

The Commentator

Vol. LXVII, No. III Douglas Southall Freeman High School December 2019

County Redistricting's Impact on Freeman



Plan A (left) and Plan B (right) for New High School Zoning as proposed by the county.

Anastasia Branch
Staff Writer

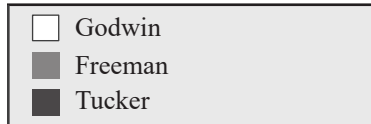
The Henrico County Public Schools (HCPS) new redistricting plans could cause Freeman to lose some of its future Rebels. Beginning in September of this year, the HCPS redistricting committee began to discuss the goals of the process. According to Andy Jenks, Director of Communications and Community Engagement, the agenda's focus is to "efficiently use [the] space, fill additional capacity, [and] reduce concentrations of poverty" within the county. The plan also includes construction of

a new Tucker High School. As of now, the committee has proposed two options for redistricting. Option B suggests a "boundary change that would fill the additional capacity at Tucker ... and in some instances ... pulls from students who would normally attend Freeman," said Mr. Jenks. This option allocates Freeman families living in the Crestview area to Tucker High School. While there would still be some rearranging, Option A presents less of a change to the Freeman area. Regardless of the final decision, "any boundary changes, at the earliest, would take effect in the 2021 school year," said Mr. Jenks.

HCPS has released a statement specifying that affected high school students may stay at their original school "if the move [to a new school] occurred after completion of the 10th grade". Freshman Braden Sweeney, who is part of the student body mentioned above, would have "rather stay[ed] at Freeman" if he was not already grandfathered into the high school. "I don't really care about what the school looks like, just the people who are here," said Braden. That being considered, Mr. Jenks pointed out that "the school system would make every effort to make the transition smooth, not

only for the students, but for the teachers and for the families of Henrico County as well." Ana Gagen, parent to Freeman junior Amanda Gagen and sophomore Alyssa Gagen, said she is "in complete understanding with why the [countywide] redistricting needs to happen." "I would be more than fine with my younger daughters attending Tucker," said Mrs. Gagen. Whether her daughters are students at Freeman or Tucker, Mrs. Gagen said that the redistricting plans focus on "diversity is so important because it will better prepare Henrico's students for the rest of their lives in the real world."

To take all opinions into consideration, "right now, we're in the public input phase of [the redistricting process]," said Mr. Jenks. Mr. Jenks spoke on behalf of the committee when he said that "there are things that we want people to ... review [and to] offer feedback on so that our redistricting committee can then use that feedback to ... somehow change the options." The next community meeting will take place on Jan. 8 at the New Bridge Auditorium.



A New Twist on the Canned Food Drive



Raffle winners Diamond Washington, Abby Kupstas, Emma Melton, and Matthew Metinko.

Ella Mortimer
Staff Writer

Leadership Center Director Rob Peck assumed responsibility of the canned food drive this year. Mr. Peck was tasked with the challenge of organizing a drive that would simultaneously increase the amount of food items donated to the Henrico Christmas Mother and "interest students in participating beyond just their instinct to help their neighbors," said Mr. Peck. With the help of his students, Mr. Peck reimagined the structure of the canned food drive in order to eliminate any possible "animosity that comes with [it]" such as competition and class rivalries, according to senior SCA member and Equity Ambassador Jordan Chucker. The SCA and Equity Ambassadors contribute to the Freeman canned food drive each year by "making sure everything [is] organized, counting cans, [and] making sure they get on the truck" according to junior and Equity Ambassador Jianna Young. This year, Mr. Peck planned to boost student participation in the drive and increase food drive donations through the added motivation of "individual plus class incentives." The individual prizes offered this year included not only the envied parking spaces, but also "small things like Chick-fil-a gift cards" Jordan explained. To promote inclusivity and equality in the can drive, the individual prizes were distributed with a lottery system rather than

having the top few donors receive prizes. With "every 10 cans you [brought], you [got] your name entered [into the individual raffles]," said Mr. Peck. The ten individuals who won the drawing were Abby Kupstas, Addison Gorenflo, Mia Garland, Midhat Ansar, Gretchen Neary, Maddie Cassidy, Diamond Washington, Kendall Betz, Matthew Metinko, and Emma Melton. Mr. Peck hoped that this rewards system presented a "possibility for everybody to be entered in the lottery," given that every student that participated had a chance to win the grand prizes. In addition to individual and class prizes, a competition between the Freeman and Godwin student bodies was held in the hope that this "healthy rivalry" would increase can volume, according to Mr. Peck. Ms. Miriam Ashworth, the sponsor of the Godwin can drive, predicted that this "competition motivate[d] more students to make donations" to the Henrico Christmas Mother. The purpose of the food drive is to raise the highest volume of cans "to help people in need right now," said Jianna. "If you bring in one can, that's great. Just bring as many as possible," Jianna said. The rivals gathered a total of 13,996 cans, with the Rebels collecting 6,073 and the Eagles gathering 7,923. The cans collected through the competition between Freeman and Godwin benefited the Henrico Christmas Mother, not to mention bolstered some friendly competition for a deserving cause.



Seniors Kaitlyn Nguyen, Hunter Locher, Lizzie Danforth, Sarah Bender, and Faith Adams signing.

Fall Signing Day for Athletes

Alexa Mosley
Staff Writer

On Nov. 13, Freeman student-athletes gathered in the library to sign their letters of intent to compete in various sports at the collegiate level. The athletes recognized were Faith Adams, Sarah Bender, Lizzie Danforth, Hunter Locher, and Kaitlyn Nguyen. For many of these athletes, competing in college was a lifelong goal. Swimmer Sarah Bender, committed to University of Notre Dame, said, "I've wanted to swim in college for as long as I can remember." For others, the opportunity to compete in college came as a surprise. "I never thought that I could actually play on the collegiate level... I had no expectations going into the recruitment process, so when I received emails from some well-known colleges, I was really surprised," said Kaitlyn Nguyen, who committed to Roanoke College for track and field. Regardless, reaching this point required lots of hard work and dedication from each athlete. Swimmer Lizzie Danforth, committed to Penn State University, described, "When I started going to practice in the morning is when I realized it was a lot more serious and that I needed to focus more, so then I just worked a lot harder." Sarah Bender also recounted, "I have prepared to swim in college

by swimming eight times a week for the past three years." When it came time to choose a college, athletes weighed many factors before making their decisions. Swimmer Hunter Locher, committed to the United States Naval Academy, considered loyalty and the unique opportunities that a military academy provides. He described, "I never really knew what I wanted to do for college, but I always knew that a regular four-year college was not right for me. I got an email from the Navy coach and started talking to them pretty heavily, and after I took my visit I just knew that Navy was the best place for me." Others, like Lizzie Danforth, looked for a balance of academics and athletics. "I felt like I could succeed there academically and athletically," she said. Faith Adams said that for her "it's all about the team." Now that the athletes have chosen their colleges, they can look forward to the new opportunities awaiting them in college. "I'm excited about a new experience since I've been doing the same stuff for such a long time," said Lizzie Danforth. "I'm really excited to be able to be on a team where we're all working towards a common goal and have the same amount of dedication to the sport," said Kaitlyn Nguyen. To the same effect, Hunter Locher said, "When I visited Navy, there was a really close bond between everyone on the team, and I am

really excited to be a part of that bond." On Signing Day, the athletes and their friends and family met in the library to take this important next step. The athletes were commended by their coaches, who delivered both words of praise and playful anecdotes. Then, the athletes had the opportunity to say a few words and thank their families and friends for their enduring support. Finally, the time came where the athletes signed their letters of intent. The emotions were high in the room, especially from parents and coaches. Becky Milton, Freeman varsity softball coach, beamed that she knew Faith Adams would get to play in college "her freshman year, as soon as she walked out there on the field." After years of hard work, coaches and parents were proud to see their children finally reach this long-awaited milestone. Mrs. Amy Sellers, family member of Kaitlyn Nguyen, said, "I think this has been her goal since she started track. This has been the thing that she's concentrated on." Surrounded by family, coaches, and friends, all five athletes committed to their future colleges. As stated by Freeman athletic director Suzanne Criswell, the Freeman community supports Faith, Sarah, Lizzie, Hunter, and Kaitlyn and are excited to see where their athletic and academic careers lead them.



Freeman Project Plans Outdoor Classroom



Freeman Project students pose outside of Mr. Robjent's room.

Leo Lombardi
Staff Writer

The Freeman Project, a seventh period elective that does community service projects around the school, is attempting to tackle their biggest project yet. A group of four juniors and two senior boys are dreaming up a potential renovation on Freeman's campus.

Seniors Matthew Smith and Russell Swartz along with juniors Nial Hamilton, Josh Hansell, Matthew Moore, and Carter Barnes have been planning and are now proposing an outdoor classroom.

The specifics of the design are yet to be determined, but the group has a general idea of what the outdoor classroom would look like. "The outdoor classroom would be

right behind the band room, to the left of the annex," said junior Nial Hamilton.

Freeman Project members would begin the construction by pouring concrete to provide a solid base for seating. From there, they would build six rows of descending benches in a fashion "similar to the auditorium," said Nial.

In each corner of the concrete, they would secure metal poles to support some form of roofing in order to make the outdoor classroom accessible regardless of the weather.

At the front of the classroom, they would place a podium with a white board and pull-down projector screen for online lessons.

How exactly this project would be carried out depends on approval from Freeman's administration. Principal, John Marshall is aware

of the plans and checks in with The Freeman Project often. He said that "it requires a lot of input on the county level," and "we're excited they're dreaming big."

"We have looked into contracting out this project to a construction company," said Russell Swartz. Certain aspects of the job such as pouring concrete and fitting the roof require construction equipment not readily available to the Freeman Project and would require professional construction help.

Funding for the outdoor classroom could come from a variety of sources. "In the past we have had partnerships with a few local restaurants that do occasional spirit nights to raise money," said Russell. Senior Matthew Smith added that "funding from the school itself or the PTA is also a poten-

tial option." In addition to these potential donors, grant money has also been mentioned as a viable option for gathering enough funds to complete the outdoor classroom project.

As far as the project's length, there is no set time table as of now. "Simply because it's a big project, it's safe to say nothing will be fully complete until at least the fall of 2020," said Matthew Smith.

However, Matthew Smith hopes that a portion of the project will be done within this school year. As a Boy Scout in Troop 770, he would like to complete the project as a part of earning his Eagle, and believes helping out with the building of Freeman's outdoor classroom would fulfill his requirements.

Matthew would lead his fellow scouts in building the benches that

would later be installed in the outdoor classroom once the foundation has been laid. "The plan is to make around 20 benches that can seat around four people [each]," said Matthew. He added that each bench may "be 6 feet long, made out of wood, and coated with a durable primer to handle the weather."

Because of Matthew's Eagle Scout requirements, he would have to complete his portion of the project before his 18th birthday, which falls on May 11.

Although the specifics of the Freeman Project's outdoor classroom have yet to be locked down, a decision will be made by the administration. "As a group we are really excited about the potential this project brings to make learning more enjoyable for a large number of students," said Russell.

New Black Student Union



Senior Jala Bennett and junior Jaeden Lindsay lead a meeting for the Black Student Union.

Maggie Sheerin
News Editor

With over sixty clubs to choose from, Freeman works to give every student the opportunity to feel that they are a part of something. From the Astronomy Club to the Robotics Club, there is a place for every student. The administration makes sure of this by allowing students to create their own clubs, establishing an ever-growing list of extracurriculars.

One of the latest clubs to join this list is the Black Student Union, Freeman's own version of the national organization. Led by junior Jaeden Lindsay and senior Jala Bennett and supervised by librarian Laurie Kaplan, the BSU is on its way to becoming Freeman's first club targeted specifically towards the advancement and inclusion of African American students.

"[The Black Student Union] is a way to include people who don't

feel included, give a voice to those who feel like they don't have one, and make you feel like you belong," said Jaeden.

Jala largely echoes this sentiment, hoping that the BSU can be students' "home away from home."

So far, it seems that both Jaeden and Jala have been successful in their goals, as their "family has grown rapidly and everyone feels at home and completely comfortable," according to Jala.

What were once sporadic meetings of four or five students in the library to talk about books regarding race has now grown into weekly large-group discussions. In fact, their weekly meetings have "even had to move from the library balcony to the cafeteria to fit everyone," said Ms. Kaplan.

However, this is not the first club that aims to accurately represent and include the diverse communities at Freeman. The Spanish Club has recently transformed into the Hispanic Organization for Latinx

Awareness (H.O.L.A.). Freeman is beginning to see a rise in cultural clubs whose sole focus is to make sure that all students feel that they are equally a part of the Freeman Family.

"There is a culture shock coming from a different school to Freeman. The BSU's purpose is to comfort students and let them know that they are not alone," said Jala.

And so, while created with black, African American, or mixed students in mind, according to Jaeden, the club is for "anyone, as long as they have good intentions and respect the opinions and facts we discuss." It is his hope that "people from every part of the school consider joining because it is here to aid in giving minorities a voice."

To get involved, see Ms. Kaplan in the library for a pass. The club meets every week on Thursdays during Freeman Focus.

Balazs Kaszala
Design Editor

Senior Julia Hall is running for a good cause. During November, Julia was involved with the global charity Movember, which helps develop men's health research and reduce premature deaths. Movember is famous for their "No Shave November" campaign, where men donate money they would have otherwise spent on shaving products to the charity. To show her support, Julia, who runs cross country, pledged to run sixty miles throughout the month of November.

Julia got her start with Movember after receiving an email from her friend linking her to their donation site last year. "I decided to donate, and then this year I got an email from Movember telling me that I don't have to grow facial hair to support them, so I decided to run instead," said Julia.

Powderpuff 2019: The Recap



Junior Coach, Jake Taylor, proudly points at his all star team.

Lowell Smith
News Editor

Douglas Freeman's annual Powderpuff Football Game has returned for another year, this time sponsored by the junior class.

The game was held Monday, Nov. 25 during Freeman Focus in comparison to last year when it was held during fourth period on the Tuesday before students went on Thanksgiving break. Students could buy a five dollar ticket to leave their Freeman Focus to attend the game.

It also returned to its original location, the football field, instead of last year's baseball field.

Play-by-play commentary from science teacher Patrick Foltz kept students engaged and entertained throughout the event.

The event kicked off with the seniors facing the freshman. The first half was fairly slow as the teams learned that running the ball proved to be the best strategy.

The low-scoring game concluded with the senior class victorious 7-0. The winning touchdown was scored by Renée Jervey.

The second game pitted the sophomores against the juniors. Right off the bat, juniors Lauren Hargrove, Lacy Fisher and Kerry Nease took control of the game. The game concluded with an exciting second half. It consisted of a touchdown by the sophomores with a minute left, the juniors quickly followed up with a last second touchdown to beat the sophomores 26-6.

The final game was a low-scoring nailbiter. Both the seniors' and juniors' defenses fought hard to keep scores low. Going into the second half, the score remained 0-0. The junior class scored a touchdown late in the second half, leaving the seniors with little time to retaliate. The juniors' defense kept the clock running, making the Class of 2021 victorious with a score of 6-0. This makes the junior class back to back Powderpuff champions.

Senior Runs For Movember Charity



PHOTO: JULIA HALL

To raise awareness and funds for men's health, Movember gives the option for participants to run sixty miles over a month, each mile honoring one of sixty men who are lost to suicide across the world every hour. On average, Julia ran about two miles each day during the month of November to reach her goal. Referring to her phone, Julia said, "I have the Movember app where I log my miles. So, for example, on this day I ran about three miles."

Julia wasn't the only one running for charity. "There are people around the world taking part, just not anyone that I know personally," said Julia. Thousands of other participants have joined the challenge, hoping to raise more than \$74 million — the amount collectively fundraised last November.

Julia says that her aim for the event is to raise as much money as possible while doing the sport that she loves. "My goal is to raise \$600 for the month," she said. "As I run, people can give me dona-

tions to support my run and the charity."

Julia isn't the only student at Freeman involved with Movember. "I know a lot of guys that aren't shaving, and you're supposed to donate the money to the foundation that you would have normally spent on razors and stuff," she said.

One such student is senior Matt Boyle, who took part in Movember's No Shave November campaign. "One of my friends' dad was diagnosed with prostate cancer, so I decided to take part in No Shave November to raise awareness for prostate cancer research," Matt said. "I'm also going to donate to a charity at the end of the month," he said.

Julia plans to keep working with Movember next year and beyond. "I think that the organization is awesome, and anyone can get involved," she said. "I've really enjoyed challenging myself and it's for a good cause!" said Julia.

Lack of Diversity in High Level Classes

Page 3

Myles Fallen Photography

Page 5

A Decade in Review

Pages 6 & 7

Basketball Outlooks

Page 8

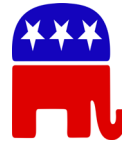
Artist of the Month

The Back Page



Salaar Khan

VS



Caroline Tyler

November 5, 2019 was Election Day here in Virginia. Some of the most important races were right in the range of the Freeman community with Republicans keeping control of the Henrico County Board of Supervisors and re-electing Senator Siobhan Dunnivant and Delegate John McGuire. On the other side, Democrats took back control of the Virginia General Assembly for the first time in a generation, partly because of wins by Henrico Delegates Schuyler VanValkenburg and Rodney Willett. As a result, The Commentator decided to get some political insight from Sports Editor and DSF Young Republicans President Caroline Tyler and Online Editor-in-Chief and DSF Young Democrats President Salaar Khan.

Governor Ralph Northam

I'm gonna have to moonwalk away from this question.

Dems have terrible Halloween costumes.

Debra Rodman

SCOREBOARD.

...Dunnivant delivered

Virginia's Democratic majority

2016 Election who?

Going out of state for college now...

2020 Election

Hindsight is 20-20.

Write me in.

The NRA

They keep putting me on the No Fly List so...

Hey Salaar wanna go duck hunting this weekend?

OVERHEARD FREEMAN

"OVERHEARD FREEMAN" IS AN STUDENT-SUBMITTED REPRESENTATION OF THE FUNNY AND AMUSING QUOTES HEARD AROUND FREEMAN, AND WILL BE INCLUDED IN THE OPINIONS SECTION OF THE DSF COMMENTATOR. SUBMIT FUNNY AND ANONYMOUS QUOTES YOU OVERHEAR TO OVERHEARDFREEMAN@GMAIL.COM

"She curved the quiz 30 points and I STILL failed it"

"There is nothing better than an eye patch"

Person 1: "What if I pushed you down the stairs?"

Person 2: "Jokes on you, I already fell down them."

"Hey Siri, what's a hate crime?"

Will Dornik's ankles

Commentator Staff

Editors-in-Chief:
Megan McDonald
Sadie Rogerson

Editors-in-Chief of Online:
Salaar Khan
Gretchen Nery

News:
Maggie Sheerin
Lowell Smith

Center Spread:
Addison Gorenflo
Maddie Sherman

Features:
Sarah Echols
Emma Johnson

Opinions:
Davis Buckbee
Annie Stephens

Arts & Entertainment:
Sabereh Saleh
Abby Taylor

Design:
Balazs Kaszala
Abby Zorn

Sports:
Josh DuPuis, Will Dornik,
Caroline Tyler

Photography:
Piper Finkelson
Marcus Rand

Staff Writers:

Kendall Betz, Anastasia Branch, Jacob Brann, Emma Burton, Timmy Dillard, Ashton Doll, Holly Doustout, Mary Cooper Frank, Joseph Harrell, Leo Lombardi, Elena Moore, Ella Mortimer, Alexa Mosley, Keya Pokhriyal, Riley Wilkes, and Jessica Gayed

Staff Advisor
Jess Pruett

The Commentator is a publication of
Douglas Southall Freeman High School

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

HE SAID

Davis Buckbee
Opinions Editor

No comment.

There are 104 days of
summer vacation...

Starts AFTER
Thanksgiving.

The Chick-Fil-A of gas
stations.

I ride for my brothers, I
die for my brothers (or
sisters--its coed).



Charli D'amelio

Disney +

Holiday Season

Wawa

Bon Air Basketball

She Said

Annie Stephens
Opinions Editor

I don't get the hype...

I'm an adult now... so I
bought my own account.

Thanksgiving is part of it.

Gas? Cheap. Food? Great.
Hotel? Trivago.

Irrelevant.

Lack of Diversity in Rigorous Courses



Sabereh Saleh
A&E Editor

When senior Camila Perez, then a sophomore, was about to enter her Honors English class for the first time, she had first day jitters just like everyone else. First day emotions were fluttering, and everyone was slightly nervous. Regardless, she was excited to learn to participate in class discussions and grow from her experiences...but the first thing she noticed when she walked in was that she was the only person of color in the entire classroom.

Her heart dropped.
"Oh, I'm the only person who's not white" [was] a recurring thought in my head throughout the year, which shouldn't [have] affected my learning, but it's hard to want to participate somewhere I [didn't] feel comfortable or fit in," Camila said.

"Because of [this experience], I've learned to conform. When you're in a classroom where everyone looks the same, I try to fit into that mold so I'm more comfortable [by dressing like] white girls [with] uggs, hydroflasks, scrunchies, anything like that... I feel bad for conforming, but I just didn't know what else to do. When people say 'You're such a white girl,' I think 'No, I'm not.' I don't know any different," she said.

It's no secret that AP and Honors classes are disproportionately white. There are 1,585 seats in Advanced Placement classes at Freeman; only 283 are filled by people of color.

This means that although Freeman's overall demographics show that 38.1% are people of color, only 17.8% of AP students are people of color.

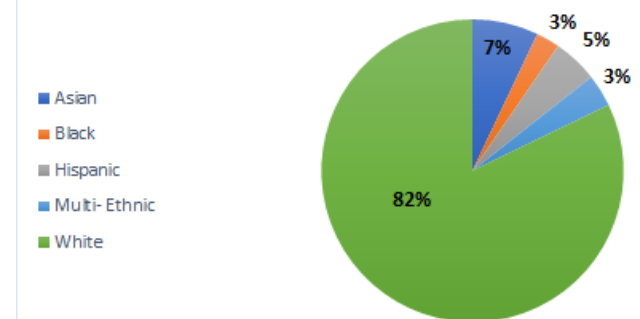
This lack of representation is a symptom of many problems rooted in the education system, beginning in elementary school.

Brewster Brown, the Counseling Director at Tuckahoe Middle, said "Primarily the 'opportunity' for advanced level begins at the end of the fourth grade, when students are identified for being in accelerated math. That allows them to be in Algebra in seventh grade and Geometry in eighth grade. Without Algebra [by] eighth grade, they can't apply to the majority of Specialty Centers."

This trend is noticed by high school teachers as well. "I definitely think a lot of the kids we see appearing in the Honors and AP level classes have been on those gifted enrichment and accelerated tracks that are identified in elementary school," said English teacher Jason Abril.

"[Y]ou can shift from one track to another, but realistically, decisions that are made at a young age

AP Classes at Freeman-Ethnicity



A graph showing distribution of ethnicities in AP Classes at Freeman.

have an impact when it comes to courses at a higher level," said principal John Marshall.

Although this problem has roots all the way back to elementary schools, students interested in AP and Honors classes shouldn't be discouraged.

"You might be the odd one out, but it's such an advantage. People don't expect to be surprised by you. Speak for a whole group of people who don't have a voice. You have the platform to do so... Take advantage of that," said Camila. Junior Mikaelyn Johnson agrees with this: "...It empowers me."

However, another reason for the current lack of student diversity is the cost of higher level classes.

"I was anxious about having to pay for [AP] testing...You know going in that you might have to take this test to get a credit and if you can't afford it, you can't afford it," said Camila.

It's a national problem that affects each and every person taking a higher level class.

"Last year I was in Equity Ambassadors, and...I feel like it's hard to see the diversity at Freeman, even though our school is diverse," said Camila.

Senior Zara Ali's experience in the AP Psychology class she took her junior year reflects this. "Generally, there aren't many people of color in AP and Honors classes, which means I'll end up being isolated and not having many friends...I definitely felt alone. It affected me academically. If I missed assignments, I couldn't ask anyone else for help. If I needed notes, I couldn't ask anyone else for help," said Zara.

Camila's sentiments reflect Zara's. "There's no way you can describe it. 'Oh, but everybody's so nice!' It's not a matter of them being mean or nice, it's just the comfort level," Camila said.

Freeman is making efforts to address this problem. "What we don't want to do though, and one reason that we likely haven't seen much movement on this, is we don't want to rush into things we think will be quick fixes. It's a systemic problem that needs systemic solutions," said Freeman Principal John Marshall.

Mr. Marshall attributes the reason for these efforts specifically at Freeman because "...It is a national issue, and we feel that Freeman is geographically, demographically, and morally positioned to lead the charge in this. If we get it right,

we feel like we could be a model for other schools because of our makeup," he said.

As for what the cause could be, he said: "It may involve the middle school and elementary school levels, it may involve recommendations, it may involve ongoing training about implicit biases, which is something that we've already started doing."

The disparity between the West and East End high schools also plays a part, as varying education methods lead to struggle for students who apply to West End centers.

Senior Keyana Henley transferred from the East End. "There is definitely a difference in education between West End and East End high schools. That's why I left the East End school district. I wanted a better education and a future for myself, and if I stayed at my home school, I would not have the same opportunities that I did here. Even when I left the center, I stayed [at Freeman]," she said.

"[The] East End gives us the minimal amount of work to get us through to the next year, but [at Freeman] we have more learning opportunities. I struggled in ninth grade, but the people that came from the West End schools to the center had more opportunities to learn, so they were at a higher level. I had to struggle to catch up to everyone else," said Keyana.

Equal access to higher level courses has been discussed by the equity team of faculty members organized by Mr. Marshall himself. "This topic came up in my conversations with the Principal's Advisory Team, a group of students I have convened to allow me to listen directly to student voice on a variety of topics. Equitable access to rigorous courses will continue to be a topic as we explore ways to increase access," he said.

As a community, Freeman continues to develop a dialogue to help encourage and support minorities interested in taking these classes. Remedying the problem will take time and patience; however, it is necessary as the outcome will alter the futures of many.

The efforts of Henrico and Virginia offer some assurance that this problem is not being ignored.

"The state and the county are committed to this cause... I hear about it from both of them. It's music to our ears. It gives me some hope that we can affect change," according to Mr. Marshall.

Man on the Street

Who is your favorite musical artist?

Freshman
Colton Brand



"My favorite artist is probably Eden."

Junior Uses Bilingualism to Give Back

Ashton Doll
Staff Writer

Although she no longer lives in Venezuela, junior Natasha Romero always remembers her heritage and sees its effect on her life in America. "I could only leave the house to go to school or dance class. I wasn't allowed to leave the house after sunset because my life could be taken away from me at any moment," said Natasha. Now, Natasha takes every advantage given to her because she could only do so much in Venezuela.

According to Luis Romero, Natasha's father, "We had a good life in Venezuela. We used to live in a 2900 square foot apartment in Valencia, 30 minutes from the beach. We had a beach house and our own transportation company." However, the United Socialist Party of Venezuela started to alter the laws, and even the constitution, to change Venezuela from a democracy to a socialist state. According to Mr. Romero, "As a consequence of many government policies that were taken to push the so-called Socialism of the 21st Century, medicines, food and basic services like electricity, water, and communications started to become scarce."

Over time, the situation in Ven-

ezuela greatly escalated. "The government, using the Venezuelan military to enforce the socialistic policies, forced us to abandon our customers and to do anything according to their will," Mr. Romero said. It even got to the point where "I was kidnapped by military personnel to intimidate me to making my company work for the government and later on my two kids were followed," said Mr. Romero. That's when he decided to move to a safer place to protect his family.

Even though Venezuela was going through a political crisis, Natasha did not understand how serious it was at the time. "I didn't know anything better than that. Once I moved here, I realized how bad it was," said Natasha. Oftentimes, when one lives in a country where censorship is prevalent, they are unable to see the actual state of the place where they live.

After Natasha moved to America, she had to learn a completely new language, English. "I did not speak English at the time, so it was hard for me to understand what people were saying," Natasha said. It was difficult for her to make friends because she was not able to communicate with others.

This year, Natasha is in Future Business Leaders of America, French club, and is an officer in Spanish club. According to Nata-



PHOTO: NATASHA ROMERO

Natasha is involved in numerous clubs at Freeman.

sha she is "an equity ambassador and a mentor in She is DSF." Natasha attributes her quick transition to her new life to her work ethic. "I stay positive, keep myself organized, and tell myself over and over again that I can do this," said Natasha. According to freshman Abby Crowe, "[she] will do what it takes to get the job done."

Soon, Natasha will take the American Council on the Teaching of Foreign Languages Assessment of Performance toward Proficiency in Languages to receive the seal of trilateracy. Natasha received the seal of biliteracy when

she was a freshman, after taking English classes for a few years. To receive the seal of trilateracy, Natasha needs to become fluent in her third language, French.

Natasha is able to help EL students often because she is an officer of SPELL OUT (HOLA), Freeman's Spanish club. According to Natasha, "HOLA has allowed me to reach and help people that I didn't know needed my help." Natasha was in the same situation as them a few years ago. "It's like a full circle moment when I get to help them," said Natasha.

Freshman Dives at Collegiate Level Facility

Timmy Dillard
Staff Writer

For freshman Isabelle Broughton, going to practice is not just about getting better at a sport, but about conquering the fear of trying something new.

Isabelle is the only student at Freeman who dives for the Alexandria Dive Club of Richmond (ADC).

Before she became a diver, Isabelle was a swimmer for eight years and a gymnast for two, and her expertise in both sports contributes to her success on the diving board. "Diving is sort of a combination of the two sports," she said.

The freshman got into diving with her friends just as a way to pass time, but for Isabelle, diving has become a way to hone her skills and conquer the fear that comes with diving. "Every time you try something new, you have more reasons to be nervous, so it's definitely scary when I'm diving," said Isabelle.

The Broughton family has a



PHOTO: ISABELLE BROUGHTON

Isabelle and her friends practice at the Dive Club of Richmond.

unique familiarity with water sports, with Isabelle's history in both the swimming pool and on the diving board, and Isabelle's brother, junior Anderson Broughton, being an avid swimmer.

Anderson is a swimmer for both Freeman and NOVA and was a member of the boys swim team when they won the state tournament last winter. He said, "Our parents had both of us do summer league swimming from a young age, so we are very comfortable

in and around water." The two siblings often playfully argue over which sport is better. "I argue with her over whether diving is a sport or not," Anderson said.

With four practices a week, Isabelle has a steady commitment to the ADC, which practices at the University of Richmond diving facility at their Weinstein Center. The ADC team was given the unique opportunity of practicing at a collegiate-level facility because

of their coach.

The ADC coach, Nathan Parker, is currently the head coach for the Women's Dive team at the University of Richmond, so he was able to provide a practice area that most amateur divers do not get to experience.

"It is a great feeling to be able to provide a safe and positive learning environment to young athletes interested in the sport of diving," Parker said. "It helps to ensure a safe environment for them to push their comfort zones and face their fears."

A major feature that the Weinstein Center holds is a dry-land practice area. "We can jump off of a diving board onto a huge mat, which makes it a lot less scary," she said. "We can also do conditioning in their weight training area."

Isabelle does not currently have her sights set on diving at the collegiate level. However, she said that if she "become[s] good enough, [she] might consider diving in college." For now, Isabelle is happy to grow her diving ability and work ethic at the University of Richmond's Weinstein Center.

Sophomore Becomes Active in Local Politics

Lanie Moore
Staff Writer

Though sophomore Sam Cannon, an active volunteer for local Democratic candidates, isn't old enough to vote, he certainly knows his way around local voting precincts. Sam most recently volunteered for Debra Rodman, candidate for Virginia Senate District 12, and Rodney Willett, the newly-elected seat holder for House District 73.

"It's been awesome to see [Sam] learn about what's going on at the local and national level," said Sam's dad, Mark Cannon.

Sam canvassed nearly every Saturday and Sunday leading up to Virginia's Nov. 5 elections, campaigning, as he said, "mostly on the weekend," or even "the weekdays back before school." According to Sam, this extensive time commitment has allowed him to amass 54 community service hours for his political activism.

Sam is not alone in his efforts. According to senior David Lim, Vice President of Freeman's Young Democrats club, students like Sam "made up a third of the volunteer force during the Debra Rodman campaign." David said that he was "proud" of Sam and the other student volunteers "because whether they're a Democrat or a Republican, they have done a

lot of work in promoting their candidates."

English teacher Jason Abril, the Young Democrats club sponsor, said that it is "gratifying that [students like Sam] make that effort outside of school and get involved in their community," believing "that [it] helps them become members of an informed citizenry." Mr. Abril said that Sam and other students who participate in activism "think very deeply about issues and really care about them, which I find really exciting [about the] younger generation."

According to David, young activists "have to become more mature at our age, because we know firsthand the things that could happen right in front of us."

Mr. Cannon's words echo this sentiment. He explained that Sam has become "much more aware of

what is going on in the world and how politics affect him" through his activism. According to Mr. Cannon, Sam "has greatly matured by doing it."

Sam's interest in politics was initially sparked by his desire to enter into the military one day, specifically the Air Force. Sam believes that "you have to have good political connections if you want to go far."

This future objective stems from family roots: Mr. Cannon explained that "many members of [his] family have served in the military." These family members include "three of [his] brothers, [his] father, and generations before." Having ancestors who fought in both the Civil and Revolutionary Wars, Sam hopes to follow in his predecessors' footsteps by joining the military.

Sam's ultimate goal, however, is to run for office. He explained that "you've got to start small and make your way up." Though he would begin in the lowest ranks, Sam said that he has "heard of a lot of people in the past that used to be in the military," and later "became presidents."

Fortunately for him, Mr. Cannon said that Sam "is relentless, and will be able to accomplish a lot of things in the future."

Likewise, according to David, students interested in politics have the power to "stand up for something and do something that will impact them in the future."

For now, however, Sam will continue his local canvassing. Though student activism has its complexities, Sam has a simple reason for campaigning: "To make the world a better place."



"I really like Summer Walker."

Sophomore
Anthony Coward



"My favorite rapper is J. Cole."

Junior
Maja Giaever



"My favorite band is the Lumineers."



PHOTO: SAM CANON

Sam Canon and the rest of the Debra Rodman campaign team poses for a picture.

Dance for the Chance: Jacob's Chance Charity

Sarah Echols and
Emma Johnson
Features Editors

Homecoming was only a month ago, but the dance for Jacob's Chance Charity is still on the mind of junior Ashley Hemp and several other Freeman students. The dance took place Nov. 16 at the Acca Shriners' Center as a fundraising opportunity for the charity.

Jacob's Chance Charity is a non-profit organization that puts on a variety of events for special needs kids of all ages. "They provide many programs for all types of people. They are unique in that you don't have to have a diagnosis. It's for any type of disability," said Ashley. Jacob's Chance is also free of charge, allowing families of all incomes to participate.

Ashley first started volunteering with Jacob's Chance a couple years ago through their Buddy Ball program, a baseball league for special needs. After noticing her frequent visits, the owner asked her to join the teen board.

"The teen board is about eight people that meet on Sundays once

a month and plan two to three social activities that anyone can come to," said Ashley. The activities include things such as ice cream socials, movie nights, and game nights that help people branch out of their comfort zone and promote inclusiveness. "One time we even did a tailgate at Hermitage High School and went to their football game," said Ashley.

Ashley's initial idea for the dance came when she heard of the charity's recent struggle with donations and their lack of funds to keep up with the rapidly expanding program. "As their participation increases they need more funds since a lot of people have stopped donating," said Ashley. While Ashley put on the dance as an opportunity to raise some money for the charity, she is also including it as part of her fulfillment requirement for her Girl Scout Gold Award.

Ashley got several other Freeman students involved in the dance as well. Junior Hannah Gee attended the dance after hearing about it from Ashley. "I like to do what I can to support Jacob's Chance," said Hannah.

This wasn't Hannah's first time attending one of their events; "I've



PHOTO: ASHLEY HEMP

Jacob's Chance's dance participants pose for a photo in their matching shirts.

attended a couple...in the past. They have all been really great experiences and a good way to make a difference in a child's life," she said.

The charity works to spread inclusiveness and promote stepping out of one's comfort zone by giving those with disabilities the opportunity to participate in activities that they don't normally get to be a part of. "It's really cool to see people who might not get to score goals or hang out with people in other settings break out of their comfort zones and have a lot of

fun," said Ashley.

Ashley's parents have seen first hand the effect Ashley's participation in Jacob's Chance has had on the kids she works with. "I am very proud of Ashley for making Jacob's Chance a priority in her life, and that she sees the importance in helping to create an environment where everyone is respectfully encouraged to participate," said Ashley's mom, Ann Hemp.

Those interested in learning more about activities Ashley is planning with the teen board can sign up for the teen scene; a group of people

who get emails about all Jacob's Chance events. "They can come and volunteer, hang out, and basically just get involved with the organization," said Ashley. More information about this can be found at <https://www.jacobchance.org/> social-clubs.

Ashley wants her involvement in Jacob's Chance to promote its endeavors in the Richmond community, "I hope people learn to go outside of their comfort zone and talk to people that they wouldn't talk to normally to promote inclusivity," she said.

SODA and EL Partnering to Better the Community

Keya Pokhriyal
Staff Writer

On Oct. 30 and 31, Freeman's SODA (Students Organization on Developing Attitudes) and Dr. Sumner's Level One (first-year) English language learners (EL) students teamed up to set up lights and botanical decorations at Lewis Ginter Botanical Garden for the Dominion GardenFest of Lights.

"We [have developed a program] called 'In Context,' [where] approximately once a month, we take the Level One students to a non-profit to volunteer to learn English in context," said Dr. Sumner, Freeman's English Language (EL) teacher. The EL students also went to the State Fair in Sept., where they handed out fairground maps as part of the same program.

Dr. Sumner explained that the field trip to Lewis Ginter was a joint initiative with social stud-



PHOTO: ANNE TREXLER

Some of the SODA and EL students at Lewis Ginter helping to decorate.

ies teachers and SODA sponsors Anne Trexler and Lara Curry.

Mrs. Curry said, "The EL students in the past have gone, and this year, Dr. Sumner asked if our SODA students could go and help as well."

Mrs. Curry continued, "As [the students] were helping lay the

lights, [the EL students] were practicing speaking in English to become a little bit more familiar with the language." Maria Carreno-Sierra, an EL student and Dr. Sumner's first student from Colombia, said "Working with American students helps me better my English."

On the day of the trip, the EL and SODA students were paired off with each other and went to the park for the first half of the day. During their time at Lewis Ginter, the students helped anchor decorative lights for the festival and even helped set up a light maze.

Dr. Sumner explained that the

maze is constructed out of "strands of wire" and that the students helped assemble it and then attached colorful lights to the structure, to help guide visitors through it in the dark.

Junior Gavin Jones, a SODA student, said "My favorite part about the trip was working in the community and making friends with people who I otherwise probably would not have met within our school."

Mrs. Curry spoke on her vision for SODA. "We want our kids to be public servants involved with the community, and not just with our school as well. So this was a community service [project] and "[an] opportunity to help our fellow population," Mrs. Curry said.

Although this has been the only time this year that the two groups have collaborated on a field trip, Dr. Sumner and Mrs. Curry both said they hoped to partner with each other again in the future.

Photography Legacy Continues

Jessica Gayed
Staff Writer

Senior Myles Fallen is the third generation of his family to attend Freeman. His grandfather, Bill McClure is well known for his photography and his involvement with the school for the past 61 years.

Mr. McClure began his family's legacy at Freeman in 1958, but there is a long line of relatives who have followed in his footsteps, including his oldest daughter and Myles's mother Kathryn Shourds, class of '90', her sister Mollie McClure, class of '92', his other grandson sophomore Owen Fallen, and his stepgrandson junior Luke Shourds.

Photography has always been a tradition in the McClure family. Mr. McClure picked up photography from his father. "My father took photos of family things, and I just picked up his camera and started shooting," said Mr. McClure. He started his photography journey at a very young age, and has done it as a hobby ever since. "I began taking pictures when I was 12 years old, and I think now it's just a fun thing to do," said Mr. McClure.

According to Myles's mother, Myles took an interest in photography at a young age. "I remember him asking for a camera for Christmas around 6 years old or so. He has had different cameras since then, but he was fairly young," said Ms. Shourds.

Myles motivation for getting into photography came from his grandfather. "I have always looked up to my grandfather... Most of the stuff he's done, I've tried to follow up," said Myles.

Once Mr. McClure noticed Myles's interest in photography, he taught him more about it. "I have never actually taken a class before. The only thing I've ever learned was through him," said Myles.

According to Ms. Shourds, Mr. McClure has enjoyed getting to spend more time with Myles. "Dad loves teaching, and he is really



PHOTO: BILL MCCLURE

Myles Fallen takes pictures at a Freeman sporting event.

passionate about using pictures to tell a story. He instilled that in my sister who shares the photography business with my dad, and now he is instilling it in Myles," Ms. Shourds said.

In 2002, Mr. McClure and his daughter Mollie McClure started a small photography business, McClure Photography, LLC. Together they mainly photograph women's basketball and some other local events.

Outside of the family business, Mr. McClure and Myles take photos of Freeman sporting events for fun. Myles first joined his grandfather in taking pictures of football games his junior year, and has continued his involvement in photography through his senior year.

"It's fun to be out there on the field with them...You get a way better perspective of the game, when you're on the field taking pictures as opposed to in the student section," said Myles.

Mr. McClure likes having his grandson by his side. "To stand on the sideline with him, to see him excited at capturing a nice image, to watch him sit and edit his work...Well, only another grandparent can fully understand the joy," said Mr. McClure.

Mr. McClure and Myles use their photos to tell a story. "At heart I am a story-teller. Myles and I want coaches, players, and parents to remember something positive from our work," said Mr. McClure.

Myles and his grandfather upload their pictures to their website, BillMcClure.smugmug.com/sport. Myles also recently began managing an instagram account for the business, @McClure.photo.

Myles is considering keeping up with photography in college and is definitely going to pass it along to more generations to come in the McClure family.

Day in the Life



Kenzie Gilson

(A theatre student during tech week)

- 7:00 AM- Wake up
- 7:20 AM- Finally get out of bed after hitting the snooze button for 20 minutes and get my first cup of coffee.
- 7:30 AM- Shower
- 7:40 AM- Time for my second cup of coffee.
- 8:30 AM- Drive to school.
- 11:30 AM- Study hall break aka netflix time.
- 2:25 PM- Start rehearsals for competition one acts in theatre.
- 4:00 PM- Quick dinner break before rehearsal starts.
- 5:00 PM- Makeup, mic, and costume.
- 6:30 PM- Warmup and mic checks.
- 7:00 PM- Dress Rehearsal for all the teachers.
- 10:00 PM- Notes, notes, and more notes.
- 11:00 PM-Finally leave school and head home.
- 11:10 PM- Attempt to do some homework before falling asleep.
- 12:00 AM- zzzzzzzzzzz

Freeman News

2018 School Walkout

One of the most tragic patterns that emerged in the 2010's was an alarming incidence of gun violence in public areas. In particular, mass shootings in schools ramped up in 2018, with the murder of seventeen high-schoolers in Parkland, Florida driving a national movement for stricter gun control measures. Exactly one month after the Parkland massacre, on March 14th, 2018, Freeman staged a walkout in memory of the lives lost and in support of new gun control standards. Around 300 Rebels walked out, stood in a solemn moment of silence for each student who was killed, and signed a banner bearing the message #NeverAgain. Due to the volume of the walkout, Freeman drew attention from media outlets such as the Richmond Times Dispatch and the Atlantic magazine. For both students who walked out and students who stayed in, the event was proof that although most high-schoolers cannot vote, they still have valuable political voices that deserve to be heard.



Honorable Mentions

1. Change to block schedule in 2019.
2. 2017 Freeman bomb threat.
3. In 2018, a local tornado warning had students and teachers stuck in classes long after the 3:55 bell.

First Female Superintendent

In the summer of 2018, Amy Cashwell was elected as Henrico County Public Schools' first-ever female superintendent. In just a year of leadership, Mrs. Cashwell has already enacted substantial change, implementing block scheduling at Freeman and Godwin. She also officially ended mid-term exams for the county after an attempt to move exams forward still resulted in their cancellation.



Miss Yoder's Doughnuts

While most Americans argue about whether Dunkin' or Krispy Kreme makes the better doughnut, many Freeman students choose a local favorite: Mrs. Yoder's Doughnuts. The now-beloved food truck opened in 2010 when Judy Yoder and her family of six moved to the Richmond area to form a new Mennonite community. The business was originally intended as a means of secondary income, but the Yoder recipe for massive, misshapen sour-dough doughnuts quickly became a hit at local farmer's markets, and the family devoted themselves to the business full-time. Since then, Mrs. Yoder's food truck has graced the Westbury Apothecary parking lot next to Freeman every Tuesday morning. Her unbeatable doughnuts have become a staple for Freeman students looking for a treat.



Opinions

The highs and lows of the decade.

BEST

The LEGO Movie

2010 Hannah Montana



Birth of TikTok

Lemonade Album



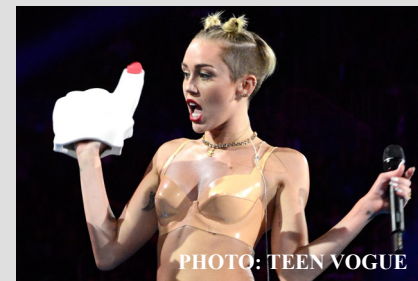
Xbox One & PS4

"The Cup Song"

WORST

The Emoji Movie

2013 Miley Cyrus



Death of Vine

Jay-Z cheating on Yoncé



WiiU & PS Vita

"What Does the Fox Say?"

National News

'Me Too' Movement

In 2017, several actresses came forward with allegations of sexual harassment and assault against producer Harvey Weinstein. Shocked by the amount of accusations about the Oscar-winning producer, actress Alyssa Milano tweeted, "If all the women who have ever been sexually harassed or assaulted wrote 'Me too.' as a status, then we give people a sense of the magnitude of the problem." The hashtag 'Me too' caught on Twitter, and more women in Hollywood revealed instances of sexual misconduct they were subjected to by their male superiors in the business. The movement spread as women in the athletic, educational, and corporate industries opened up about the sexual misconduct they had experienced in their careers. On January 1, 2018, Hollywood celebrities formed the "Time's Up" pledge to combat all workplace sexual harassment, which has since garnered 22,000,000 dollars and 800 volunteer lawyers for its legal defense fund.



Honorable Mentions

1. The 2009-late 2010 swine flu pandemic.
2. The 2016 clown sightings.
3. The end of the Mayan calendar and the predicted end of the world in December 2012.

Gay Marriage Legalized

After a decade of interstate conflict, the US Supreme Court legalized same-sex marriage in all fifty states on June 26, 2015. In a close 5-4 ruling, the case *Obergefell v Hodges* effectively overturned statutory bans on gay marriage in several states throughout the country. The majority opinion referred to the case *Loving v Virginia*, which legalized interracial marriage, to set the nation-wide precedent that marriage is a right regardless of ethnicity or sexual orientation.



Bin Laden Assassinated

On May 2, 2011, an American special operations unit killed terrorist Osama Bin Laden in his hide-out in Abbottabad, Pakistan. As the leader of al-Qaeda, Bin Laden planned the attacks on September 11, 2001 that took the lives of nearly 3,000 Americans. His death has been viewed as a major victory in the fight against terrorism in the United States and worldwide.



Clown looks menacingly at camera.

2010 - Our Decade In Review - 2020

Brought to you by Maddie & Addison

Sports

Freeman:



Freeman's boys swim team won the Virginia state championship in 2019. Pictured above are Dain Ripol, Nick Viers, Aidan Duffy, and Anderson Broughton, who were all a part of the championship team.

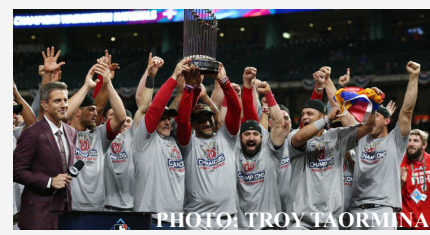


Waleed Suliman, Freeman graduate of 2017, ran a 3:56.78 mile in 2019, making the second fastest time of the NCAA's indoor season.

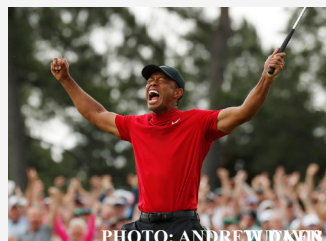
National & Global:



In 2018, the No. 1 seed UVA men's basketball team lost to No. 16 seed UMBC in the first round of the NCAA tournament. The next year, UVA went on to win the National Championship.



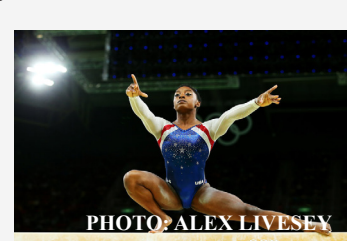
The Washington Nationals won the World Series in 2019 by defeating the favored team, the Houston Astros. This championship was the first in franchise history for the Nationals.



Golfer Tiger Woods wins his first major tournament in eleven years at the 2019 Masters, marking his comeback from four back surgeries.



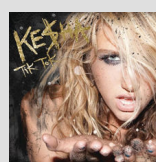
In 2014, Tom Brady received a four-game suspension for deliberately deflating the footballs prior to the Patriots' game, which became known as "Deflategate."



Gymnast Simone Biles competes at the 2016 Summer Olympics in Rio de Janeiro, where she won five medals, making her the most decorated American gymnast of all time.

Arts & Entertainment

Top Songs of the Decade



2010 - "Tik Tok" by Ke\$ha



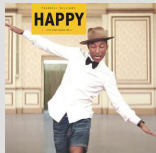
2011 - "Rolling in the Deep" by Adele



2012 - "Somebody That I Used to Know" by Gotye



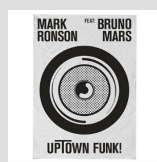
2013 - "Thrift Shop" by Macklemore and Ryan Lewis ft. Wanz



2014 - "Happy" by Pharell Williams



2015 - "Uptown Funk" by Mark Ronson ft. Bruno Mars



2016 - "Love Yourself" by Justin Bieber



2017 - "Despacito" by Luis Fonsi and Daddy Yankee ft. Justin Bieber



2018 - "God's Plan" by Drake

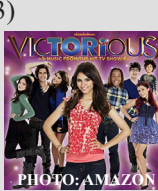
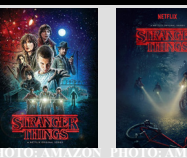


2019 - "Old Town Road" by Lil Nas X

TV & Movies



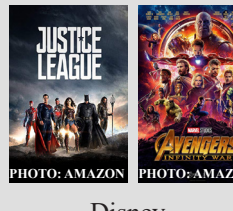
Victorious (2010-2013)



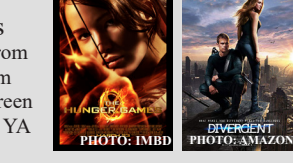
Game of Thrones (2011-2019)



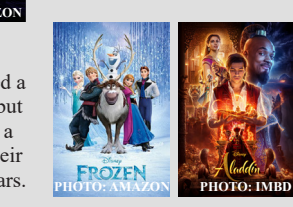
Dystopian Movies
Teens saving the world from the dangers around them became a staple on the screen after the success of many YA book adaptations.



Disney
Disney not only embraced a new style of animation, but has charged ahead with a number of remakes of their classics in the last ten years.



Super Hero Movies
The 10s saw a number of movie renditions of characters and stories based on comics both from Marvel Comics and DC Comics.



Features

Freeman:



Throughout the 2010's, Freeman had three different principals. Ann Poates (top left) was principal until 2016. Andrew Mey (top right) was principal from 2016-2019. Our current principal, John Marshall, is pictured below them.



Freeman Project refurbishes our War Memorial. The Freeman Project was co-founded in 2018 by senior Russell Swartz and Julia Pardon of the Class of 2019. The Freeman Project is an elective program that helps the school by cleaning the campus, taking out recycling, and decorating our halls.

National & Global:



Malala Yousafzai, an advocate for female education, holds up her 2014 Nobel Peace Prize. At 17 years old, she became the youngest person to ever receive a Nobel prize.



Mark Zuckerberg, founder of Facebook, presents an update on his company. Zuckerberg's work with Facebook had a major impact on social media in the 2010's.



Swedish environmental activist Greta Thunberg holds sign reading "school strike for climate change". Greta has become a figurehead for global environmentalism.



Barack Obama, the first African-American president, with his family in the White House. The Obamas became prominent public figures during the decade.

Varsity Boys Basketball Season Preview

Joshua DuPuis
Sports Editor

Bear Bryant, former football coach at the University of Alabama, first popularized the phrase, "offense wins games, defense wins championships." Many basketball coaches have since implemented Bryant's belief into their own team strategy. Chapin George, Freeman's head basketball coach, is no different.

"Eighty percent of the practice is about the defense . . . it's not just about who can score, it's about trying to get stops against the other team," said senior forward Stuart Wright.

This year, the Freeman varsity boys basketball team is placing an emphasis on team effort, adding a factor of rigor to each practice in an attempt to improve on their 17-7 record from last season.

"We'll win more games if we try to win every practice we have, practicing with a bit more intensity," said Coach George.

The goal of putting forth an effort in practice equal to the amount of effort on display in a game, or "winning every practice," is to instill a strong sense of competitiveness in each play-



Coach George talking with last year's basketball team during a half-time huddle.

er. This, in turn, will increase the level of aggressiveness with which each athlete plays and the work ethic each player contributes to a game.

"If practices aren't competitive, then you're losing that edge that you might need in certain games," said Coach George.

That edge may be what Freeman needs to excel this season with

several challenges and new games on the schedule.

"Over the past couple of years, our schedule has gotten more competitive and tougher, which is great because our kids want to play the best teams we can," said Coach George.

Both Deep Run and Glen Allen are returning strong teams, according to Coach George, and Freeman

is in the midst of preparing for the first annual Rebel Invitational Tournament this season, featuring eight top teams from around the district.

To get through it all, the team will rely on their winning mentality gained from practice as well as the strong relationship they have built with each other over the past few months.

"Throughout the off-season we played together a bunch . . . we had a team camp [at the University of Richmond] . . . for a whole weekend. It really helped us bond and focus on [getting to] know one another better," said Stuart.

In terms of focusing on specific games this season, "We're obviously looking forward to the Godwin game," said Stuart, "We think we'll be able to handle them in their place and our place this year."

With each game, the goal is simple according to Coach George:

"We hope to get as many Freeman Rebels out to our home and away games as possible. We hope to really pack the stands and get as much support as we can, and hopefully put on a good show for everybody," said Coach George.

Friday Night Games

1/10 vs. Tucker
1/17 @ Glen Allen
1/24 vs. Godwin
1/31 vs. Deep Run
2/07 @ Tucker
2/14 @ Godwin

Senior Wrestler Seeks His Hundredth Varsity Win

Emma Burton
Staff Writer

Freeman senior and wrestler Jake Liberatore returns to the mat after a season ending injury last year.

Jake has been involved in wrestling for over eight years, and is now going on his fourth year as a varsity wrestler at Freeman. He has experienced, "[wrestling as] an opportunity to challenge himself both mentally and physically," according to his parents Mike and Kristy Liberatore. He also juggles time between his family and playing for Freeman's varsity football team.

Always busy, Jake endures high-intensity wrestling practices during the cold winter months, often consisting of "lots of drilling and lifting...everyday," Jake mentioned. During one of these practices, Jake endured a brief set back mid-season when he suffered a knee and ankle injury. Because of this injury, Jake had to sit on the bench for the rest of the season while his team advanced. Not only was he physically affected, but his mindset changed too.

"Jake's injury last year was hard on him," Coach Henshaw said. But according to Coach Henshaw, "He never complained and worked hard to get back to his



Jake pins a teammate in practice.

competitive self." Jake elaborated, saying that he "was mad because [he] wouldn't be able to compete at states."

His parents shared a similar reaction to the situation. They felt "disappointed" to see him "not compete again on the state level and medal [last season]," but their first priority was to "avoid further injury going forward."

For Jake, it was difficult to be

out for a long period of time, especially because he "[wasn't] able to lift weights with the football team." But, "he shook it off and said 'we'll get em next year,'" Jake's parents remarked.

But Jake was resilient as he recovered from his injury. "It was pretty easy, just lots of resistance training," Jake said. During Jake's time in physical therapy, he expressed that "Physical Therapy

with [former Freeman athletic trainer] Dennis Spurrier," made the recovery process easier. Not only was there help from his athletic trainer, but his coach and parents also supported him through his time of recovery.

According to Coach Henshaw, with Jake's "no quit attitude," he had time to think about goals as he healed. "He sets goals for himself and does not stop till he reaches

them," Jake's parents remarked.

Jake has set multiple goals besides recovering. His "biggest goal, for high school, is getting one-hundred varsity wins," he said, along with making it to states. Due to last year's injury, however, his goals were "set back a lot." Now that he has recovered, his parents "see nothing holding him back from reaching his goal of placing in states." As Jake prepares to make it to states and reach one-hundred varsity wins, he is excited for what this season has to offer.

Jake also mentioned that his little brother has joined Freeman wrestling. "It'll be kind of cool to be on the same team," Jake expressed. He is ecstatic to have his little brother wrestling on the same mats. But most of his excitement has to do with "being a part of practices" again. Training and team practices help him "get rid of the nervous butterflies" he experiences in his stomach before meets.

With excitement in the air as Jake returns to the mat, his parents are feeling a "bitter sweetness as he finishes his Freeman sports career." But that's not all they are feeling. They're enthusiastic about his return to wrestling after his season ending injury and "what college holds for him in the future."

Underclassmen Hope to Defend State Swim Title

Abby Zorn
Design Editor

Ever seen a guy walking around wearing a very large ring? Maybe he's coming into school with wet hair. He probably has the biggest lunch at the lunch table. If he checks these boxes, you've probably come across a member of the DSF men's swim team, and last year they won the Virginia High School League (VHSL) Class 5 State title.

With an end-of-season victory, came a bittersweet realization: many of the swimmers who qualified, swam, and placed well at the state meet were graduating. Now, as the competition season fast approaches, the boys swim team is tasked with defending their State title with the loss of many talented swimmers.

With a strong and promising underclassmen presence, the team has set their sights on another win.

Sophomore Russell Nystrom



Freshman Jason Abbey swims butterfly at practice.

said, "We are still returning with a solid group of guys and many new fast kids. I like our chances this year."

The captains are also extremely optimistic in their outlook on another win.

Senior captain Decker Bristow

said, "We've got a lot of freshmen and sophomores on the team this year. Many of them have shown they're dedicated to this team and its desire for another win."

Senior co-captain Hunter Locher agreed. "We still have a really strong team, so I think we can

win," said Hunter.

Additionally, many of the underclassmen are ready to take on this responsibility bestowed upon them and are stepping up as leaders. The entirety of the team understands they're going to have to adapt to face this challenge.

Sophomore James Wright said,

"Everyone on the team knows we have a shot at states again this year, but we also know we have to make up for last year's seniors that left. We know we're going to have to work hard for it. After losing guys like Reid Hutcherson, Nick Viers, Mark Graff, and Colin Whiting, the other underclassmen and I all know we need to bring something new to the team this year."

There is also a lot of pride in this team's short three-year history as a varsity sport. Winning every regional meet in the team's history and placing high at previous state meets leading up to last year's win, the guys are thrilled to be a part of a winning team and want to protect its reputation.

"I am so excited to join a team with such a successful history. I hope to continue our winning streak and develop my swimming abilities," freshman Jason Abbey said.

With focus levels high and spirits soaring, the guys are prepared to win another title...and another ring.

Fall Sports Recap:

Football

The football team finished their season with a 7-4 record after falling to Manchester in the Class 5B regional quarterfinals. Junior Andrew Bland had over 1,000 yards rushing and passing this season.

Golf

On Oct. 15, the golf team placed second in the state competition. Sophomores Luke Bitsko and Grant Miller were the team's top two players, participating in 9 and 10 of the team's 11 tournaments this season, respectively.

Boys Volleyball

The boys volleyball team finished the season at 6-15 after losing to Glen Allen in the regional tournament. Senior Peter Hughes finished the season with over 100 kills and Car Cox tallied over 230 assists throughout the season.

Girls Volleyball

The girls volleyball team finished 8-11 after losing to Godwin in the regional tournament. Senior Teegan Howell led the team with over 150 kills and more than 110 assists.

Athletes Tackle Workouts, Pin Effort on Two Fronts

Joseph Harrell
Staff Writer

As the weather has become cooler and the days have become shorter, a new sports season has begun at Freeman. However, for a few athletes, the official start of winter sports is far from the beginning. Athletes such as Connor Speidell, Jake Liberatore, Caleb Jacoby, Joseph Shibley, and Cole Holtz are trading in their football cleats for wrestling shoes.

Senior football player and wrestler Connor Speidell said, "The hardest part is the constant grind, especially from football to wrestling." He elaborated, "[w]e lift and condition for football starting in December, in the middle of wrestling season, and then have full football practice in August. As soon as that's over we go straight into wrestling and [are] cutting weight until the end of the season."

Other wrestlers had a few words regarding the work habits of the dual-sport athletes.

Junior wrestler Simon Atsanyuk said, "The work ethic for guys who do more than just wrestling is insane... [It] is more than 110%."

Coach Matthew Henshaw was nearly speechless when describing his football/wrestling athletes. He had just one word to describe them, "Tough!"

Of course, the ironmen athletes have their reasons for taking on the task of competing in two consecutive sports seasons.

Connor Speidell said, "I love go-



Joseph Shibley (left) wrestles in practice.

ing, going, going all the time with the boys. Going through tough practices with each other, and then celebrating wins, or suffering losses, it's always with the team, supporting each other."

Senior wrestler/football player Joseph Shibley said, "Since a lot of us play both football and wrestling, we support each other."

This heightened sense of teamwork and camaraderie has given the wrestling rebels great hope for the season. During the off-season, football players could not be in the weight room as they were on the turf competing. However, their time away from the weights was not detrimental as football and wrestling have similar conditioning.

In regards to the relationship between football and wrestling, Coach Henshaw said, "Both sports

complement each other very well. They are both contact sports where one works with hand fighting, footwork, leverage, repetitive movements, and conditioning."

Dual-sport athlete senior Cole Holtz elaborated on the connection between football and wrestling, "Football is a big muscular endurance sport, and that translates over to wrestling. Wrestling has a little more cardio in it so we'll have to adjust to that, but muscular-wise, we're good."

Not only do dual-sport athletes have to be concerned with playing their sports and taking care of their bodies, they must also focus on their academics.

"The journey is always the hardest. You have to diet, and exercise everyday for hours on end, giving all [you've] got, and at the same time, you have to focus on



Caleb Jacoby (top) and Joseph Shibley wrestle in practice.

school," said junior wrestler Matthew Moore.

Cole explained his struggle balancing life and athletics, "The hardest part is definitely time management. Finding time to do work and sleep, that's a struggle."

Dual-sport athlete Caleb Jacoby told of his struggle, "During wrestling and football season, I definitely lose out on some sleeping hours doing a lot of homework late at night."

Even with this, the athletes make it through their hard times and late nights by focusing on the brotherhood and bond they all share.

Connor Speidell said, "It's the grind that really brings us together."

The athletes hope to build on the success they enjoyed over the past football season. This fall's Rebel football team went 7-3 over

the regular season with huge wins over rivals Godwin High School and Tucker High School. The wrestling coaching staff is hopeful this winning attitude will translate to the mats.

Coach Henshaw said, "The Football team's success helps the wrestling team tremendously. The football players understand that their success comes from hard work and dedication; this is the same for wrestling."

When asked what the goal was for this wrestling season senior athletes Cole Holtz and Caleb Jacoby had two simple answers, "To win more matches than we lose," and, "To win the state championship."



Sophomore Isabella Cavallo performs a back handspring on the balance beam.

Sophomore Cheerleader Flips into Winter Sports

Mary-Cooper Frank
Staff Writer

Who can flip, cheer, and crack a joke? Sophomore Isabella Cavallo! Isabella is not only a gymnast and cheerleader, but is also referred to as the "team comedian" by her teammates. Emily Walthall, cheerleading coach at Freeman, cannot remember a practice where Isabella "hasn't made some type of joke or lightened the mood by being silly."

Isabella started her athletic career as a gymnast. Her parents put her in gymnastics lessons at Richmond Olympiad at age three, and she continued competing until eighth grade before deciding that "it would be fun to try a sport similar to gymnastics."

Going into tryouts, Isabella said, "I was very nervous because I had never done it before and had to learn a bunch of new skills." However, Coach Walthall said that "many things stood out about Isabella." She noticed her "fun, outgoing personality," as well as "how she pushed herself to be better."

Isabella believes that gymnastics has given her "an advantage" in cheerleading because of "the strength" she continues to develop

from it.

Isabella's parents also thought that trying out for cheerleading was a "great idea." They believed "that it would make the transition from schools much easier" and "the older girls would help navigate her through her first year."

They also love "watching the team do stunts and getting the student section hyped up," particularly her brother, Nico Cavallo, who can get "annoying" with his requests for her backflips.

Despite the fact that Isabella has only been on the cheerleading team for two years, Isabella feels as though she "has been doing it forever." She loves "competing and the new friends that have come from the team." Not only does the cheerleading team practice for two hours a day together, they also like to do several activities together outside of school like camps and team dinners. Isabella believes this is essential to make the team successful because they "need to trust each other especially with stunting and baskets."

Although she no longer pursues gymnastics competitively, she is still a part of Freeman's gymnastics team. Isabella "enjoys competing at gymnastics meets and learning new tricks."

There are "not many gymnasts on the team, but we all get along su-

per well and are very supportive of each other." Isabella went to states for the vault last year and "hopes to go even further this year."

She has "developed a love for both sports, however there are times when it is hard to balance with my school work." Isabella takes all Honors classes and one AP class at Freeman. She described the winter season as "the hardest" and "most difficult to manage." The team has "several basketball games a week" and she "has gymnastics practice."

Even though there are times when it is "difficult to manage," her parents have seen "[positive] differences in her school work due to her sports." They have noticed that Isabella has "become more confident in her abilities, both in sports and in school."

Outside of her sports and school work, Isabella likes to hang with friends and relax on the weekend. Isabella's mom said, "She can be very competitive and likes things done a certain way, but she also knows how to play hard and remind[s] the team not to take themselves too seriously."

Isabella "hopes to continue growing not just as an athlete, but also as a person." Her goal is "always to improve her skills and get the stands hyped up."

Coaches Corner: Coach Larkins



Girls JV Basketball Coach John Larkins poses at his desk.

Will Dornik
Sports Editor

As a fan, player, and coach, the girls junior varsity basketball coach John Larkins has studied the sport for most of his life.

Before Mr. Larkins became the respected coach he is today, his basketball interest originated as a fan. Mr. Larkins' love for the sport began in 1982, as he watched Michael Jordan win the National Collegiate Athletic Association (NCAA) championship title for the University of North Carolina (UNC). Ever since the Jordan era at UNC, Mr. Larkins has been a fan of the UNC basketball program.

Soon after, Mr. Larkins took an interest in playing basketball. He played all four years of high school, and even attempted to walk on in college. Nonetheless, Mr. Larkins continued his involvement with coaching basketball.

Soon after he was cut in college, Mr. Larkins rekindled his relationship with basketball. His coaching career began as a YMCA youth coach. He then coached high school JV girls and boys basketball teams while teaching in North Carolina.

Mr. Larkins later began coaching at Freeman shortly after he accepted a teaching position at the

school. He worked under Coach Parpart as assistant coach of the varsity boys program for 10 years, after which Coach Clements asked Mr. Larkins to be the girls junior varsity head coach.

Mr. Larkins accepted Coach Clements' offer and now describes his coaching style as full of "[his] loud voice and excessive hand movements."

Sophomore player Bridget Amrhein has noticed Mr. Larkins eccentric mannerisms in practice. However, she says that they "help in his main goal for the team": to help the "players improve on fundamentals and win games." Bridget's favorite part about Mr. Larkins is his positive attitude and excitement during the season. "He's very supportive and dedicated to the program, and he focuses on individual improvement to help with our overall team performance," said Bridget.

With sophomore Johnna Brown being the only returning player, Mr. Larkins' coaching style this year will stress individual learning and team building. Even though Mr. Larkins thinks that "every season is exciting," he believes that this "[upcoming] season will be perfect for setting a foundation for our team [to build upon] in future seasons."

Fall Sports Recap:

Competition Cheer

The competition cheer team placed 4th in Class 5B Regional Cheer Competition, finishing in the top five for the second season in a row.

Boys Cross Country

Brett Bishop and Luke Neely both competed at the Class 5A state championship and finished 30th and 63rd, respectively.

Girls Cross Country

Karson Girvin and Liza Neely competed at the Class 5A state championship and finished 9th and 20th, respectively.

Field Hockey

The field hockey team finished the regular season at 10-5 before losing to Atlee 1-0 in the first round of the regional playoffs.

Senior's Long History with Basketball Leads to Success



Niquian plays combo guard for the Rebels varsity basketball team.

Joshua DuPuis
Sports Editor

At a young age, senior Niquian Moore was inspired to take up basketball.

"As a kid, it just caught my eye," said Niquian, "My dad used to play basketball and really pushed for [me to play]."

When Niquian was only two years old, his parents began to invest in what they hoped would be his future career. "I got a hoop for Christmas [and] I would always play on it, always dribble the ball," said Niquian.

During elementary school, Niquian began to play basketball semi-competitively with a local recreation team. "Around second or third grade, I started playing YMCA basketball, my parents would always put me in the older groups."

In sixth and seventh grade, Niquian

tried out for his school's team and was cut both times. However, a year later, Niquian made his first school team and hasn't looked back since. "[In] eighth grade I finally made the team. It was my first year of playing basketball that I counted. Since then I've been grinding," said Niquian.

After becoming serious about playing basketball, Niquian began to practice at the local YMCA almost every day, trying to improve every part of his game.

This intense schedule continued through ninth and tenth grade. Last year, however, Niquian began to put less emphasis towards practicing on the court, only visiting the YMCA once or twice a week during the offseason. But, while he decreased the amount of time he spent practicing in the basketball gym, he increased the amount of time building muscle in the weightroom.

"[The team is] always in the

weight room [over the summer]. . . sometimes we'll all [practice] together at school, but the majority of [time] is spent in the weight room," said Niquian.

In turn, the extensive practice and workout schedule has paid dividends. Two years ago, Niquian was the only sophomore to make the varsity team.

As one of several returning seniors on the team this year, Niquian looks to build upon his solid foundation with the Freeman basketball program. Chapin George, head basketball coach, commended Niquian's positive influence on the team, saying he is "a very smart young man, a good basketball player, [and has] great leadership qualities."

Niquian is part of a "pretty mature group" of players, according to Coach George, and both he and Niquian hope to use that maturity and leadership to reach new heights this season.

NCAA Athletes

Will Dornik Sports Editor

The decision by the National Collegiate Athletic Association to permit athletes to profit from their names, images and likeness has created a discussion of whether the N.C.A.A. should treat their athletes as employees.

For:

The N.C.A.A. athletes work more than the average American works at 43.3 hours/week, so shouldn't they be compensated justly? The recent decision on athlete profitability seems like a diversion from a more important conversation. The N.C.A.A. continues to earn a consistent amount of revenue from the students' work. Prior to 1892, the N.C.A.A. did not pay coaches or athletes. Now, the N.C.A.A. pays coaches a considerable amount. Nick Saban, the head coach at the University of Alabama, is scheduled to make 8.3 million. The N.C.A.A. is wrapped up in their own personal greed and needs to compensate the players. They made 1.06 billion dollars in the 2016-17 school year alone. Likeness promotions are a small fraction of the overall revenue generated by advertising and TV income, as well as ticket and jersey revenue. The term "non-profit" is misleading, because the N.C.A.A. is still a very profitable organization. One example of the revenue margin lies within their CBS deal, which is a 14-year deal worth 10.8 billion dollars. The N.C.A.A. is a multibillion dollar organization, yet their main financial crutch makes no individual profit.

Against:

The N.C.A.A. is just creating regulations to prevent superstars from emerging.

By not allowing players to benefit off their fame, the N.C.A.A. is taking precautions to ensure the players' priority is to the team and winning. Colleges should not be a place for profit. The fact that coaches are paid makes perfect sense.

They're employees just as professors on campus are. Colleges are already financially backing most students on academic and athletic scholarships.

Universities can't add salaries to the existing student finances they already cover. Players would also create a movement for general payment since they are contributing to the overall stature of a university. Athletes would have no form of discipline towards their athletics because the primary motivation would be shifted from the school. While the thought of paying players has good merit, the potential implications are too severe. The N.C.A.A. brings athletes into school to focus on their academics and athletics. That shouldn't change.

Athlete Receives Regional Recognition

Megan McDonald
Editor-in-Chief

At this year's fall sports banquet, senior Teegan Howell was awarded Class 5 Region B Girls Volleyball Player of the Year.

Each year at the end of the season coaches from every team in the region meet to vote on players to be named to first, second, and third all region teams. Teegan was voted to be on first team all region, and from there was determined to be player of the year.

According to girls volleyball coach Drew Lovering, Teegan was an obvious choice for player of the year because "she's the only person in the region that plays multiple positions and at a very high level."

Coach Lovering used this reasoning to advocate for Teegan. "A lot of the other coaches were on board," he said.

Teegan holds the school record for most assists. In past seasons, Teegan was awarded MVP and first-team all region, awards which she received again this year.

"I just tried to be a reliable player that could execute and take care of the ball especially when the games were close," Teegan said.

Teegan's success came from her love of the game and appreciation for her teammates.

"My favorite aspect of the sport is the feeling you get in games when you and your teammates are able to accomplish something you have worked so hard for in the past months," said Teegan.

This team comradery is deeply ingrained in the sport. "...volleyball is unique in the way that you



Teegan jumps to hit the ball.

come into a huddle after every point," said Teegan.

In fact, according to Teegan, the support of her teammates led her to her success. "I would attribute my success to the teammates I was lucky enough to play with," said Teegan.

Teegan was also grateful to spend her past four years on varsity with Coach Lovering. "I was lucky to have Mr. Lovering as a coach. He is extremely knowledgeable about the game," said Teegan.

The player of the year award caps off Teegan's fourth and final season on the Rebels volleyball team, which as she described it was "pretty emotional."

"Volleyball gave me some of the best memories of my high school career, but all good things must come to an end. I am just grateful that I got to be a part of such an amazing program," said Teegan.

Girls Basketball Pointguard Duo

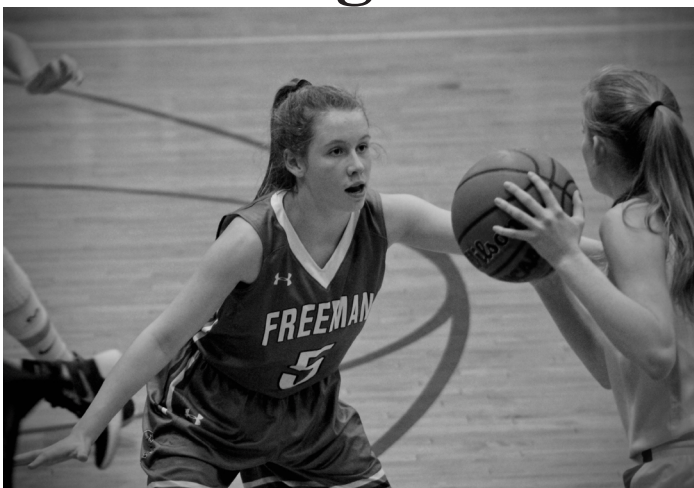


Bridget inbounds a pass.

Two sophomore point guards are each other's counterparts again this basketball season. Bridget Amrhein and Athena-Kate "AK" Canavos have returned as "key leaders" after both made the varsity girls basketball team their freshman year, according to head coach Andrea Sisson.

Although she is only returning for her second year, AK said she "learned a lot about team dynamics [last year] and how important it is for teammates to keep up morale even when we don't get the outcomes we want."

Similarly, Bridget said, "This year I want to become more confident on the court and lead the team as a point guard." Despite



AK plays defense during a game against Godwin.

the "unsuccessful record last season," Bridget said she is "really excited for the upcoming season and the opportunities to improve, especially on offense."

Coach Sisson said AK and Bridget, both about 5 feet 5 inches tall, are a "perfect matchup against each other in practice." "I love to watch them compete and make each other better players," she said.

"It's so fun having someone who has a similar game as you because you end up competing in almost every aspect of the game," said AK about their matchup. "Bridget and I are constantly helping each other improve our personal games," she said.

"Playing the same position as AK is awesome. We push and work with each other every practice," Bridget agreed.

Senior guard Eleanor Carey expressed hope that "their friendly competition [would] push [the team] to be more offensively aggressive and score more points this year," adding that this "was [the team's] biggest weakness" in the previous season.

AK said her goal for this year is to "have fun on the court." While Bridget is also looking forward to this season, she is also "excited to build a program and create young leadership on and off the court."

Upper Field Construction to Finish by Spring Season

Riley Wilkes
Staff Writer

Construction on the new practice field is projected to finish in Jan. The plans first began ten years ago when Henrico County purchased land for the construction of a new practice field, softball field and parking lot.

Since then, the renovations have experienced several delays. Originally, the project was set to finish in June of 2019. However, construction was postponed and did not begin until this past summer, which moved the projected finish time to Jan. of 2020.

Henrico County began this venture to help make Freeman more equal to other Henrico schools. "I think since we were the smallest blueprint of any high school, they were trying to give us an opportunity to have equal facilities with the other high schools," said Freeman's Director of Student Activities, Suzanne Criswell.

According to Ms. Criswell, the project is almost complete. "Right now the field itself is sodded and is being watered and watched by the construction company," she said.

However, the county isn't ready to hand the reins to Freeman quite yet. "We have not been released to start [taking care of the field] ourselves. We think that will most likely not happen until January," said Ms. Criswell.

The renovations expanded the field to meet lacrosse, soccer, field hockey, and football regulations, but some aspects of the project, however, have not yet been finished. "The fencing is being established close to what we have around all of our fields," said Ms. Criswell.

The field aims to solve the scheduling conflicts that come with many teams sharing a single field, which is particularly prevalent in the spring season.

"This move will be huge for all spring sports; it will allow for a more efficient and routine practice space," said sophomore lacrosse

player Lucy Larkin.

Lucy hopes the scheduling of practices will improve. "Last year scheduling was the biggest hurdle that all of the teams had to overcome. There were [eight] different sports teams that were all trying to practice on one field," she said.

The boys and girls lacrosse teams switched off practicing at Tuckahoe Middle School (TMS). For Freeman teams to practice at TMS, the school had to take away practice times from their own teams.

But now, with the new field, Ms. Criswell trusts the coaches to handle the timetable. "I think we have coaches that are very good at dividing time so that all of the teams will be on the turf field and all of the teams will be on the new field," she said.

However, Freeman's Varsity boys soccer Coach Peter McEvoy believes a renovated field still does not solve the main issue. "I wish they were able to [install] lights for the new practice field. I guess there [isn't] enough funding for

lights at this time. Without lights, we haven't solved the limited space for eight teams," said Coach McEvoy. Last season, the soccer team sometimes had to start practice as late as 8:30 p.m.

Ms. Criswell addressed these concerns when she explained that the practice field has the potential to, with proper funding, become a game field. "They did install infrastructure so that one day it can have lights and a scoreboard without having to dig up the field," said Ms. Criswell.

The end of construction is highly anticipated for all spring sports team, but is particularly exciting for the softball team. Last spring, the softball team planned to practice and play elsewhere due to the construction expected to start in April. The softball team used the field at Dumbarton Elementary for practices and games last year.

This season, the softball team is expected to return to their home field. "We are going to do a partial renovation of the softball field

starting any day now, so that we can play our softball season here," said Ms. Criswell.

Softball coach Becky Milton is hopeful, but not as optimistic on the plan to fix the softball field. "I hope that it will be playable this year. However, with the cold weather coming in sooner it will surely cause some delays," said Coach Milton.

However, the original plan for a full renovation has not been forgotten. "At the end of the softball season, there's going to be a major renovation to the softball area funded by our Board of Supervisors and Construction and Maintenance," said Ms. Criswell.

Ms. Criswell feels that the updated field will help improve the experience of the rebels on the softball team. "I'm hoping that this change in elevation and construction will do a lot of really good things for the field itself, so that our athletes have the best playing surface," said Ms. Criswell.

JESUS IS KING Album Review



DRAWING: ABBY TAYLOR

Davis Buckbee
Opinions Editor

Kanye West is like licorice: you either love him or hate him. His questionable and oftentimes narcissistic personality paired with his controversial public statements and unique sound aren't for everyone.

And neither is "Jesus is Lord," his ninth studio album that was released on Oct. 25, 2019. Anyone with social media has likely seen or heard the criticisms of the new album, largely having to do with its subject matter: Christianity. As Kanye West himself described it, the album is "an expression of the gospel," which is made clear in every track on the album. For many, the subject matter is hypocritical.

For example, how can Kanye go from the demeaning lyrics on "Gold Digger," or "Famous" (think Taylor Swift) to declaring "Jesus is Lord"? Where was Kanye's advice to "try and live your life right" on "Stronger"? Even those unfamiliar with Kanye's past music know the general controversies surrounding his lyrics.

But suspend your inner accusations for 27 minutes, and give the album a chance. Or rather, just listen to a few songs.

"Jesus is Lord" features many familiar aspects of Kanye West's music dating back to tracks like "College Dropout" and "ye": well-produced tracks with beautiful samples and powerful features.

Christianity isn't a new subject matter for Kanye, either. Dating from as far back as "Jesus Walks" to his recent song "Ghost Town," Kanye's tumultuous Christian journey has heavily influenced his music. "Jesus is Lord" is the supposed culmination of this journey.

The album has a variety of sounds, as have Kanye's albums in the past. From the passionate, upbeat opening track "Every Hour" to the funky, relaxed electronic beat paired with soft lyrics on "Water," the album has different sounds for different moods. That being said, some tracks stood out to me more than others during my first two listens to the album. In no particular order:

"Every Hour." I already touched on it, but the opening track on the album is filled with ascending, cheerful singing from the Sunday Service Choir. The beautiful passionate voices create both a spiritual and optimistic sound, but one that does not feature Kanye.

"Selah." Following "Every Hour" with a drastically different sound, "Selah" opens with melodic, ascending chords. Kanye then comes in on the track, delivering his proto-typical "rapping," with a bite to his lyrics. Powerful drums are followed by a church choir singing. Potentially my favorite song on the album, this song mimics the sound heard in "808's & Heartbreak" and even "My Beautiful Dark Twisted Fantasy."

"Follow God." The most popular song on the album, and now

the most-streamed Kanye song on Spotify, opens with an amazing sample from "Can You Lose By Following God," by gospel singer Jonnie Frierson. The sample is cut and repeated through the track, mimicking Kanye's sample of TL Barrett on "Father Stretch My Hands Pt. 1." The song is a Reese's Cup, combining two of Kanye's greatest skills: beautiful samples and hard-hitting lyrics.

"Use This Gospel." In the opening seconds of the song, Kanye includes an annoying, constant bell-like ringing. However, the rest of the song features Kanye's nostalgic auto-tuned humming and lyrics, before Clipse joins the track. The hip-hop duo, consisting of brothers Pusha T and No Malice, combine for a powerful feature, which may soon become as iconic as Rick Ross' feature on "Devil in a New Dress." The song closes with a stunning saxophone solo from Kenny G. Solid.

In addition to my four favorites, there were some other honorable mentions worth listening to: "Everything We Need" and "Hands On."

As my fellow staff member Will Dornik said, "Sometimes you have to let an album marinate before judging it." And that's the case with Kanye West music, and is especially true with "Jesus is Lord." Don't allow yourself to be turned off by public perceptions, or the first or second listens of songs on the album. Not all songs are worthy listens, but many get better after each listen.

A Colorful Palette of Talent



Holly Doustout
Staff Writer

For some people makeup can be a hassle, for others getting dolled up is a joy, and for senior NaLani Stephenson, it's all part of the job. For just over a year, NaLani has been doing other people's makeup for pay, which has allowed her to transform her talent and passion for makeup into her own mini-business.

NaLani was initially inspired to get into makeup by her mother. "I started watching [my mother] when I was younger, and I realized how makeup can... really transform a person and boost their confidence," said NaLani.

NaLani's mother, Asia Stephenson, saw her daughter's interest in makeup take shape from a young age. "I have always shown NaLani [the time it takes] to put on makeup. She was always front and center watching," said Ms. Stephenson.

Although NaLani has now been doing makeup for two-three years, she started doing makeup for pay about a year ago after doing her cousin's makeup for a baby shower. "It was kind of a bonding type thing at first and then [my cousin] was like 'hey this is really good, you should try it on other people,'" NaLani said.

NaLani has now done makeup for around eight people and says that she takes inspiration from both her mother and famous YouTube beauty influencer Bretman Rock.

She has done makeup for events ranging from baby showers to homecoming and birthday parties. She also likes to experiment with different styles of makeup such as glam, dramatic, and everyday makeup.

Ms. Stephenson believes that NaLani's gift for makeup has taught her many valuable life skills as well, saying that NaLani's "talent for makeup has affected how she deals with people and herself" and has enabled her to "look beyond what is put in front of her to see the beauty in all things."

Senior Corey Dupree, one of NaLani's friends, recognizes NaLani's talent and passion for makeup as well. "She really likes [makeup] and ... stuff that involves hair and cosmetology," said Corey. Corey also believes that her dedication and hard work extends beyond just her makeup. "She has a great work ethic. We have government together, so she'll tell me 'you need to do this.' She'll stay on me, so I'll stay on myself," Corey said.

When another one of NaLani's friends, senior Jazmyne Taylor, saw her talent, she decided to ask NaLani to do her makeup. Jazmyne said she was pleased with NaLani's work and that she "is really good" at what she does.

Although NaLani enjoys doing makeup, her goal is to become a nurse practitioner. She attends the Hermitage Technical Center for its Practical Nursing Program and is even pursuing her Licensed Practical Nurse certification while still in high school.

Ms. Stephenson is very proud of her daughter's work ethic and independence with regard to her passion for makeup and her education. "I always admired the fact that at an early age [NaLani] already had direction and knew what she wanted to do with her life," said Ms. Stephenson.

Nonetheless, even if NaLani's future doesn't lie in her beautifying others with her makeup skills, her mother says that NaLani will still be "beautifying the world with her personality."

A Big Wow For Wawa



www.wawa.com

Wawa was completed and opened on Thursday, Nov. 14.

Abby Taylor
A&E Editor

It seems like just yesterday that the corner of Three Chopt and Parham was little more than a dusty wasteland. But as of Nov. 14, that barren plot is history, as Wawa has set its foundations in the Freeman area.

Once the hype of its opening day settled, I decided to give Wawa a try. This was my first time at the acclaimed convenience store; I have always been partial to Sheetz, and Wawa sounded like nothing more than its less-convenient shadow. However, I was pleasantly surprised upon entering the store.

Greeting me right when I walked in were the healthy snacks, which I was super happy to see. While I love a good bag of barbecue chips, it was nice to know that there were accessible healthy options as well. Besides, the chips and candy were only a few feet away.

The overall atmosphere of Wawa was very clean and professional. It was incredibly staffed; employees were constantly cleaning and restocking the shelves throughout my visit. Even the bathrooms were immaculate, which, for a gas sta-

tion, is just about unheard of.

However, I did have a few issues with the new convenience store. My biggest grievance was their plastic use. I want to emphasize that I am not usually one to care much about a little plastic here and there, but Wawa had every single one of its disposable utensils individually wrapped in a thick layer of plastic. Not only was this unnecessary, but many of these wrappers didn't make it to a trash can, particularly outside of the store.

In addition, as someone who loves smoothies, I don't recommend Wawa's. The berry mix I ordered was very sweet and didn't seem to have any texture. Really, the consistency reminded me more of a milkshake than a smoothie.

However, I do recommend the mac and cheese, as it was a dead ringer for Stouffer's original (the good stuff).

Overall, I really liked Wawa. The service was fast and friendly, the store was clean, and the options were abundant. If you do decide to go, maybe try to avoid using their plastic ware, and definitely stick to the savory options from their bar. If anything, go for the fancy soda machine that's tucked in the back. But either way, there is no doubt that Wawa is a big improvement to the desert that existed before it.

New Clubs Around Freeman

Fishing Club!



https://www.goodfreephotos.com

Kendall Betz
Staff Writer

A club that is new to Freeman is the Fishing Club, which was started by sophomore Zane Gurkin and some of his friends. Economics teacher William Seegar agreed to sponsor the club as he is an avid fisherman himself.

"Fishing is something that I've always enjoyed... I do all sorts of fishing," said Mr. Seegar.

The club teaches tips and tricks and watches videos about fishing.

While the club isn't allowed to go off school property to fish, Zane explained that "you can just get together with your buds and go fishing unofficially."

The Fishing Club has an Instagram account, and "you can submit any pictures from when you caught fish...and get [them] posted on Instagram," said Zane.

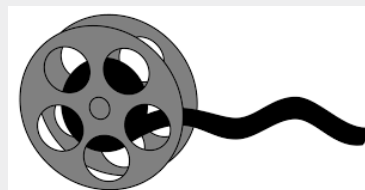
Mr. Seegar has enjoyed "seeing the diversity" in the club.

"You would think it's just a bunch of guys, but I've actually seen a bunch of girls that have come and shown an interest in [fishing]," said Mr. Seegar.

There are no club dues. The Fishing Club meets every third Wednesday morning of the month in Room 213.

The Fishing Club is a great way to "get everybody talking and making new friends," said Zane.

Film Club!



http://www.publicdomainfiles.com

The Film Club was started at the end of last school year to give students who are interested in making films a creative space to create films and other digital projects, according to club sponsor and English teacher Jason Abril.

Mr. Abril has loved "the creativity that the kids are demonstrating" and thinks "visual arts are really important in our culture now."

Senior Sebastian Peebles, the founder and co-president of the Film Club, said that "it has been really wonderful to work with Mr. Abril."

At the moment, meetings include talking about future projects and activities to do as a club, but junior co-president Grace Minson hopes for the club to become more active.

"I'm trying to make it more of an actual club and not just meeting and thinking about [future projects] but actually doing [projects]," said Grace.

Some of the goals for the club include "submitting some [filmed material to] a film festival for high school students," and "[helping] other people who maybe want to [work] in film after high school build up their portfolio[s]," said Grace.

Meetings are usually held every other Monday in Room 117. Anyone who is interested in filmmaking can join, and there are no club dues.

Paws for a Cause!



https://publicdomainvectors.org

Emily created Paws for a Cause because she "thought it would be a good way to branch out and do different things with animals."

Outside of club meetings, Paws for a Cause volunteers at the SPCA and hosts donation drives.

"Last year we had [a donation drive] at Petco, and we raised about 250 pounds of supplies for animals," said Emily.

Typical meetings are short and involve talking about upcoming events, organizing fundraisers and donation drives, and discussing volunteer opportunities. Last year when the club walked dogs at the SPCA, the animals started out "really sad," but they perked up after being with the volunteers according to Emily.

"They just get so bright and happy, and it's really nice seeing the change shelter dogs can have with [a little] human involvement," said Emily.

Meetings are held on the third Thursday morning of every month in Room 123. Anyone can join, and there are no club dues.

"It has been great seeing how passionate the students are about helping animals in need," said teacher and club sponsor Belinda McGehee.

With over 50 clubs, Freeman is able to accommodate the many interests of the student body. Check out the Club Hub today to find a club that matches your interests.

A New Club on the Block



Senior Garrett Archibeque works hard to prepare for the upcoming FBLA meeting.

Jacob Brann
Staff Writer

Students may have noticed a new club represented on the Club Hub this school year.

The Future Business Leaders of America (FBLA) has previously existed at Freeman, winning numerous local, state, and even national awards at competitions.

These competitions entail a business scenario, where “students work either individually or in groups to come up with a creative solution,” said club sponsor and business teacher Rick Orr.

Mr. Orr, along with senior and FBLA President Garrett Archibeque, is starting the club anew this year, after a few years of near hibernation for the Freeman Chapter.

“I became interested [in the club] in 10th grade after taking Mrs. Lane’s class. I felt like it would be a good fit for me because I was really interested in business,” Garrett explained. He continued, “I joined the club to learn more about business and put me a step ahead of other kids looking to join

working on teams, dealing with difficult people, time management, project management, and business etiquette.” Many of these skills are learned during experiences within the club “through chapter projects, competitive events, and travel,” Mrs. Mills said.

Club member and junior Jimmy Van is also excited about the new club. “Something I really like about the club is how we can volunteer and help out around Freeman,” he said. One such example is Freeman’s “Trunk or Treat” event, where they decorated a trunk and facilitated setup and cleanup. “We also will have competitions, which hasn’t happened yet, but will soon,” Jimmy said.

Jimmy also noted that “learning how to work with others, communicate, organize, [and develop] teamwork skills,” were important business leadership skills being taught by the club.

Both the club’s students and sponsor alike are excited for speakers in various fields to come [in and present and educate the club’s members.

Mr. Orr is bringing in speakers from his experiences in the business world “I’ve worked in a lot of different fields, [including] basically every aspect of the banking industry, and something I’ve learned which I’d really like to spread to the students is networking. When I was transitioning over to teaching, I had a lot of people who said if I never needed anyone, you know, to come in and speak, to reach out,” said Mr. Orr.

Freshman Jessica Nyguen said, “I’m kind of excited for the speakers... We don’t really know who they are yet.” According to Jessica, the FBLA has the potential to be a great success, and rebuilding it from the ground up has been an “opportunity to work together and [share] ideas in this beginning stage.”

the business world.”

As president, his duties include “finding guest speakers for our meetings, organizing community service and social events, and lastly, help[ing] prepare PowerPoints and lesson plans for our meetings.” Club leadership meets “every other week to organize ideas for meetings,” said Garrett.

His goals for the club this year include “participating in more community service events and hold[ing] social events to help people get to know the club,” Garrett said. He continued, “as a club we are planning to put together a group of students that are interested in participating in business debates against other schools.”

The FBLA is a nationwide organization, run at the middle school, high school, college, and even professional levels. While not technically a club, “FBLA is a co-curricular organization available to students enrolled in Business and Information Technology courses at Freeman,” according to Sandy Mills, Virginia State Specialist for the national FBLA.

She also spoke of what the organization can teach, including “skills such as presenting, networking,

Man on The Street

What is your favorite holiday activity?



Austin Fisher (11)
“Making sugar cookies”



Savannah Green (9)
“Spending time with my family”



Estela Taravay (9)
“Decorating my christmas tree”



Preston Davis (10)
“Making gingerbread houses”



Elise Rathers (9)
“Opening presents”



Jordan Chucker (12)
“My cousin always flies home from LA to visit”



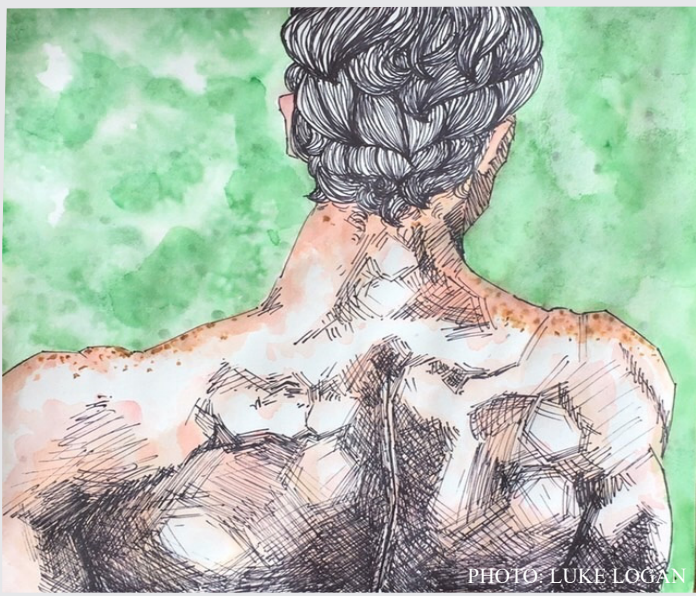
Ryan Smith (9)
“Skiing in North Carolina”



Sam Lee (9)
“Getting stuff”

DRAWINGS: ABBY TAYLOR

Artist of the Month: Luke Logan



Luke’s piece, “Back Study,” that he created in his art class.

Sabereh Saleh
A&E Editor

Splashes of bright watercolor and complex shading stand out against intricately detailed muscles and figures in junior Luke Logan’s artwork. “The complexities of the human face and body really intrigue me. I love to draw people the most,” he said.

“...He [does] a really good job depicting anatomy realistically,” said art teacher Molly McManus. “Some people have a hard time finding an organic shape... but he

was like, here’s some depth and dimension [to] the sinews and muscles,” said Ms. McManus.

His style consists of “... a similar subject and style uniformity. I can take something that we see everyday, people, and reflect it in a new way or perspective. I juxtapose the subject with [my] art and style,” Luke said.

Luke spends his time outside of school drawing as well. “Drawing isn’t something that comes to anyone naturally, it’s practiced like a language. You can tell he’s doing it in his free time and [that] he has a passion for it,” said Ms. McMa-

nus.

Luke is in Art II, and according to him, it’s his “favorite art class so far.” However, he [has] practiced art from a young age.

“My brother used to draw all the time, which influenced me, but then I started to draw more than him. It’s funny how it worked out,” said Luke.

According to Luke, his style consists of layered cross hatching and harsh, bold lines. “This way, my work takes an organic subject, a face, a hand, a body, and depicts it with lines that aren’t found naturally...” said Luke.



PHOTO: LUKE LOGAN

Luke’s “Red Mask”



PHOTO: MARCUS RAND



PHOTO: LUKE LOGAN

Luke’s “Basketball Sketch”

What Character Are You From *Elf*?

- Who is your favorite snowman?
 - Frosty, The
 - Olaf
 - The one you built in your yard five years ago
 - The Abominable (Monster)
- Which Grinch is best?
 - Modern Cartoon (Benedict Cumberbatch)
 - Real life (Jim Carrey)
 - Old Animation (Boris Karl off)
 - All of the Above
- Thoughts on Justin Bieber's Holiday Album?
 - LOVE it
 - Meh
 - Mariah Carey carried the album.
 - Musicians, other than Michael Bubl , do not need to make holiday music.
- Have you ever met Santa?
 - I still go every year.
 - My parents don’t love me enough.
 - I don’t celebrate Christmas.
 - Absolutely not, very scary guy.

Answers:



If you picked mostly A’s, you are most like Buddy the Elf! You’re still a child at heart, and you always ring in the holidays with cheer.



If you picked mostly B’s, you are most like Jovie! Although you may be a little quiet, you break out of your shell during the holiday season.



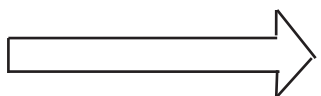
If you picked mostly C’s, you are most like Walter Hobbes! You’re not the biggest fan of Christmas, but you lighten up in the end.



If you picked mostly D’s, then you are most like Papa Elf! You’re a big fan of the holidays, but you’re skeptical of the idea of Santa.

PHOTO CREDITS: WIKIPEDIA

Check out more on the Commentator Online!



Teen Lingo Competition



Papa Murphy’s Review



Veterans Visit DSF



Man on the Street: Chick-Fil-A vs Popeyes Sandwich