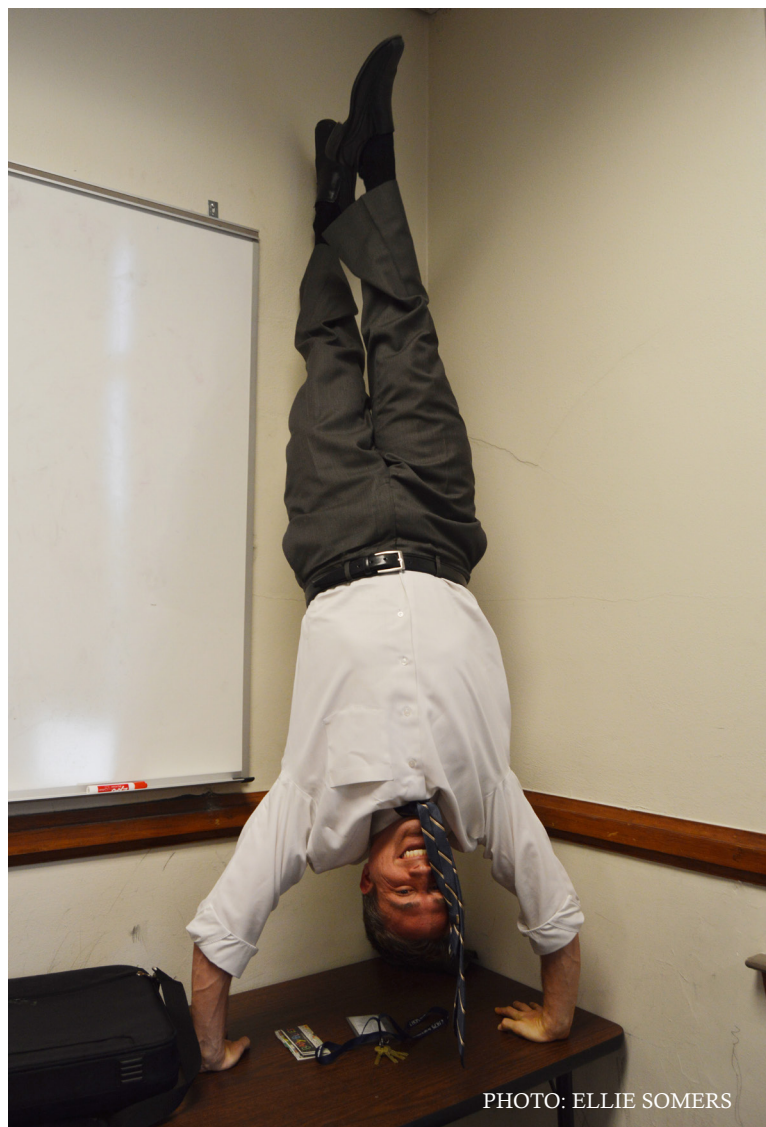


Podolny Named Teacher of the Year



Mr. Podolny does a handstand in front of his class.

Lauren Tull
Design Editor

Nicholas Wright
Opinions Editor

If you glance into room 155, you might find Mr. Podolny standing on his head to emphasize the difference between a reciprocal and an inverse.

Derek Podolny, a math teacher, named Freeman's 2016-2017 "Teacher of the Year," teaches algebra and the combined Trigonometry and Math Analysis class, and has loved math for many years.

"I think I always had a passion for puzzles. To me, mathematics grew into a passion because I began to look at the problems as puzzles; something with clues, secrets needing to be solved," said Mr. Podolny.

Mr. Podolny was inspired by his grandmother to go into teaching. She worked as a human calculator at NASA (à la Hidden Figures) and then became a teacher.

"She told me that to this day she still feels more pride in instilling a love for learning in young students than she did in all her years at NASA," he said.

Instead of only trying to describe to students a real-world application of a math problem or topic, Mr. Podolny demonstrates how the concepts work.

"Sometimes this can be as silly as turning myself on my head

to show a vertical reflection, or sliding down an overturned table to show the importance of slope," said Mr. Podolny. His students like that "he doesn't rely on textbooks or worksheets, and he has his own style," said junior Ashley Crawford.

Many students, from those who struggle with math to those who love math as much as Mr. Podolny does, agree that he is one of the most dedicated and enthusiastic teachers at Freeman. He started out at Freeman as a student teacher many years ago, and "we were thrilled to be able to keep him," said Donna Campbell, math department chair.

His positive outlook on teaching and math reflects in the attitudes of his students. It's hard to find math boring when the teacher is doing a cartwheel or standing on his desk.

"Every day and class is a new adventure," said Mr. Podolny, which "keeps it exciting to be in the classroom."

As the father of three boys, Mr. Podolny recognizes that "is the job of my current students to make the world a great place for my boys to grow up, and I want to make my students capable of this task," he said. If his students are unable to understand something using a certain technique, he finds a way that they can make sense of it and succeed.

"He is one of the best and hardest working teachers that I have ever had," said sophomore Bradley McNamara, who is a member of Mr. Podolny's Al-

gebra class. "If you have trouble doing math one way, he'll show you a new way in hopes that it works for you," he said.

To encourage some of his more hesitant mathematicians, Mr. Podolny has found that "math is more fun for students if they take ownership of the content. The more often I can convince students to re-teach material to each other, [the more] their confidence and engagement increase, and it makes them feel like they are having more fun."

As a member of the Navy Reserves, Mr. Podolny has learned many lessons about leadership, hard work, and team building. "I transferred those lessons to my classroom by engaging the students in the belief that we

are a team and that we need to pursue the goal of understanding mathematics," he said.

Next year, Mr. Podolny will join Ms. Conway as a co-chair of the math department. Mrs. Campbell says that she "feel[s] like the department will be in great hands" and believes that Mr. Podolny and Mrs. Conway are going to be great leaders and will "do a good job getting the department to collaborate."

"It is an honor to be recognized by my peers," said Mr. Podolny. "It also makes me proud of my current and former students, because without their hard work, good teaching can only go so far."

Mr. Podolny is making Freeman, and the world, a better place, one math problem at a time.

Service Class to be Held Seventh Period

Caroline Wall
News Editor

For many students, study hall is far from productive. It is a time spent gaming, texting, and waiting for the bell to ring. But what if those 47 minutes could be spent doing something worthwhile? The possibilities are endless, which is why English teacher Thomas Robjent and his students have decided to dedicate those precious minutes to improving the school.

Next year, Mr. Robjent's seventh period study hall will become a time for The Freeman Project to get to work. The Freeman Project is a new community service club which will use the seventh period study hall as a time to complete projects around the school.

Mr. Robjent originally suggested the idea of a class designated for community service. "I was tired of watching people in my seventh period study hall playing computer games and checking their phones and

looking at Twitter," said Mr. Robjent. "I was trying to do things that were positive for our department around school."

"I want them to see it as a place that they really care about."

He soon got sophomores Julia Pardon and Adam Notley to spearhead the project and began talks with administration to bring the class to fruition.

"I was really hoping that students would become more invested in their school environment," said Mr. Robjent. "Instead of just seeing it as a place where they come to go to school, I want them to see it as a place that they really care about."

"Our goal right now is really to fix the Freeman community, but we are hoping to one day expand beyond that and help people in the Freeman area," said Adam. They have already listed several

ways in which the project could improve Freeman, including building benches for the tennis team, planting trees, maintaining the senior courtyard, fixing books, cleaning up the football stadium, redecorating the conference room, and more. The club is open to suggestions from administrators, teachers, and students for service projects.

"In our first year we really just want to make it established and make sure its impacts are good and that we can make a difference," said Adam. This goal does not seem out of reach. According to Mr. Robjent, the class already has 40 students enrolled.

The class provides students with a unique opportunity: a chance to gain community service experience. Students who have signed up for the study hall, such as junior Kennedy Mackey, also hope that they will be able to earn community service hours from their efforts. It would "release a huge weight off my shoulders," said Kennedy.

For students not signed up for the class, the club will reach out to them through a commit-

tee planning project work outside of school hours. "We want to involve as many students as possible," said Mr. Robjent.

The club also has plans to develop into a true service organization with a mission statement, core values, a website, and more. They are also hoping to expand and to join forces with other community service clubs at Freeman, inviting guest speakers to share advice about serving the community.

The Freeman Project is hoping to make a positive impact on Freeman. "This is our community, so if we don't treat it correctly and we're just here to get through the four years, then we're not going to make any impression on Freeman, and it's not going to be any better than it was when we arrived," said Julia.

New Computers Come to Freeman

Tyler Hendricks
Online Editor-in-Chief

Out with the old and in with the new. Next year, Henrico County students and teachers will receive a brand new Dell Latitude 3380 laptops.

According to Freeman's instructional technology resource teacher (ITRT), Jessica Ciokan, who was on the laptop selection committee, the new laptops will be much faster with an intel core i5 7th generation processor. This means it can process more at one time. The processor is similar to the brain of the computer.

Next, the Random Access Memory, or RAM, is doubled from four gigabytes to eight gigabytes. RAM allows the computer to temporarily store information while using it.

In lieu of a hard drive, the new computers will have a 128 gigabyte solid state drive (SSD). A SSD is different from a hard drive because a hard drive requires mechanical movement to read the computer's information, which is stored on a disk. A SSD requires no movement and is therefore faster, similar to a flash drive.

The battery life will clock in at about 10 hours. The battery will be housed internally, unlike the current ones which protrude.

The new laptops are upgraded from Windows 7 to Windows 10; however, according to Ms. Ciokan, Cortana (The Microsoft digital assistant, basically Siri) will be disabled.

In order to win the contract, Dell, Lenovo, and HP submitted proposals. These were reviewed by Henrico to ensure quality machines were chosen.

Each computer will cost about \$950 over four years. According to the HCPS board presentation, this will total to \$17,448,347 for 15,752 student laptops and 1,568 teacher laptops.

In addition, Henrico will also be updating some of its tech infrastructure. According to Ms. Ciokan, \$4.4 million will go to updating student and staff servers and repairs.

In general, students are excited about the new computers.

"I'm really excited to get new computers because the current ones have really slowed down as they got older and are falling apart. Also, the battery keeps falling out so I sometimes lose unsaved work," said Junior Rachael Carr.

Jason Ciachi, who teaches CAD, architecture, engineering, advanced drawing and design, and photography, has mixed feelings about the new laptops.

"I like that the new computers have more RAM in them but I am concerned that they no longer have the dock at the bottom which allows my students to connect to Ethernet, mouse, keyboard, and power," said Mr. Ciachi.

In short, the new computers will be faster, newer, and lighter.



Bomb Threat Halts School Day on The Commentator Online

Special Features

Find out what Freeman students are up to this summer!
pg 4-5

Opinions

Fidget spinners ... so that is a trend.
pg 2

Features

A thanks to our retiring teachers
pg 3

Sports

What a new turf field will mean for athletes next year
pg 6-7

A&E

Drum Majors
pg 8



Freeman Garden Cultivates Learning

Megan Kelleher
Design Editor

Biology and chemistry teacher Julia Williams is growing science right outside her classroom. Located on the grassy knoll between Green Acres and the Annex, she has created a garden as a hands-on learning experience. This location allows for “more time actually gathering data and making observations,” and it “improves campus aesthetics,” said Mrs. Williams.

Mrs. Williams has “spent a week on this Eastern shore exploring some of the issues that are affecting the [Chesapeake] Bay,” analyzing the effect of sedimentation, temperature change and chemical pollution on the organisms.

“Anything we can do to reduce sedimentation caused by erosion and chemical pollution can help reduce dead zones in the Bay,” she said.

In her experience, Mrs. Williams has found that “when students are active learners, they retain the information better.” She envisioned the garden as a school project students would enjoy.

Students are encouraged to make insightful analyses and delve deeper into the subject matter through questions which “encourage critical thinking and analysis, problem solving, and give student a sense of ownership.”

Mrs. Williams is taking learning beyond the classroom. Students partake in “background research” and “hands-on activities” in the garden to deepen their knowledge. She hopes the project will “present many opportunities to incorporate science concepts” and apply them outside of the classroom.

As for the plants included in the garden, Mrs. Williams’s students “researched the types of plants that were the best nectar plants and host plants for the larvae of the



Hayley Clark works in the garden.

butterflies that we hoped to attract,” she said. They also raised plants this spring that were planted in the garden. She is currently working on adding rain barrels.

This was not the first year that Mrs. Williams had the idea. “I had wanted to do something for several years but had been unable to get permission to do so.” When Mr. Mey approved the project, Mrs. Williams was ready to begin work.

At her former school,

biology teacher Mrs. Barber did similar activities and was intrigued by the potential project. After help from Ms. Sanders, the PTA granted the garden \$250 to start the project.

Faculty members such as Mr. Shipp were “instrumental” in getting soil and mulch and repairing the guttering which was causing the erosion between the two buildings. School maintenance crews also reseeded some of the area to ensure that the plants

could take root.

The garden is not exclusive to Mrs. Williams’s biology class, however, “Earth science and oceanography can also utilize the area to talk about erosion, water quality, and water testing,” she said.

Mrs. Williams has even purchased an electronic rain gauge that will be mounted on the wooden post in the area, allowing the students to “collect rainfall data to analyze throughout the year to be compared to other data collected elsewhere.”

Mrs. Williams has plans to “do something in the fall to the area bordering the parking lot along the tree line,” she said.

The “tree line slope” is one of the first areas that visitors see, so Mrs. Williams would like to see work done there in the fall as it is “prone to erosion, which has a direct impact on the Chesapeake.”

Mrs. Williams also foresees other opportunities for outdoor learning at Freeman in the coming

school year to “spruce up the grounds” and “do interdisciplinary activities.”

“I would love for us to do other areas, get bird houses and feeders built to place around campus, [and] maybe even a vegetable garden to help provide fresh foods to a food bank,” she said.

While “students and teachers have commented on how nice it looks,” according to Mrs. Williams, “the garden still has a ways to go.”

She is hopeful for the project because “some students that normally don’t get involved were the first to pick up the tools to help.”

Mrs. Williams hopes that the garden provides a positive learning experience for Freeman students, whether they’re taking biology or not.

“We hope to teach ways that we can be better stewards of our environment. Maybe little acts can add up to a big impact on the Bay,” she said.

Retirees Leave Lasting Legacy

Alan Pillow

Social Studies Teacher
Experience: 35 years

What will you do in your retirement?

My wife is also retiring from teaching for 37 years at Tuckahoe Middle and Short Pump Middle. We can enjoy doing as little or as much as we decide to do together.

What makes Freeman special?

I’ve been here for five principals, Dixie played after touchdowns, Tucker being arch-rival, renovation and trailers, and have seen ESL waves from Vietnamese to Russians to Bosnians, Serbs, Sudanese etc. as world events dictate the origins of students at Freeman.

What made you decide to retire this year?

It is time to retire when your former students are now parents at back-to-school night. I had Mr. Clements and Blankenship in my class

Mary Taylor Baker Neal

Art Teacher
Experience: 21 years

What made you decide to start teaching?

I was substituting and I simply decided I love kids. I love everything about them. They are my favorite medium.

What was your most memorable moment?

My favorite moment has been getting to know my beautiful students because I teach such an unusual subject where students can be themselves every day.

What you have you learned teaching at Freeman?

Humility and love for fellow man. How much there is still to learn. You can learn from everyone.

What will you miss most about Freeman?

The students, the people, the diversity, the love. I am going to miss all my beautiful kiddos.

Donna Campbell

Math Teacher
Experience: 12.5 years

What have you learned from teaching?

I learn just as much from the kids as they learn from me and not everything is right or wrong as I believed at age 21.

What impact do you hope to have made on Freeman?

I hope that the impression I’ve left on everyone is that this world needs critical thinkers who also care about one another and the world they live in. I hope that they remember that they should always work and serve with integrity, and always do their best, because you just never know what door will open for you next.

What advice do you give to incoming students or teachers?

Be able to laugh at yourself. Relish each day, even the hard ones, for it all goes by so quickly. To my students- you will always be “my kids”- you are the future.

Warren Ahrens

Administrator
Experience: 27.5 years

Why did you pursue an occupation in education?

I have always been a people person. The State of Virginia licensed me to practice my educational trade, and I have always taken that responsibility seriously.

What impact do you hope to have left on Freeman?

I hope that my impact left here will manifest itself in folks’ continued commitment to the school and community, always striving to do their best in every endeavor, and holding fast to one’s true beliefs as they relate to school, community, nation, and world.

What advice do you give to incoming teachers?

1. Teach and lead with your own heart. 2. Be a leader not a follower. 3. Stick true to your principles. 4. Treat problems not their symptoms. 5. Keep people impacted first in any and all decision-making.

Robyn Hagen

Financial Secretary
Experience: 24 years

What has been your favorite moment?

My favorite moment was during my first year here. It was when the band came down the hall playing. I cried!

What did you learn working at Freeman?

Teachers are the hardest working people I have ever met!

What are you going to do in your retirement?

Travel!

What impact do you think you have left on Freeman?

That it’s possible to do a really good job, but not take things too seriously all the time.

What advice would you give a teacher new to Freeman?

Do your best, work hard, and smile!!!!

Andrea Baker

Instructional Assistant
Experience: 11 years

What makes Freeman special?

My husband and I were high school sweethearts at Freeman. We participated in sports, the newspaper, student council, chorus, and drama. Freeman is a different school

today than it was. I love this Freeman. I love the Exceptional Ed department and its amazing faculty. I love hearing 5 different languages being spoken as I walk to my car. I love the Freeman Family that I have the privilege to work with every day. I love the diversity and unity of the students, staff and faculty. I love watching the evolution of maturity from 9th graders to Seniors. I love watching the Seniors I’ve been with in class graduate. I love this building and the whispers of alumni voices you can still hear in the hallways. I love Lunch Bunch. I love the Safety Committee Meetings and other DSF meetings on Friday afternoons. I love the 2nd Floor of the building. And as much as I love all these things, I will miss each one terribly when I retire. It is a true statement... Once a Rebel, always a Rebel.

PHOTOS: ELLIE SOMERS AND LIZA MOODY

Anime-zing Illustrator

Rachel Alexander
News Editor

Climbing up his arm, curving into swirls, and twisting into different patterns is an intricate tattoo design, drawn in blue pen. It is temporary; in fact, freshman Bibas Gurung draws his own arm tattoos all the time. A self-taught illustrator, Bibas casually sketches byzantine patterns and fantastical original characters in the margins of his tests and notes. “It’s just how I pass the time,” said Bibas.

Drawing has been one of his favorite hobbies since his family moved to the

United States from Nepal seven years ago. “That’s when I started watching anime. [shows] like Dragon Ball Z,” said Bibas.

Referring to a popular anime series featuring a hero defending Earth from intergalactic invaders and indestructible androids, Bibas recalls how anime is an important source of inspiration for his work. Other animes, ranging from the dystopian *Attack on Titan* to the American football-centered *Eyeshield 21*, have also been significant in helping mold his style.

While action animes are his favorite to watch, not a lot of action appears in his own drawings. “I do still life. Lots of portraits,” said Bibas.

“My aunt even paid me \$10 once to draw her,” he said. Though he does occasionally draw portraits of individual people, as he did for his aunt, he mostly sticks to fictional characters that he makes up.

“It’s all from my imagination,” he said. From a woman with long streams of hair blowing in the wind to a tree-boy humanoid gazing out into the horizon, the characters Bibas draws come from a wondrous land that exists inside his head, and they come to life when he brings pen to paper.

To perfect his skill, Bibas watches online tutorials that discuss specific techniques such as perspective and detail. “You know,

like Youtube videos,” said Bibas.

Also an Art I student at Freeman, Bibas diligently works to improve his shading, value, and form skills. “He has a definite style, no matter what project we work on,” said Art I teacher Rebecca Field. “There is a strong illustrative sense to his work.”

In class, Bibas can be found quietly drawing out his Sharpie illustrations. “No one talks to me. It’s great,” he said. He enjoys the comfortable quiet of a Freeman classroom— the perfect space to for his imagination to reign free. It is where his patterns to take shape and his characters come to life.



One of Bibas’s Portraits

PHOTO: BIBAS GURUNG

Success of 2016-17 Due to New Admin Team

The DSF Commentator Staff

The 2016-2017 school year marks the first year of John Marshall and Andrew Mey's administration at Freeman High School, but it also marks a year full of accomplishments. The pair had big shoes to fill after last year's departure of Mrs. Poates and her administration, but they have managed to maintain a high standard of excellence and class at Freeman High School.

The administrative pair began Freeman's Algebra I and Geometry Tutoring Programs, recruiting advanced math students to tutor students in need of assistance during lunch and study periods. As a result, many students were provided with needed assistance before taking the SOL, and the tutors gained community service hours. They have also expanded privileges for seniors, rewarding them for their hard work and representation of the Freeman community over the past four years.

The pair has quickly adopted the Rebel spirit, supporting students in many creative practices such as the new mural in the Art Hall and frequently attending student extracurricular events. We've seen their friendly faces at dances, games, induction ceremonies, plays and musicals, and many more events around Freeman.

Under their administration, many student clubs have been created, such as the DSF Community Service club that will be started in the fall of 2017. They have made a concentrated effort to know as many students as they can, and they chat regularly with their students in the hallway, addressing them by name and often conversing with them about everyday topics.

Recently, a bomb threat sent shockwaves through the Freeman community. In an event that could have been chaotic, the pair acted with poise to safely manage the threat and mind the well-being of students and staff.

Mr. Mey and Mr. Marshall have set a precedent this year of active engagement with the DSF community, sensitivity to the school's needs, and an energetic passion education.

We as look forward the road ahead with the new administration headed by Mr. Mey and Mr. Marshall. As for now, we send our profound gratitude to their hard work and the accomplishments they have achieved for the Freeman family.

Don't Fidget with Fidget Spinners



Jackson Woody
Editor-in-Chief

Fidget spinners are spinning out of control.

Many people use the newest craze, fidget spinners, as a propeller-like toy that you just grip and flick. Others use them under the belief that the gadgets help you stay focused and relaxed.

Fidget spinners are advertised as a toy that helps an ADD-plagued brain stay focused and a stressed brain stay relaxed. They are designed to occupy certain areas of your brain that would otherwise daydream about what type of juicy delights your mom is making for dinner, or wonder why you're using a spinning triangle to keep you focused when all it does is distract you.

The fact is, fidget spinners not only keep certain parts of your brain occupied, they keep all



PHOTO: EMILY ALEXANDER

Junior Emily Alexander sets her spinner awhirl.

focal points of your brain occupied. This prevents you from focusing on the task at hand, whether it be paying attention in class or imagining the taste of succulent hot pockets, hot and fresh out the kitchen.

While they also create a distraction for you, the sound and sight of a triangle spinning at blazing fast speeds also occupies the other minds around you. This doesn't just include your classmates in the general

vicinity, it can also include your teacher, who cannot do their job if a fidget spinner distracts them. This creates an area of distracted minds that should be paying attention in class, complaining about getting bad grades because they did not pay attention in class, or arguing over whose mother cooks the meanest microwave pizza rolls.

Not only are fidget spinners a serious distraction to someone with ADD, they are also addic-

tive. While keeping your mind occupied, they trigger sensory aspects of your brain that make you want to keep on flicking. Your nonstop flicking ensures that you and your peers stay distracted until your teacher yells at you for being a distraction, or until you realize that your grades plummet because of a toy triangle.

Fidget spinners are also falsely advertised as a stress-reliever. In reality, spinning a fidget spinner actually creates an exhilarating effect on your brain, which only adds to stress. If you're stressing over a test, a game, or what you'd do if your mom didn't make dinner that night, fidget spinners aren't for you. Or anyone for that matter.

It's time to stop fidgeting with fidget spinners. I personally struggle with ADD. I am usually on medication to help keep me focused, but I can still be easily distracted by the environment around me or the odd daydreams that pop into my mind. I know the same is true for all my fellow ADD minds, and spinning a triangle will only make us more distracted. Non-ADD minds are also distracted by fidget spinners, taking away from everyone's ability to focus in class, or to dream about mom's spaghetti in peace.

NICK vs. NIC

Nick Ulrichs
Opinions Editor

Nicholas Wright
Opinions Editor

Pool pool pool: shark week is no joke

Pool v beach

Pools are just beach wannabes

Foul balls, foul prices

Baseball Games

It's just a bunch of guys running in circles

Land of the fireworks, home of the barbecue

Fourth of July

History began in 1776

Just means there's more ocean to surf

Global Warming

I never liked polar bears, anyways

Roast sesh, marshmallows optional

Campfires

S'more of what?

Bathing suits only: shirts and shoes never required

Summer Outfits

Break out the crocs and socks

SPF 4. Tanning oil is worth its weight in gold

Preferred SPF

Give me the highest you've got

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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.

Rompers for Men Are a Mess



Nicholas Wright
Opinions Editor

It's hot. It's fresh. It's taking America by storm. It's a romper. For men.

Over the past few years, the romper has been popular fashion for women. It looks like something in between a dress and a pair of shorts and offers a fun and practical alternative to typical summer wear.

The problem comes from a little clothing startup called ACED Design, which (for reasons unknown to me) saw a market for the men's summer onesie. Kudos to their entrepreneurship, I guess. According to the brand's Kickstarter, they're "revolutionizing men's fashion." The scary part of that statement is that they may be right: since the RompHim's release this spring, the trend has taken off, and it looks

like we will be seeing plenty of romper-sporting dudes as the summertime heats up. You know what they say: sky's out, thighs out.

The fact, however, is that rompers are ridiculous. They look like North Korean beachwear if Kim Jong-un developed a taste for pastels. Even James Bond, king of the masculine cool, couldn't pull it off (yes, look it up). It's a fashion that should have died with Steve Irwin. I imagine (and I hope) that much of RompHim's explosive sales are from guys trying to be funny.

Look, I believe that you have a right to wear whatever you want. If you have the confidence to try to rock the romper look, go for it. Just know that odds are you'll look absurd. You can be sure, though, that when you roll up in that cutoff jumpsuit, all eyes will be on you.

Men's fashion fads like this bring up some serious issues, though. In the wake of the man-romper's recent popularity, many are asking why we as a society match genders with products. Why can't a romper just be a romper, regardless of who's wearing it? And what is "manly-scented" shampoo, anyway?

Another question is why men apparently aren't comfortable doing something traditionally for



PHOTO: WWW.ROMPHIM.COM

women until somebody slaps the "man" label onto it. Anyone up for a broga class at the gym? Or, perhaps, we can light up a couple mandles, apply some manscara and guyliner, and enjoy a cup of brogurt?

We live in a culture that is constantly changing, putting our ideas of what it means to be a man or a woman in flux. Our answer to this shouldn't be to reject it outright. The world today looks very different than it did fifty years ago, and our notions of masculinity should reflect those changes. It doesn't really matter who wears the romper, then.

Regardless, it's a silly fashion.

What Are Rebels Up To This Summer?

Jafet Rubi: Camp Counselor



PHOTO: LUCY COLLINS
Jafet will be a camp counselor this summer.

Lucy Collins
A&E Editor

A summer that is spent laying around, carelessly going throughout the day is not the type of summer junior Jafet Rubi would choose. Jafet was a camp counselor at the YMCA since the summer of 2016, and will continue working with the YMCA this summer. Responsibility and patience are two of the traits Jafet has gained from being a camp counselor to many children at the YMCA.

In order to become a camp counselor at the YMCA, Jafet had to undergo almost 20 hours of emergency/first aid training.

"CPR training was definitely the longest. I am glad I learned these techniques because, I can use them not only for my job but in everyday life,

if that type of situation becomes present," said Jafet.

Jafet learned of this job from his friend junior Quintin Tedeschi. Jafet is an active member at the YMCA; he signed up for the job, and was hired immediately.

"My good friend Quintin pointed me in the direction of becoming a camp counselor. He was one of my coworkers at my previous job, and he loves working with kids, so I thought I would give it a shot," said Jafet.

Working as a camp counselor is not much different from working a camp at a place such as, West View on the James or Camp Hanover. Camp counselors have the responsibility of caring for the children, leading activities, and teaching interpersonal skills.

"We usually do a lot of actives. We go to the pool, play a lot of games,

have time for reading, team bonding, and major crafts. We do a lot of rotations depending on the day. We go on field trips, places like Maymont and the science museum. Overall, we make sure the kids have a good time," said Jafet.

The one thing Jafet enjoys the most working as a camp counselor is watching the kids play with their friends and enjoy the day. The main part of his job is to make sure everyone is safe and everyone has a good time.

"The biggest reward that I get whenever I work with the kids is seeing them smile and have fun. The most memorable moment I have was seeing the kids get really excited when they saw the animals at Maymont. Seeing the children playing and having a good time with their friends really makes my day better

and gives me an incentive to keep working," said Jafet.

Working from either 7 to 12 or from 12 to 4 o'clock, Jafet does not get any breaks, and has to keep the children entertained the entire time.

"I think the amount of time that I work is not that bad. It's not too short and not too long, and getting paid just above minimum wage is an added bonus," said Jafet.

Although Jafet has had many other jobs like, working at California Pizza Kitchen and a local dry cleaner, he finds that being a camp counselor is the most gratifying. The many attributes that Jafet has gained from helping children and being a leader are just a few of the perks of this job that will lead him on a successful path in life.

Teachers Are More Like You Than You May Think...

Teachers Share Memories From Their First Job



Ms. Williams, English Teacher

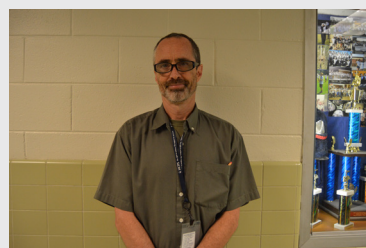
Job: Pool Snack Bar Employee

A Highlight: "One night a little boy came up to the window with his father. The father told us that when he asked his son where he wanted to go for his "special" birthday dinner, he told him, "the pool snack bar!"

Mr. Lovering, Social Studies Teacher

Job: Gino's Pizzeria Employee

A Memorable Moment: "The most memorable part of my job was the smell the pizza left in my car. Once I started delivering my car always smelled like pizza"



Mr. Patteson, Credit Recovery Teacher

Job: Gutter Cleaner

Favorite Memory: "Collecting the money at the end of the day. We made a ton of money doing a townhouse complex."

Mr. Given, Math Teacher

Job: Phlebotomist

Interesting Fact: "Back in 1978, they trained me for a few hours then sent me out on the hospital floors to draw blood from patients. Today to be a phlebotomist requires several months of school and training."



Mr. Blankenship, Band & Orchestra Director

Job: McDonalds Employee

A Job Hack: "Sometimes, I would say that there was something missing from an order, usually French fries, if I got hungry. They would send over the "missing" food, and I would just pig out on free French fries."

Mr. Tibbet, German Teacher

Job: Thai Restaurant Employee

Strange Task: "I had to peel shrimp. When we got a bag that hadn't been processed right, I would have to chop off the little bug-eyed heads."



ALL PHOTOS: ELLIE SOMERS AND LIZA MOODY

A Grave Internship: Junior to Work at Funeral Home

Ryan McCracken
Features Editor

Members of the Freeman Leadership Center have interned with a great variety of organizations over the past two decades, but this year will see a first. Junior Ainslie Davi will be spending much of her summer at Affinity Funeral Home, learning the ins and outs of the funerary industry.

Dating back to the founding of the center, rising seniors undertake 160-hour internships intended to develop

practical skills, broaden horizons, and establish connections.

"The internship program is designed to give students a real-world experience of the kinds of ideas and skills they've been learning in the classroom," said Rob Peck, director of the Center for Leadership, Government, and Global Economics.

Ainslie's primary responsibilities will include assisting with casework for families, delivering death certificates, greeting guests, organizing, ensuring files are up to code, and cleaning.

The concept of working at a funeral home appealed to Ainslie because of her unique abilities at helping others cope with tragedies.

"I've always been interested in the idea of helping people mourn, overcome their struggles," Ainslie said. "I've never really dealt with death myself. I'm not used to being with sad people, which I think drew me to it as well," she said.

Morgan Canaan, a close friend of Ainslie's, expects her to be a natural fit. "It's a super unique place, but she's a super unique person, she

just cares so much about people".

Affinity Funeral Home in particular attracted Ainslie because of its

"I've always been interested in the idea of helping people mourn, overcome their struggles."

female ownership, something of a rarity within

the funeral service and industry and something she hopes to one day emulate by entering mortuary work on her own accord.

Ainslie's mentor, Kimberly Stein, cites Ainslie's "great attitude" as a reason she is eager to have Ainslie, and is excited not just for the boost her business may be provided, but also for the opportunity awaiting Ainslie. "My job has been life-changing for me and it is my hope that it can be for Ainslie too, we certainly hope she enjoys her experience" said Ms. Stein.

Along with her internship comes an immense amount of responsibility, a fact not lost on Ainslie. "I'm going to be working like 9 hours a day, it's like having a real job, so I can't really do much besides that the first month of summer".

Though Ainslie admits it will be difficult to handle the more macabre aspects of her upcoming position and the sheer bulk of the workload, she believes she is up to the challenge.

"It sounds funny because of the kind of work it is, but I'm excited," she said.

Rest for the Weary: A Freshman's Jobless Summer



PHOTO: ELIZABETH SJOVOLD
Elizabeth dances for the Richmond Ballet.

Caroline Daniel
Editor-in-Chief

Though she does not have a job this summer, freshman Elizabeth Sjo-vold does not spend all of her time binge watching the latest Netflix craze. Instead, she fills her free

time with many activities she is passionate about in order to have a relaxing and fulfilling summer.

"[Not having a job] will let me spend time with my friends and do what I love," said Elizabeth. She hopes to successfully make Pinterest recipes with her close friend Gretchen Neary and to

explore the nooks and crannies of Richmond. In addition, she will focus on dance, one of the activities she has spent much of her life doing.

"I started ballet when I was three, and I joined the Richmond Ballet when I was seven," she said. Through her many years studying danc-

ing, Elizabeth has experimented with many styles, including modern, jazz, character, and theater along with ballet.

For the past three summers, Elizabeth has continued her dedication to the craft during the summer as well. She attends the Richmond Ballet Summer Intensive, a five-week course that practices six days a week for five hours each day. "It's pretty intense," she said.

However, this year Elizabeth can only attend half-day sessions. "I got a stress fracture [in my hip] last summer, and I was on crutches for five weeks. I'm trying to avoid doing that again," she said.

Elizabeth also plans to give back to communities around her. "I'm going on a mission trip to D.C., and I'm volunteering for a week at Kids' Camp at my church, Reveille," she said. These service-oriented opportunities will give her a chance to spend time with younger kids and meet people with backgrounds and experiences different than her own.

Adventure awaits in Elizabeth's future as well.

She is travelling with her mother, Mrs. Kelly Lane, and her twin sister, Hannah, to Puerto Rico for the last week of August. She is excited to travel to a tropical location outside of the country.

"When I was eight months old I went to Denmark because my extended family lives there, but that doesn't really count [as an out-of-country experience]," she said. "I went to Norway when I was nine too."

Hannah and Elizabeth convinced their mother to travel to Puerto Rico because they cannot accompany their older sister, Kate, on her trip to Ireland. "We were extremely jealous," Elizabeth said. "I found tickets online, and finally my mom said, 'What the heck, let's go.'"

However, Elizabeth's summer is not all fun and games. She is enrolled in Henrico County's Online P.E. program, which requires 40 gym hours and 20 hours of personal exercise in addition to the completion of numerous health modules. Elizabeth has found a way to view this task with optimism despite the time

commitment it requires. "They have new watches this year, and you don't have to wear chest bands, so I'm pretty excited about that," she said.

Kate, who is currently a Freeman senior, is glad that her sister has some time off over the summer. "It will give her a chance to focus on doing well in online P.E.," she said. "Even though it's not the most difficult class, it does require a lot of time."

Kate also emphasized the importance of Elizabeth taking time for herself. "I'm glad it gives her a chance to take a break from school and from being stressed all the time," she said.

She knows that not having a job can be just as emotionally valuable as having a job is financially valuable. "I had a job every summer, even if it was just nannying, and it consumed a lot of the time I could have spent with friends," Kate said. "I hope Elizabeth does a good job balancing her time, because even though summer feels like it will last forever, everything goes by really quickly."

How to Write a Resume

Caroline Daniel
Editor-in-Chief

- At the top of your resume you should have your name, address, phone number, and email address. Pick a professional email address, not something like Markisarebel@gmail.com.
- Work Experience: Here you should list your previous places of employment. Be sure to include the dates of employment and your basic responsibilities. If you don't have any work experience, start with education.
- Education: Cite your high school and the year you graduate. If you are in a specialty center, include that here. Do not include middle school.
- Extracurricular Activities: Include meaningful activities that you have participated in in the last 4 years. Don't include one-day events.
- Skills: Any computer skills that you have can be useful to a company. Mention them here. This is also where you should describe skills that make you stand out.
- Awards: Don't be afraid to brag about yourself. You've accomplished a lot. Make sure you include your most important achievements.
- References: Include names, emails and/or phone numbers of past employers for whom you did good work. No relatives please!
- Proofread! Spelling mistakes show employers that you didn't care enough to put effort into your resume.

Douglas S. Freeman

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Henrico, VA 23229
(804) 673-3700
heps-
freemands@henricostudents.org

WORK EXPERIENCE

Gelati Celesti Worker — *Short Pump Location*

September 2016 - June 2017

- Ice cream scooper and facility manager.

Camp Counselor — *Happy Friends Day Camp*

Summer 2015, Summer 2016

- Responsibilities included being responsible for groups of up to five children, preparing meals, and resolving conflict.

Nanny — *Lombard Family and Blankenship Family*

Summer 2016

- Cared for children ages three to ten weekly

EDUCATION

E.C. Glass High School, class of 2017

EXTRACURRICULAR ACTIVITIES

Piano Lessons

- Weekly 2014, 2015, 2016

Varsity Soccer Player

- High School Team, 2015, 2016

Member of SADD club

- Students Against Destructive Decisions
- 2014, 2015

Member of The Commentator

- Editor-in-Chief, 2017

SKILLS

- proficiency with Excel and Microsoft Word
- fluency in Spanish

AWARDS

- Honor Roll-** 2017, 2016
- Most Improved Student Award-** World History, 2014

REFERENCES

Mrs. Lauren Lombard
Babysitting Family
Cell: (804) 111-1111

Mr. Rob Blankenship
Babysitting Family
Cell: (804) 222-2222

Mr. John Smith
Gelati Celesti Manager
Cell: (804) 333-3333

Football Field To Be Replaced with Turf

Alex Moss
Online Editor-in-Chief

Zach Schwertz
Sports Editor

Approximately 60 years ago when construction of Freeman's iconic football stadium began, the county was in short supply of filler dirt to create a level field. Instead of spending dwindling funds on more filler dirt, the county pursued a more innovative path. Twelve broken-down school buses, along with old cable cars, scrap metal and sand were placed in the hole soon to be covered by the football field. These nearly forgotten school buses and cable cars are soon to be resurfaced.

On Jan 1, 2018, construction is set to begin for the implementation of an artificial turf field in Freeman's main stadium. Ideally, Freeman will host its first home football game on brand new synthetic grass in the fall of 2018.

Freeman, Varina, and Hermitage High Schools are the three schools to receive a turf field this coming year. They were selected to receive turf fields because all three have the least amount of usable land on their respective campuses. Artificial turf fields will be implemented at Henrico County's other six high schools by 2020.

"The new field will be sponsored by the Parks and Recreation Department, not the school system," said Suzanne Criswell, director of student activities. This means that when Freeman is not using the field, it will be open for use by the public and local sports organizations. Freeman-related activities have priority in all potential conflicts between public and school usage.

The high school fields project in Henrico was a bond referendum approved at a county meeting in November 2016. In an article in the Richmond Times-Dispatch, sports journalist Eric Kolenich reported, "Henrico has allotted \$12.5 million for the high school fields project, which is just a slice of the \$87.1 million planned for recreation and parks improvements." The county was willing to approve the referendum not only for the usage and maintenance benefits of artificial turf, but also to create an asset for the county to leverage for the general athletic community, Kolenich said.

Turf fields are more durable and versatile than traditional natural grass fields that wear easily through the season. Grass fields require intensive manual labor and upkeep to maintain prime quality, while turf fields involve minimal maintenance. The artificial turf field also drains more quickly than grass fields and will allow Freeman sports such as track and field, lacrosse, football, soccer and field hockey to nor-



PHOTO: ZACH SCHWERTZ

William E. Long Stadium

malize practice schedules and play games despite rainy weather. These normalized practice schedules will directly benefit schools like Freeman, Varina and Hermitage High Schools where field availability is thin among many sports teams.

However, with a new field comes new challenges. An overwhelming majority of sports teams at Douglas Freeman use William E. Long Stadium in some fashion throughout the school year, and when construction begins, it "will be difficult to balance practice times, especially in the spring and fall," said head varsity football coach, Mike Henderson.

When construction begins Jan 1, 2018, the sports teams using

the football field will be relocated by the county's Parks and Recreation Department to practice off campus. Spring sports teams that use the football field will not be able to host home games at William E. Long Stadium during construction. All transportation to and from the designated off-campus site will be provided by the county.

Athletes have concerns about the artificial turf as well.

Junior Jack Pollard said, "Turf doesn't give the same game-like feel as real grass does."

"I think turf fields change the game and are significantly more harmful to the physical well-being of athletes than grass," said sophomore Lauren Bruns.

The rubber infills used as sur-

rogate dirt in conventional turf fields have been noted to contain certain health risks that can potentially harm athletes; however, Henrico does not plan on using rubber as an infill for the synthetic grass. Instead, the county intends to use an organic supplement, either a material consisting of cork and sand or even coconut shell shavings as used at Greenwood Park in Glen Allen. Organic supplements limit health concerns and do not get as hot as rubber infills in warm spring and summer weather.

William E. Long Stadium is receiving a significant makeover in the near future, yet the distinct atmosphere it provides for the Freeman Family will remain the same.

Sophomore Shines on LAX Field

Jackson Woody
Editor-in-Chief

On a steamy May afternoon, the girls' varsity lacrosse players laced up their sneakers for a conditioning practice. The length of the season began to take a toll, as soreness and injuries piled up. The fatigue was especially noticeable after their regular season match against Hanover, where they prevailed with a tough 8-7 win at home.

The stream of fatigue trickled its way down to sophomore attacker Bridget Patton. The night before, Bridget's efforts earned her one goal, one forced turnover, and two strained quads.

"I gave her the option to sit out, but she insisted on running right alongside her teammates. It was hot, she was sore, and had every reason to take me up on my offer, but she didn't," said Samantha McLean, head coach of the Girls Varsity team.

Bridget's toughness that day serves as a testament to her performance this season, which began long before the first scheduled scrimmage against St.

Catherine's. It began during an offseason workout, when she caught the eye of Coach McLean.

"I could tell she was going to be a special player. She moved like an athlete, and brought a high level of intensity to every drill we did," said Coach McLean.

Bridget's lacrosse career began nearly a decade earlier. She first picked up a lacrosse stick and hit the field as a first-grader. She attributes her early beginnings to her family.

"Most of my family played, and my dad was really big on lacrosse," said Bridget.

Bridget played through elementary school, middle school, and her freshman year at St. Gertrude's High Schol. After her freshman year, Bridget transferred to Freeman, where she said she enjoys the friendly atmosphere, as well as being a key player on the lacrosse team.

Bridget had to earn her role as a starting attacker on a team loaded with talented players, such as juniors Liza Laughlin and Kameryn Shears. Bridget needed to make an adjustment in her style of play.

"It took Bridget a few

games to feel comfortable starting on a team full of talented returning players that reached the state tournament last season. A few games into the season, something seemed to click and she reached a new level of play," said Coach McLean.

Coming from St. Gertrude's, her current Freeman teammates did not know her very well at the beginning of the season; however, the team quickly adopted Bridget as a part of their family.

"It was hard finding a friend group coming from a different school, but lacrosse gave me a place here," said Bridget.

As a new member of the team, Bridget looked to the seniors for leadership, particularly starting forward Gracie Douglas and starting goalie Trudie Grattan.

"Gracie was my 'big sis,' and Trudie gave me rides home every single day," said Bridget.

Bridget recorded 7 goals, 11 groundballs, and 4 forced turnovers in her debut season. Her efforts left a remarkable impression on her coaching staff.

"I think she will hit the ground running and be an even bigger part of our attack. Between her extraordinary work ethic and natural athletic ability, the sky is the limit for Bridget," said Coach McLean.

Freshman Sprinter Makes Impact

Hank Holland
Sports Editor

Nicholas Wright
Opinions Editor

Track and field is a sport as old as the first Olympics, but still relevant and exciting today at Freeman. In recent years, the accomplished DSF track and field program has produced a number of superstars (among them Waleed Suliman, who may break the 4-minute mile barrier this summer). Yet, there is one new face to remember for the future of Freeman track. His name is Jake Perks.

Jake, a freshman, burst on to the track scene and is currently one of the most promising runners on the team. His specialty is the 800 meter, an event which gives him "endurance," Jake said.

"My running style is more of a 400," he said, showing his versatility as a sprinter and a mid-distance runner.

Sophomore Alex Sreng, another member of the track team, trains with Jake.

"He has this drive as a freshman that is insane. He's the hardest worker out there," Alex said.

Part of that motivation

comes from his role models: Trey Laughlin, Jack Pollard, and Patrick Gorman. Also, Jake attributes the "competitive aspect" between Jake and his younger brother has to part of his success.

"He's my running partner, and we both benefit," Jake said.

Track coach Brian Reuting speaks to Jake's growth as a runner.

"He's getting stronger, he's getting faster, and he's getting better strategically," he said.

Jake did not find his passion for track until middle school. Before then, he had played football since the second grade.

"I have always loved football," he said. However, Jake broke his leg playing football in the seventh grade.

"I got a titanium rod in my leg, and track helped with the leg strength," he said. Until then, Jake ran mainly for football conditioning, but after the six-month recovery, he discovered his natural talent for track and "took off," he said.

Jake said that track is appealing because "you can see times and growth rates and know exactly what

you need to do." "It's one of those sports where if you don't truly enjoy running, you won't do well," Jake said.

While track is where Jake's abilities shine, he still has a passion for football and plays receiver for the DSF JV team. "Track helps with the stamina for the running aspect of football," Jake said. "Both sports complement each other."

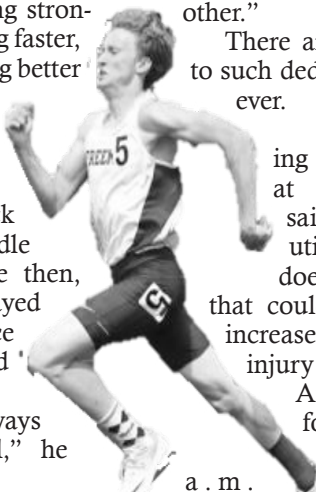
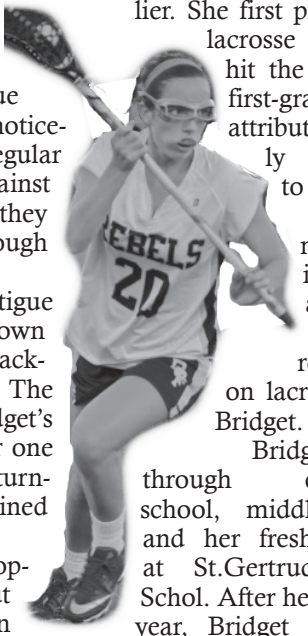
There are some risks to such dedication, however.

"He's burning the candle at both ends," said Coach Reuting. "If he does too much, that could lead to an increased chance of injury or setback."

An average day for Jake begins with 6:30 a.m. ball with football lift. After school, it's track practice, then "study, eat, study, crash," he said.

Jake has his sights set high for the future. "Tokyo Olympics, 2020. I know that's a crazy goal," he said. But, for an athlete who "could be a state champ," according to Alex, a gold medal may be within his reach.

PHOTOS: BRIDGET PATTON AND MILESTAT.COM



SPORTS BRIEFS



BOYS LACROSSE

Record: 12-5
Key Players: Ned Mize, Thomas Gentry

"Ned and Thomas both really stepped up this year and were huge leaders on the team. Thomas locked it down on defense and was a really solid defender all year. Ned dominated the face-offs and really stepped up as an offensive threat this year." - Ted Palmer, Varsity Boys Lacrosse Captain



BASEBALL

Record: 13-7
Key Players: Camden Lazar, Liam Simpson

"I felt like our team showed tremendous growth from the start to the end and one of two contributors to that growth was left-handed pitcher Camden Lazar who stepped up in some important games...Manning down centerfield was Liam Simpson who did a great job defensively to limit runs and, offensively, did a nice job at the top of the line up getting on base so that others could knock him in." - Ray Moore, Head Varsity Baseball Coach



BOYS SOCCER

Record: 6-9-1
Key Players: Mohammed El Abbasi, Justin Hakizimana

"We got important goals from Justin Hakizimana and Mohammed El Abbasi in the last couple of games, but the thing that pleased me most about the end of the season was that the whole team finally came together...In the end, I think we demonstrated that we are a quality team." - David Inman, Head Varsity Boys Soccer Coach



BOYS TRACK

Record: N/A
Key Players: Campbell Collet, Sam Geissler

"It's what you can do at the conference regional and state meet that really defined our season and Sam Geissler contributed points at the conference meet and ran a relay in the regional meet. He is the most improved person we have. Campbell Collet probably in the top 5 and 10 freshman we have ever had in the one mile and 2 mile. Those guys did a great job." - Brian Reuting, Head Track Coach



BOYS TENNIS

Record: 5-8
Key Players: Carson Moum, Matthew Oley

"After Allen Biju left we had a tough hand but we still had a great year and I think that next year's season will be one to watch...Matthew and Carson both were fantastic players and it was always easy to see why there were Coach Given's favorites." - Thax Crittenden, Varsity Boys Tennis Team

PHOTOS: SARAH HALSEY, ZACH SCHWERTZ AND HANK HOLLAND

Freshmen Shine on Varsity Soccer Teams

Davis Buckbee



PHOTO: ELIZABETH BUCKBEE

Davis focusing during a game.

**Sarah Halsey
Sports Editor**

It is a rare occurrence when a freshman makes a varsity team. It is an even rarer occurrence when a freshman starts. Davis Buckbee has done just that for the boys' soccer team.

Davis has had a knack for soccer from the beginning. "He has played soccer since he was 4," said David's father, Jon Buckbee.

Now, Davis plays for the Richmond Strikers Elite team; the highest level in the club. His travel coach, John Faircloth, has been training him for over three years and has seen him grow as a player throughout the years. "He always works hard and

tries to complete every task I put in front of him. Every season Davis has improved as a player and a person," Coach Faircloth said.

Through extra training when he was younger, Davis has developed into the player he is today. "Even as a little boy, Davis loved to get extra practice. As he got older, he wanted to attend camps, play on Futsal teams, and get additional training at places like Own Touch," Mr. Buckbee said.

The hours spent during the offseason paid off this past February when Davis made the varsity boys soccer team as a freshman, an unorthodox action. The boys soccer coach and Leadership I teacher, David Inman, was impressed immediately with Davis.

"Davis is not particularly physically imposing, but he plays 'bigger' than

he really is. He was able to hold his own physically against bigger, stronger players, so I knew he could hack it on that front," Mr. Inman said.

He's faced challenges being on a team with older players. "It was a little difficult adapting to playing in such a competitive atmosphere with people who were bigger and stronger than I was," Davis said.

Despite the size difference, Davis remained a vital player on the team due to his knowledge about the game. "I tried to play smart and be reliable. In the position that I play [defense], you need to be consistent. I try to create plays as much as I can and just do my job," Davis said.

It was a tough season for the boys soccer team, going 6-9-1 in the regular season heading into playoffs. However, despite the disappointing performance of the team, Davis set an example for other players. According to Mr. Inman, "Davis was one of the handful of players who demonstrated real mental strength and approached every day as an opportunity to get better."

For now, Davis is unsure about his future for soccer regarding college. His priority is making the Freeman team the best he can. "I just want to make the program better in the years to come so we can beat competitive teams like Godwin and Deep Run," Davis said.

**Molly Herring
Features Editor**

It is not too often that the first scorer of a varsity soccer game is a freshman, but on April 17th, the day of the Collegiate game, playing against her former school, freshman Renee Jervey quickly made it known what they lost when she switched to Freeman.

Renee is one of five freshmen on the fairly young team this year. She is a forward who has been playing for 11 years. "I play United ECNL...I have a lot of experience with older girls," said Renee. The high level is "nothing new to her," said Coach Bill Bartoszek.

Coming from a family of athletes, Renee grew up playing soccer. "It made it easy for her to get involved in it," said junior Mac Jervey, Renee's sister.

Anyone that has been to a girls soccer game while Freeman graduate Jinks Jervey, Renee's brother, is there has heard him yelling tips at her from the sidelines. Before games, they talk about a couple things she wants to focus on during the game. "After games we normally sit down with a white board and draw out certain aspects of her movement or specific plays," said Jinks.

From a coach's perspective, Renee's athleticism and game knowledge are her best assets. "Renee is a good athlete and soccer



PHOTO: RENEE JERVEY

Renee fighting for the soccer ball against Godwin.

smart," said Coach B.

Coach B is not the only one who notices. "Renee is incredibly fast and has amazing foot skills. She's able to get past even the best of defenders and has a great shot," said senior captain Jeanne Rockwell.

As with any varsity athlete, being on the team takes up a lot of her free time. "Renee plays soccer pretty much every day," said Mac. Over the season, Renee said her confidence has improved, helping her lead on the field. Renee considers the time commitment worth it. "A lot of Friday nights consist of soccer games which limits the amount of time I get with my friends outside of soccer," said Renee.

The relationships Renee developed on the team made her transition into high school easier.

"Renee feels much more at home at Freeman since she has become a member

of this supportive team," said Mrs. Jervey. "The team has really bonded. We are all really close and good friends," said Renee. The whole team has embraced Renee this season. "Renee was immediately accepted onto the team. She is sweet and fun to be around. All the other girls love her and the positive energy vibe she adds to the field," said Jeanne.

Renee says her biggest inspiration is senior Hannah Eddins. "She has been hurt and hasn't been able to play, yet she comes to all of the practices and games," said Renee.

Renee's worth ethic and skillset will take her far. Next year Coach B sees her as a "major contributor" on the young team. "As she gets used to the other girls and their tendencies, it will only elevate her game," he said.

New VHSL Classifications for Fall of 2017

**Mia Fuller
A&E Editor**

**Ryan McCracken
Features Editor**

After rearranging itself in both 2013-14 and 2015-16, the VHSL will once again be shuffling its alignment heading into the 2017-2018 school year.

The VHSL, or Virginia High School League, is an administrative body that governs interscholastic athletic competition within the Commonwealth.

According to the VHSL website, "The Virginia High School League is an alliance of Virginia's public and approved non-public high schools that promotes education, leadership, sportsmanship, character and citizenship for students by establishing and maintaining high standards for school activities and competitions."

As explained by VHSL executive director Billy Haun, "For the upcoming 2017-2018 school year,

the VHSL will keep six classifications for school teams. However, the current model that has conferences and two regions in each classification will change. Beginning with the implementation of the new alignment this fall, there will be no conferences and four regions per classification."

While member schools overwhelmingly supported the move from 3 to 6 major classifications, three unexpected consequences had arisen.

"1) With only two regions in each class, travel for region tournaments was a problem. 2) Students were missing too much class time due to travel. 3) With only two regions, many schools were no longer playing traditional rivals which meant a loss of revenue. If you couple that with the fact that schools were travel expenses were increased due to having only two regions, schools were experiencing financial issues," said Mr. Haun.

One of the many issues to consider was placing schools into districts and regions, because the members desired to be grouped



with traditional rivals in a manner requiring as little travel time as possible. This had to be weighed against the VHSL prerogative of ensuring fair competition by putting schools with comparable enrollment figures together.

Mr. Haun said that the ultimate measuring stick is "What's best for the students?"

The re-alignment ultimately settled on maintains the six classification system while scrapping the conferences in favor of 4 regions per state grouping. Freeman will compete in

5A's Region B along with local opponents such as Godwin, Deep Run, and Glen Allen.

The biggest change in the new policy will be the elimination of conference and district games during the playoffs.

"With the loss of the conferences, most VHSL academic activities lost an opportunity for students to qualify for state level competition. This is extremely important since most of these activities do not have a regular season or district schedule," said Mr. Haun.

Suzanne Criswell, di-

rector of student activities, has been learning what will be in store for student athletes everywhere through meetings and months of discussion.

"I think that we [Freeman] were, luckily, already in a good situation. We were bringing in ticket money, while still having a good amount of competition. The other regions didn't do it the way that our region did it. In the new organization, it's unfortunate that we won't have a district tournament, and we won't have a conference tournament, so

the whole season you will be playing for your bid to regionals. So out of the 15 or so teams in our region [5B], only 8 will get that spot in regionals. So the whole season depends on getting one of those 8 spots," she said.

In light of the new changes, Freeman coaches are starting to prepare their players for what is to come next season. Varsity baseball coach, Roy Moore, hopes to push his players to excel during the regular season in order to achieve that regional placement.

"I think that it will be important for us to get a good seed for the regional tournament, because not every team is going to make regionals," he said. "We have to train our hardest and make sure that we want that spot in the competition."

"I just hope that they keep the policy that they are trying. They need to make sure they stick to it for at least 4 years and then make an assessment and change things again if needed," said Mrs. Criswell.

SPORTS BRIEFS



GIRLS LACROSSE

Record: 9-4

Key Players: Elizabeth Mauck, Leanne Larkin

"The lacrosse team had a stellar start to the season, going 5-0 before spring break. While the rest of the season was filled with highs and lows, we are excited about the talented players returning next season." - Samantha McLean, head coach.



SOFTBALL

Record: 3-15

Key Players: Sydney Pulliam, Faith Adams

"We started out slowly because we were plagued with injuries of key players. As the season progressed we came together as a team. Our opponents were even commenting on how we had developed as a team and that we were playing more competitively." - Becky Milton, head coach.



GIRLS SOCCER

Record: 12-5

Key Players: Sam Fee, Jackie Hemp

"I challenged this team every game to be competitive, and give yourself a chance to win it at the end. They [Sam & Jackie] were part of a defense that kept us in games all season long." - Bill Bartoszek, head coach.



GIRLS TRACK

Record: N/A

Key Players: Mia Girardi, Cameron McCarty

"We have 12 athletes competing in the state meet this weekend, and 9 of them will return next year" - Brian Reutinger, head coach.

PHOTO: MIA GIRARDI



GIRLS TENNIS

Record: 11-3

Key Players: Lucy Collins, Emme Levenson

"Emme and Lucy are incredible doubles partners and work well together." - Larry Parpart, head coach.

PHOTOS: SARAH HALSEY, HAILY REID & ZACH SCHWERTZ

Drum Majors to Lead Rebel Brigade

Caroline Daniel
Editor-in-Chief

Lauren Tull
Design Editor

The Rebel Brigade has achieved considerable success in the past few years, including recently receiving a superior rating from the Virginia Band and Orchestra Directors Association. However, the accomplishments of this team would not have been possible without the help of the drum major and assistant drum major, who are tasked with motivating the musicians and helping maintain structure within the band.

"Conducting is the easy part," said 2017 drum major Jake Greene, "but at times it is hard to keep the band motivated throughout the season." The Rebel Brigade is not just an extracurricular activity, it is a co-curricular class inside and outside of school. During the two weeks of 9-hour band camp practices over the summer and 7 a.m. start times throughout the fall, it requires dedication. Even the most committed students can lose stamina as the season continues.

Drum majors dedicate much of their time and effort to cultivating and retaining the pep that the band displays while playing upbeat tunes in the hallways on fall Friday mornings. They are what Rob Blankenship, the head of the Freeman band program, calls "student directors"—leaders within the program who are the liaisons between Mr. Blankenship and the numerous other band participants.

"Drum majors are responsible for learning the music for the field show and conducting the band during performances," Mr. Blankenship said. Howev-

er, they lead off the field as well. "You see the drum major during the halftime shows conducting... but behind the scenes, they often lead rehearsals in the morning... and warm up the band," Jake said.

These leaders' duties can vary greatly. "The personality [of the group] changes from year to year with each drum major," Jake said. "At times you need to be strict, but mainly my job is to be a good role model."

The Rebel Brigade requires that their drum majors have experience both with their specific instrument and with marching. Jake has developed a skillful trumpet technique by playing in school-sponsored programs each year, beginning with his sixth grade band class at Canyon Vista Middle School in Austin, Texas.

In addition to musical skill, Mr. Blankenship seeks out students who excel in the field performance aspects of band. The audition for the role of drum major is a three-day process in which students are introduced to the proper form for calling marching commands and basic conducting. Then, the prospective drum major practices a marching routine that demonstrates their ability to call a variety of commands and ensure that their marchers understand them.

They are required to demonstrate creativity as well. Each student creates an original salute, practices conducting to recorded music, writes an essay, and participates in an interview.

Jake was awarded the position of assistant drum major in the fall of 2016 because, according to Mr. Blankenship, "[He] is very thoughtful and clear about what he wants to do with the band." His presence commands attention, and "the students listen to him."

However, as head drum major Michael Russell graduates in June, Jake will accede to fill the role. Sophomore Carly Cohen was selected to take over Jake's

role as assistant drum major.

"Carly is an extremely talented musician... [and] a superb flute player," Mr. Blankenship said. She currently holds a distinguished position within the band classroom as first chair and section leader of the wind ensemble. Carly said she has "always been fascinated by music," which has fueled her drive to take music lessons since fourth grade. She participates in many musical activities all over Virginia, including symphonic band, all-county band, Greater Richmond Youth Wind Ensemble, and Central Virginia Wind Ensemble.

When she makes her debut as assistant drum major next school year, she will be the first female drum major in five years. Although being a drum major is a daunting task, Carly is excited rather than anxious.

"[It] doesn't make me nervous because of the all encouragement I have received from my friends in band," she said.

For Carly, becoming Freeman's assistant drum major is just another step toward a future in music. "I am most excited about conducting the band because I am very passionate about music. [It] will prepare

PHOTO: CARLY COHEN



Carly plays her flute during a football game



Jake leads the Rebel Brigade.

me for the future because I want to major in music...and become a music teacher," says Carly.

Mr. Blankenship predicts a successful season for the Rebel Brigade with Jake and Carly at the head. "I know that [Carly] will bring that talent, dedication and hard-work ethic to the drum major position... and Jake has already proven himself," said Mr. Blankenship.

After a year of drum major experience, Jake's only advice for Carly is to "realize that you're not going to know how to do everything. Sometimes you just have to give it your all and hope for the best." The pair hopes to make a successful and hardworking team that will help bring more success to Freeman in the fall.

Former Rebel Becomes Pop Superstar

Hailey Reid
Sports Editor

What do a Jonas Brother, MTV's Best New Artist, and Freeman all have in common? Cole Whittle. You may recognize him as the spiky-haired bass player in Joe Jonas's new pop band, DNCE. But did you also know he graduated from Freeman in 1998?

"My band is called DNCE. I play bass, keyboards, kazoo, and animal noises," said Cole Whittle. Despite his obvious success, things were not always this way for Cole. His high school experience was completely different from his life now.

"My time at Freeman was super awkward! I entered as a wrestler who played music secretly," Cole said.

However, as time went on, Cole realized his true self. "Freshman year, I went through a transformation and immersed myself in only art and music. This confused all of my best friends, and I ended up pretty isolated socially. I skipped lunch to practice bass every day for the next three years," said Cole.

He was also experimenting with his appearance. "I looked like Screech from *Saved by the Bell*," he said.

He was involved in many different activities at Freeman, including BETA club, Spanish club, and many others involving music and art. One of his favorite clubs was called "battle of the bands."

Cole said a memorable moment was telling his physics class that their teacher would be dancing in a cage in the battle



PHOTO: INSTYLE MAGAZINE

Cole Whittle poses with his band DNCE.

of the bands. "Rightfully, I got suspended for two days—don't disrespect your teachers, kids," he said.

Cole's passion for music began in high school, but there was never one moment when he realized that he wanted to pursue it as his career. "It called upon me and cosmically guided me into the crazy, irrational life that I have been living in for two decades," said Cole.

"I started making money with music when I was 17, and it's all I've ever done since because NASA didn't need any more rocket scientists," said Cole.

In the summer of 2015, Joe Jonas began his new band, DNCE. "We were trying to figure out who would be this amazing fourth member [Cole], and we wanted someone with a crazy haircut and tattoos who wears jumpsuits from the '80s," said Joe Jonas (source: Instyle).

"My favorite part about being

in DNCE is that I am celebrated for being exactly me while making funky music with my best friends," said Cole.

He and his band members won the MTV VMA for "Best New Artist." "I remember seeing Nirvana win that award on TV when I was young, never imagining that I could be there on that screen," said Cole.

Cole said he has had the honor of meeting "some amazing legends through the years, most notably Stevie Wonder, Paul McCartney, Sting, Neil Diamond, Penelope Cruz, Kate Moss, all of your favorite pop stars, and a ton of famous dogs."

"I would say musicians that I looked up to shaped who I was to become. Having heroes is so important. Always recognize and imitate the qualities in others that you admire," said Cole.

Cole Whittle's Freeman days involved "daydreaming, trying to fit in, trying to talk to girls, and

trying to get good enough grades to satisfy my mother. I should have had more fun, but I remember the social puzzle seeming too huge," said Cole.

Cole said that when he was in high school, he could never picture himself being where he is now, nineteen years later.

"I was such a nervous wreck in high school that I had a very small view of the world and my place in it. Subconsciously, I knew that I would do something great one day, and it started happening as soon as I imagined it aggressively," said Cole.

"I promise all of your readers that none of it matters except how you treat people and how hard you follow your passion," said Cole.

It is safe to say that DNCE is where he has found his true home. But maybe when he comes back to visit Richmond, you can find him "at your nearest Casa Grande."

'DaVinci Alive' Exhibit Fails to Wow

Ellie Somers
Photography Editor

★ ★ ★ ★ ☆

What: Da Vinci Alive - The Experience
When: May 13 - September 5

"Da Vinci Alive - The Experience," made its North America debut at the Science Museum of Virginia on May 13 in the museum's new Dewey Gottwald Center. The traveling exhibition, which originated in Australia, displays a vast array of Leonardo da Vinci's designs, inventions, and artworks through SENSORY4 technology, designed to create an interactive cinematic experience.

Tickets to "Da Vinci Alive" cost \$25 (not including youth, senior, or member discounts) and include general admission to the museum's permanent exhibits. The exhibit is set to close Sept 5.

The exhibit contains an impressive number of models, including a few that you can touch, imitating Da Vinci's creations. However, the layout of the replicas is somewhat confusing. Interactive models are mixed in with non-interactive models, only to be identified by small signs on the front saying "TOUCH" or "DO NOT TOUCH."

Despite the size and limited interactions, the exhibit is quite interesting, especially for history-lovers. Signs and touch-screen boards display information comparing Da Vinci's inventions to modern day technology in the fields of flight, physics, music, military engineering, hydraulics, and more. The exhibit reveals Da Vinci's influence on a wide variety of inventions, including skis, scuba equipment, bullets, portable pianos, and helicopters.

Visitors should be prepared to do a lot of reading in order to understand the importance of the exhibit. On a brief walkthrough, the visitor will not be able to appreciate the genius behind Da Vinci's works. Only after reading about and studying the models will the visitor comprehend the impact of Da Vinci's inventions on our everyday lives.

At "Da Vinci Alive - The Experience," visitors can expect to find at least one area of the exhibit to which they are drawn, based on personal interests. Whether it be the in-depth analysis of the famous Mona Lisa or the closet of mirrors (which seems to be a popular selfie spot), "Da Vinci Alive" caters to all.

Looking for a Beach Book?

Caroline Daniel
Editor-in-Chief

Liza Moody
Photography Editor

Caroline Recommends: "A Man Called Ove" by Fredrik Backman

Ove is the epitome of a grumpy old man. A near-hermit who is very set in his ways, Ove struggles to find happiness after the death of his wife. However, not even he can resist the lively, noisy, young family that moves next door and invades his life of solitude.

Liza Recommends: "Ashfall" by Mike Mullin

"Ashfall" follows a young boy, Alex, who is left alone at his home near Yellowstone National Park for the weekend. But when the Yellowstone super volcano erupts, leaving a thick layer of ash covering the United States, Alex has to embark on a journey to reconnect with his family. The book progresses as Alex matures from a kid desiring a weekend of freedom to a dauntless trailblazer in a post-apocalyptic world.

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