs evoked a sense of communal pride I never encountered

until high school.

Yet how does this nostalgia have any value if memory is lacking, or if coherence in the moment is gone?

While adults will preach to you about not drinking because it's illegal or it's unhealthy, I simply ask, what is the long-term benefit from drinking beforehand?

The most valuable asset any human possesses is time. The measurement of time is memory. Using substances to experience temporary pleasure kills memory, and therefore kills time. It seems like a waste. While it can make for a jocular moment and sense of comradeship, intoxication is not conducive to meaningful human connection and lasting memories.

I implore each and every one of you who reads this—adolescent or adult—to stop and ponder which memories bring you the

greatest satisfaction. Although being sober does not bring the most thrill to every moment, I firmly believe it instead cultivates a cognizance of one's true emotional standing.

I am not preaching to anyone to make a lifestyle change. I am simply asking every reader to think deeper about the reasoning behind drinking away the best times of high school.

When home alone where nobody can influence your thoughts, reflect on what you truly want to take away from the interactions you have in high school and beyond. When you are in your older stages of life, will you want to have numerous vivid memories to recall, or will you be content with having a fogged recollection? Only one person should know that answer—and that is you.

He Said

Jack Neary
Opinions Editor

Jeans and flip-flops for fashion. Footie pajamas for comfort.

I'd rather watch the Rebels than the Redskins #HotTake

Honestly underrated

Catch me in a dance battle with Sarah

It's time for the change America deserves #Neary2016



Fall Fashion

NFL Season

Pumpkin Spice Lattes

Homecoming

2016 Election

She Said

Sarah Lim
Opinions Editor

Leggings are pants.

Anyone who disagrees can fight me.

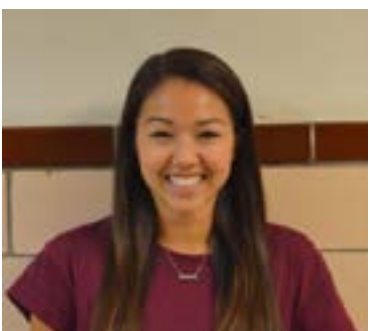
What is fantasy football? And which team does Seth Curry play for?

Tastes like hot bean water with nutmeg

Time to break out my signature move:
The Sprinkler

Strong females today. Strong females tomorrow.
Strong females forever.

Hungry for a Change in the Food Policy



Sarah Lim
Opinions Editor

When I get to school, I'm typically in pretty good shape: freshly fueled from breakfast and ready to start the day. By the

middle of third period my focus falters, my drive decreases, and my train of thought falls right off its tracks. I should stop and refuel, but I cannot.

Food and sleep are the fuel for students. The food we put into our bodies is turned into energy in the form of glucose, a sugar our bodies use as fuel. When the glucose runs low because we aren't eating, our energy runs low. Intense fluctuation in blood sugar is terrible for your productivity, body, and future health. When your blood sugar fluctuates and you do not continually intake food, the glands inside you that are responsible for regulating your blood sugar are constantly trying to stabilize your glucose levels. The strain

that this puts on your glands can cause damage that is widely recognized as a major cause of type two diabetes, high blood pressure, and heart disease.

For those of you in D block lunch like me, it seems we are in deep trouble.

The simple solution would be to let students eat whenever they'd like. So why do teachers restrict us from refueling?

Allergies.

According to the Asthma and Allergy Foundation of America, an estimated six million people under the age of 18 have a food allergy in America. Section 504 of the Americans with Disabilities Act of 1990 requires all federally funded schools to provide students with an equal opportu-

nity to participate in school regardless of a student's disability.

Not allowing eating or drinking in the classroom has always been a county practice, although enforced to varying degrees. Administration received feedback from teachers, students, and parents that there was a need for consistent enforcement.

Completely banning eating in classrooms is not the best solution. By depriving students' fuel supplies, schools are directly responsible for a student's lack of energy, focus, and productivity. Students with and without allergies need food to maintain attention and enhance efficiency.

The best strategy for Freeman would be to allow hypoallergenic foods to be eaten during class.

Hypoallergenic foods, typically fruits and vegetables, are foods that have an extremely low possibility of inducing an allergic response. Hypoallergenic foods include items such as avocados, cucumbers, carrots, bananas, apples, and blueberries.

What's also great about these foods is that they're high in glucose which gives our bodies the best fuel we can have. These fruits and vegetables also increase our dopamine levels, a chemical that enhances your overall mood and make you feel more driven.

So next time a student starts to lose focus, teachers should ask themselves what is truly more detrimental to students: hunger or eating in class.

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

Dress Down the Dress Code



Meredith Given
Sports Editor

It is 2016, and we should no longer live in a time where women are shamed for showing some skin, and yet students still feel they are being shamed in the hallways of Freeman.

I understand that a dress code is needed for a professional school environment, but the boundaries of the dress code are very subjective for female students. Singling out female students for some of these dress code violations is an unnecessary use of class time and does not promote gender equality.

To begin, there is some inequity in the enforcements of dress code violations for males and females. Male students simply get asked

to pull up their pants or take their hats off; there are no serious repercussions for them when they break the dress code. However, when females break the dress code, they are often called out of class, asked to change, and in extreme cases when they do not change they are sent to RESET where they are put in isolation so they do not "distract others."

Two trends that are in violation of the dress code are bralettes and off-the-shoulder tops. One of the main issues I have heard females complain about is the dress code considering bralettes as undergarments. Tops of bralettes are not undergarments. They are articles of clothing that is worn to enhance an outfit, not worn to provoke peers.

Another issue of the dress code that affects only female students is the issue of fit. Female students with a smaller frame are more likely to get away with wearing tight or fitted styles; however, a curvier girl wearing the same style may be advised by her teacher not to wear that again.

As a member of the field hockey team and as a female, I find it sexist that a female wearing her school-issued uniform should be pulled out of class to address its length. If the school does not like

the length of the skirts, then they can buy us longer ones.

High school is a time for kids to mature, and if boys aren't mature enough to control themselves around spaghetti or bralette straps, they have bigger issues than a few square inches of skin.

Part of the argument for the dress code is to prepare students for the real world, but however, college is where most are prepared for the real world and there are few if any dress code restrictions there.

I understand that the administrators do not write the dress code, and that they are just doing their jobs when they address it. I am not calling our school administrators sexist. I am calling the Henrico County dress code sexist. I believe that females should have restrictions when it comes to certain articles of clothing, but the dress code is singling out females for clothing items that are not meant to be provocative.

Are You a Senior?
Is Your Courtyard
Experience
Disappointing? Visit...

<https://dsfcommentator.wordpress.com>

Freshman Treks Boy Scout Landmark

Lauren Tull
Staff Writer

Hiking for 11 days in the New Mexico heat is not everyone's cup of tea, but it was the trip of a lifetime for freshman Addison Hagan.

Addison is currently a Life Scout and has been a Boy Scout for four years, and this trip was the most important one he will go on during his time in scouting. Troop 770, Addison's troop, did a lot of training before going out West, including multiple 10-mile hikes along the Appalachian Trail.

He and about ten other boys flew to New Mexico the Saturday after school ended and stayed there for three weeks. The scouts and their advisors, one of them being Addison's dad, traveled to Philmont Scout Ranch, a 140,180-acre plot of land dedicated to hosting troops of Boy Scouts.

"The trek itself was listed at about 64 miles," Addison said, "but by the end I had done like 80 because sometimes we would take a short hike to go see the sunrise which would tack on a couple of miles."

After getting up much earlier than they were used to back home, the group tried to pack up camp and hop on the trail before the temperatures got too high, as "the days were really hot, some-



PHOTO: DAVID BERNHARDT

Addison and his father stand on the summit of Mt. Phillips in New Mexico.

where in like the 95-100-degree range," Addison said.

His pack was a little over 30 pounds and filled up to the brim with "a water bladder, two other water bottles, a sleeping bag, half of a tent, clothes for the whole trip, and sometimes crew gear, like food, stoves, and pots," Addison said.

The scout troop spent the first few days doing medium-distance, uphill hikes, but the real test came on Day 8. The hike to the top of Mt. Phillips was "a steep, rocky and sometimes treacherous route," Addison's father, Addison Hagan, said. They met a scout troop coming down, and as they

told stories of being pelted with hail at the top and a two-hour descent, Troop 770 began to expect a difficult four-hour ascent. However, "Our young men made this climb in less than two hours. They summited Mt. Phillips in one hour and forty-five minutes! They beat all expectations," Mr. Hagan said.

After spending the better part of the day hiking and eating a quick lunch of beef jerky and crackers, the troop would arrive at their campground and set up for the night.

"If the camp was a staffed camp, then there would be some sort of activity," Addison said.

"One day we went to a fishing camp, where they showed us how to fly fish and tie our own flies," he said. If the camp was not staffed, they would spend the afternoon resting or exploring around the area looking for a good sunrise spot.

When everyone returned from their afternoon activity, "dinner was the only time we really had to cook, so all we would do was boil some water and pour some freeze dried food in the pot," Addison said.

The environment during the day sharply contrasts that of the night. Philmont Ranch is right where the plains meet the moun-

tains, and "nights were really cold because we were in the desert," Addison said. Some nights were below freezing and "I got a 20 degree sleeping bag, and I didn't regret it," he said.

Addison was "the person in charge of the map and getting us to the place we needed to be," said sophomore Zack Owens who also went on the trip. Addison was the man with the map, and sophomore Ethan Lustig described him as "careful, smart, and kind."

This 11-day hike totaled around 80 miles, and each member of the troop earned the mileage needed for their 50-Miler Badge. "The crew experienced 20,000+ feet of total elevation gain and loss over the course of their trek. That means they climbed and descended almost four miles vertically," Mr. Hagan said.

Addison and his dad bonded over trekking around Philmont Scout Ranch. "I am left with memories that will last a lifetime and an immense sense of pride in these young men and all that they accomplished," Mr. Hagan said.

"I will always value the quality father-son time we had in the backcountry wilderness of Philmont Scout Ranch," he said.

At the end of the trek, Addison felt fortunate for this amazing opportunity, and said: "this was our big thing in Boy Scouts. You only get to go once."

How Well Do You Know Your Best Friend?



What is your best friend's middle name?

"Grace."

What is your best friend's biggest pet peeve?

"I guess when people aren't being their true selves."

What makes your friend the happiest?

"Books."

What is your best friend's spirit animal?

"This is going to sound so stupid. Tyler Posey."



What is your middle name?

"Grace."

What is your biggest pet peeve?

"When people talk about things to me that I know more about or try to lecture me about something they don't know."

What makes you the happiest?

"Music. I will choose music over books every time."

What is your spirit animal?

"Tyler Posey."

Sarah Klotz scored a 3/4. How well do you know your best friend? Nominate a pair of your friends for the next issue.

Norwegian Exchange Student Makes American Debut

Liza Moody
Staff Writer

Fluent in four languages and well-traveled, there is little doubt as to why Frederikke "Frey" Vigsø decided to become a foreign exchange student.

Frey's hometown is on an island in Norway called Kristiansand, a town named by a king called Kristian who saw a lot of sand on the island when the first arrived. Frey frequently travels between Norway and Denmark. She lives in Norway, but she was born in Grindsted, Denmark and she is half Danish and half Norwegian. Frey's curiosity about different cultures led her to a company called Education First, which caused her to look into becoming a foreign exchange student.

It was a shot in the dark, "I talked my parents into going to an information meeting and we [thought], nothing's going to happen, it never does," said Frey. Much to Frey's surprise, her application was accepted by the program. She chose the United States because of its many cultures and she thought it would be "fun to be [there] during an election year, because you can experience so much of the political culture."

When Frey first arrived in the United States, she was able to participate in a New York summer camp through Education First for ten days. "We went to a baseball game, [an] amuse-

ment park, New York City, and we also had a lot of activities on campus," Frey said. After camp, Frey headed to Richmond where her host family, Cheryl and Brian Pacious, lives.

Frey is the second exchange student to stay with the Pacious family. Frey said that her host family is "great, they're so awesome," and that she tries not to miss her family back in Norway too much. Frey will be staying with the Pacious family for her junior year at Freeman.

At the end of summer, Frey joined the Freeman cross country team.

"It's great to at least start a sport before school. I really enjoyed the social part of it," Frey said. Being on the team has made her transition to American high school easier.

"Frey is a great addition to our team because she brings so much enthusiasm and energy to our group of girls," senior Emma Phelps said.

"She is super nice and is really funny. It's fun to ask her about Norway and her language. She's really cool," junior Mia Girardi said.

There are many differences between school in the US and Norway.

One major difference between Frey's school in Norway and her school in the United States is that her school in Norway does not have any sports teams. "You have private sports teams where you pay to be a part of them," said Frey, but "we still talk about how our school is the

best." Although school spirit may not stem through athletics, they "compete over the highest GPA," said Frey.

One aspect of learning in the United States is that Frey enjoys is the school hours. In Richmond, school "starts later. I can sleep in. It's great! I was supposed to get up at 6:30 last year," Frey said. However, she also mentioned that the homework load is a lot heavier at Freeman than she had last year. Norway's school system does not focus on many small homework grades or quiz grades. Instead, the schools give students large tests that are worth a ma-

majority of their grade, and the tests are not given within the first few weeks of school.

Frey is also quite talented with languages. Douglas Tibbett, her German teacher at Freeman, said "Frederikke has practiced German (and English) extensively and shows her mastery every day." He describes Frey as very "curious, confident, and driven."

"With her, it's all about the knowledge and the work that she puts in to get it. She's a savage debater, and does not hesitate to speak up when she senses I am wrong about something. But she's also always kind to her classmates," Mr. Tibbett said.

Her hard work has paid off because she is fluent in English and can also speak German, Norwegian, and Danish.

Frey has brought many aspects of Norwegian culture to Freeman: her ability to speak four languages, her love of Scandinavian seafood, and her friendly personality. As Frey explores the halls of Freeman learning about American culture, Freeman students are simultaneously learning from Frey's Norwegian heritage. Frey can now add the United States to the growing list of countries to which she has journeyed.



PHOTO: MACKENZIE KING

Frey talks to new friends in Mr. Durrett's class.

Lifeguard Shows Olympic Work Ethic



PHOTO: ZHANE NELSON

While working at NOVA, Zhane meets Townley Haas.

to do CPR, AED, and first aid.

On top of all the time spent at his jobs, he also spent a lot of time and effort getting to them.

"I ride my bike to work. I ride my bike about 130 miles a week, but it is not bad since the distance is spread out through seven days," he said.

"He was determined and committed to working as much as he possibly could; early or late, the answer was always yes. Several of the coaches called us to say what an amazing job he has done," Mrs. Nelson said.

With three jobs, Zhane got paid well this past summer.

"Now that I am working, my parents have me paying for things like snacks and my phone plan," he said.

In his free time, Zhane also enjoys reading and playing the piano.

Zhane went to Tucker in the ACA program for freshman and sophomore year.

"I didn't feel challenged there—even in the AP and honors classes it didn't seem rigorous," he said.

Zhane is taking five AP courses this school year. Even though "the halls of Freeman are pretty crowded and [his] classes are more difficult," he enjoys his courses and his teachers this year. In the future, he would like to take his studies into the neurology field or orthodontia (orthodontics).

He did not feel comfortable at Tucker, but the dedicated Zhane Nelson is very excited to be at Freeman and swim on the Rebels swim team this year.

Hailey Reid Staff Writer

Junior Zhane Nelson, transfer from Tucker, works a lot more than your average high-schooler.

"I had three jobs over the summer. They're all lifeguarding jobs; one is NOVA and the other two are neighborhood pools," he said. He still works at NOVA and now works at a retirement home also.

Zhane said that managing summer work with his summer jobs was "stressful." During work he would often complete summer work whenever he got the chance.

While he works for NOVA during the weekends for four to seven hours, he also swims there.

"I used to swim for NOVA year-round, but now I just swim there twice a week to train for swim season this

winter," he said.

Cheryl Nelson, Zhane's mom, described Zhane as "a helper."

"He was at NOVA every day, sometimes from 7 a.m. to 9 p.m. Whenever they needed him, it was all work," she said.

He lifeguards for his "love of water" and because he enjoys swimming.

Although the bulk of his time is spent at NOVA, Zhane said that Regency Woods is his most difficult job.

"Regency Woods is an apartment complex which is stressful, because the people are older and there is more risk," he said.

Zhane spent two weeks training for his lifeguard positions.

"Basically one of the swim moms from Tucker recommended Douglas Aquatics Certification Class, which is what certified me," he said. In this class, Zhane learned how

Freshman Brings Diversity to Freeman



PHOTO: RAQUEL LAYTON

Raquel (second from left) poses with her siblings in Melbourne, Australia.

Ellie Somers Staff Writer

Freshman Raquel Layton is a dedicated student, swimmer, and traveler. She has a busy schedule, balancing swim practices at NOVA and the time-consuming responsibility of being in the Leadership Center. But during the summer, Raquel enjoys traveling overseas.

At school, Raquel immerses herself in clubs. "I am part of the 2020 Rebelettes Club, and I am looking to join the swimming team," Raquel said. Her favorite class is Intro to Humanities with Mr. Inman because she has "never had a class like that before" and is intrigued by the class discussions.

Raquel swims all strokes at NOVA, but her favorite is freestyle. "There are six practices a week, but I usually go to five," she said. Practices run all year, and Raquel enjoys swimming in the summer for fun.

In addition to swim-

ming, Raquel also enjoys traveling with her family. "I love to travel during the summer," she said. One of her favorite places to visit is her father's hometown in Australia.

"My dad is from Melbourne, Australia and my mom is from Metagene, Colombia," Raquel said. "I like to travel to Australia because that's where I have a lot of family... we maybe go every five years, the most recent being last summer, but my dad goes back every year," she said. "I've never been to Colombia but we're looking to go there sometime soon."

Because of their family background, Raquel and her siblings, Catalina, Emilio, and Sabrina, all have three citizenships: one in the United States, one in Colombia, and one in Australia.

Although she has always lived in Virginia, Raquel's citizenships grant her the right to live in any of these countries and make traveling to them much easier because she "doesn't have to go through customs."

The process of applying for citizenship can take anywhere from six months to a year, and requires that one parent was born in the country or the person applying for citizenship has lived there for a specific period of time.

Raquel's citizenships factor into her family life. Because her mother is from Colombia, Raquel has had to learn Spanish to communicate with her mother's side of the family. "Both of my grandparents only speak Spanish, so whenever they're at our house it's only Spanish," Raquel said. "I learned Spanish first from my mom, but I do take Spanish classes at school."

Raquel hopes to follow in the footsteps of her older sister, Catalina, and incorporate her love for travel as well as her family's Spanish culture into her college course of study. "My sister is taking a language class, and if she takes it for a certain amount of time she gets to travel, so I'll probably try to do something like that," Raquel said.

Foreign Exchange Student Finds Home

Sarah Halsey Staff Writer

Through the American Field Service, junior Krittiya Suphap has traveled from Thailand to Richmond, Virginia as a foreign exchange student, staying with senior Kerry Baumann and her family for the 2016-17 school year.

John Baumann, Kerry's father, explained how the family has been longing for this opportunity. "The past few times we tried to make this happen, it didn't work out," Mr. Baumann said. Due to Freeman having a limited amount of spots for foreign exchange students per school year, The Baumanns were never able to house a student.

Arriving in New York in July, Krittiya went through orientation to get ready for her new adventure. "We then picked her up in Fredericksburg in August," Kerry said.

Once Krittiya arrived, she and Kerry spent time with one another, despite busy schedules. "Because both of my parents were working, and I had summer work to complete over the summer in preparation for senior year, she was a little bored at times. But, if possible, we would go to lunch with my dad or we would errands together," Kerry said.

Into the school year, they have developed a routine. "Now that school has started, we have figured out the schedules out. Most of our fun activities happen on the weekend like going to Belle Isle or Short Pump for shopping," Kerry said. "My family and I plan on taking her to New York and to historical places around Virginia." The Baumanns also intend on bringing Krittiya to their family in North Carolina. Krittiya plans on going to Washington D.C. with other foreign exchange students who have come to Virginia through AFS.

Krittiya has noticed differences in Freeman compared to Thailand. "In Thailand, you are with



PHOTO: KERRY BAUMANN

Krittiya poses with the Baumann Family at The Diamond.

the same people in every class. In here, there are different people in each class," Krittiya said. She explained that with fewer people in each class in Thailand, you get more one-on-one time with the teacher.

Krittiya has noticed differences between the school system in Thailand and America. "High school is from 7th grade to 12th grade. From 7th to 9th, I learned at the boys' school that focuses on math and science," Krittiya said. However, after realizing she was not interested in those subjects, she then transferred to the girls' school, which focused on language. Because of the language program at the girls' school, Krittiya was eligible to do the foreign exchange program.

Kyle Schuster, Krittiya's English teacher, describes Krittiya as a hardworking and friendly student. "It's early in the year, but she is doing well. She pays attention in class and doesn't get distracted. She has initiative to learn and asks questions when she doesn't understand something," Mr. Schuster said. He can

see her doing well this year.

Krittiya's favorite classes so far are history and human geography. However, it is difficult for her to understand the material. "I have to learn the material in English, and I don't understand much English so it makes it hard at times," Krittiya said.

Krittiya has noticed many differences in the rules at Freeman. "In Thailand, there were many rules. I had uniforms and the skirts had to be a certain length. We also had to cut our hair a certain length because it couldn't be too long. We were not allowed to have jewelry either. Here, there aren't as many rules," Krittiya said.

Krittiya has already begun to fit in and said that she has friends who help her with her studies and learning the English language. She and another foreign exchange student, junior Frey Vigso, have befriended one another. "We have US History together," Frey said. From having class together daily, the two girls have gotten to know each other and are excited for the rest of the school year.

Day in the Life of Senior Ben Potter



- 7:30 AM - Wake up and get ready for school
- 7:35 AM - Take a nice long shower and wash my luscious hair
- 8:00 AM - Get dressed in a collared shirt and khakis
- 8:05 AM - Pour out some milk and cereal for breakfast
- 8:10 AM - Pet my dog Reggie a bunch and brush my teeth
- 8:30 AM - Drive to school
- 8:45 AM - Get to school and do my homework from last night
- 12:01 PM - Eat lunch and talk about soccer and video games
- 4:00 PM - Go home and take another refreshing shower
- 4:30 PM - Pet Reggie again
- 5:00 PM - Go to my girlfriend's house and hang out with her
- 5:30 PM - Pet my girlfriend's dog (Sorry Reggie)
- 9:00 PM - Go back home and watch Parks and Recreation
- 9:45 PM - Pet Reggie once again because I just love dogs
- 10:30 PM - Go to sleep

Turning the Page to a New School Year

What's New at Freeman?

New Teachers at Freeman!



Julie Ashey

College: VCU
Teaches: Exceptional Education Algebra I Part 1, Econ/Personal Finance, and Earth Science
Favorite class in high schools: Biology
Fun Facts: I am growing my hair out for Locks of Love.



Virginia Cabell

College: JMU and GW
Teaches: Reading and English II with Mr. Durrett
Favorite class in high schools: English and French
Fun Facts: My mom was a school counselor and teacher here at Freeman for many years.



Margaret Carlson

College: VCU and JMU
Teaches: Health and PE
Favorite class in high schools: PE and US Government
Fun Facts: I enjoy Yoga, hiking, working out at the gym, and going to the beach. I am also a massage therapist!



Michael Compton

College: U of R
Teaches: Latin I, II, III, and Econ/Personal Finance
Favorite class in high schools: Chorus
Fun Facts: I went to high school with Sandra Bullock. (No, we didn't date.)



Kristen Christopheron

College: Liberty University
Teaches: Vocal music classes
Favorite class in high schools: Math and Show Chior
Fun Facts: I'm Norwegian! Christmas Eve dinner in my family consists of Lefse and Swedish Meatballs!



Maryann Divina

College: JMU and VCU
Teaches: World History II and Econ/Personal Finance
Favorite class in high schools: Not history, surprisingly
Fun Facts: I geek out on Carolina Panthers football stats.



Elizabeth Kilberg

College: VT
Teaches: Algebra I & II
Favorite class in high schools: Math, specifically trig!
Fun Facts: I love Virginia Tech football!



Drew Lovering

College: JMU
Teaches: World History II and AP Human Geography
Favorite class in high schools: History (Government and 20th Century)
Fun Facts: I am the girls' volleyball coach at Freeman.



Mark Manning

College: VT
Teaches: Spanish III
Favorite class in high schools: Physics
Fun Facts: I love snowboarding and mountain biking!



Shanti Rajagopalan

College: SSSIHL (University in India)
Teaches: Exceptional Education Practical math and Preparation for Employment
Favorite class in high schools: English
Fun Facts: I love playing fetch with my dog.



Natalie Randolph

College: VCU and ODU
Teaches: Exceptional Education Integrated services
Favorite class in high schools: English
Fun Facts: I have been a member of a card club for the last 15 years and we play weekly.



Katie Thayer

College: California University of Pennsylvania and GMU
Teaches: Geometry, Algebra 1, and Adv. Algebra/Trig
Favorite class in high schools: Math
Fun Facts: I used to have a ball python named Fluffy.



Daniel Tibbett

College: William and Mary
Teaches: German II/III in one class
Favorite class in high schools: German
Fun Facts: My personal best distance for catching a gummy bear in my mouth is from 70 feet away.



Anwar Tyusuf

College: Kashgar Teacher's College (Turkistan) and Indiana University
Teaches: Chemistry
Favorite class in high schools: Physics
Fun Facts: Changing negative into positive in life situations, but not in science because that would give you the incorrect answer!



Emily Whitesell

College: VT and UVA
Teaches: French I & II
Favorite class in high schools: French
Fun Facts: I am a fan of the Green Bay Packers.

Rachel Alexander Staff Writer

It was not until talking that Shannon Edwards, Director of School Counseling, struck up conversation with the father next to her in line at Sweet Frog. Coincidentally, that father was John Marshall, Mrs. Edwards' future boss and Freeman's new associate principal. When Mrs. Edwards mentioned she worked at Freeman High School, Mr. Marshall immediately realized their connection.

She said, "Before he even came here, I knew he was really excited to be here. He's a positive and upbeat person." Although seeing him at Sweet Frog was a coincidence, running into him around school hallways is not.

"He's always available when we need him," said social studies teacher Anne Trexler. Whether it be helping students struggling in class or teachers orga-



Mr. Marshall speaks to a student in the hallway.

nizing their schedules, Mr. Marshall is always ready to be of assistance.

"[My job] is different every day, which is the cool part. It's mostly problem solving," Mr. Marshall said.

When searching for an associate principal to join his administration, Mr. Mey said he sought "an individual that was very supportive, ready to think outside of the box, and took a lot of initiative. [Mr. Marshall] seemed like the obvi-

Meet Mr. Marshall!

ous person for the job."

Before becoming an associate principal, Mr. Marshall taught World History and AP U.S. History at Varina High School for five years and then Glen Allen for four years, where he also worked as an administrative aide and wrestling coach. Although he had always planned on being a teacher, he decided to become an assistant principal at Glen Allen two years ago.

"The knowledge and

experience he brings from his position at Glen Allen benefits us. All of the policies and procedures that he's helped to design have been helpful," said Mrs. Edwards.

One important thing Mr. Marshall has introduced has been the Freeman Forward, a weekly online newsletter that keeps teachers updated on school happenings. According to Laura McKinney, Administrative Aide, the Freeman Forward

is an "uplifting" means of communication that was "sorely needed."

This new focus Mr. Marshall brings to our teachers reflects his respect for what he said is "the best job there is" – teaching.

As the new associate principal at Freeman, Mr. Marshall has "fit right in," Mrs. Edwards said. "It is almost like he's been here for a long time." This could be because Freeman itself reminds Mr. Marshall of his own high school in Bridgewater, Virginia.

"[My high school] was steeped in a lot of tradition, like Freeman. The community really embraced the school."

In high school, Mr. Marshall was a wrestler, cross-country runner, and baseball player. Mr. Marshall's coaches inspired him to push himself. "[My coaches] made me want to have that impact on somebody else's life," he said. He went on to do so as both a coach and a teacher. Some of his favorite memories involve hearing from

former students who describe how he has impacted them in some way.

Besides his former students and athletes, Mr. Marshall's two young sons, 4-year-old Will and 2-year-old Jack, look up to him. "Every time they run up to me and yell 'Daddy!' has got to be pretty high on that list [of favorite memories] too." The Marshall family also includes Utah, their 110-pound yellow lab, named after the street address of the family's favorite baseball team. "We're big Baltimore Orioles fans," Mr. Marshall said.

Mr. Marshall is already enjoying his first year at Freeman, which he says is has a strong sense of tradition and community. "[People are] proud of the tradition, proud of the diversity, proud of the achievements, and that's not true everywhere."

The Freeman student body welcomes Mr. Marshall aboard in a time of vast changes to the school.

New Year, New Policies.

action system. It claims to be "the only learning management system that connects all the people, content, and systems that fuel education."

"It's a great platform because it's holistic," said Warren Ahrens, administrator and facility coordinator. "It's a good platform to support teaching and learning in the 21st century."

Some students, however, have not quite warmed up to the new system.

"I like School Space better because I know the interface better," said freshman Azim Ladhani. Sophomore Erin McCall agreed, "SchoolSpace was just easier to maneuver—I'm not good with technology."

Adjusting to change is always difficult, but some students are still managing to keep an open mind.

Senior Ian Gomes said, "SchoolSpace is just classic, but Schoology's making its way to the top." As the year goes on and students become accustomed to Schoology's website, this new platform was designed by four college students who were unhappy with the current educational inter-



A student walks the halls with a pass.

was.

Technology is not the only thing that has changed. Another significant difference is the addition of the "No-Fly Zone," which keeps students inside classrooms for the first five minutes of every period. It was created to try to minimize attendance problems, which, according to Mr. Ahrens, are the Code of Conduct's most frequent violations. It also gives the teachers "time to take care of housekeeping chores" and allows them to "set the tone of the lesson for the day," Mr. Ahrens said.

There are also a few differences regarding student clothing and accessories. The new Freeman policy requires that students only keep

one earbud in while in the hallways.

"It's for safety. If there were an alarm or an emergency, you couldn't be aware of your surroundings," Mr. Ahrens said.

Students across all grade levels, however, wish there was a way to enjoy their time between classes with music.

"I don't think it's a problem because you're not doing anything in the hallway, and you should be able to just be in your zone with your music," said sophomore Erin McCall. She longs for a break from the near-constant commotion in the halls during class changes.

DSF's dress code has been modified as well. Shorts and skirts must

reach the tip of the thumb, rather than the fingertips, to be following policy. This rule also applies for shirts worn over leggings, a popular fall trend for girls.

"We don't want to be the fashion police, but we want a collective sense of decency," said Mr. Ahrens. "It's all about finding a balance."

Finally, Freeman has cracked down on eating policies. Though eating in classrooms has long been discouraged, this year it is strictly prohibited. Many Rebels have severe allergies and are endangered by allergens found in common foods, such as peanuts. To prevent allergic reactions and make DSF a safe environment for all, students may only

eat in the cafeteria.

According to Laurel West, school nurse, "It is difficult for teachers to determine which foods, especially those without ingredient labels, may or may not be safe for the classroom." This means that all foods must be banned. "We have an obligation to make sure all students are safe, especially in the learning environment," she said.

Though policies are defined by the school board, students can have a voice in Freeman's policy changes. The PTSA works to shape Henrico County school policies to meet the best needs of students, families, and communities. To get involved, students should attend school board meetings, talk to local school board representatives, or start a petition. Several students last year successfully changed a major DSF practice: they created a new pledge to accompany the honor code.

"We're still trying to get used to all the new policies we have, but we will always take feedback from students. We want to work toward the greater good," Mr. Ahrens said.

Once a Knight, Now a Rebel

Alex Moss
Staff Writer

Senior transfer Tanner Dobrucky has quickly asserted his presence for his new school. With 12 touchdowns and over 300 rushing yards through only the first six games, he has established himself as a prominent player for Freeman Football.

Tanner is Freeman's starting running back, safety, kick-returner, and on both punt teams as well. In other words, he rarely comes off the field. While his name may be unfamiliar, his presence on the field has quickly been noticed by all.

Tanner, new to Freeman this year, came from the Knights of Blessed Sacrament Catholic School in Powhatan, the same school Freeman's football coach Mike Henderson, came from six years ago.

In 2015, Henderson found out that Tanner was moving to the West End and wanted to be a Rebel. However, this was not the first time Henderson had heard of Tanner. Coach's family is



Tanner Dobrucky runs past defenders in the Rebels' win over John Marshall.

long time family friends with the Dobrucky family, so when looking for homes in the West End, Freeman was the obvious choice for Tanner's family.

Henderson coached Tanner's two older brothers at Blessed Sacrament, who played col-

lege football at the University of Richmond and Hampton-Sydney College. Tanner's brothers were "some of the toughest kids I've ever coached," said Coach Henderson.

Coach Henderson describes Tanner as a "smart kid" with an

"extremely savvy football sense." With his knowledge of football, it is no mystery why he was named the Richmond Times-Dispatch Player of the Week after his performance against John Marshall.

"Tanner is a guy who can help

carry the load and even be a frontrunner on the team," said Trey Laughlin, senior quarterback. This was evident in Freeman's game against Atlee on Sept. 16 when Tanner scored all three touchdowns in the fourth quarter, giving Freeman a 20-14 victory.

"He just took that game over" said Trey.

Despite his success, Tanner has stayed humble. "I try to be a leader on the field," said Tanner. Tanner credits much of his success to his teammates, especially his fellow running backs.

LJ Crossley, Korry Cooper, and Tanner refer to themselves as the "Chain Moving Gang," referring to their shared success in marching the offense down the field.

Tanner noted his excitement for the Freeman-Godwin game Friday, Oct. 28.

"I'm not the type of guy that would back down from a rivalry," said Tanner.

Be sure to look out for number six this season, and if you cannot find him, check the end zone—he may already be there.

Senior Captains Inspire Rebel Football Players



Football captains: Ja'Kari Williams, Sam Murphy, Adam Jones, and Trey Laughlin.

Mia Fuller
Staff Writer

Varsity football captains Trey Laughlin, Sam Murphy, Adam Jones, and Ja'Kari Williams are taking charge of the Rebels, leading the team to a 7-0 start and earning the #2 seed in the 5A South Playoffs.

Ranked #2 in defense and holding the #3 spot for longest winning streak, The Rebels are beginning the year stronger than ever.

Defense and offense alike have been high-octane powers with which opponents have struggled.

This football season, these veteran players are keeping a positive outlook while searching for what their next steps in life will be.

After losing a lot of seniors and going through strenuous battles as a team, the captains have had to ignite their players for the rest of the season. "We have this quote that we say, 'we don't rebuild, we reload' and that really applies to this year. We've just had to push through and figure things out," said Sam.

The seniors are leading a large team, but an even bigger brotherhood. "The brotherhood is just so tight and you feel so comfortable talking to anyone about

anything," said Trey.

The captains' goals for the year are simple: keep the winning streak, beat Hermitage, beat Godwin, make it to playoffs; but most importantly, keep the team close as "one big family."

"You always gotta train," said Ja'Kari. Ja'Kari and the other captains, with the coaches' guidance, are planning to train hard and go to untapped heights this year. The ultimatum: playoffs.

Reaching the playoffs means they need to "keep the brotherhood tight," and maintain a formidable work ethic.

"I like to eat right, keep up with my body, and just try to stay in the best shape that I can for the

team," said Adam.

"We have off-season workouts all year," said Sam. "Once school starts, we condition every day. Mondays, we run sprints, and on Tuesdays, we do lots of conditioning, and continue throughout the whole week," he said.

In order to stay in shape for the season, some of the captains and players take Coach Derby's weightlifting class in school.

Blake Derby, one of the assistant coaches and the defensive coordinator, coaches the players so that they may be successful in whatever path they take next. "My job is to help them get ready so when they step on a college campus day one, nothing is a surprise," he said.

Many of the senior players are considering college football, and some are already going through that recruitment process.

Trey Laughlin, the second-year starting quarterback, is in the process of talking to colleges. "Over junior year, my highlights were sent to college coaches. Then, those coaches came to watch me in the spring and I just keep in touch with them throughout the season," he said.

Even when people are watching him, Trey blocks them out and focuses strictly on the game. "You can't focus on the people watching you individually, you just have to play to the best of

your abilities for the team. If I play amazing, or if I play awful, the team winning is all that matters," he said.

Mike Henderson, head coach, has faith that his captains will succeed in whatever they choose to do with their futures. "We teach them to pay attention to detail," he said. "Obviously, stepping up a level is difficult, but they all work hard at practice, and they all have that drive. I think that we have prepared them as well as we can for their next step in football."

Finishing up their last season together, the captains are thinking ahead of the goals they want to accomplish this year. "I just want to keep the pace that we are at," said Adam. "These guys are really great and it'll be weird not playing with them next year."

They each have personal goals, but they all agree that they will miss the bond of the team this year. "I'll miss the comradery. I mean, you make so many friends and meet so many good people along the way," said Sam.

"This team is so close this year," said Ja'Kari. "If you get on that field, and you're having a rough time, someone always has your back."

"Our saying this year is 'We all we got and we all we need. That simple.'"

Back On the Mat

Molly Herring
Staff Writer

Most high school students treasure the extra hours of sleep one gets over summer break. Freeman's competition cheerleading team, however, could be found practicing in the gym Monday through Saturday at 7 a.m.

"It's been really intense," said Ashley Griffith, freshman cheerleader. In fact, the team lifted weights alongside the wrestling and football teams over the summer to get in shape for the season.

"The repetition is hard; you do things over and over until it's drilled in your muscle memory. The routine is three minutes long, so it takes lots of endurance and you're yelling for the whole first half," said Erin Hayes, junior cheerleader.

Coaches Erin Henshaw and Heather Shears choreograph the routine, combining gymnastics, dancing, stunt groups, and vocals. The routine they compete with is the same one they perform at pep rallies. Lots of other teams in the area pay for chore-

ographers, but Coaches Henshaw and Shears, "make it up in their living room," said Gabby Barnes, senior cheerleader.

"During practice we run through the routine, and they pick it apart and decide what needs the most work. We try to get it so it looks clean," said Erin. The team had mandatory practice every day beginning in August and optional practice since July. They have their minds set on something that every team in Virginia wants.

"We're going to states," said Coach Shears. Last year was the first year of the Freeman competition team, and they made it as far as conferences, but they are determined to make this season more successful.

This year, the girls placed third in the 5A-6A division at an invitational at Cosby High School. "For our first competition, it went awesome," said Gabby. "We got a lot of good feedback from the judges."

The atmosphere in Cosby's gym was electric. Teams of all ages from all over the state gathered to perform. Teams are scored by a panel of judges



The Rebels Cheer Team compete in the division invitational at Cosby High School.

for an overwhelming number of categories. There are judges for jumps, pyramids, tumbling, dances, and technical form. A single mistake by any one athlete can result in an entire point off of the group total. Cheers and crowd participation are even factored into the final score.

To get to states, the team needs to "focus and work really hard," said Anna Johnson, team co-captain. "We need to work on listening to each other more and

not playing around too much," said Shakia Plaskett, team co-captain.

Aside from being extremely motivated, the team is very close. "We have our days," said Shakia, "but everyone gets along well." The two coaches add a positive dynamic to the team.

"They always have funny jokes and we tease each other," said Clayton Morse, junior cheerleader.

While still a relatively new

team to the school, Freeman's competition cheerleading team has put in the work they need to go to states.

All they need to do is "believe in themselves and shake what their momma gave them," said Coach Shears.

You can even hear it in the words to their cheer, "We are back on the mat and we won't take defeat...Think you can beat us? Not this year."

Volleyball Stars Lead Their Teams

Freshman Sets a Precedent on Varsity



PHOTO: JACK BERNHARDT

Teegan in mid-serve in a game against Godwin

Lucy Collins
Staff Writer

Freshman Teegan Howell said that “all the memories we have together makes being on the Freeman girls’ volleyball team like having a bunch of older sisters.”

From inside jokes to teasing head coach Drew Lovering, Freeman’s girls’ volleyball team is centralized on trust and unity, no matter the age of the player.

Teegan was initially apprehensive about being the only underclassman on the team, but she has found herself to be quite comfortable with her teammates.

“Liza Laughlin and Molly Herring really showed me the ropes on how to play on a varsity team,” said Teegan.

With the help of her teammates, Teegan has developed into a strong

and skillful player on the court.

“She is the first player to serve in each game, which gets us up to a good start because she sets up our players for so many kills,” said junior Liza Laughlin.

Having played since the third grade, Teegan knows the game very well. Her knowledge of the game contributes to the leadership she brings to the court.

“Teegan stepped up and played a big role as a leader of our team. Even though she’s the only underclassman, she’s not afraid to give any of us pointers on the court,” said Molly Bruce, senior co-captain on the volleyball team.

Teegan is already a vital component to the team. She is the starting, and only setter on the team. This comes with the responsibility of controlling the offense and dictating who should get the ball and when.

“Her setting technique was above average com-

pared to others. She runs our offense as well as uses her air jump serve to take leads in games,” said Coach Lovering.

Despite her age, Teegan is no stranger to making plays for Freeman. With 233 assists and 36 aces this season, the freshman has made a big name for herself.

Teegan idolizes the professional women’s volleyball legend, Kerry Walsh Jennings.

“She’s the reason I started playing. Once she won gold in the 2008 Olympics, I thought, I want to do that too. Then I just stuck with it,” she said.

Teegan also credits her father for influencing her in volleyball. “My dad, who played college soccer, was such a strong leader on his team. I want to lead my team like he did,” she said.

Before every game, Teegan has to go through a “necessary” pre-game ritual in order to play her best.

“I’m very superstitious, I always need to have my hair straightened and put into a ponytail, eat a vegetarian Subway footlong and a banana, thirty minutes before I step out onto the court,” Teegan said.

Although this process is necessary for Teegan, it comes with lots of laughs from her teammates. “Ever since I started eating a footlong before games, everyone teases me and tells me I’m going to get sick all over the court, but it actually gives me the boost of energy I need in order to play,” she said.

The laughs, the memories, and the thrill of the game is what Teegan Howell loves most about being on the girls’ volleyball team. It is easy to say that Teegan fits in seamlessly amongst the upperclassmen on her team. One might even say it is like being a part of a second family.

Senior Leads DSF Boys Volleyball



PHOTO: MARGARET DEWITT

Jaden celebrates a block against Godwin.

Ross Metcalf
Sports Editor

Described as “a freak of nature on the court” by senior teammate Lodge Nelson, senior captain Jaden Perini-Anderson has become an explosive player for Freeman Boys’ Volleyball.

“Jaden’s 6’8” frame makes him an imposing presence, and with very few other players at that height, gives us as distinct advantage in the front row over our opponents,” said head coach David Calvert.

Jaden has played volleyball for Freeman since freshman year. Additionally, Jaden plays volleyball year-round with Richmond Volleyball Club.

Jaden and fellow senior Thomas Best are co-captains of Freeman’s varsity team and have led the Rebels to a record of 15-5.

“I really couldn’t have asked for a better co-

captain this season. I know that I can count on Jaden—on and off the court,” said Thomas. The reliance on seasoned starters has been imperative for a strong start to the season.

“All the seniors—me, Jaden, Baz, Thomas, and Gav—are really close. We know each other pretty well on the court,” said Lodge.

The team chemistry has developed with this group as they have played together throughout their high school careers. Gavin Satterwhite, Lodge, and Jaden have played together since their freshman years and have played on the same travel team (RVC) for three years.

However, the bond extends further than the game. “We are a big family—just a bunch of brothers,” said Jaden.

Jaden’s commitment as a captain has reshaped his persona with teammates. “I have run things in workouts and practices,

and taking charge has really developed me as a leader. Freshman year and sophomore year on JV I was kind of the quiet guy, so this year I have really talked more in practices,” said Jaden.

“In the past 18 months, I’ve watched him begin the transformation into a vocal leader and an intense emotional presence on the court. He is without a doubt one of the biggest keys to our success this season,” said Coach Calvert.

“This program has never won a state title, but I am very optimistic about this team’s chances given how far we’ve come since August, and how much more potential we still have left to tap into. With players and leaders like Jaden, the future looks bright for DSF Volleyball,” said Coach Calvert.

“He’s a great guy, a great player, and I wouldn’t want to play with anyone else,” said Lodge.

Senior Girls Commit Early to Future Schools

Ryan McCracken
Staff Writer

Although the school year has just begun, some of Freeman’s athletes have already committed to colleges.

Gabby Barnes has decided to play softball at the University of Mary Washington, and Alyssa Hahn will play tennis at Davidson College. Though the two girls are going to very different schools for very different sports, their college journeys share many similarities.

Alyssa and Gabby each emphasized the importance of academics in their decisions.

“Most of the people I compete against want top tennis schools, but I wanted more of a balance between academics and athletics,” Alyssa said.

“I want to be a nurse, so it was important to me that they accept students into the nursing program freshman year,” Gabby said.

Both Gabby and Alyssa finalized their decisions by giving verbal commitments this August; Gabby after the phone and Alyssa at a tournament in California. In addition, each of the girls know one of their future teammates at their respective colleges from previous competition.

The moment Gabby realized she had been offered a spot at Mary Washington was a special

Gabby Barnes

“Because Mary Washington is Division III, it will be more personalized and I’ll have more room to grow.”

one.

“Gabby was so excited that she actually called the coach again to verify what she had heard was true... the rest is just a dream come true,” said her father, Jay Barnes. “I cried, Gabby bawled, and her mother and brother were dancing in the kitchen.”

Alyssa made finding a school in the division she desired a priority, saying “I wanted a school that both had top academics and that was DI for Sports.” However, Gabby had a different preference.

“Because Mary Washington is Division III, it will be more personalized and I’ll have more room to grow,” said Gabby.

The two girls agree that ath-

letics in college will be far more intense than what they were used to in high school. Competing on a college level will be “kind of a reality check,” said Gabby.

“College will require more discipline... at Davidson I’ll practice two hours of tennis each day in addition to one hour of conditioning,” said Alyssa.

Alyssa felt that the most attractive trait of Davidson was the people, saying they are “really kind and similar to myself.”

Meanwhile, Gabby loves the fact that Mary Washington’s campus is in Fredericksburg.

“It’s a really cool campus and a good distance from home. It’s nice that my parents will be able to come see me.”

Alyssa Hahn

“Most of the people I compete against want top tennis schools, but I wanted more of a balance between academics and athletics.”

Both Alyssa and Gabby stressed the importance of time management in college, with Alyssa saying: “you have to make sure you manage your time well because of your athletic responsibilities.”

Gabby’s teammate Calyn Stanley was extremely proud of Gabby’s college commitment, “I know she’ll excel and continue to grow at Mary Washington,” she said. Calyn credits Gabby with re-sparking her own interest in playing softball collegiately, and said that Gabby “inspired me to get back on track with my goal.”

One unique factor in Gabby’s decision to attend Mary Washington was her family connection to the school. Gabby’s grandmother attended, which

she said was important to her because as she jokingly said, “you know how grandmas are, always bragging about their college.”

Alyssa suspects that one reason Davidson recruited her was her unique playing style.

“I play a lot differently than most girls do, I use a lot more variety and I think that stood out to my coaches,” said Alyssa.

Alyssa is excited for the opportunity to compete for her school at Davidson, something she did not do at Freeman.

“It will be nice to play on a team, it’s not something that I’ve really been able to do before because tennis is such an individual sport,” said Alyssa.

Alyssa found Davidson during her search for a small school with prestigious academics, and other colleges she was interested in included the University of Richmond, Williams, and several of the Ivy League Schools. She highly recommends visiting colleges before deciding to attend one, and said that her own visit to Davidson sealed the deal for her.

During her visit she felt that she fit in particularly well with the players, coaches, and student body in general. Alyssa said that while she is excited to meet new people at college, the academic rigor is daunting.

College presents new challenges for Alyssa and Gabby, but tremendous opportunity as well.

SPORTS
BRIEFS

Field Hockey

Record: 7-3

Quote: "This is the strongest team I've been on. We have a really good team connection and have been able to finish our games looking strong," said Claire Nicholson, captain.

Key players: Jeanne Rockwell and Claire Seidenberg

Football

Record: 7-0

Quote: "The season's going really well. We are taking it one game at a time and playing the way we need to play to have a great season," said Sam Murphy, captain.

Key players: Trey Laughlin and Sam Murphy

Girls Volleyball

Record: 10-9

Quote: "It's going well; we have a freshman center who's really stepped up, the team is a lot stronger than our record reflects, and I'm hoping the second half of the season will be a lot better," said Molly Bruce, captain.

Key Players: Kerry Baumann and Molly Bruce

Boys Volleyball

Record: 15-5

Quote: "The season is going great right now. We've already beaten our biggest rivals, so right now our focus is doing whatever we have to do to get to states," said Thomas Best, captain.

Key players: Jaden Perini-Anderson and Gavin Satterwhite

Girls Cross Country

Record: N/A

Quote: "I think the girls' team this year is very close, and we're pushing each other to be better," said Brenna Gilman, captain.

Key players: Brenna Gilman and Liza Neely

Boys Cross Country

Record: N/A

Quote: "It's going pretty well so far, we have really strong runners up front and a lot of depth in the back, and we are hoping to win regionals," said senior Andrew Dymon.

Key Players: Waleed Suliman and Ryan McCracken

Golf

Record: 4-2

Quote: "Beating Glen Allen was one of the highlights of the season, and it gave us the confidence we needed to go into the Godwin, and Deep Run matches. It was nice having new faces at the regionals in Trevor Elliot and Drew Frank," said junior Patrick Murphy.

Key players: Drew Frank and Patrick Murphy

Competition Cheer

Record: N/A

Quote: "The season's going great, we just had a competition and we had a really clean routine. We have conferences in two weeks that we need to place in so we can go to regionals," said junior Clayton Morse.

Key Players: Shakia Plaskett and Anna Johnson

DSF Golfers Show Promise

Ross Metcalf
Sports Editor

Golf has rarely been Freeman's strongest sport, but with a strong showing this year and high expectations for the future, golf might be able to "putt" their history behind them.

"We took third this year at the conference tournament again, but we were better this year than we have been in a decade," said coach Rob Peck. The improvement through the entire roster was accompanied by an increase in better, more consistent play.

At any varsity golf tournament, a team is allowed to "start" six players. However, only the four best scores count towards the team total. At the end of the round the four lowest scores for each team are added together with the lowest scoring team overall winning.

"The best teams in the state shoot about a 300 (four people shooting a 75) and we were a 315 to 320 team all year long," said Coach Peck.

The team was characterized by strong underclassmen, led by junior Patrick Murphy, who finished seventh in the region.

Patrick worked in the offseason to improve his game.

"I tried to practice my short



Patrick Murphy finishes his stroke.

game and fix my swing as much as possible," Patrick said.

The more consistently a team plays, the better chance it has of being successful in the post-season. Golf is a sport that combines aspects of team and individual play. The team score combines individuals scores, but no player is reliant on any other player to have a good round.

Patrick Murphy's favorite part of golf is, "the fact that my result is solely based on how I play." "Well that's because [he is] so good at golf," said junior Matthew Oley.

The team as a whole improved through practice as the

season transpired. According to Matthew, almost all practices consist of playing nine holes at Richmond Country Club. The golf team practices four days a week. All of that practice was not enough to get past the powerhouses in Freeman's district.

"To get to the regional tournament, you have to get out of your conference and only two teams get out of the conference. So when the two teams that might win states are in your conference you're doomed," said Coach Peck. Deep Run or Godwin has won state titles in each of the past four years, and Freeman has not competed in regionals.

However, with 11 of the 12 members returning next year, improvement should be expected with another year of experience for this young team.

Despite this year's third place finish in the 5A conference, halting a run at regionals, three players from Freeman were in the top six, enabling them to go to the regional match individually. Those players were Patrick Murphy, sophomore Trevor Elliot, and junior Drew Frank.

These performances from young players indicate the Freeman golf team could do something very special in the coming years.

Boys Cross Country Team Reloading

Jack Bernhardt
Sports Editor

Waleed gets a quick start.

While excited to reach this accomplishment, Coach Brian Reutinger knew that his team would have to rebuild in the next season.

"Moving on was tough probably because our team was not as experienced; not a lot of our guys have run at a level as high as those seniors," said Coach Reutinger.

Coach Reutinger is relying on his seniors this season that played a part in their rebuilding last season, mainly from experience.

"Seniors like Waleed Suliman and Roy Stevenson set the bar high for the rest of our team; it's always good to have a strong core of seniors," said Coach Reutinger.

Even though he is busy setting area records in the 5K at 14:49, Waleed emphasizes mentoring the young talent.

"I try and mentor the younger

runners as much as I can, but I look to other seniors like Andrew Dymon and Roy Stevenson to help lead the team as a whole," said Waleed.

Younger players have taken notice of these seniors and their contributions not only with their experience in running, but in mentoring them and their team.

Sophomore Justin Hakizimana is an underclassman on the team who relies on the mentoring of the coaches and the seniors to improve.

"I think that the seniors are a big the reason why our team gets better every practice and every meet," said Justin.

Although not at Freeman in 2014, Justin sees that success as a goal and motivation to make not only himself better, but the team as a whole.

"Once a tradition is established somewhere, it's hard to change. Our runners take pride in our

tradition and want to fill those shoes," said Coach Reutinger.

This season, the team's goal is to carry the tradition with strong seniors and eager underclassmen.

Waleed and the seniors know that their role to carry the team is important but the younger, inexperienced runners are the foundation.

"I think that the underclassmen are the most competitive on the team. Trying to compete for those 7th and 6th spots are vital for the team and the underclassmen are filling that role," said Waleed.

The runners want to stay focused and not look too far into the future, but the past can be their motivators.

"I think this team has a lot of potential with the talent we have. I believe that we're at the level of the 2014 team, if not better," said Justin.

Rebels Slay The Dragons

Hank Holland
Staff Writer

For the first time in five years, Freeman's field hockey team beat Maggie Walker in a close game of 1-0. The tide seems to finally be turning in a long-lasting rivalry that has always favored Maggie Walker until now.

The team has had a winning season so far, beating powerhouse Maggie Walker and beating Glen Allen after coming back to force the game into overtime. The team has a 7-3 record with the three losses to Deep Run, Cosby, and Godwin.

Last year Freeman fell short, losing in the playoffs to Godwin, which denied them a chance to play Maggie Walker in the playoffs, or play in the conference championship which Deep Run went on to win.

Beating Maggie Walker this year was "amazing," said senior forward Trudie Grattan. The team hopes to face them again in the playoffs this year.

"We knew going in that this was going to be the best team we'd had in a while. Everybody was very excited to shake off the rust and get the team up to full speed," said Coach John Bennett. The field hockey team started practicing daily in early August and have continued with this work ethic. They were recently ranked in the top five teams by the Richmond Times-Dispatch.

"We have a really strong defense. Also our forwards are really fast, in times when it's a



Karoline Nease fights to win the ball against a Maggie Walker offensive player.

really close game we play a lot better. In a competitive environment we become more aggressive," said senior left mid-fielder Jeanne Rockwell.

Beating Maggie Walker this year is something very special for the team and something they worked diligently to achieve.

The team beat Maggie Walker Wednesday, Sept. 7 on a stormy night in suspenseful fashion.

"The entire game had been back and forth, no one was dominating the game and all of a sudden we started playing more offense. Karoline Nease crossed it in to the circle and I just hit it into the back of the goal," said senior forward Meredith Given. The team then held off Maggie Walker's offense the rest of the

first half and all of the second half.

"I think we played really well as a team. We worked together really well; we fed off each other's energy on the field and that helped us win," said junior forward Mary Katherine West.

"We came into the season not knowing how great we were going to be. Everyone has been contributing in every game. We are playing more as a team than we ever have before, which is why we've been so successful," said Trudie.

The team attributes its success to the players' abilities to move the ball down the field, and the strong chemistry within the team. Many of the seniors have played together for years.

"There's definitely a spirited vibe, we're all pretty into it and enjoy being a part of the team, so there's not a lot of negativity. It's always encouraging people to work harder," said Jeanne. The team manages to balance hard work and fun in an encouraging environment.

Recently, the girls sought revenge on Godwin, winning on a late goal from Meredith Given in overtime.

"Our team this year is the best we've had in a while, and on a good night, I expect we can beat anyone. As for energy, the team is always fired up to play our arch-rivals. The girls really enjoy the challenge, win or lose," said Coach Bennett.

Dancing and Smiling Go Hand and Hand

Megan Kelleher
Staff Writer

Junior Bhagya Nair is very passionate about dancing, but she does not let her intensity get in the way of having fun.

"During class one day, my teacher was teaching my friend Kamy and I a step requiring us to cooperate with each other. When we tried, our foot placement was so off we tumbled and fell on top of one another," said Bhagya with a grin. It's this kind of goofy moment that made Bhagya fall in love with dance from an early age.

"Every time I heard a song, I would just be dancing," Bhagya said.

Her mom noticed how much fun Bhagya had when she was dancing and enrolled her in dance class at the age of six at the Fine Arts Society of Yogaville.

"I get my



Bhagya, Kamy, and Kaavya performing for Operation Smile.

dancing from my mom, she used to do Bharatanatyam for a long time," said Bhagya. Anil Nair, Bhagya's dad, also supports her dancing. He sees dancing as "a great commitment and passion to an art form."

Bhagya's style of dance is called Bharatanatyam. Bharatanatyam is a compilation of all of the religious stories in Hinduism of the gods and goddesses and how they joined together and destroyed the forces of evil.

Dance is particularly important to Bhagya because "it helps her keep up with her cultural beliefs."

During the dance, Bhagya visually represents the music.

"The lyrics are what really enforces what we're dancing," Bhagya said. Mr. Nair describes Bharatanatyam

dance as "a mixture of emotions, melody, and rhythm."

"As a Bharatanatyam dancer, expression is one of the biggest things to happen in the dance," Bhagya said.

With elaborate makeup, detailed henna, gold jewelry, and bright outfits, Bhagya stands out from the crowd onstage. However, all of this glamour serves a purpose.

"The makeup is supposed to reinforce your face and the features of your face. Since we have so many hand movements the henna is there to reinforce your hand motions," said Bhagya.

Over the summer, Bhagya performed her Bharatanatyam dance in front of hundreds of people at the Virginia Museum of Fine Arts. But this was no quick process.

"We've been preparing for months," Bhagya said, even citing that she would practice for five hours at a time.

For this performance, Bhagya danced with two of her close friends, Kamy Sanjay and Kaavya Shetty.

"We've been friends for as long as I can remember," Bhagya said. Her close friendship with the both of them all started with dance.

Meredith Christian, a friend and classmate of Bhagya's, attended the VMFA performance. She said the performance "was nothing like I've ever seen before." Meredith described Bhagya onstage as "very happy," and

remarked that the outfits the girls wore were "beautiful."

Passion and tradition were not the only reasons behind the dance performance. Bhagya, Kamy and Kaavya chose dance as their "medium of charity." They aim to help people with cleft palate through Operation Smile, a non-profit organization who helps children throughout the world.

"These types of charities don't receive as much funding as they should," Bhagya said. The girls also held a dental supply drive, collecting toothbrushes, toothpaste, and floss. After setting a goal of \$7,000 earlier in the year, the girls surpassed this amount, raising \$12,500. Bhagya is very proud of the amount raised.

Between fundraising, extravagant makeup and outfits, extensive practice, and religious traditions, Bhagya Nair's passion for dance still shines through.

"Only that drive will make you want to do it," Bhagya said.



PHOTO: ASHOK KUMAR

PHOTO: KEEGAN JONES

'Radium Girls' is a Jaw-Dropper

Nick Ulrichs
Staff Writer

Radium kills. This is the central topic of the historical drama Radium Girls.

"Back in the 1930s, Radium was seen as this cure-all kind of thing. People were drinking straight-up Radium," said junior Franklin Pugh, the male lead. Today, Radium is known to cause cancer as well as other life threatening side-effects.

"It was thought of as a vitality enhancer," said Franklin.

This play is a story of girls that work at a watch dial painting factory that uses radium-infused paint to color the dials of watches. The girls were poisoned because of the exposure to Radium.

"A lot of them got cancer in their jaw, a lot of their jaws rotted out and fell off and they died," said senior Claire Gardner, the female lead.

Radium Girls was brutal when it came to auditioning for roles because of how striking the play is. "There may even be a scene where a girl coughs up a bunch of blood," said Claire Gardner.

Auditions were more intense this year because of the sad nature of the play. Actors needed to prepare and perform a monologue, followed by three days of callbacks where they auditioned with other thespians in the presence of Mary Spears, the casting director.

"This year the thespians had to come up with different character voices. This is different from past years because thespians have to switch characters when they play more than one role," said Mrs. Spears.

Although the play is a drama, there are still the moments of humor the Freeman plays are known for.

Approximately 30 people auditioned for this play and there are 13 thespians for all of the roles. However, the hardest part about organizing the fall play for Mrs. Spears is scheduling. Rehearsing the fall play is something that takes many hours for the final performance to go well.

"Thespian must fill out a form that states their conflicts, which

can determine if they are actually even available to do the show," said Mrs. Spears. Beginning the second week in October, the fall play participants start rehearsing on Saturdays.

Auditions tend to be less nerve-racking for the senior thespians, but that does not mean the play is easy to act. All thespians except the two lead characters must play three or four parts for this play.

"Characterization is very difficult," said Franklin Pugh, "you have to develop your own character."

"The play is an ensemble piece, meaning it is actor driven. When searching for a play to perform in the fall, I was really looking for something that would challenge the student-actors," said Mrs. Spears.

I was really looking for something that would challenge the student-actors."

-- Mary Spears

From auditions to the final curtain, Radium Girls and the thespians behind it mark the first drama to come to Freeman in years. Also, Radium Girls caters to almost all interests and curricula, so Mrs. Spears predicts it will be entertaining for all.

"It's a really interesting show and it's really sad, but also it's funny and it's cute" said Claire.

The Fall Play is November 17-19, and it starts at 7:30 pm for all performances. Tickets are \$8 in advance and \$10 at the door.



Gav\$ on the Rise

Gavin practicing his freestyling.

Zach Schwertz
Staff Writer

It all started at a Wiz Khalifa concert in February of 2014. It was the first live concert he attended; the music, the flow, and of course, the iconic rapping star, incited the rapping career of junior Gavin Traylor.

"Ever since I saw him, he inspired me to be a rapper; to be like him," said Gavin.

After Khalifa's concert, then-freshman Gavin began to explore his passion for rapping.

"In ninth grade, I started writing music, took it to the studio, then posted it and people started liking it, so I started taking it seriously," said Gavin.

Music is certainly no stranger to Gavin. He has been around various styles of music his whole life and is a self-taught artist.

"My grandpa is the music minister for church, but I kind of moved to a different genre," said Gavin.

Gavin has made quite the name for himself throughout Richmond. His many fans refer to him by his stage name as "Gav\$" (pronounced "Gavs"), "Gavs with the cash," and "Gav Money."

Gavin gets his beats for his music from a variety of people, but mainly through close friend, Sha Cameron.

"Making beats: that's not really me. I'm more of a writer. If I'm feeling the beat, that's when my rhyming senses come together. I just start writing stuff down. I don't even know how I do it,"

said Gavin.

In the five songs Gavin has released so far, he typically freestyles. His family roots are what inspire the lyrics he writes.

"Mostly, I rap about my background: my Dad, how he passed away, and the things I do on a regular basis," said Gavin.

Gavin typically records in a professional studio, "Rae Studios," in downtown Richmond. He works closely with the members of his three-member rapping group "Top Flow Mobbin." Currently, the group has not released a collaborative piece, but Gavin is confident they will soon.

"We are still trying to focus on ourselves and getting ourselves out there," said Gavin.

Presently, Gav\$ connects to his fans through the popular music app, SoundCloud. However, Gav\$ has hopes to soon release songs on Spinrilla and potentially iTunes. So far, he has released five songs on his SoundCloud (Gav\$) including his most popular song 'PoundCake Remix' listened to over 11,000 times.

Over the past year, Gavin has had three live performances in the downtown Richmond area. He has performed at VCU fraternity houses and the nightclub "Club Infuzion." These performances typically attract large audiences and provide Gav\$ with a couple hundred dollars in profit.

"At one [performance], there were around 700 people," said close friend Nathan Winters.

According to Mr. Cameron, these large crowds are due to Gavin's unique abilities.

"The kid is young, he can spit; this is the thing: anybody can

spit, everybody can rap, but not everybody has the voice and the image and the overall package. Gav's got it," said Mr. Cameron.

However, Mr. Cameron does not seem to be the only one who recognizes his potential.

Gavin hopes his rapping career could earn him membership into Khalifa's iconic clique, Taylor Gang. This hope could soon become a reality, as new member of Taylor Gang, J.R. Donato, has shown interest in Gavin's talent.

Donato is a popular rapping artist under the record label Taylor Gang Entertainment. He has been featured on several songs with Khalifa including Khalifa's 2012 hit mixtape "Cabin Fever 2." Donato has also spent several years touring with Khalifa and the rest of the Taylor Gang on Khalifa's "Under the Influence of Music" Tour.

"I'm about to do a project with Taylor Gang and J.R. Donato. I'm going to be in his upcoming mixtape," said Gavin.

The mixtape is projected to drop before the end of this year. Gavin believes the feature with celebrity rapper J.R. Donato could provide the exposure necessary to bring his name into the rapping industry spotlight and potentially land him an official deal with a record label.

Still, Gavin understands fame is not guaranteed.

"I mean my main focus right now is college because that's important to me," said Gavin.

Perhaps in the next Wiz Khalifa concert, Gav\$ will be on stage rather than in the crowd. Stay tuned.

Does Blonde Do It Better?

Page Ryland
A&E Editor

After months of anticipated waiting, Frank Ocean fans can take a deep breath, and relax to the soothing melody of “Blonde.” For most, “Blonde” was a shock. With its monotonous and introspective mood, its lack of heavy drum beats, and its fragmented lyrics, the album presents itself much differently than Ocean’s previous hit album, “Channel Orange.”

Taking an initial listen, it was difficult for me to pick out the hits, or “stand-outs.” Due to the mellow and dislocated vibe each song gives, the album seems to become a symphony of nostalgic memories and insight into Ocean’s personal life.

July of 2012 was challenging for Ocean. He publically announced his bisexuality to the public. After this, Ocean kept his activity quiet. Having not released an album since 2012, “Blonde” quickly earned its way to No. 1 on the Billboard 200 Albums Chart this year. To hint at this, Ocean chose to use the masculine spelling of “blond” on the album cover, but the feminine spelling, “blonde” as the

album’s actual title. Popularity wise, “Blonde” was not favored as much as “Channel Orange.” It takes a few run-throughs of the album to acclimate. Some of my favorites include: “White Ferrari,” “Pink + White,” and “Nights.”

“Nikes” was Ocean’s tribute to the black lives matter movement.

Ocean’s talk of sexuality can be seen in song “Seigfried.” “I’d rather chip my pride than lose my mind out here,” as well as when he shouts, “I’m not brave!”

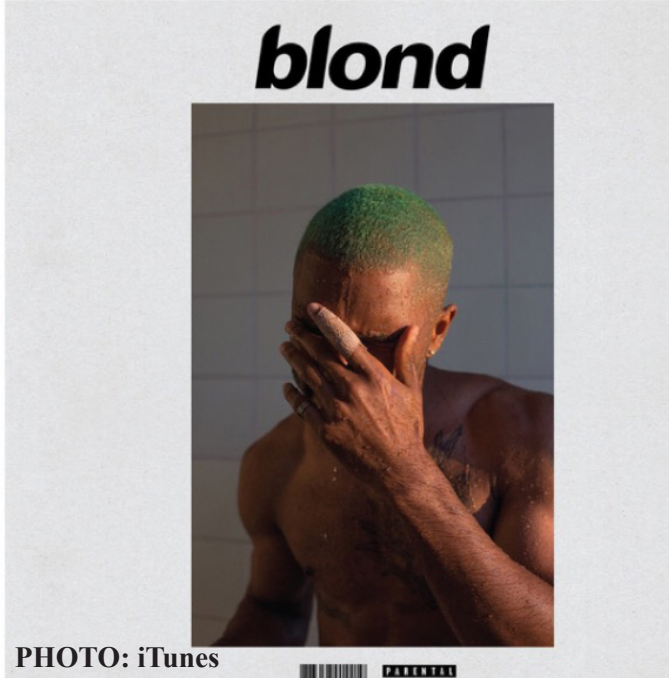


PHOTO: iTunes

Music critics believe these are the favorites of the album because they provide a clear story we can relate to along with more prominent beats and distinct chorus. The album as a whole provides melancholy, somber feelings when listening. To keep the simple aesthetic of the album, Ocean avoids directly addressing his sexuality or race issues, though they are implied throughout the album.

“RIP Trayvon. He looks just like me,” mentioned in

“I’ve been living in an idea. An idea from another man’s mind.”

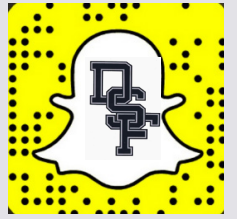
Overall, this album packs an emotional punch and got me emotionally invested. His lyrics were written in a compelling way that made me more interested in the story than the beat. Though the album lacks any kind of “oomph,” it provides strong messages and engages Ocean fans in a new form of aesthetic.



PHOTO: Laura Taylor Hopper



PHOTO: Caroline Ferguson



This year an unidentified student purchased a geofilter that reads “DSF” vertically and “Rebels” and “Freeman High School” horizontally. The geofilter reaches every corner of the school, from the math hallway to the annex.



PHOTO: Shakia Plaskett



PHOTO: Michael Horsford

A Cheesy Twist on Your Basic Grilled Cheese

Lauren Tull
Staff Writer

There are so many great places to grab a bite in Carytown, but instead of going to Mellow Mushroom for the tenth time, why not branch out a little and try some delicious gourmet grilled cheese?

Home Sweet Home, located at 3433 West Cary Street, has nine different specialty grilled cheeses from which to choose. They offer sandwiches as basic as plain white bread with American cheese, unique ones with mac and cheese and barbecue, as well as build-your-own grilled cheese for a simpler option.

Each gourmet sandwich is \$9 or \$10, and appetizers range from \$3 for spiced Virginia peanuts to \$10 for a plate of wings. However, if grilled cheese isn’t your thing, brisket or barbecue sandwiches are offered.

I visited Home Sweet Home on a Wednesday night, and after a grueling cross country workout,

everything on the menu looked appetizing. A friend and I chose to get two sandwiches, the Bountygate and Mac and Me and then split them with each other.

While we waited for our sandwiches to be made, we opted for an appetizer of poutine, which the menu describes as, “fries + homemade gravy + cheese curds = magic.” The menu wasn’t lying, as these fries drenched in gravy and melted cheese were truly magical for my taste buds. It was a large serving of fries for \$8, but we devoured it within minutes.

Because it was a Wednesday night, probably one of the less popular nights to go out to dinner, our grilled cheeses came surprisingly quickly—about 10 minutes after we put in our order.

The Bountygate was on warm, toasted-to-perfection white bread with ham, tomato, and fried egg; not your normal grilled cheese, but by far one of the tastiest things I’ve ever had. The Mac and Me, however, was exactly what I was seeking. This sandwich was a mix of two of the best comfort foods; mac and



PHOTO: HSHRVA.COM

One of Home Sweet Home’s many grilled cheeses.

cheese and a good ol’ grilled cheese sandwich. The mac and cheese was the perfect texture—gooey—and surprisingly, wasn’t too dry when paired with a soft white bread.

If you’re hungry at midnight and have a hankering for some cheesy goodness, you’re in luck because Home Sweet Home has extensive hours and the grilled

cheese joint doesn’t close up shop until 2 a.m.

It’s relatively cheap, has a friendly atmosphere, and is in the heart of Carytown. If you don’t know what to eat but aren’t looking to branch out too much, Home Sweet Home’s twist on the grilled cheese sandwich is the perfect choice for you.

Check out a review on “Hell or High Water” on the blog...

<https://dsfcommentator.wordpress.com>

2016 Halloween

Comic by: Lauren Hecht

