

The Commentator

Marshall Promoted to DSF Principal



PHOTO: MARCUS RAND

Mr. Marshall talks with juniors Justin Ntumey and Matthew Mays.



PHOTO: MARCUS RAND

Ms. Sweat gives Mr. Marshall a hug.

Maggie Sheerin
News Editor

John Marshall just got sent to the principal's office. For this Freeman administrator, however, it was good behavior, not bad, that got him there.

At a May 9 faculty meeting, it was announced to teachers and faculty that John Marshall was promoted to principal of Freeman High School, effectively taking

over for Mr. Mey who has taken an HR job at central office.

For the past 15 years, Mr. Marshall has dedicated his life to education. A former history teacher, wrestling coach, and administrator at Glen Allen and Varina High School, Mr. Marshall has always had one goal in mind: to make a difference.

"I always knew that I wanted to do something that contributed to the world in a positive way, and in high school and college I realized that education was the best way to

do it," said Mr. Marshall. So, after graduating from the College of William and Mary, Mr. Marshall began teaching and impacting the lives of others. This search led him to become involved in school administration, a career path that brought him to Freeman three years ago.

Throughout his three years as Freeman's associate principal, Mr. Marshall has developed the SOL tutoring bootcamp, an ELL outreach program for students and families, and the SUCCESS

program, which pairs freshmen with upperclass mentors.

"We need to work to make sure that no groups here at Freeman feel marginalized and that we ask ourselves with everything that we do if all students are being included. Every student here should have an equal playing field," said Mr. Marshall.

History and SUCCESS teacher Laura Jones, wearing a John Marshall High School T-shirt that she had purchased in support of Mr. Marshall's candidacy for principal, was "very excited" that it was Mr. Marshall given the job. "I had told him that wherever he went, I was going to follow him," said Ms. Jones, adding that Mr. Marshall "understands all of Freeman's diverse learners, has the respect of the faculty, and is willing to hear ideas from all sorts of people."

This sentiment was echoed by students. "I felt really good when it was announced that Mr. Marshall was going to be principal. He is a really nice person, and I think his personality will make him a good principal," said freshman Vivian Garcia-Molina.

In his tenure as principal, Mr. Marshall hopes to support the teachers and students of Freeman.

"It's funny, the principal is seen as the top [of the school] if you were to draw a diagram, but really, the role of the principal is just to support the learning and growth that happens in the building. It's all about supporting students through their journey through high school and supporting teachers in their hard work of teaching and learning," said Mr. Marshall.

"Mr. Marshall has always been very easygoing and approachable. Any student can come to him when they need him," said junior Jon Lafoon.

To Mr. Marshall, that is exactly why he wanted to become a principal at Freeman—to encourage the inclusivity and diversity seen throughout the school.

"Freeman is a very diverse place. We are a community full of all kinds of different people of different views and different backgrounds, but, we all come together as a family."

As is true of any family full of different dynamics, nothing ever stays the same. But, this change is one that Mr. Marshall hopes is for the long run. "[Being principal], means I get to stay at Freeman for a long time," said Mr. Marshall.

HCPS Implements Block Schedule

Day 1:	1st period: 50 min	3rd period: 90 min	5th period: 90 min + lunch	7th period: 90 min
Day 2:	1st period: 50 min	2nd period: 90 min	4th period: 90 min + lunch	6th period: 90 min

HCPS has proposed a block schedule for all high schools for the 2019-2020 year. Classes will alternate with a shorter first period that meets every day. Tech students will travel to centers for a full day and return to Freeman the entire other day. A directed study hall will be included but the specific timeline is to be determined.

Lowell Smith
News Editor

When Henrico County switched to a block schedule back in 2002, two high schools opted out and stayed in a seven period schedule: Douglas Freeman and Mills Godwin. Now approaching the 2019-2020 school year, both schools are preparing to make the switch.

The official decision was made by the school board. "At Freeman, we [were] preparing as if we [had] that approval so we [could] be ready for September 3," Mr. Marshall said.

The switch aligns the schedules of all high schools in Henrico County on "a goal of all of this is to bring all the schools into alignment on the same schedule which will make the county run much smoother," Mr. Marshall said.

The logistics of early release and early bird are two concerns of the student body. Mr. Marshall confirms that early bird classes will "remain an every single day 47-minute block..." However, early release will look different.

Students will need to get approval much like in years past, and would be released 90 minutes early every other day. For example, if a student has a seventh period early release they will get out 90 minutes early on the days they have seventh period.

The general opinions on block schedule are mixed, but according to Marshall, "there was never going to be a perfect time."

"We've done a tremendous amount of research as well to

best inform how we can make sure we have an efficient and effective 90 minutes... That's our goal, to have an efficient and effective 90 minutes" he said.

That 90 minute block can be used for more in depth lessons in core classes but will also be useful for electives. "It will be beneficial for electives like show choir and theatre, giving us more productive and longer rehearsal times," said sophomore Reese Pugh.

Other students are expressing concern for the new system. "Block schedule is harder to maintain focus for that long compared to all classes in one day," said freshman Nate Elkin.

"It's going to be quite a change, but, for better or for worse, we won't know until we try it."
-Matthew Smith

Junior Matthew Smith said that block schedule is "going to be quite a change," but that "for better or for worse we won't know until we try it."

Mr. Marshall expresses that he and other administrators have been "in communication with the faculty a ton and have learned their preferences because we value what they have to say."

Spanish teacher Sarah-Henning Snellings said that block scheduling "allows me the time needed to properly create and implement 21st century-appropriate lessons

that address different learning styles."

One of the most crucial ways to gear up for a potential upcoming schedule change is to prepare teachers accordingly. "With any change, we want to support our teachers to make any slight adjustments that need to be made," Mr. Marshall said.

Collaboration between teachers will be a pivotal part of the transition into block. Many teachers at Freeman have taught on block before at another school. If teachers are having an issue, "It's very likely the teacher next to you might have some experience," said Mr. Marshall.

English teacher Jason Abril taught block for four years at Moody Middle School.

"The thing I like about block schedule is the breathability of it," Mr. Abril said.

Mr. Abril and a few other teachers held a seminar in late April to give strategies and tips on planning lessons for a 90 minute period.

"It coincides with a focus on deeper learning teaching more than just memorization, but teaching life skills. And we think that the block will support that better," Mr. Marshall said.

The 2019-2020 school year will usher in a new way Freeman runs on a county level. "Were hopeful for a formal announcement coming soon because we want to make sure everyone is aware. Once we have definite information, we want everybody to have that information," Mr. Marshall said. From the administration to student schedules, change is the mood of the upcoming school year.



PHOTO: BRAXTON BERRY

Seniors Abok Kawaj and Braxton Berry are announced as prom king and queen.

Prom Night at the Oscars

Saturday, May 18 was Freeman students own "Night at the Oscars" at the downtown Hippodrome Theater. Planned and organized by the Junior Class, Freeman's annual prom let students be transported back into the age of Old Hollywood, complete with glitz and glamor. "I thought the Hippodrome had really pretty decorations," said senior prom court member MC Woodrum. The glitz did not stop at the decorations, however. The silver crowns for the king and queen of the prom glistened under the bright lights of the dance floor and highlighted the smiles of their new senior recipients. "Winning was really unexpected for me," said Prom Queen Abok Kawaj. King counterpart Braxton Berry, however, has been awaiting his crown. "I always knew I was a royal. My mom told me I would be king one day," said Braxton. After their announcement, Abok and Braxton shared a royal first dance while students watched, ultimately coming to a close and allowing for a night of loud music and dancing to continue for Freeman students.



PHOTO: KATE GHARIB

All-Star Prom attendees smile for a photo together.

An Inclusive All-Star Prom

On Saturday, May 4, Glen Allen High School hosted exceptional education students from across the county for a prom celebration. Last year, the event was held at a church and featured students from both Glen Allen and Freeman, but this year the event was expanded to all high schools in Henrico County. Exceptional education students were paired with student volunteers as their buddies, and the dance was deliberately created as a safe environment for students of all needs to relax and celebrate. The night was filled with Chick-fil-A, dancing, and a whole lot of fun!



Little Feet Meet Makes A Big Impact



PHOTO: MARCUS RAND

A preschool student crawls through an obstacle course on the baseball field.



PHOTO: MARCUS RAND

Junior Dain Ripol races against a student in the 100-yard dash.

Gretchen Neary

Online Editor-in-Chief

Usually, William E. Long Stadium and Ken Moore Field are filled with high school athletes competing in football, baseball, lacrosse, soccer, or track events. However, on Thursday, April 25, the baseball field became Zilan Almsallam's personal jungle gym.

Zilan attends school at Crestview Elementary, and both her parents attended the Little Feet Meet to support her. Her father, Asad Almsallam, said that the Meet "means a day of joy for Zilan. She can run wild."

Zilan was one of 1,011 pre-

school to 5th grade athletes from all around Henrico County who came to Freeman to compete in the Little Feet Meet and who filled the stadium and surrounding fields with the sounds of their laughter.

Terry Donohue, a retired Freeman P.E. teacher, has coordinated the event for the past 11 years. She described the meet as a chance for "students, both intellectually disabled and regular ed[ucation], to have an opportunity to compete, to form friendships, and to discover each other's abilities while competing in various track-related activities."

Nancy St. Germain, a teacher at Three Chopt Elementary, said the Little Feet Meet provides her students "a chance to come out and

have fun and be themselves. I love it because it gives them a chance to show their athletic ability."

The Little Feet Meet is sponsored by the Special Olympics, which supplies various types of sports equipment for the athletes to use during the events. Preschool students were able to play games on the baseball field and elementary school athletes had their activities on the turf field and track.

Athletes from the various sports teams at Freeman were able to sign up to either run different games or be an ambassador to a school. Games included a javelin throw, track races, long jump, agility courses, and playing with a parachute. Sometimes it was hard to discern who was having more fun -- the athletes from Freeman

or the kids from around the county.

Being able to give back to the community is part of the appeal for this group of Freeman students, as well as being able to spend part of a spring day outdoors. Ms. Donohue said that "when you take time to get to know others, it helps you to grow as a person while developing new skills and an appreciation for others. I feel that is an important part of education and is invaluable for Freeman students to experience."

Junior Will Coker, the student intern for the Little Feet Meet, described the event as a "win-win." Not only does the Little Feet Meet give joy to young students, it also gives joy to the Freeman community at large.



PHOTO: MARCUS RAND

A student smiles while playing with bubbles.

Freeman Family Says Goodbye to Retiring Faculty



Angela Layne
Business Teacher

"She's a very loyal teacher and friend who always has her students' best interests at heart." - Sabrina Rabon.

"She's my favorite teacher. I'd describe as generous, smart, and helpful." - Awot Kwaj.

How long have you been working in public schools?
At the end of this year, I'll have been teaching for 20 years. I was in Virginia Beach for about 7 years before coming to Henrico.

What was your favorite part about working at Freeman?
Freeman is a great place to work. The teachers, staff, and faculty are all very friendly and helpful and we do feel like a family so it's been great to be a part of that. The students, for the most part, are all very friendly, kind, and respectful.

What's your favorite memory of working at the school?
I've loved working with FBLA. For several years, I've taken those students to conferences including States and Nationals so that's been really cool.

Which of your colleagues will you miss the most?
I'm going to miss Ms. Rabon and Mr. Seeger who've been my colleagues in Business/Marketing.

Why did you decide to work in public education?
Before I went into teaching, I was an officer manager who did bookkeeping and taught my colleagues how to use computers and databases. I thought why not use those skills and my college degree better to teach students, and I've been teaching ever since.



Beth Metcalf
School Counselor

"She's very caring, she listens to you without judgement, and she is nice." - Kala McGehee

"Ms. Metcalf and I know each other really well. Her husband once said we're like sisters, and I definitely feel like that's true." - Carol Campfield.

How long have you been working in public schools?
I've been a counselor for 19 years, and I taught biology and chemistry 13 years before that. I've been at Freeman for the past 15 years.

What was your favorite part about working at Freeman?
Both of my boys went here, so I got to know the teachers as colleagues and friends and got to see my sons go through high school and know their friends as well.

What will you miss about Freeman?
The people: students, teachers, admin, just everybody.

Which of your colleagues will you miss the most?
I'd say Carol Campfield, she and I are besties.

What was the hardest part of your job?
The hardest thing is trying to balance everything in a day, seeing all the students who need to see me, handle the paperwork, and just making sure you don't get bogged down without having the chance to make the personal connections, which really matter.

Why did you decide to work in public education?
When I graduated from college, there was a shortage of science teachers so I thought I'd try it because I had a background in science. The first school I worked in was challenging but the students were so easy to embrace and since then I've just fell in love with it.

Interviews by Salaar Khan, Online Editor-in-Chief



PHOTO: MARK GRAFF

Team Morris stands in front of the United States Capitol Building.

Leadership Students Earn 6th Place in National 'We The People' Competition

Megan McDonald
Editor-in-Chief

Freeman's We the People Team Morris makes headlines once again as they took 3rd at the National Competition.

The competition hosted 56 teams from across the country in the heart of American politics: Washington, DC. After placing second at the state competition, the team

qualified for a wild card spot and became the second team from Virginia to go to DC and compete.

After two days of competition, Freeman was in tenth making them the last team to make it to the final day of presentation, a very successful day for Freeman. The team made a four spot jump up to sixth place. "I was very proud of them," said AP Government teacher Robert Peck.

Senior Will Chambers and his

classmates enjoyed this experience with all its challenges. "I think people really relished the opportunity to go in and do something special," said Will.

Senior Beth Sachdeva liked the team aspect of the competition and getting to support her fellow members. "It was fun watching our other groups go and kill it," Beth said.

Overall, Team Morris proved themselves as a force to be reckoned with.

Community Addresses Hateful Vandalism

Megan McDonald
Editor-in-Chief

Early Friday morning, May 10, Henrico Police were notified of several street signs, sidewalks, and driveways marked with graffiti. "One of the civilians had their driveway spray painted with a swastika... she woke up that morning and called the police," said Freeman Resource Officer Rafael Medina.

The vandalism included symbols and phrases that could be interpreted as hate speech, which worried many people on their Friday morning commutes. "It was frightening for some students, and some students didn't come to school that day," said freshman Amanda White.

Henrico Police relied on social media and civilian reports to make an arrest in connection with the crime. Police also determined that the suspect posed no significant threat to the future safety of the school.

Three days later, on Sunday morning, May 12, police were notified of graffiti, which included images of guns, direct threats, and racial slurs, that covered a substantial portion of the side of Godwin High School.

Officer Medina explained that there is a "strong possibility" that the Freeman neighborhood graffiti inspired the incidents at Godwin. He described the nature of

racially charged threats. "It negatively inspires copy cats to spread instilling fear in people," said Officer Medina.

Godwin junior Mason Leopold noted the fear at Godwin in the days following the threats. "For the week, there were a lot of absences because students were afraid for their lives," said Mason.

This threat to safety was especially concerning as it targeted students. "It's a really sad thing because you shouldn't be worried for your life when you're going to school. It's supposed to be a safe place," Mason said.

Two Godwin students were arrested Wednesday in relation to the Godwin vandalism.

Officer Medina believes that the community's response to these events is evident of a greater effort to create an inclusive environment that celebrates diversity. Both at Freeman and Godwin sources stepped forward with crucial information, which eventually led to the arrests. "It was a beautiful sign of the community taking a stand against hate speech and racism," said Officer Medina.

Freeman Principal John Marshall also commented on Freeman's stand against such hateful language in a message to parents. "We are committed to working with families and community members to foster an inclusive, culturally responsive environment in our school and community," said Mr. Marshall.



DRAWING: ABBY TAYLOR

A Needed Break: How pop culture distracts us from the burning world outside



Davis Buckbee
Opinions Editor

Instead of reaching for my unopened AP Physics review textbook, I grab my phone and tap HBO Go. Two days ahead of my exam and I've barely started to study—but my eyes gleam as the "Game of Thrones" intro dissolves any stress I hold towards the upcoming week of testing. On Twitter (full of spoilers for anyone not caught up), #GameofThrones is the on the top of the trending list. Last night, it was the NBA playoffs, and a few nights before that—Avengers: Endgame. To say we are living in a blessed time of pop culture entertainment would be an understatement.

At the same time, violence in Gaza is spiking, hundreds were murdered in Sri Lanka, and Congress is at each other's throats over the release of Robert Mueller's special report on President Trump. These consequential events have received mass media attention—but they're being overshadowed by events happening in popular culture.

Being distracted from what really matters by cultural influences isn't new. From slave songs, to listening to the radio during the Great Depression, or playing baseball during World War II; Americans have constantly created en-

tertainment to distract them from the burning world around them. And right now, the world couldn't be a bigger fire. Political parties are fighting in an unwinnable war, violent extremism is plaguing all stretches of the earth, and global warming continues to become an unbearable truth.

Despite this, millions of Americans are engulfed in the "Game of Thrones" episodes which air each Sunday at 9 p.m. Eastern Time or watching as James Charles' subscriber count continues to drop. These crises are overbearing and need solutions, compromises, and plans of action. But maybe what we really need is this break that popular culture is providing.

If television, movies, or other sources of entertainment are distracting us from real world issues, maybe that isn't such a bad thing. Maybe Avengers can encourage Democrats and Republicans to stop their Twitter arguments and come together watching the same movie. For what feels like years, the news has covered the constantly depressing cycle of tragedy and division.

Tragedies deserve and should require attention. Looming problems like global warming must be addressed. But before we can address these giant issues, we must be united first. As humans, as students, as Americans, as future voters; we have much more in common than in difference. And if watching the struggle in Western, popular television shows, or the Avengers attempt to save the world does the trick, so be it.

Sometimes, you need a Friday to take a burden off before you can save the world on Monday. Or in our case, going to the football game on Friday and waiting to do the group project on Sunday.

HE SAID

Davis Buckbee
Opinions Editor

Fun for like three days then you're over it.

Beach

Autotuned falls: "EEYEAH."

Music Festivals

I hate eating at the kids table.

Fourth of July Cookouts

Different location, same \$14 sandwiches that don't fill you up.

The New Panera

Manifest Destiny--we had to.

The Annexation of Hawaii

10 hour work days--I feel like an adult.

Summer Jobs



She Said

Annie Stephens
Opinions Editor

The best place in the entire world. Change my mind.

Don't get manipulated by James Charles.

Stop asking me where I'm going to college. I don't know!

Boujee. Not the real Panera. WHO is she?

Brought us Obama, who's mad?

I'm working on my tan while kinda saving lives.

The Perfect Block Schedule



Annie Stephens
Opinions Editor

Recently, the "powers that be" decided to switch Freeman and Godwin to the block schedule starting next year. The darkness of 90-minute classes looms over us, implying that we need to spend more time in class. But I don't think we should stop at 90 minutes. Two can play at this game, Henrico.

First, I think we surpass the 90-minute class time and just have one class each day. Actually, you know what, I don't need to go home! One class for the full five days, 24 hours straight. No sleep.

The pros list for this schedule is endless. Instead of lessons, students will be living what they are learning. Math students will turn into human calculators for the week. By Friday, they will only speak in binary code, "11101010011;" what did you say?! Gym class will turn scrawny

freshman into John Cena, Dwayne "The Rock" Johnson, or Serena Williams. Just imagine how far our wrestling team will go.

The AP Euro students will live a week in 13th century Europe, hiding from rats. Students infected with the Bubonic Plague will be quarantined and placed in the Center for safe keeping. Luckily, chemistry students will have gotten their PhDs and cured every single disease ever. The week-long study hall will leave students with enough time to ponder over what came first: the chicken or the egg. Study halls will turn into a battleground over this debate. (It's definitely the chicken).

The cons to this? Nonexistent. It is a foolproof plan.

The best week to have is the week of lunch. The day starts with the hostess ushering students into the cafeteria for a wild brunch. Breakfast burritos, donuts, those little boxes of cereal that are always stale, a few sandwiches, and some koolaid. After that, it's nap time (the only week where students get to sleep). It's mandatory to bring a blow-up mattress and your favorite pillow. Once everyone is awake, there is a catered lunch provided by money taken out of the school budget. I recommend the Buckhead's day.

More pros: this prevents the day one and day two confusion. You will never arrive at school

on a Monday morning not knowing which class to go to. The immersion-style learning will have students living the class in the morning, and testing the material at night. Many AP teachers are worried that they are behind, but with this they will be able to cover a chapter in one day! It is the most efficient way of learning. Administration will have it easy because there will be no time for fights to break out. Standardized test scores will sky rocket. Freeman will become the most proficient school in the country. The graduation rate will be 100% and students who are not already competing with Elon Musk will be recruited by Ivy League schools.

After seven weeks (all seven classes), students move up into the next class. Students will graduate in two years or less, be the top of their class at Harvard, and excel greatly in life.

Classes for 120 hours straight is a much better idea than any schedule 90-minutes or less. The simple 45-minute block schedule has no chance compared to this one. Although Raleigh T. Philip (a well renowned college professor at Pepperdine University) says that the attention span of teenagers is 22 minutes, they will be able to adapt with ease. It is sad that the rest of Henrico County has to run on the 90 minute class schedule; just think of all the time they are wasting.

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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.

Overheard Freeman

"Overheard Freeman" is an experimental student-submitted representation of the funny and amusing quotes heard around Freeman. Submit funny and anonymous quotes you overhear to hcps-buckbeedp@henricostudents.org.

"I can't say hello? Never mind, get out of my face. I don't even want to talk to you."

"I would've voted for you, if you were a girl."

"Nickelback is better than Travis Scott."

"School right before summer is a glorified day care."

"I'm so glad the season is over. Now I can sleep."

TikTok: One Sophomore's Rise To Fame

Emma Johnson
Features Editor

On November 28, 2018 at 9:28 p.m., a Tik Tok star was born. Sophomore Aidan Duffy has always loved making people laugh, however, he wanted to take it one step further. "I wanted to become Tik Tok famous. I heard of all these people becoming famous and I was inspired," said Aidan. TikTok began as a platform called Douyin in China, however it soon went international, being branded as "Tik Tok". The app allows users to create and share videos ranging from 3 to 60 seconds long, often featuring music or funny skits. With over 500 million users globally, the app has become quite popular amongst younger generations, some striving for fame.

"It really only takes one video." Duffy's first viral video features him sporting a monkey mask and dancing to the song "Dream, Dream, Dream" from the movie "Sharkboy and Lavagirl". "It got like 30,000 likes and I was like wow that's crazy," Duffy said. Since first going viral, Duffy's most viewed video has a whopping 287,000 likes and over 2.9 million views.

Duffy's social media ventures have gained him much popularity among the sophomore class, as well as other grades. His reputation as "class-clown" makes him the person everyone goes to when they need a good laugh.

Junior and long time friend of Duffy, Lizzie Danforth, can second this. "He is the most creative genius of our time, there are no words that can describe his mind." Lizzie has known Duffy since they were born. The two even lived next to each other for a period of time. "Aidan's always been a funny guy, he's always been somebody who tries to make other people laugh," Duffy feels the pressure of fame



PHOTO: MARCUS RAND

Aidan Duffy has a massive following on the popular app TikTok.

everyday, pushing himself to remain in the "creative mindset" constantly to ensure that he can produce enough videos to please his fans. "My inspiration comes from within," he said.

In today's social demographic, social media has become an outlet for people to voice their opinions, create unique content, and express themselves. Social media aims to reflect the individualistic thoughts of each user and provides a space for people to reveal their creativity. If you're Aidan, this comes in the form of jumping off your deck with a monkey mask on or dancing with a giant inflatable sumo suit on.

Duffy's sense of humor and

bold personality have been present since he was young. "We knew Aidan was outgoing when he was in the elementary school talent shows and school plays and didn't have fear to perform or to be in the spotlight," said Michael Duffy, Aidan's dad.

Mr. Duffy was originally un-

*"It really only takes one video."
- Aidan Duffy*

aware of his son's rise to fame, however, he was introduced to Aidan's account from a neighbor. Since then, Mr. Duffy is shocked

by how quickly Aidan's following has grown and how his reputation has transformed. "Early on, people would tell me they saw a weirdo around my house, but it was just Aidan wearing a blonde wig, "CrackShot" costume, or some other prop. Now, we could have a circus at our house and it is shrugged off as Aidan's TikToks."

Aidan's antics and humorous personality have been exuded through the app and sparked interest among many others throughout the school. "It's funny, entertaining, and well-produced," said sophomore Margaux Schimick.

One thing that makes the app so popular is the opportunity it gives users to create unique videos that

reflect their individual senses of humor. "I like the freedom and the chance to express myself as a person," he said. Some of Duffy's most viewed videos show him busting some quirky moves while sporting various costumes or acting out funny skits, actions he says define him as a person.

While Duffy's fame has hit early on in his Tik Tok career, the young "content creator" has no thoughts of slowing down. "I want to grow my fan base by making more videos and trying to go viral again," he said. For now, look for the local celeb in the hallways, you may even get an autograph.



PHOTO: MATTHEW SCOTT

Andy Logan, Will Chambers, Walker Barkstrom, and Joseph Chambers competing on the Battle of the Brains television show.

Quiz Bowl: Rackin' Up Wins

Sadie Rogerson
Editor-in-Chief

What is the Freeman quiz bowl team's secret to success? According to science teacher and quiz bowl sponsor Matthew Scott, "consistency and dedication from our students" is the answer.

For the second year in a row, the team won the VHSL Scholastic Bowl Regional Championship and is now vying for first place in the semifinals of the local quiz bowl television show Battle of the Brains, which they won last year. They also placed second in the state championship on Feb. 23.

For these two competitions, four players are selected to participate from about six club members based on factors such as "attendance at practice, performance in other tournaments, and seniority on the team," Mr. Scott said.

With other tournaments, Scott explained that the club tries "to get a chance for all players to play in a tournament if they have paid team dues and want to go."

In order to prepare for these events, the team meets twice a week and "runs through practice games often." In addition, "every member of the team does practice on their own," said senior Walker Barkstrom.

*"Our students are really studious."
-Matthew Scott*

"Our students are really studious," said Mr. Scott.

Both Walker and freshman Joseph Chambers were named as two of the 8 all-star players on Battle of the Brains this year. This status was determined by the number of points they scored per game. Walker described Joseph as having made "really impressive" contributions to the team. Joseph characterized the quiz bowl competition similar in nature to Jeopardy, "but on a team and with longer questions."

Many of the questions are about topics "you learn in school" Joseph

said. In contrast, Walker stated that "some of the information that you are expected to know is very esoteric," but that sometimes he learns new things that are "helpful to know."

Of their recent victories Joseph said that it "feels great" to do well in competition, describing it as "like any other competition" but with "less luck involved." Walker shared this sentiment, stating that his proudest moment thus far was when the team "won back to back regional championships." "It was a lot of fun" and "a good moment," Walker said. This pride is something that Mr. Scott enjoys seeing in his students and their enthusiasm "about being so good."

Although this year's quiz bowl season will soon come to a close, Walker also foresees the team continuing their winning streak. "I definitely expect more success from the team in the future," he said. Quiz Bowl fans can watch the Battle of the Brains championship when it airs on Saturday, June 7 at 10 a.m. on Channel 6.

Guess Who:



Who am I?

- 850+ hours of community and service
- CPR instructor license
- EMTB license
- Likes cats
- Rising freshman sister
- Born in Seoul, South Korea

Man on the Street

What are your Summer Plans?

Senior Noah Hill



"I'm moving out this summer."

Senior Mia Slaunwhite



"I will be training for my fall season of soccer at Meredith College."

Junior Sandra Abdelmesseih



"I don't have any plans this summer."

Sophomore Austin Fisher



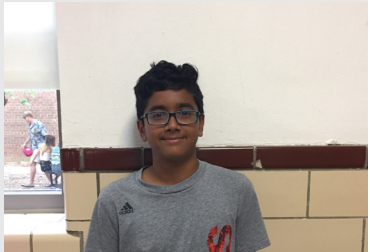
"I am teaching kids volleyball."

Sophomore Haiden Curtis



"I'm traveling and going to camp."

Freshman Charan Sama



"This summer I'm going to Virginia Beach."

Sophomore is Busy as a Bee

Sarah Echols
Features Editor

Some students have a dog. Others have one or two cats. Sophomore Jacob Brann has thousands of bees. More and more people are becoming interested in beekeeping due to a rapid decrease in the bee population. Bees are essential for food production, so these beekeepers are hoping to stop this decrease from continuing any further.

Jacob first ordered his two hives of bees only two months ago, in the beginning of April, but his interest in bees actually goes much farther back. "My dad kept honey bees on my grandparents' farm when he was young" Michelle Brann, Jacob's mom, explained. Therefore, Jacob has always been interested in agriculture in general, and as Jacob says, "Everyone likes honey."

When Jacob's environmental sci-

"My dad kept honey bees on my grandparents' farm when he was young."

-Mrs. Brann

ence class began discussing bees early this spring, he started to look into actually keeping bees. "I researched and found the Richmond Beekeepers Association, so I went to the meeting, and that's when I became more devoted to figuring out how to get started," Jacob explained.

The Richmond Beekeepers Association is a group for advanced and beginner beekeepers who are interested in gaining more knowledge on how to best care for bees. Jacob has already been to several of their meetings discussing things such as maximizing honey production.

Jacob came up with a proposal



Jacob checks the bees in the two hives several times a week.



Many of the bees gather on the frames in the hives.

to present to his mom and dad asking them and his grandparents each for one third of the money it would take to start his venture. His grandparents were also happy to loan him space on their property

for the actual hives.

He may have had some help getting started, but "he has taken on full responsibility for the two hives," Mrs. Brann said. He even works two part time jobs, one as a

lifeguard at Chestnut Oaks Recreation Association and the other at a catering company. These help pay for the hive upkeep which can be expensive.

However, according to Mrs. Brann this isn't the least bit out of the ordinary for Jacob. Four years ago, their family found four kittens under their deck. "Jacob and his brother wanted to keep them, but I said no way," Mrs. Brann explained. However, she eventually caved after some persuading on Jacob's part. Jacob and his brother took on full responsibility, "To this day I have not had to empty a litter box once," Mrs. Brann said. Therefore, when he told his parents he wanted to take on the responsibility of taking care of thousands of bees, they weren't the least bit surprised.

The bees are already producing honey, but Jacob doesn't expect to actually put the supers on the hives to start collecting the honey for another few months. "I could be able to super this year, but I probably won't just so I can get more experience first," Jacob said. However, he hopes to sell the honey in the future.

Right now the bees rely on a feeding box on top of the hive that is constantly providing them with sugar water. "I want to get them through one winter," Jacob explained, before he lets them find their own food.

While he may not actually be harvesting honey yet, Jacob is seeing the results of his hard work in different ways. "He was recently awarded a scholarship from the Richmond Beekeepers Association," Mrs. Brann said. This provides him with another complete hive and an additional \$150.00 to help pay for supplies.

"Everyone keeps asking when there will actually be honey," Jacob said, but he doesn't want to rush the process. As he put it, beekeeping is "a long term investment, hopefully getting into a lifetime hobby."

From the Mountains of Nepal to the Halls of Freeman



Alisha (right) and her family posing in Nepal.

Sarah Echols and Emma Johnson
Features Editors

Ever wonder what it's like to come to a new country, a new school, and be surrounded by people who speak a completely different language? Junior Alisha Pradhahn experienced this firsthand when she started at Freeman nine months ago.

Alisha moved to the United States about a year and a half ago with her mother, sisters, and brother. Her father is still in Nepal, but "I think he will come soon," Alisha said.

In coming to the U.S., Alisha said her family settled in Henrico "because of the education." Now, she and her sister are both enrolled at Freeman as juniors.

Alisha's education in Nepal was extremely different than the education she has received this year in the states. "Here we have a test every week," Alisha explained. She is also getting used to the exam and SOL schedules here. "This is my first time doing SOLs, but I think I will do fine," Alisha said.

English teacher and mentor, Melissa Radday, has seen Alisha progress rapidly since her arrival

in September. "Her writing and communication skills have skyrocketed," Mrs. Radday said.

Alisha is very grateful for the opportunities she's been given at Freeman. "This school is so good," Alisha said. When asked about her favorite teachers Alisha said, "I can't discriminate, my favorite teacher is all of them." Mrs. Radday describes Alisha as "the sweetest kid, who is hardworking and kind to everyone." Alisha also exudes gratitude for the guidance her teachers have given her. "She considers the teachers her parents because we support her inside and outside the classroom," said Mrs. Radday.

"She considers the teachers her parents because we support her inside and outside the classroom."

-Alisha

Even with her recent arrival, Alisha's motivated mindset and hardworking attitude have put her on a path to success.



PHOTO: EMMA JOHNSON

A Day in the Life of Karina Trinidad

7:00 am – Wakes up and takes her two younger siblings to their bus stops.

7:20 am – Gets ready for school.

8:30 am – Goes to her bus stop and heads to Freeman.

10:00 am – Goes to one of her favorite classes, English, with Mr. Pruett.

11:40 am - Struggles through government with her best friend.

4:00 pm – Her boyfriend picks her up from school and chauffers her straight to her job at Chick-fil-a.

4:30 pm – Starts serving the many customers of Chick-fil-a.

6:00 pm – Grabs a snack at some point to keep her going.

11:00 pm – Gets picked up from work.

11:15 pm – Takes a shower.

11:30 pm – Works on homework into the late hours of the night until she eventually dozes off.

Soccer Returns to States with Win Against Glen Allen



PHOTO: JERRI GIRVIN

The team celebrating their victory after defeating Glen Allen in the Regional Semifinals.

Steve Ulrichs
Staff Writer

It is often said that the most anticipated year for an athletic team is the year after a successful season which is the case for the 2019 varsity girls soccer team.

This season, the girls varsity soccer team has had to battle back from 2-0 loss in the 2018 Class 5A state championship game against the Briar Woods Falcons.

The team started their season off with a tie against Glen Allen and a loss against Deep Run. The Rebels knew they were going to have to dig deep in order to respond, and that's exactly what they did, beating Maggie Walker and Hermitage

by a combined score of 15-0.

After these wins, expectations remained high throughout the season.

"We handle the pressure by treating every game the same," said junior Renée Jervey. She believes the team has improved because of the addition of several talented freshman.

"Our freshman have stepped up big. There was a lot of weight put on their shoulders and they were able to stay resilient and play great," said Renée.

The playoffs began with a win over Matoaca, Freeman scored nine goals and didn't let any in.

Then, on Tuesday, May 28, the team beat Glen Allen, who was previously undefeated.

The game remained scoreless until the final minute of sudden death double overtime, when sophomore Ashley Hemp scored the winning goal. Previously, Freeman had tied Glen Allen twice in the regular season.

Sophomore Lauren Hargrove described the feeling of their win. "When Ashley scored with a minute left on the clock, my heart stopped and I ran over to join in the team hug," she said.

With this win the team qualified for the state tournament and the regional championship.

According to senior Mia Slaunwhite, *The Richmond Times Dispatch* previously printed multiple times that Glen Allen and Deep Run would likely compete against one another in the regional championship. In the end, the Rebels defied these expectations.

"We may have been the underdogs, but we proved everyone wrong with our hardwork and determination," said Mia.

The regional championship was played on Friday, May 31, against Deep Run.

After a tough fight between two locally dominant teams, Deep Run scored halfway through the second half.

The score remained 1-0, and the Rebels lost, but their state qualification remains intact.

The Rebels will play their first state tournament game on Tuesday, June 4th.

Lacrosse Player Overcomes Knee Injury



PHOTO: BILL MCCLURE

Pierce Martin scoops a ball during a game against Western Albemarle, after coming back from injury.

Taylor Pounders
Sports Editor

Junior Pierce Martin had to put his lacrosse stick down for a few weeks early this spring due to a common injury in the sports world: a knee cap dislocation that resulted in an inevitable halt to his season.

The average recovery time for an injury of this severity is normally about six weeks. Miraculously, Pierce was able to get back on the field and to his team in just three weeks by taking the necessary steps to complete the recovery process.

Even though those three weeks set Pierce back in his first season as an upperclassman, he still considers this injury to be one of his season highlights. He said, "coming back and being able to have another chance at a playoff run really made my season so much

better."

This season is not the first time that Pierce has sustained a season-halting injury. "I fractured my back my freshman year. After fracturing my back, it was hard to keep a good mentality because I could not contribute to the team at all. However, I powered through the year of recovery and came back with a better mentality than before," said Pierce.

Pierce has been a member of the boys' varsity lacrosse team as an attackman since his freshman year, however, now that he is an upperclassman "the team has a much different feel to it," he said. "Everyone has just begun to mesh so much better than in past years."

This year, Pierce is a starting attackman and "provides a lot of good stick skills, speed, and passion and heart for the sport of lacrosse," according to junior Caleb Jacoby.

"We've improved a lot as a team

this year. Our goal is to make it to regionals and beat Atlee," said Pierce.

He also attributes his quick recovery and constant improvement to his supportive teammates. He said, "We have a lot of very skilled players this year, like Ford Burke, Thomas Laughlin, and Easton Chucker, that have continued to build up our team's performance and support me through my injuries."

Many of Pierce's teammates also think he is a player that has helped to continuously build up the team's skill level.

"He's just very easy going, and he's always been that guy that helps the team keep a positive attitude through the season and off seasons," said senior Ethan Lustig.

One thing is for sure: no knee or back injury is going to keep Pierce Martin off the lacrosse field helping his team and scoring goals.

Underclassmen

Madeline Holdren
Soccer

"Being a freshman on varsity was fun, but nerve-racking. I am excited to build the team with new players."



PHOTO: MARCUS RAND

Madelyn is the team's left back.

Lucy Larkin
Lacrosse

"The seniors were all really good leaders and helped me have fun right away. I especially liked working with my sister Leanne."



PHOTO: MARCUS RAND

Lucy is the starting midfielder.

Brooke Ward
Softball

"I was happy to be able to contribute to the team as a freshman. I'm looking forward to the team improving even more next year and hopefully making the playoffs."



PHOTO: MARCUS RAND

Brooke is the team's shortstop.

Brin Hause
Tennis

"My experience on the team was really good. All the upperclassmen were really nice and made us feel welcome. It was a joy to be a part of."



PHOTO: DEBBIE LEVENSON

Brin is top three on the ladder.

Madelyn Miller
Track

"Even though it's not the most fun sport, it helps me set goals to accomplish what I want to accomplish. I also try and be the ultimate team cheerer and cheer people on."



PHOTO: LOWELL SMITH

Madelyn runs the mile.

Boys Varsity Soccer



PHOTO: STRAWBRIDGE

The boys soccer team had a decent season with a 6-7-2 record. This was the teams first season under Coach Peter McEvoy. The team had some strong performances, including beating Maggie Walker, but also some disappointing losses, including losing to Glen Allen. They were the 5th seed going into the regional tournament and lost to the 4th seed Meadowbrook. The boys have a lot of hope for next season with 6 returning starters.

Girls Varsity Soccer



PHOTO: STRAWBRIDGE

The girls soccer team finished their regular season 10-2-2. They entered playoffs looking to defend their state runner-up title. On Tuesday, May 29, in the first playoff game the team defeated Glen Allen in double overtime. Next, the girls will compete for the Regional Championship, and then the state tournament.

Spring
Season
Recaps



Varsity Starters

Jack Ramey Soccer

“Tying with Deep Run was my favorite team memory. That was a good game because they are one of the best teams in the state. We played the best game we have played all season.”



PHOTO: MARCUS RAND
Jack Ramey plays right back.

Dell Vidunas Lacrosse

“My favorite memory was coming back to beat Western Albemarle, we were down by three goals with less than three minutes to go and we came back and won.”



PHOTO: PIPER WICKELSON
Dell runs on defense in a varsity game.

Macho Santiago Baseball

“Being on the baseball team is the only reason I come to school. I like pregame meals. Pregame meals smack. My goal is a state championship before I graduate.”



PHOTO: MARCUS RAND
Macho practices batting after school.

Henry Singleton Tennis

“The Henrico match was my favorite. We beat them even though we weren’t supposed to. They’ve beaten us for the past five years.”



PHOTO: MARCUS RAND
Henry is sixth in the ladder.

Aiden McKean Track

“My favorite meet was when I broke 5 minutes in the mile at Saint Chris.”



PHOTO: LOWELL SMITH
Aiden runs the mile and 800 meter.

Strong Lacrosse Seasons Come to an End in Playoffs



DRAWING: ABBY TAYLOR

Taylor Pounders Sports Editor

Two long seasons of hard work, persistence, and high expectations came to a disappointing end on Thursday night, May 23, when varsity boys lacrosse lost to Deep Run 12-3 and varsity girls lacrosse lost to Godwin 13-6.

Both of these losses were upsets and very shocking to the Freeman players, coaches, and families.

When asked about the final game of their season, junior Thomas Laughlin said “Obviously, it was a disappointing end to the season. We worked hard all season for that game, but they came out really prepared,” Thomas said.

Thomas speculated that the cause of their loss was a lapse in concentration. “I think we weren’t

really that focused on the game,” Thomas said.

Despite their end of season defeat, there is hope for next season. “We have a lot of stuff to work on... hopefully we can make a comeback next year,” Thomas said.

Sophomore Charlie Martin was also focused on improving for next season by “working hard on the off season and staying focused on winning next year.”

The boys team had a winning season with a record of 10-4. The girls team was similarly successful this year with a record of 10-5.

This spring marked the second season of the girls lacrosse team playing under coach Christina D’Angelo. Last season was a building year for their team. They seemed to have proven their growth this year with their improved record.

When asked about the final game,

senior Bridget Patton said, “It was a great senior year. We all wish the season could’ve end differently, but we’re really proud of ourselves for the beginning of the season and our growth from last year.”

First year varsity player and junior Macy Thompson was out with an injury for the second half of the spring season. However, she plans to bounce back from this loss by “getting everyone pumped for next season and working really hard during the off season.”

Both the boys and girls lacrosse teams defeated their semi-final opponents in earlier games in the seasons. Boys varsity defeated Deep Run High School twice prior to their most recent game. Girls varsity, although losing to Godwin in one of their first games, came back to defeat the team later in the season.

Softball’s Successful Season



PHOTO: MARCUS RAND
Softball freshmen Brooke Ward and Sydney Tyler shaking hands.

Sadie Rogerson Editor-in-Chief

Even without a home field, Freeman Softball has taken big strides this past season, significantly improving their record.

After only winning one game in 2018, junior captain Caroline Tyler said the softball team ended

the season feeling “defeated,” but turned that into motivation for 2019.

Team captain junior Faith Adams credits the newfound success to a revival of energy and team motivation, which was helped by the addition of new assistant coaches Cassie Perez and Dale Adams. “We brought in new coaches with new techniques because the game is always changing,” said Faith.

After the team’s exciting win against James River High School, the coaches began to notice the value of their improvements. “We finally combined our offense with our defense which makes the team unstoppable,” said Coach Adams.

The team swept three teams, Hermitage, Maggie Walker, and Henrico, all of which swept them last year.

In the end, the team finished with a 10-12 record, a significant improvement.

Faith felt that the team really came together. “We worked as a team, not individuals,” said Faith. She further explained that they “have worked on defense non-stop,” which Faith claimed played a major role in allowing them to improve so dramatically.

Although a few late season injuries impacted the lineup and shifted the team dynamic, the Rebels, with captains Caroline Tyler and Faith Adams, will return in 2020 ready to fight for a winning season and a shot at playoffs.

JV Recap

Girls Lacrosse 11-2-1

Emma Jacoby: “I felt a lot like a leader since I played for Freeman in 8th grade.”

Boys Lacrosse 11-1

Bennett Blackmon: “We had a great season and the coaches were awesome.”

Girls Soccer 4-5-1

Lacy Fisher: “Getting the Maggie Walker win made us all happy!”

Boys Soccer 9-3-1

Luke Bitsko: “Our team improved a lot and we got to know everyone better.”

Baseball 11-5

Jackson Beale: “The best part was hanging out on and off the field with the boys.”



Boys Varsity Lacrosse



PHOTO: STRAWBRIDGE
The regionally ranked lacrosse team finished with a 10-4 record but a regional semifinal loss in the playoffs. Despite the early loss, senior captains Trevor Elliott, Ford Burke, and Stephen Terpak led the team to a notable comeback win against Western Albemarle.

Girls Varsity Lacrosse



PHOTO: STRAWBRIDGE
The girls varsity lacrosse team had a strong season with a lot of talented players. Their regular season record was 10-4. Kerry Nease was the teams top scorer with 72 goals. After this season’s upset loss in the regional semifinals, the girls are hopeful for more success next season.

Boys Varsity Baseball



PHOTO: STRAWBRIDGE
With a winning record of 11-10, boys varsity baseball found some success this season. With the leadership of eight seniors, including future Roanoke College pitcher Alec Erickson, alongside young starters, the team recorded a highlight win against rival Glen Allen to snap a losing streak.

Summer Events in Richmond



Josh DuPuis
Sports Editor

From bikes to dragon boats to hushpuppies, Richmond has a wild summer sports party planned.

Across the city, multiple venues boast events expected to draw people from all over the East Coast.

The weekend Freeman students dive into summer, Richmond Raceway will host several events to get everyone in the mood. On Saturday, June 15, the VMSC Autocross will be held in which drivers from all around the state of Virginia will be able to bring their own car and register to race over eighty competitors. Drivers will race around the infield navigating through an elaborate obstacle course.

Moreover, the Raceway will also be hosting the All Star Country Music Jam concert, featuring Big and Rich, on July 8 as part of All-Star Week for the Eastern League. The concert will be followed by the Eastern League Celebrity Home Run Derby on July 9 at the Diamond, which will feature all-stars from around the Eastern League who will be paired up with celebrities for a home run competition. The Eastern League All-Star game will be held the following day at The Diamond, and will be the first minor league all-star game held in Richmond since 1992.

A week and a half after the all-star game, the Flying Squirrels will host a "What if" night, in which they will play as the Richmond Hushpuppies. The mascot was suggested as a write in during the Squirrels' naming contest held before their inaugural season. This game is a celebration of their tenth anniversary in Richmond. Fittingly, The Diamond will also be selling hush puppies at the concession stands. After the game, the jerseys will be auctioned off to the public to benefit the Squirrels' project to renovate youth baseball fields around the greater Richmond area.

Across the parking lot of the Diamond, Sports Backers' stadium will also host a few events this summer. On June 21, Sports Backers will host a run-bike relay in which teams of four will travel on foot and bike 125 miles to Jamestown and back, all in one night.

A month and a half later, on August 3, Sports Backers will be hosting the Richmond International Dragon Boat festival on the James River, featuring teams of 20 rowers, one steer person, and one drum beater that will race 500 meters in the water. The festival will also include other pastimes and activities in between races in order to allow everyone to "kick back" and relax while at the festival.

Finally, right before the start of the 2019-2020 school year, Sports Backers will host its annual Moonlight Ride, sponsored by the Virginia Credit Union. Bikers will be able to ride through northern Richmond on either a two mile or eight mile course before enjoying live music and refreshments.

Lasting for over two and a half months, Richmond has a great summer party planned. The best way to enjoy it is to jump right in.

Coaches Corner: Baseball Legacy Leads Team

Josh DuPuis
Sports Editor

Ray Moore, Latin teacher, has been coaching Freeman baseball since 2010 when he replaced Tag Montague as head coach. However, Coach Moore's roots and connections with Freeman baseball stretch far beyond his decade as head coach.

"[My journey at Freeman] started with my father . . . I got to see the impact he had on other players and people and I thought that was pretty special and I thought it was something I would like to try to do," said Coach Moore.

Coach Moore's father, Ken, coached the team from 1973 to 2008, causing him to become a Freeman fan from a very young age.

An alumnus of Freeman, Coach Moore played infield on his father's team, leading them to a regional final in 2001, a few years



Coach Moore advises Liam Simpson at the Freeman-Deep Run Game.

before becoming the JV coach at Hanover High and eventually the head coach at Freeman.

"It's been surreal [to follow in my father's footsteps]," said Coach Moore.

"When you grow up, you don't think you're going to do the same thing your parents did . . . but it just so happened that the chips fell where they did and I'm here and I

love every minute of it."

All throughout his journey with Freeman baseball from playing on the team to becoming head coach, Coach Moore has always been fond of Freeman.

"[Freeman] is the place I always wanted to be. I enjoyed it when I was a student [and] when I was a kid."

Coach Moore has had his suc-

cesses at Freeman including piloting the team to their first ever regional title in 2013, beating Hanover in the regional final.

Now, ten years into his coaching career at Freeman, Coach Moore shows no signs of regret.

"It's been a good experience from start to finish [although] I hope it's not finishing anytime soon . . . I really just enjoy being around the school and the people and trying to make an impact. . . I like the family feel of this school. Each year it's a new group of people, but there's still a similar feel to the community element that is here in the walls of Freeman and it's the people here that make it such a special place."

With the success Coach Moore has had at Freeman, there is no doubt a bright future is in store for the team as new heights have been and continue to be reached and the impact Coach Moore has had on the team and the Freeman community has been tremendous.

Soccer Sisters Lead Offense, Defense



Girls varsity soccer players and sisters Jackie and Ashley Hemp pose together after a game.

Josh DuPuis
Sports Editor

Senior Jackie Hemp and sophomore Ashley Hemp have formed an uncommon, friendly, and incredibly close relationship, breaking the stereotype of sibling rivalry.

Both are members of the Freeman varsity girls soccer team this

year, with Jackie playing defense and Ashley playing offense.

"I really enjoy being on the team with her, we've been playing soccer together since we were little, so it's cool to be able to play together and play on the same team [in high school]" said Ashley.

Jackie has been playing soccer since she was nine and Ashley since she was four. But, despite their close relationship, Jackie and Ashley hadn't played on the same

team until last year when they both made the varsity team.

Due to their age difference, the duo did not play together in their recreation leagues when they were young.

Now, with their time together on the field at Freeman, the sisterly bond formed between the two has become even stronger as Jackie and Ashley have learned to trust each other on the field.

"It feels different when I'm not with [Jackie] because she always plays center-back and I know she's always there and . . . I know she's got my back," said Ashley.

"[Playing with my sister] has definitely made [soccer] more enjoyable in the past two years," said Jackie.

Over those two years, Jackie and Ashley have strengthened their relationship, creating memories that will last far beyond their soccer careers.

"My favorite memory is from [a game] this year when I scored and I ran back to [mid-field] and she gave me a hug. Scoring is fun, but it's even more fun when you have a sister on the team because she is my best friend," said Ashley.

"My favorite memory of playing with Ashley is probably when she scored in our state quarterfinal game last year because the game was really close and it was exciting," said Jackie.

Ashley also scored the winning goal in this year's regional semifinal game beating Glen Allen in

double overtime. She said, "It was unbelievable, I didn't realize what was happening."

Though Jackie may be headed off to Villanova University in Philadelphia in the fall, the relationship between the two will surely remain strong and rooted not only in family, but also in an undeniable friendship.

Moreover, Jackie and Ashley aren't just companions on the field, but also in their free time as they enjoy engaging in many activities with one another.

"We hang out together and watch movies . . . just normal sister stuff" said Ashley.

"We have a lot of similar interests and since we are so close in age, we do a lot of things together. We volunteer together, we hang out with the same friends, [and] do the same stuff on the weekend," said Jackie.

Both sisters are actively involved in their church community at St. Michael's and play for travel soccer teams through Strikers. The Hemp sisters are incredibly dedicated to all of their pursuits and always seek ways to further help out their community.

Overall, both Jackie and Ashley make a strong presence both on the field and off it, strengthening their bond. Even though they may not physically be in the same place next year, the relationship they have built will surely withstand the struggles distance brings.

Girls Varsity Track and Field



Girls varsity spring track finished the regular season strong. Freeman will be represented at the state meet with Liza Neely, Hillary Neely, Julia Pellei, and Camila Perez running the 4x800 relay. Liza Neely qualified for the one and two mile and Hillary Neely qualified for the one mile. Mariposa Seitz is also competing in the high jump.

Boys Varsity Track and Field



Boys varsity spring track had a successful season with strong representation at the regional meet as well as a few individuals running in the upcoming state meet. Stand-out boys included junior Campbell Collett and senior Sam Gysler. Jake Perkins qualified for the 400 and 800 meters while Ernie Campbell qualified in discus in the state meet.

Girls Varsity Softball



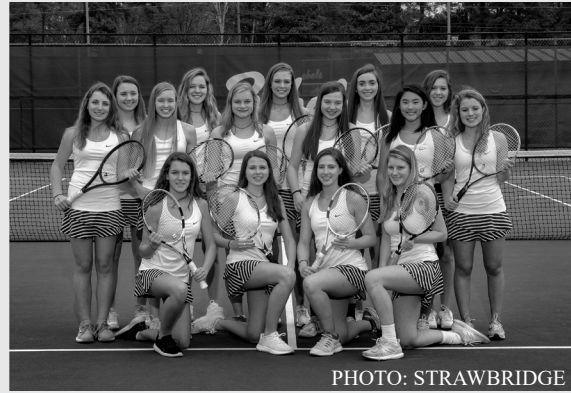
The girls softball team finished their regular season 10-12. The team made significant strides this year, improving on defense and beating multiple teams they had lost to in previous seasons.

Boys Varsity Tennis



The boys tennis team finished their regular season 10-5. The team improved greatly on tie breaks and finishing on matches. Next year, the team hopes to beat Henrico High School.

Girls Varsity Tennis



The girls tennis team finished their regular season 11-5. Emme Levenson and Brin Hause finished second in the regional doubles tournament.

DSF Students Host 23rd Art Show

Sabereh Saleh
A&E Editor

Freeman's art hallway was filled to the brim with bright, bold colors and intricate art pieces for the school's art show. The annual Freeman show went through a new, more artistic change in scenery.

The show used to be held in the library after school, but it has been moved to the art hall this year.

Art teacher Rebecca Field said, "We want people in our community to see and appreciate what's been done in the art department."

Mrs. Field also noted that the schools' artists are sometimes undercelebrated. "We have pep rallies for sports, but there's no gathering of the community for the art department," said Mrs. Field.

The art department also decided on to display art throughout the day opposed to just hosting the show after school. Teachers were able to sign up and take their classes down to the show.

"This is the first year we've invited classes down and it's been a big success. All the slots were filled and teachers brought their students down. I think we're going to continue doing it," said art teacher Beth Jones.

Daniel Lewis was one of the teachers that took their kids to the show. "I think art is applicable to any content area. I also think it's important for my students to support fellow students. I had them pick out their favorite piece, ex-



PHOTO: SABEREH SALEH

The pieces from a non objective study assignment along with work from ceramic classes are displayed along the side of the hall.

plain why, and connect two other pieces to the content we've studied in that class, which is U.S. History. I'm also taking my Econ class down." said Mr. Lewis.

Junior Tristen Lowrey said: "I love the show. I think it's a great change to the boring, monochromatic look of Freeman. I think this hallway alone has ten times as much life as any other part of the building."

The show also had engaging demonstrations and interactive booths, such as a button maker and a chance for students to get their portraits drawn by senior Chloe Fortier. "Mrs. Jones is amazingly awesome and wanted to make it interactive," said Mrs. Field.

"I always think that teenagers in school need something a little bit more interactive when they see things. That's also a big trend

"I love the show. I think it's a great change"

-Tristen Lowrey

of interactive artwork happening all over art museums across the world. The students enjoyed making buttons and their own creations. The show was also secretly a way to recruit new art students. If they enjoyed participating, there's a higher chance of those kids taking an art class next year," said Mrs. Jones.

The show was previously hosted in March because of Youth Art Month, but this year the art department decided to move it after the SOLs. "It'll be a nice thing for the school to see after the SOLs are



PHOTO: BETH JONES

Social studies teacher Daniel Lewis throws on the wheel with help from a student in Ceramics III.

over," said Mrs. Jones.

The NAHS inductions were also held on the same day during the after school reception.

"We have parents and friends and alumni invited for the reception after school. We also have

NAHS inductions, which will be the first time we'd have both together," said Mrs. Jones.

We're in the 'Endgame' Now

'Avengers: Endgame' Thoughts from a superfan...



Lowell Smith
News Editor

"Avengers: Endgame" is crazy. Start to finish, co-directors and brothers Anthony and Joe Russo pack this 182 minute movie with just an insane amount of content.

The expectations for this film were through the roof. It is one of the most anticipated movies of the decade and it is done to perfection. The Russo brothers call back to past films, set up new ones and tell a gut wrenching story at the same time. No one else could do it as well as they have.

Endgame has the biggest box office opening ever pulling in just over 357 million dollars opening weekend. It has also passed "Avatar" as the highest grossing movie of all time and it has only been out for just a bit over a month. As of May 22, it has grossed 2.63 billion dollars worldwide.

Many viewers going into this movie were extremely put off by the 3 hour and 2 minute run time but every second is incredible. Just cut down on liquids and go to the bathroom a few minutes before the movie starts and there's nothing to fear.

One of Marvel's biggest challenges in their 11 years and 22 movies has been the third act of their films. Who could forget the third acts of "Thor: The Dark World" and "Captain America: The First Avenger?" The Russo brothers knew the weaknesses in past films and brought their A game in those areas. The third act alone is reason enough to watch this movie. It is that good.

The plot is pretty complicated on paper, but perfect on the screen. After the Mad Titan, Thanos, used the six infinity stones to wipe out half of all living creatures, he left behind a shattered world. Earth is in ruin, world governments have collapsed, half the Avengers are alive and are in mourning.

That is until Ant-Man (Paul Rudd) returns from his trippy journey from the Quantum Realm. If you want to know what the

Quantum Realm is, you're out of luck. Marvel doesn't know how to explain it either. Just know space and time work much differently there.

Using Ant-Man's knowledge of the Quantum Realm he collaborates with Tony Stark and the other remaining Avengers to engineer a way to steal back the infinity stones from different points in time. Or as Ant-Man so lovingly puts it, it's a "time heist."

The second act consists of a huge love letter to past Marvel Cinematic Universe (MCU) movies. Viewers get taken back to iconic movies that revolutionized the superhero franchise, movies such as the original "Avengers" and the first "Guardians of the Galaxy."

As stated before, the third act is just incredible. A potential viewer must know that the final battle of this film is filled to the brim with special effects. During the course of the last hour of the movie you will laugh, cry, cheer and gasp. It's a literal emotional roller coaster.

The last 10 minutes of "Avengers: Endgame" brings everything Marvel Studios has built over the last 11 to a beautiful conclusion. Die hard comic book readers who have been watching and crafting theories from the beginning (such as myself) and short time fans who just jumped on the hype train a year or two ago will all appreciate this movie for everything it is.

Please watch the other 21 films before Endgame if you have not yet. It's a tall order (I am aware) but it is worth every second. Countless references are packed into this movie and some of the most heartfelt moments are done through calling back old films.

As for Marvel's future after this epic conclusion, "Spider-Man: Far From Home" releases this summer. Also, with Disney acquiring Fox, Marvel is free to bring more flagship characters into the MCU, such as the Fantastic Four and the X-Men.

As exciting it is to craft theories about the future, focus on the present and watch "Avengers: Endgame."

Don't only watch this movie once. Don't watch it twice. Watch it three times.

Which Avengers Character Are You?

What is your greatest strength?

- A. Intelligence
- B. Courage
- C. A great moral compass
- D. Being a literal god
- E. Toughness

What matters to you the most at the end of the day?

- A. Knowledge
- B. Justice
- C. Pride in your country
- D. Honor
- E. Family

What is the thing you hate the most?

- A. Being wrong
- B. Getting roasted by your sister
- C. Fighting your best friend
- D. Not being the strongest avenger
- E. Showing emotion

Pick a weekend activity:

- A. Developing a new form of time travel
- B. Opening a new Starbucks in your isolated kingdom
- C. Defrosting
- D. Playing Fortnite
- E. Beating up everyone ever

What is your guilty pleasure?

- A. Cheeseburgers
- B. Candles
- C. Bucky Barnes
- D. Eating
- E. Completely changing your hairstyle after the slightest emotional toil

Who's your favorite villain?

- A. Ultron
- B. Killmonger
- C. Red Skull
- D. Loki
- E. Thanos

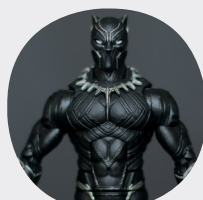
MOSTLY A'S!



Iron Man

PHOTO: <https://www.shutterstock.com>

MOSTLY B'S!



Black Panther

PHOTO: <https://www.rollingstone.com/>

MOSTLY C'S!



Captain America

PHOTO: <https://www.alamy.com/>

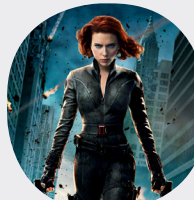
MOSTLY D'S!



Thor

PHOTO: <https://www.marvel.com>

MOSTLY E'S!



Black Widow

PHOTO: <https://www.flickr.com>

Photo Contest Winner

Megan McDonald
Editor in Chief

Junior Sage Moore won the spring photography contest using her eye for aesthetics and creative technique. The contest was put on by Freeman photography teacher Rae Linus and was open to all students.

As a member of Mrs. Linus's Photography III class, Sage was eager to submit a photo. The photo she chose was one taken while on a class field trip to Maymont Park.

"I took a photo looking over the Japanese Garden from a different angle than most people look at it," said Sage.

Winning the award meant a lot to Sage. "It made me really happy," she said. The certificate also came with a cash prize of \$25.

Sage's passion for photography began at age 11 after her grandmother introduced her to the power of a photo.

"I got into photography after seeing some of the amazing pho-



PHOTO: SAGE MOORE

Sage's award winning photo of the Japanese gardens at Maymont Park.

"You can show people a whole new world"

-Sage Moore

tos my grandma took when she was in Africa and Asia," said Sage.

Sage's grandmother continued to have an emotionally impactful role in her photographic journey. "She

gave me all of her old cameras when she passed," said Sage.

Sage has also noticed the power of photography.

"You can show people a whole world from a different perspective with a few simple photographs," said Sage.

Through Sage's lens the world takes a new form. Sage's award winning photo can be found in Mrs. Linus's room.

One Acts, Infinite Talent

Balazs Kaszala
Design Editor

This spring, the stage was set for senior actors to put on their own show. Senior One-Act Performances are a time for senior drama students to cast and direct their own shows as a grand finale for their time as actors in high school. Six directors have put on six separate one-act shows, each produced and directed solely by students.

One Acts are short plays lasting anywhere from 10 minutes to an hour and can incorporate any number of actors. "This year, I have some two-person plays, and then I have some that have six people in them," said Mary Spears, theatre director. The smaller scale of the performances allows for seniors to perform during the school day.

According to director Conor Battle, the seniors have total control over the play. "We have all the Theater II and III students. Sophomores and juniors go and audition for us, and we try to cast them each for a One Act we picked. They do auditions, we do callbacks. It's like a real audition process," Conor said.

Not only do the seniors get to pick their cast, but they also have the opportunity to choose the play to perform and run the rehearsals the way they want. I got to help pick my cast, I'm controlling what show I'm doing, I got to pick sets, costumes, everything," said Conor. The plays touch all kinds of top-

ics, from dramas to comedies. Conor talked about the satirical nature of his play, "Words, Words, Words," which makes fun of the concept of the Infinite Monkey Theorem, which is a theory on the nature of randomness. "It's like this really intellectual, smart comedy with all kinds of literary references, but then also I have times where I tell my actors, 'Hey, we get to be chimps for a day.'"

To make sure everything goes right, Mrs. Spears does check in on the seniors.

"I look at them, I give them notes on what I see, but they pretty much do it for themselves. And this is for fourth-year honors students, so they've been through four years with me. This is their big thing," she said.

Because the shows are so small, the rehearsal process can be an interesting experience for the actors as well. For example, the play "Math for Actors," directed by Gillian Saunders, has only two actors performing. According to Cameron Peterson, a junior who is acting in "Math for Actors," the key to performing in such a small performance is having relationships with crew members. "Having a good relationship with my director and co-star is definitely very important, and I wouldn't be nearly as far as I am if I weren't so close with them," said Cameron.

The One Acts took place on May 30 and 31 in fifth through seventh periods.



PHOTO: MARCUS RAND



PHOTO: REGINA BONOMONTE

Juniors Anna Felton and Jaya McKinley showcase their unique sense of style on the runway at the VMFA fashion program.

Juniors Showcase Style at VMFA

Saberah Saleh
A&E Editor

At the Virginia Museum of Fine Arts, two Freeman students showed off their designs on the runway for the Teen Stylin' program. The runway show is a conclusion to a long term program where students are taught how to work with materials to create their fashion assignment.

Juniors Jaya McKinley and Anna Felton entered the 12-week program and were assigned random pieces of artwork from which they "had to draw inspiration from it in order to create a garment from recyclable or non-conventional," said Jaya.

"I've done it for five years. I started in seventh grade," said Jaya, while Anna "started in eighth

grade.

The program offered many workshops and classes, but the two decided to work from home instead. Although, according to Anna, "it's free and sponsored which is very thoughtful and it's such a great opportunity."

The best part is that you don't have to know anything about fashion or design because they teach you how to do that. Art and crafting is the most important to know, according to Anna.

Jaya was assigned Untitled by Angel Otero where "he uses oil skin and make his pieces really textured, so when I was working on my dress, I also made sure to make it textured," she said.

"I think it was my best year. I also won a set of Prismacolors and a book about fashion because of the award."

"I really love seeing everyone else's design. It's my favorite part and I look forward to it every year. I don't even care about mine sometimes, I just like seeing the others," said Anna.

She also said: "You are competing for different awards. Last year I got the 'Most Wearable', which is honestly the only important one to me."

The theme for 2019 was "Adornment."

"It pushes designers to use creative materials and go beyond our normal boundaries to try something new. It's very innovative and it'll take fashion to a whole other level," said Anna.

Both have said that they will continue participating in the program until they are out of high school.

Sweet Shop Sours Expectations



Coco + Hazel



Abby Taylor
A&E Editor

Coco + Hazel, a new hotspot for Tuckahoe residents, opened on April 20 and is already making great business. Seeing the countless Instagram photos of their towering milkshakes and huge cookie sandwiches, I decided to try the local cafe out for myself. However, the store was so jam-packed every time I tried to visit that it took three separate visits before I felt it was clear enough to actually go inside. After hearing so much about the quaint cafe, I was excited to order one of their signature milkshakes. I was less excited, however, when I saw their price, a whopping \$14 dollars per shake.

I ended up ordering the "blackout" milkshake as well as a cookie sandwich, and my food was brought out very quickly. The shake looked amazing, standing tall with stripes of fudge swirls and cluster of brownies balanced precariously on top. However, I found the drink itself to be very thin, closer to the consistency of chocolate milk than that of an

actual shake, and it was so big that I barely made a dent on the specialty dessert. Unless you plan on sharing your milkshake (and its cost) with at least four other people, it is definitely not worth the price.

The cookie sandwich, unfortunately, shared a similar story. While it looked lovely, the dessert turned out to be disappointingly average for its price: \$6. Take it from someone who works at an ice cream shop: you can get a much better cookie sandwich for half the price at any Baskin-Robbins.

If you are looking for something on the cheaper side, Coco + Hazel offers a good deal on their ice cream at only \$3 a scoop. In addition, their lattes are no more expensive than Starbucks's, and though I did not get one, I've heard great things about their cold brew.

All in all, Coco + Hazel had a great atmosphere and their staff was fantastic. I definitely recommend stopping by, if only for the unique experience. Just be ready to pay a little extra for their local specialties and expect a crowded store if you visit on a weekend.

Artist of the Month: Grace Minson



PHOTO: MARCUS RAND

Saberah Saleh
A&E Editor

If you see a redhead bobbing around the Freeman halls carrying an iconic Beetlejuice lunch box, it's probably sophomore Grace Minson. Her work, as she describes it, is "abstract and non-objective" and she sees art as therapy. "It's kinda like a brain dump of all my thoughts and emotions," she said.

Freeman art teacher Rebecca Field said: "She has ideas that I never would think of. I'm always surprised by where she takes her artwork. There's an intellectual part of her art that's really important to her style."

She started off doing collages until she saw "Electronic Superhighway" by Nam June Paik, an installment that incorporates video art in the shape of the United States, during her freshman year.

"It changed my perspective on art, I didn't know you could incorporate audio and video into pieces." That led to her "experimenting with video work and short films."

"Last year I went to the VCU Summer Intensive for filmmaking. I started really delving into refining my films, and then I did the VCU Future Studio program,"

she said.

Part of her creative process still includes aspects of the program. "Because of Future Studio, I'm freewriting what I want my project to be and figuring out what that means. I also use a lot of aromatherapy to help me think."

She also brainstorms in her room at night while working because "I feel like things come alive more at night... I feel like my room is my sanctuary. It's where I can focus the most."

"Grace also does a lot of things outside of school, and I think that's

where her excitement for class comes from. She lives it, she lives art," said Beth Jones, Grace's Art III teacher.

"Recently I did a project in Mrs. Jones' class where we had to use canvas and acrylic paint in some way so I did a giant mirror with canvas wrapped around it and painted it red. It was about poetry because I started writing a lot of poetry through free writings," said Grace.

While working on it, she said that she also dyed her hair red to "subconsciously feel closer to my work and simply examine why I chose to paint with red in the first place. Why not green or blue, colours that I previously liked a lot? Now I'm really into the combination of red and green. Over the past couple of months I've been thinking a lot about my connection to the earth in a spiritual sense."

"I love Grace's art because it's always really cerebral; it always comes from her crazy abstract brain. You can tell her artwork comes from her," said Mrs. Field.

Her most recent mirror piece and other work can be seen in the Freeman art show on Thursday, May 23.



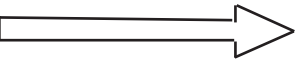
PHOTO: SABERAH SALEH



PHOTO: SABERAH SALEH

Grace's artwork is on display in the Art Hall as part of the 2019 Freeman art show.

Check out more on the Commentator Online!



Class of 2020



Class Elections



Graduation Recap



Spring Sports Update

Meet the Senior Staff