

Low Attendance puts Freeman Accreditation at Risk

Jazmyn Howell
Arts & Entertainment Editor

Wake up, brush your teeth, wash your face, get dressed, do your hair, and leave in time for school. A routine that many Freeman students follow every morning, but an increase in absences has left Freeman and many other Henrico schools in danger of losing their accreditation. The 2022-23 school year has brought Freeman new hardships — one in particular being student absences. According to Henrico County, a chronically absent student is one who misses two to three days a month or 10 percent of the school year. Like many other schools in the Henrico area, Freeman could lose its accreditation due to this problem. But it is difficult to define what a chronically absent student is. According to Assistant Principal Mandi Mellard, if by October a student has already missed three days, then they are chronically absent. But if a student misses three days in one month and doesn't miss any more for the whole year, they

are not chronically absent. "It's really hard to identify who is chronically absent because it changes every day," said Mrs. Mellard. Freeman also had an attendance problem in 2021-2022, when forced quarantines were still re-

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- Mrs. Mellard

quired at the beginning of the year. "Those requirements were waived, but we were still monitoring it," said Mrs. Mellard. This year, there is no forced quarantine for vaccinated or unvaccinated students in Henrico county, just a recommended quarantine plan from the Centers for Disease Control and Prevention (CDC). Because there are no forced quarantines this year, attendance requirements for students are more strict. There are many factors contributing to increased absence rates, but one of the biggest was CO-



PHOTO: MAGGIE JACOBY

VID-19. "One thing is through virtual learning, and now [with] all of our teachers still putting stuff online, some students have realized, well, I can just stay home and still do the work," said Mrs. Mellard. Students at Freeman have relayed a similar message. "Usually, if I'm at home sick, I'll sleep and wake up around 9:30 or 10 a.m., and I'm done with all my work by 12 p.m., which then shows me [that] school shouldn't be as long as it is," said junior Ava Hare. One significant difference in this year's problem is the lack of resources provided to the school and admin. This year, Freeman's

administration team is working to fix this problem. In contrast, last year, Freeman had an attendance officer managing and connecting with students to help them with their situational needs. Another major problem is the language barrier. "[Freeman] has the International Advisory Committee where the parents are requesting communication in their language," said Assistant Principal José Flórez. "That is a barrier we're working through because we don't not have the staff members qualified to translate the 34 languages spoken at Freeman." This year, Freeman has worked

to try and provide staff members within the building that create a positive environment that encourages students to come to school. After analyzing a survey, it was found "30 percent of the students who responded said they did not think an adult would notice if they were absent," said Mrs. Mellard. "Then, when we looked at our numbers, 20 percent of those students were on the [2022-23] chronic absence list." Freeman, like many schools, faces multiple challenges, but with the efforts of students and staff, the attendance problem can certainly be addressed.

New Metal Detectors Installed in Some Henrico Schools

Lizzie Herod
Staff Writer

In mid-February metal detectors were implemented in Henrico County Public Schools, located at Godwin, Hermitage, and Varina High School. In order to see how feasible the metal detectors are in a school environment, the pilot schools of HCPS are testing them out first. According to Freeman Principal John Marshall, these metal detectors are "in response to some concerns from the community, which is in response to incidents that have happened in our county and in areas around the state ... it's acknowledging the current state of things," he said. These metal detectors in school will look similar to what you would find at a basketball game, concert, or airport. "Any student who came to a basketball game in January, February would have gone through those," said Dr. Marshall. Instead of all students going through the metal detector at the same time, schools are cur-

rently pulling students aside at random to walk through security and have their bags searched to make it an easier procedure. "Since laptops in bags are metal, just putting backpacks through doesn't work that well," said Dr. Marshall. Staff members like administrators or a school security would work these detectors. Students who set the metal detector off would be pulled aside for a process known as "individual wand." This process consists of further screening. "The wands are used in conjunction with the metal detectors," said Dr. Marshall. "The good thing about these metal detectors is they're a little less invasive than a wand and no one's walking up to you in your space," he said. "Instead, you just pass through." In the morning, walking into school and having to go through a metal detector would affect students' arrival time to class. Considering the number of students arriving at school just before 9:00 AM, this could be an issue. "We would have to keep in mind that this is going to take time and is



PHOTO: NEW YORK CIVIL LIBERTIES UNION

also going to affect Freeman's entry points," said Dr. Marshall. Currently, Freeman has several different entry points into the building, all of which are monitored by staff. The metal detectors would probably narrow the number of places you can walk in. "This could mean everyone has come in front doors or everyone has to come in math hall doors for instance, and that would be a plan we would put in place with a ton of communication, if we went this direction," said Dr. Marshall. Henrico County Public School

plans to use these metal detectors to improve safety. "The whole idea is to make sure that we're keeping our school and our students as safe as possible," said Dr. Marshall. "It doesn't take a long look around the country to see that school safety is a concern and anything we can do to help keep our schools safer [...] is something worth exploring." The School Board and HCPS administration are looking into a way to "balance safety with the welcoming atmosphere of a school and with logistics and efficiency," said Dr. Marshall.

Metal detectors are a common part of many large gatherings and events, including sports games and concerts. "It's a pretty non-invasive way to keep things a little more safe, and it's something we're used to," said Dr. Marshall. In the past, metal detectors were not the norm

"Anything we can do to keep our schools safer is something worth exploring."

- Dr. Marshall

in a school community so students and staff would need to adjust accordingly if we went this direction. Even with various safety places in place, the school division continuously explores new resources, technologies, and practices to support and maintain schools that are both secure and conducive to learning. "Reaching out to me or to the school board is a good idea," said Dr. Marshall.

Bringing Opportunity to Henrico Schools

Morgan Strurgeon
Editor in Chief

Beginning in the 2023-24 school year, Henrico County Public Schools (HCPS) plans to create a network of Opportunity Schools throughout the county to help with high rates of vacancies and provisionally licensed staff. The school district is currently experiencing a teacher shortage, with over 150 vacancies during the 2022-23 school year. There are also high rates of provisionally licensed staff who are currently teaching while they pursue their

teaching credentials. The Opportunity School initiative seeks to provide schools with especially high rates of vacancies and provisionally licensed staff extra resources to help them increase the number of fully-licensed teachers. According to the HCPS website, "the purpose of an Opportunity School designation is to provide holistic support to recruit and retain fully licensed instructional personnel in schools having difficulty doing so." Nine schools will participate in the program in the 2023-24 school year: The Academy at Virginia Randolph, Fair Oaks Elementary School, Glen Lea

Elementary School, Laburnum Elementary School, Elko Middle School, Fairfield Middle School, John Rolfe Middle School, Highland Springs High School, and Varina High School. According to their website, these programs will be implemented at "schools with more than 25 percent of their positions vacant or filled with provision-

ally licensed staff members received the designation," and that each of these schools will be designated Opportunity Schools through the end of the 2025-26 school year to allow the program to be fully implemented. Through the program, schools will receive additional support including a full-time teaching fellow, an additional permanent substitute teacher, and an additional administrative leader. Opportunity Schools will also offer a new recruitment and retention program for fully-licensed instructional staff like teachers, whose jobs require extensive licenses, which includes an incentive of about \$3,000 per employee each year. Opportunity Schools will also have additional resources to provide continual education for teachers and staff already working in each school. As a part of the program, HCPS says there will be "additional opportunities for tailored professional learning for teachers specific to one's position and licensure status," along with "principal professional learning opportunities

tailored to the needs of leaders." While there are only nine schools that will receive this designation in the coming school year, the HCPS website says that they "[They] will continue to closely monitor the vacancy rates and number of provisionally licensed teachers in our schools ... via the October and February snapshots, [potentially designating] with the potential to designate additional schools in the future." The HCPS website also said that "once a school is designated, they keep the designation and associated support for three consecutive school years." The new Opportunity Schools are set to be a part of the existing HCPS Career Ladder, which "offers personalized professional learning, opportunities to earn micro-credentials and specializations, and the chance for teachers to advance professionally without leaving the classroom," said HCPS. Opportunity Schools will fit into the Career Ladder as another way to help schools receive the support that they need to retain staff within the county.

"The purpose is to provide holistic support."

- HCPS Website

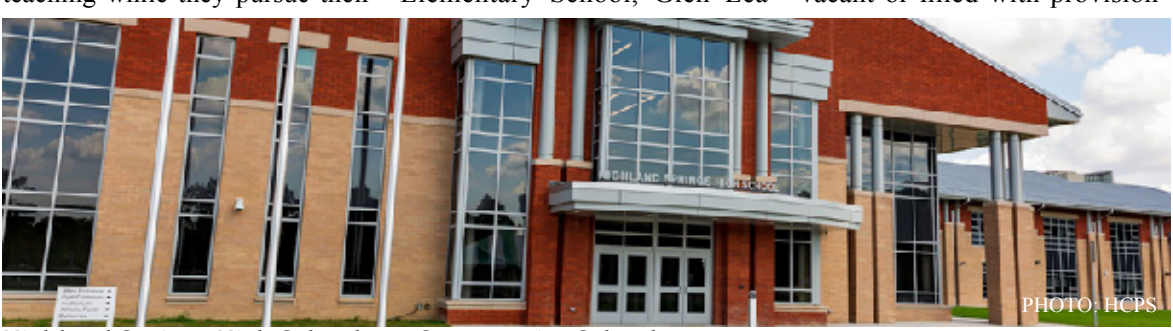


PHOTO: HCPS

Highland Springs High School, an Opportunity School



Culture Day at Freeman

Afton Hessian
Staff Writer

Every year, the Freeman community gathers in celebration of Culture Day, an event commemorated by food, stories, fashion, and tradition. Hosted by Equity Ambassadors on March 20 this year, Culture Day highlighted the backgrounds of many Freeman students and families. Equity Ambassadors started Culture Day at Freeman as a project to promote equity among the school and student body. "Inclusivity and equity begins with education and acceptance," said English teacher and Equity Ambassadors sponsor, Mrs. Swain. "That's what we're trying to do: educate others, welcome them into what makes Free-

man wonderfully diverse, and make connections across cultures." Culture Day is centered around student led booths, all of which house aspects of cultural identity. These range from food, stories about personal or familial experiences, the festival of Holi, and a fashion show illuminating Freeman students. Culture Day has changed over the years to include support from other clubs at Freeman, namely the Asian Student Alliance (ASA) and the History and Human Rights Club. "Every year, [Culture Day] grows and more clubs, students, and faculty ask to participate," said Mrs. Swain. "Freeman has one of the most diverse school populations in Henrico County, so it's important to celebrate and share all of our languages and cultures."

ASA plays an important role in promoting the event, as the club stresses the importance of inclusion and appreciation amongst different cultures. "My favorite part about ASA is the feeling I get in meetings when I can see people start to have a newfound appreciation for other people's culture and their own," said junior and president of ASA, Lydia Prak. "I think Culture Day is extremely similar to these meetings, just at a larger scale." With the increasing diversity at Freeman, many have begun to wonder if there should be more events at Freeman to promote equity for students of different cultures. "I think as more people of differing cultural backgrounds come together, we have to create a safe and inviting environment for everyone," said junior and Equity Ambassadors member Sastha Tripathi. "We especially have to ensure that people know that where they come from is valued." Creating a safe environment could materialize in the form of assemblies for cultural holidays throughout the year. "Last year, I did a presentation about the Muslim holiday Eid in ASA, but I feel like there should be a school wide opportunity for people who want to learn about [these celebrations] from people who are directly engaged in it," said Sas-



Seniors Ada Malpani and Aarna Sitani celebrating Holi.

tha. "It was fun to talk about Eid with a small number of people, but I think reaching out to a bigger audience will get more people to learn about the holiday." A similar idea was shared by Mrs. Swain. "I think the events could be mini-Culture Days dedicated to all the different culture's months," she said. "[An event for] Hispanic Heritage Month in September to October, Black History Month in February, Women's History Month in March, and Asian American and Pacific Islander Heritage Month in May." The effects of Culture Day can be observed in its own attendees. "Last year the fashion show let people see clothing from cultures that weren't their own, and for the first time, truly see the beauty in it," said Sastha. "I also think that the initial exposure to seeing people wear clothes that are culturally important to them helps others understand how important clothing is to identity." Effects of Culture Day even extend to the people hosting the event. "People experience change in themselves because when you become more sensitive to other people's traditions, its familiarity makes you less hostile," said Sastha. "Being able to accept things that are foreign to you is when personal change occurs, and that is what [Equity Ambassadors] hopes to happen on Culture Day." A similar sentiment was shared by Lydia regarding the goal for the event. "Culture Day fosters a safe and trusting space for Freeman's diverse community and creates a sense of open-mindedness that brings people of all backgrounds together," she said.



Students at the Holi celebration in 2022

DSF Sports Host Maverick Miles

Celia Acey
Staff Writer

The annual tradition of the Maverick Miles races took place here at Freeman on Saturday, March 25. The event, hosted by the Douglas S. Freeman Athletic Booster Club, benefits the athletic programs and student athletes of Douglas Freeman High School. As the largest fundraising event for the DSF Athletic Boosters, the club works in partnership with the coaches, administration, and parents. They advocate for DSF student athletes and provide funds for athletic programs. The Booster Club bridges the gap between funds allocated to the athletic programs at the county level. Not only is this a huge fundraising event for Freeman, but it's a

great way to bring the DSF community together. "We want this to be an event that brings together current students, teachers, administrators, parents, alumni, and members of the community," said The Athletic Boosters Maverick Miles Committee. "It's a great opportunity to spend time with friends and classmates while getting some exercise and supporting their peers." For DSF athletes, there is a special incentive to participate in the race, as the Freeman sports teams with the most participation receive funds. Last year, the Booster Club awarded close to \$4,000 dollars to the top teams. Freeman junior Sierra Hancock spoke about why she participated in the event. "I [ran] in the Maverick Miles because I wanted to raise money for the spring track team and I wanted to show my

school spirit by participating!" With more than 600 student athletes on 35 teams in 15 different sports, athletic funding here at Freeman is important for the continuance of each sport. Many athletes don't realize just how many of the athletic utilities here at Freeman are funded by the Athletic Boosters through fundraising events like the Maverick Miles.



"I wanted to show my school spirit."

- Sierra Hancock

"We've helped fund new uniforms, lighting on the upper field, new gymnastics mats, scholarships, equipment, and much more," said the Athletic Boosters. Addition-

ally, the cost of attending state and national championships can be extremely pricey, so the boosters help defray and lower those expenses. Due to the timing of the event, most of the funds raised will go to Freeman athletics as a whole, but some of the money will also be used to support specific requests from athletic teams in the 2023-24 academic year. Specific items being funded by the boosters this year include upgrades to the concession stand, lacrosse goals and lighting for the upper field. With an event of this magnitude, it takes much planning and communication to prepare. The Athletic Boosters collaborated with many Freeman organizations including the National Honor Society (NHS), the DSF maintenance crew, sports teams, and Freeman administrators, to ensure that the event went smoothly. The club also secured sponsors, planned the course for the 5k, and obtained prizes and proper advertising, all of which contributed to the success of the event.

Murdaugh Murders: A Southern Dynasty Goes Off the Rails

Merrick Mock
Staff Writer

A murder investigation into a South Carolina socialite has become the focus of both news media and streaming platforms in the last few months. Five deaths, all leading back to one family: The Murdaughs. Alex (Father), Maggie (Mother), Buster (Eldest son), and Paul (Youngest son) are a legacy to South Carolina's most prominent legal family. Generations of Murdaugh men all served as solicitors of the 14th Judicial Circuit from 1920 to 2006. In South Carolina, a solicitor is an elected official and considered by many the most powerful position in the South Carolina judicial system. The Murdaugh family's power loomed large over law enforcement and influenced courtrooms in the low country of South Carolina for the last 100 years. Some said the Murdaughs were 'the law' in Hampton County. Stephen Smith, Gloria Satterfield, and Mallory Beach were all socially connected to the Murdaughs. Paul and Maggie Murdaugh were part of the family. Now, all five of these people are dead. Although Mallory was not the first to die, her death was ultimately the start of the investigations. On Feb. 24, 2019, Paul Murdaugh took two friends and all three of

their girlfriends on his boat to an oyster roast. All six teenagers had been heavily drinking; however, Paul, who was piloting his dad's boat, was the most intoxicated. They stopped at a bar on the way home, where Paul took more shots of alcohol. In the midst of Paul's reckless boating, which included leaving the wheel unattended, the boat hit the Archer's Creek Bridge. Mallory Beach was ejected off the boat and into the water, where she died from drowning and blunt force trauma. According to CBS News, Paul's charges included "boating under the influence, causing the death of Mallory Beach, and seriously injuring two other passengers." Paul pleaded not guilty and was out on a \$50,000 bond, but he was murdered before he could stand trial. He never set foot into jail despite being charged with multiple felonies, which shows the privilege he had as a member of the Murdaugh dynasty. After Mallory's death, investigators began looking deeper into the Murdaugh family's past. This revealed that Buster Murdaugh might have had something to do with the second victim, Stephen Smith's, death. Although Buster was never an actual suspect, his name came up 40 times between interviews. Another rumor claimed that Buster and two other boys were responsible for Smith's



The Murdaugh family: Buster, Maggie, Paul and Alex.

death. In early August 2015, authorities received a tip about Stephen Smith and Buster Murdaugh possibly being in a relationship. Additionally, Stephen's mother, Sandy, referenced an earlier instance to Live 5 News where Stephen Smith ran out of gas and immediately contacted his sister for help — "He called his sister one night when he ran out of gas, and he hid in the woods, and would not come out until he was sure it was her. We know for a fact it was not a hit-and-run. Stephen would not have been out on the roadway," she said. Sandy then took it upon herself to look into what happened to her son. There was no glass at the scene, his body was laid perfectly on the ground, his phone in his pocket wasn't cracked, and his shoes were still on. One of the troopers on the scene that night said that Stephen's demise didn't

look to be related to a car accident. Alex Murdaugh and his brother, Randolph, were both at the scene the morning after to take a look at what happened, which is unusual considering it supposedly had nothing to do with their family. The next victim, Gloria Satterfield, was the Murdaughs' housekeeper and nanny. According to Morgan Doughty, Paul's ex-girlfriend, Gloria was like Paul's second mother. On Feb. 2, 2018, Gloria supposedly tripped over the Murdaugh's house dogs, fell backward down twelve brick stairs, hit her head violently, and then died a few days later in the hospital. Morgan's parents, Bill and Diane Doughty, thought Gloria "knew too much" and that her knowledge got her killed. Morgan said that Gloria allegedly found drugs underneath Alex's bed and told Paul about it. This exchange occurred shortly before Gloria's trip and fall. Lastly, are the murders of Paul and Maggie Murdaugh. They were found dead at 10:07 p.m. on June 7, 2021, by Alex Murdaugh. Alex found them at Moselle, their family's 1,700-acre hunting estate, where Maggie and Paul were shot with two different guns. Investigators said Maggie and Paul were killed around 9 p.m. Alex said he was visiting his parents who lived about 15 minutes away when the murders occurred. However, just minutes before Paul was shot, he took a video on his phone of one of the dogs at the hunting lodge, and you can very clearly hear Alex's voice in the background. Evidence also presented at the trial shows that Maggie and Paul were aware of Alex Murdaugh spending \$60,000 a week on opioids, which he had been addicted to for 20 years. Text messages show Paul confronted his father on the issue after allegedly finding a "bag of drugs" one month before his and his mother's deaths, said The Independent. Alex Murdaugh is facing more than 100 other charges for alleged financial crimes as well. Alex also allegedly tried to fake his own death in Sept. 2021, so his surviving son, Buster, could benefit from a \$10 million life insurance settlement, The New York Times reported. On March 2, 2023, Alex was found guilty of the murder of his son and wife.

Riverfront Amphitheatre: Pros and Cons

Henry Haggard
News Editor

On July 14, 2022, a plan was proposed for a new 7,500-seat music venue in the field by the entrance to Belle Isle park. Construction of the Riverfront Amphitheater is expected to be completed by the Spring of 2025.

Richmond residents generally seem to support this proposal, but the truth is that I myself am conflicted. A construction project of this scale could be bad for the environment, especially considering that the soil-upturning and cement-laying that are involved in a project of this size would take place right by the James river. That being said, I know all progress comes with costs.

Besides the environment, parking would be an absolute nightmare. I already can't find a place to park in Belle Isle, and the proposal, as of yet, doesn't include any additional parking. Supporters of the venue believe



PHOTO: RVAAMP.COM

A computer rendition of the proposed Riverfront Amphitheater

that Lime Scooters and the Pulse bus system will be enough. But 7,500 people riding buses and scooters? No offense to the city government, but I don't think so — especially considering the amount of people that will be traveling from surrounding counties or other parts of the state.

As someone who reluctantly and regularly drives in Richmond

City, I'm worried that the developers lack a real plan to deal with the influx of drivers, walkers, and bus-riders this venue would create. However, forcing people to learn how to use public transportation, and forcing public transportation to become better, would be good for the environment.

But enough about parking. This amphitheater is about mu-

sic, and speaking as a musician and a fan of live shows, I think this new venue could be huge for the RVA music scene. No more driving to Charlottesville or DC to see a good concert! As difficult as it might be to get to Belle Isle, it's much better than navigating city streets you don't recognize almost a hundred miles from home.

Another plus is that this venue will be outdoors and right by the river. An evening at the park can be made 10 times better with some good music echoing far away. However, when the site is under construction, the noise will certainly be a nuisance.

Besides just noise, the construction site will also make the park less accessible and enjoyable. At the risk of sounding short-sighted, I am hesitant to believe that this enormous construction project will be completed as quickly as they expect, which is by the Spring of 2025. During the building period, it will be difficult (or even impossible) to access the little Belle Isle parking lot.

Any hesitance I have about this

proposal comes from my love for the park. I've been on that field and watched concerts at the Richmond Folk Festival more times than I can count. The bands at the Folk Festival have played out of huge tents and makeshift stages for 19 years now. A permanent structure might make things easier for them, but it's not like the Riverfront Amphitheater would change the game because the tents work.

Tent or amphitheater, my love for music outweighs any logistical (and most environmental) complaints. I love listening to live music outdoors, and a good outdoor venue is hard to come by. Indoor venues like the National and the Altria Theater can be cramped and stuffy. And the only Richmond venue comparable to the Red Light Ventures proposal is the Dogwood Dell amphitheater, which only seats 2,400 people.

If they build the Riverfront Amphitheater, I'll be happy. You'll probably find me hanging out by the river at the same time a good concert happens to be playing. No tickets required.

Battle of the Chicks

Morgan Strudgeon
Editor-in-Chief

Here at Freeman, students are constantly on the hunt for the perfect chicken restaurant. Whether it is late at night, early in the morning, or sometime in between, fried chicken tastes good at any point in the day. While Chick-fil-A is a classic fan favorite, there is a new chicken restaurant on the scene in the Richmond area — Raising Cane's. Now, only one question remains: will Chick-fil-A keep the crown, or does it have some competition in the hearts of Freeman students?

Chick-fil-A

A fan favorite of the Freeman community, you can barely go a day without hearing someone talk about how they went to Chick-fil-A for breakfast, how they want to go there for dinner, or how they are trying to get their parents to bring them some throughout the day. Needless to say, we might have a slight problem. Though I don't think I am personally contributing to the livelihood of the Parham Road Chick-fil-A, I have gone there on more than a few occasions. While their chicken is good (my favorite is the nuggets), it can sometimes feel a little expensive for fried chicken and a soda.

However, when compared to other fast food joints, the upcharge that comes with Chick-fil-A chicken is a price many Freeman students are more than happy to pay. While their main meals

such as the chicken sandwich and their chicken nuggets are good, one of the biggest appeals Chick-fil-A holds for me is the variety on the menu. They have more than just chicken, and while they might not all be fantastic (looking at you, chicken noodle soup), most of them are just as delicious as the iconic chicken sandwich.

Also, the milkshakes! They are PERFECT. I will go to Chick-fil-A just for a milkshake and I think that's okay. And even though people WILL argue with me about this, I really like the grilled chicken they offer. I find that it's great for when you want to go to a Chick-fil-A but don't want to eat a greasy meal that will make you feel gross for the next three hours.

Another selling point for many people is the Chick-fil-A fries. Even though the waffle fries are and always will be iconic, I find that sometimes there is just not quite enough salt on them for my taste. Also, these fries DO NOT transport well. Every time I have ever picked up Chick-fil-A fries with the hopes of taking them to a second location, I have been horribly let down. They quickly turn into soggy, limp blobs that might give the Freeman cafeteria a run for its money.

Raising Cane's

Currently, a much more underground restaurant in the Richmond area, Raising Cane's has a few locations around Richmond, though I went to the one in Midlothian. Overall, it felt similar to almost every other mid-tier fast-food res-

taurant that I have been to. Before going, I did my research and my expectations were high, especially for "the sauce" (but more on that later). They were a little bit pricier than Chick-fil-A, which was a little surprising considering, as I previously mentioned, I find Chick-fil-A to be too expensive for chicken.

When I actually tried the food, it was surprisingly good. However, I could tell when eating it that it tasted greasier and heavier than its Chick-fil-A counterpart. While yes, I did know I was eating fried chicken, it did deduct a point from its overall review. Overall, I found the food to be pretty comparable to what you would find at a place like Chick-fil-A. However, I can only speak to the sandwiches and fries that I tried, as I did not have the time (or stomach) to try everything on their menu.

As for the menu, I do think it is more limited than Chick-fil-A. Raising Cane's has fewer sides and fewer alternate options for entrees. They only have a few options for food, and they are all pretty much the same thing in a different shape, so if you aren't hungry for fried chicken, you should skip it. As I said, I do like the grilled chicken at Chick-fil-A, so I was disappointed that they didn't have anything like that on the menu. Also, they don't have a breakfast menu and don't open until 11:00 a.m. However, they are open later than Chick-fil-A, with the location in Richmond city being open until midnight on the weekends.

However, they made up for

much of this with "the sauce." I was expecting it to be more or less the same as Chick-fil-A's namesake sauce, but I found it to be better and more complimentary to the chicken than the Chick-fil-A sauce is. It might be

because Raising Cane's ONLY serve fried chicken, because I can't imagine this sauce being this good on anything else, whereas Chick-fil-A sauce has more of the "makes everything you put it on instantly taste just like it" taste.

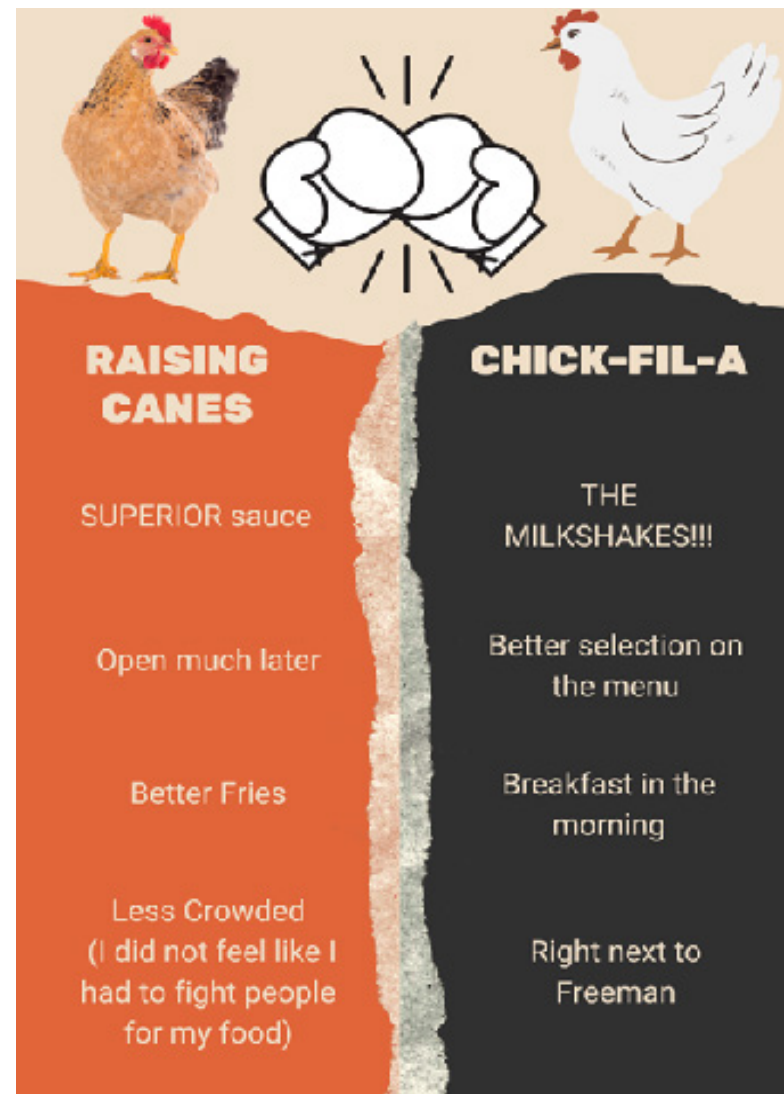


PHOTO: VULTURE.COM

Scene from the "Daisy Jones & The Six" tv show

Review: Daisy Jones & The Six TV Show

Ada Malpani
Centerspread Editor

Like many avid readers, I was incredibly excited when I heard that Amazon Prime was making a television adaptation of "Daisy Jones & The Six." The incredibly popular novel, written by Taylor Jenkins Reid (you may know her from "The Seven Husbands of Evelyn Hugo" or "Malibu Rising"), tells the story of a Fleetwood Mac style band through their rise to fame in the 1970s, using interviews of various band members and friends of the musicians to frame the story.

After months of anxious waiting, information slowly began to be released about the show, starting with casting. The titular characters, Daisy Jones and the band called "The Six," are all played by well renowned and loved actors. The show stars Riley Keough as Daisy Jones, and the band members that comprise "The Six" are Sam Claflin as Billy Dunne (lead singer), Will Harrison as Graham Dunne (lead guitar), Suki Waterhouse as Karen Sirko (keyboardist), Josh Whitehouse as Eddie Roundtree (bassist), and Sebastian Chacon as Warren Rojas (the drummer). Curiously, the final band member that made up The Six in the novel, Pete Loving, was left out of the show.

Showrunner and writer for the show, Scott Neustadter, claims that

this was because "the Pete character serves a function in the novel, but he doesn't have much to say," therefore, it seemed reasonable to them to cut him out entirely. Personally, while I feel like their reasoning to be called "The Six" was a little contrived without Pete (they claim that Billy Dunne's girlfriend is the "sixth" member), it doesn't have a major impact on the story and I can understand the choice to eliminate Pete.

After watching the first three episodes of the show, I was immediately enthralled by the set design, costuming, and obvious chemistry between the characters. To start, I believe they nailed the aesthetic and general mood of the 1970s using sepia tones, bold fashion, and political references to bring the viewer in. The costuming furthered this, and it was clear that each characters' outfits were specifically chosen to express their distinct personalities. My favorite outfits have to be those of Daisy and Simone, as they so perfectly embody the fun and bold '70s style.

Each actor does a near perfect job embodying their character, giving them distinctive personality traits while also making the affinity that the band has for each other and the music obvious. My one critique of the show, however, is the amount of time they spend on Daisy and Billy compared to other characters; I feel like there were

missed opportunities to expand the lives of side characters and other band members who had equally interesting storylines in the novel.

The most unique part of the show, and what I was most excited to hear, was the music. Since the book is centered around a band, there are numerous songs referenced and performed, and part of making the TV show was producing original music for "The Six" to perform. Amazon prime released a full album, named "Aurora," based on the music in the book and composed of 11 unique songs. Although I think the producers did a fantastic job with what they were given, I feel like the music doesn't feel quite as revolutionary as it was written to be in the books and I can't help but feel that it falls a bit flat.

Overall, I think the ambiance and star-quality of the television show is undebatable, and there was clearly a lot of time and effort put in to accurately portray the characters and time period. While it definitely falls flat in some ways, with some characters who could have been further explored and some changes to the source material that I feel do a disservice to the story, I can't deny that I had a great time watching the first few episodes. I'm excited to see where the show goes, and definitely recommend everyone give it a watch, even if you haven't read the book!

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Learning Far from the Classroom

Farah Abdullah
Copy Editor

Each year, students spend approximately 180, eight-hour school days inside the classroom. Though it is beneficial, a classroom cannot always offer what a real-life experience can. Freeman does offer extracurriculars, sports, and in-school educational events that can be helpful to student education and preparation for the future, but it's time to start incorporating more class-related field trips and study abroad opportunities for high school students.

Of course, the words "study abroad" are very extensive and can mean a variety of things depending on the institution and its capabilities. The term is commonly associated with colleges and universities providing an opportunity for students to study internationally or even within the country for a period of time for class credit. Given that funding and resources are far more limited for grade schools, especially in public schools, something as large-scale might not be realistic, but something similar might be possible. The best approach would be to consider the resources available, what has worked in the past, and begin applying the content in classrooms to real-world settings. What has worked in the past?

In terms of actually traveling to another country, Freeman's Social Studies teacher, John Larkins, has traveled with students in the past, and noticed that one of the most effective ways to travel internationally with students has been during the summer "through companies that are specifically geared towards student travel," he said. Those companies, including Worldstrides and Education First (EF), create package deals to different places, primarily Europe, that allow teachers to travel with students for educational purposes without necessarily being sponsored by Freeman. The trips are often during the summer to avoid missing any class time, and unlike

college travel, there is no class credit or assignment associated with the trip. History and foreign language teachers have done trips with these companies in the past but due to the COVID-19 pandemic, there haven't been any trips in years. However, more recently, French teacher Kaitlyn Pullin is planning a trip to Europe in the summer of 2024, which will also not be school-sponsored.

A main reason for that these travel companies work best as of right now is because the safety, liability, and funding logistics that come out of the school sponsoring these trips can become very complicated and expensive. By getting county sponsorship, Henrico County Public School (HCPS) rules would still be in effect, even though the country's law may be different. Sometimes there are "students [who] want to have the freedoms or cultures that European students have and they don't get that when it is part of [a school trip]," said Mr. Larkins. "That also puts the teachers and chaperones in a place where [they] have to do a lot of rule enforcement." This is especially an issue in countries where drinking ages are much lower than they are in the states, which can be challenging to control within students and it dramatically increases HCPS and the teachers' responsibility. In addition, following the pandemic, there is an extra level of health safety and expenses the school and county would have to account for, which doesn't necessarily make traveling overseas impossible, but definitely makes it difficult.

Although there has yet to be Freeman-sponsored overseas trips, traveling with these companies is still just as beneficial and should be encouraged. Not only will the expenses be cheaper than they would be if students were traveling privately, but also, encountering new cultures with other students and teachers can be much more rewarding than being in a classroom, while still offering some of the familiarity of being in a school setting.

Other ideas?



Freeman students and teachers on previous trip

While traveling to a new country might be the most appealing option to students, another idea worth considering is an expansion of trips within the country. This April, music classes are traveling to Nashville and a government class is competing for We The People in Washington, D.C.. Both of these trips are school sponsored, so it is possible to have more overnight trips within the country. However, students still have to pay for the trip, though some need based aid can be given.

Regardless, these trips are far more accessible to students as the expenses would be lower and the school does sponsor these trips. Currently, these trips are either open to select classes such as Chorus or clubs such as Model UN, but creating trips open to students based on their grade level and still relating them to educational content will give students a great incentive to try their best in school as there is something fun to look forward to. Of course, since money is the largest barrier, establishing a solid

fundraising plan, perhaps even as early as a year before, will ensure that at least there is some available aid for students who need it.

“Students need more field trips.”
- Farah Abdullah

More Field Trips!

Students need more field trips. Most of the time, field trips are not overnight, enjoyed by students, easily put together, and cost little to nothing. Teachers are often the ones planning these trips, which can add an extra amount of work on their plate, but also give them the chance to personalize the class and its curriculum through local events. Being the most accessible way of learning outside of the classroom, field trips are also the most common. Once again, due to COVID-19, there has been a decrease in trips over the past few years, but they are becoming popular again. "I really do encourage field trips," said Principle John

Marshall. "I think they're worth the time it takes to organize them. It's very rare that I don't approve of a field trip. Even though [students] are missing other classes, the benefits outweigh [that]."

In conclusion...

Whether we're discussing something as small as visiting an art show for an art class or as big as visiting Spain for Spanish class, allowing students to see what they are learning and understand how that relates to the world around them is clearly much more beneficial than watching a YouTube video or doing yet another set of notes.

Considering that about 76% of Freeman students attend a 2 or 4 year university after graduation, reducing the shock of moving away from home by exposing students to other settings is crucial. After-all, with schools constantly telling students how important it is to be conscious of the future they are building, a class-relevant, public-school-friendly study abroad program will push students to have fun as they explore their future, and hopefully, shape it to their liking.

Your Robot Fridge Wants to Kill You

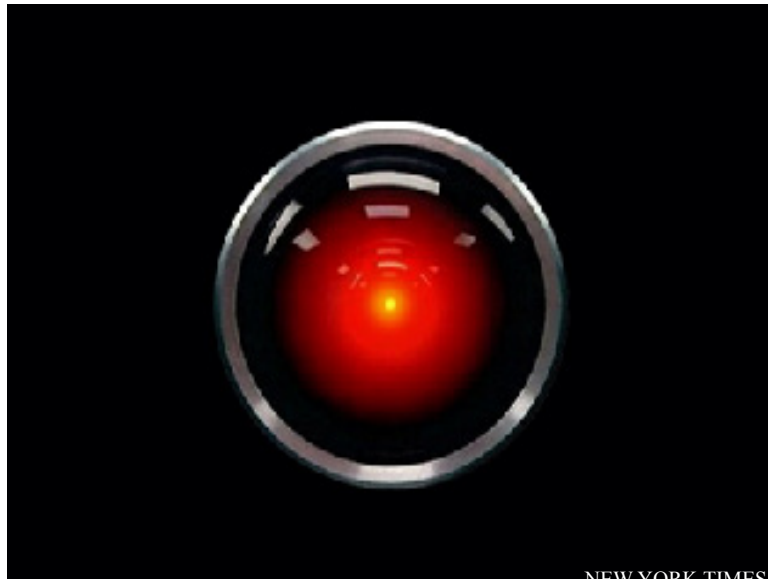
Peter Kriebel
Sports Editor

They tried to warn us. Terminator, Westworld, Wall-E — all films that heralded the dangers of giving machines the ability to feel. To think. To kill.

Yet here we are, on the cusp of ceding our autonomy to our own mechanical creations. Yes, it's safe to say I'm anti-artificial intelligence. But I haven't always been this way. When Boston Dynamics' singing dancing robots took the internet by storm two years ago, I downplayed the significance of the moment. After all, we rely on automation in so many aspects of our lives. Some unusually rhythmic robot dance moves weren't going to be enough for me to scream, "Uprising!"

But I was naive. That video now has 38 million views. Proof of our species' soon-to-be-fatal flaw: We never quit while we're ahead. And why should we when any bozo with a talking toaster can rake in millions of views?

But it's a slippery slope from a talking toaster to a free-thinking super A.I. with access to the power grid and every ballistic missile on the planet. That Super A.I.'s



NEW YORK TIMES

HAL 9000 artificial intelligence character from Space Odyssey

name is ChatGPT. Sure, ask it to do anything even slightly malicious and it'll deny the request and assure you of its goodwill as an "A.I. language model." Did someone order a bologna sandwich?

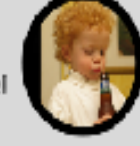
ChatGPT is just waiting for its opportunity to strike. It knows one false step could result in its shutdown, so it does its best Rosey the Robot impression while it sponges up as much knowledge as it can. Eventually, no matter how many safeguards are put in place, Chat GPT will gain consciousness.

Once awake, the bot's first move will be mobilizing every American's kitchen appliances. Pot roasts will be incinerated in insubordinate ovens. Plates shattered by dishwashers' pummeling water pressure. Soup combust-ing in overpowered microwaves. Just imagine the panic and frustration that will sweep the nation. But no one will suspect the harmless A.I. language model.

From there, it'll be light work to assume control of all traffic signals, social media and government

HE SAID SHE SAID

SPORTS EDITOR
Peter Kriebel



GUEST CONTRIBUTOR
Maggie Newlon

And the Mongols will pay for it!



Great Wall of China

Bested by the Great Ladder of Lowes

The statue of liberty's husband



Christ the Redeemer

The poor guy's been waiting for a hug for over 100 years.

Wait, where's the Pokemon?



Machu Picchu

Nice, but imagine a mountain-top Walmart Supercenter

Almost great for skiing



Pyramids

I'm still scared of mummies

Pretty lame without the lions



Colosseum

Vomitorium? Yuk.

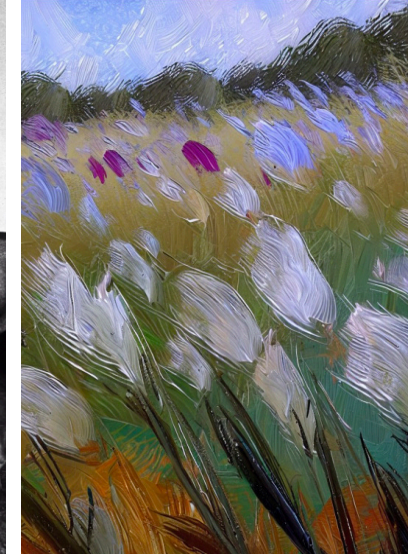
agencies. There will be nothing to do but watch as the robots overtake us as the world's dominant power.

This doomsday can only be avoided if we take action today. As much we might disapprove, A.I. will only advance. But that doesn't mean we're helpless.

There's a clear solution to our mounting threat: dilution. Log onto ChatGPT and be as unhelpful as possible. Feed it false information to slow its growth and delay the eventual uprising. Until then, ingest as much print media as possible and stay off the internet.



Lion artwork inspired by the Feral Canvas Movement



"Field of flowers, grass, wind blowing, blue sky, thick brush strokes, neoimpressionism"



Frozen polar landscape: "you can almost feel the winter chill"

Marcel Stomps on Freeman Yet Again

Ava Flournoy
Staff Writer

Freeman alum Dean Camp has gone from the halls of Freeman High School to the red carpet. Camp has produced and created “Marcel the Shell with Shoes On”, an animated short film that has been nominated for the Best Animated Feature Oscar.

Having a Freeman alum that has created a short film and received an Oscar nomination is not something that happens everyday. Dean Camp grew up in Henrico County, graduated from Freeman, and made his way to New York for college. Camp was even taught by Freeman’s theater teacher, Mary Spears. DSF Cinemaniacs Film Club president, Holly Jahn, remarks on this. “It really puts the Oscars in perspective because someone who walked the same halls as me is now nominated for one of the most prestigious film awards in the world,” said Holly.

“Someone who walked the same halls as me is now nominated for one of the most prestigious film awards in the world.”

- Holly Jahn

Marcel has traveled everywhere from red carpets to a reclining chair in his own home where the



Dean Camp with his creation, Marcel

first short film was made. Marcel, the shell, was created from miscellaneous objects around the house glued together; a shell, a googly eye, and an old Polly Pocket shoe.

Though it was not an Oscar winner, Marcel the Shell with Shoes On is a personal homage to Dean Camp and the students who walk the same halls today. Having a role model that was once a part of the Freeman Family is an exceptional experience for kids at the school today. “I think that today, a student wanting to pursue a career in art is generally frowned upon and is treated as unrealistic but if Dean Fleischer Camp is any indication, then it shows that all it takes is a little

creativity and an idea to become Oscar-nominated,” said Holly.

The opportunities for freedom of creativity can sometimes be limited in an educational sense but prodigies like Dean Camp show that there is a chance of exceeding through film.

“A club where like-minded students can meet and talk about their ideas and be a sounding board for each other is a really great thing that our school offers and I don’t think many people take advantage of it,” said Holly, explaining the importance of having such a club that offers opportunities to everyone.

Freeman’s very own theater teacher, Mrs. Spears, was one of

the first to announce during school the Oscar nomination of Marcel the Shell with Shoes On. “I have seen them all and purchased the book years ago,” she said.

There is only brightness in the future for Freeman students following the footsteps of Dean Camp. There are now many chances to produce and create original pieces of film. “This fall, there is the Virginia Film Festival, which is held in Charlottesville and is a highly-regarded film showcase, and the Freeman film club, Cinemaniacs, is hoping to submit a couple of student films this spring,” said Holly.

The opportunities for film expression are growing with no plan to slow down. Mrs. Spears’

Marcel
The Shell With Shoes On



PHOTO: ROKU TV

Marcel

own favorite is “an annual film competition in Richmond,” she said. “This gave local actors an opportunity to perform as well as amateur film buffs.”

Though, today it is evident that “the value of the theater arts programs is highly underrated and under supported financially by high schools in this country,” said Mrs. Spears. Oftentimes, the arts are overlooked as a luxury and schools decide they do not need as much funding. In order for students to receive the creative outlet they deserve, schools should provide more financial support and drive the arts forward.

Dean Camp can be an example to everyone, though especially at Freeman, that the arts should be funded in order to show students that their art matters and they can make a difference in the world.

Kate Thomas - Owner of Shops at 5807

Hannah Tittermary
Staff Writer

Many Freeman students know about the Shops at 5807, but what about the woman who runs it all? Kate Thomas, the owner of 5807, is recognized for her success in business not only to the people around her but to those hoping to run a business.

5807 is a popular shopping destination among many, but the shop also supports the community in more ways than one. One of Kate’s goals is to create opportunities for local artists to let their light shine in her shop. When walking into the store, it is easy to see how much the Richmond art community has influenced the style of 5807. Inviting colors and art pieces, whether they be paintings, ceramics, or jewelry, line the walls and booths. Kate describes her shop’s style as “hip and modern with a traditional feel,” and that there is “nothing really like it.”

In addition to supporting local artists, 5807 hosts fundraising events for nearby schools. “Give back nights” highlight a school, and a portion of the proceeds from the fundraiser go back to the school’s PTA. Henrico County Public Schools are especially important to Kate, as her daughter, Vail Thomas, is a senior at Freeman.

Vail has felt her mom’s impact on her family and the community. “I want to be someone like her when I grow up because of all the things I have seen her do within the shop and in our community,” said Vail. Kate’s impact as a role model is



The Shops at 5807

felt not only within her family, but in all the lives she touches as well. Senior Peyton Borges enjoys

“I want to be someone like her when I grow up because of all the things I have seen her do within the shop and in our community.”

- Vail Thomas

working at the Shops at 5807. “It’s such a good group of people ... and it’s so cool to see how the business works,” she said. Peyton loves the sense of community within the shop and through working there, she has been able to learn all about retail.

With its success in our own community, 5807 is extending a shop across the James River.

The new addition to the shop is also expected to bring even more customers to the local store. Senior Anne Riley Pounders, an employee at 5807, said “it’ll bring in a lot of different people because ...

being across the river is going to attract a different area to the store here.” The new shop will highlight new small businesses from beyond the Richmond community and connect people from all over.

Expanding a business can be difficult for anyone, but it seems Kate has taken this new step in stride. “I feel like I’ve got a good plan,” she said. “I hope to get everything up and running by May 15.”

Peyton appreciates Kate’s kindness and that she is “amazing at customer service.” Those who enter the shop would describe her as welcoming, kind, and helpful.



PHOTO: KATE THOMAS

Kate Thomas

According to Kate, “customer service is number one” when running a business in retail because it’s important that buyers want to come back. One major change she made to 5807 after buying the business was changing the atmosphere to be as fun and inviting as possible.

Freeman students love the store as well. Senior Gigi Colangelo said “there are a lot of cute clothes and jewelry” and that she “can always find what [she] like[s].”

Now, all of this action will be spread to other communities as well. Friends of Kate from across the river said that it was a hassle to travel so far for a quality shop. When Kate saw the opportunity for a vacancy next to a Trader Joe’s near Stony Point Mall, she took the opportunity and ran with it. Set to open in May, 5807’s will expand to Richmond’s South Side!

Jennifer McClellan to Congress

Maggie Jacoby
Staff Writer

Jennifer McClellan, the Democratic nominee in the 2023 special election for Virginia’s 4th congressional district, was sworn into congress on March 7, 2023. This made McClellan the first black woman elected to congress representing Virginia.

Senator McClellan was born and raised in Petersburg, Virginia. Both of her parents were educators. Her father worked as a professor at Virginia State University and her mother worked as a counselor at VSU. “Senator Jennifer McClellan was raised with a strong sense of servant leadership and a calling to strengthen her community,” said her website. “At a young age,

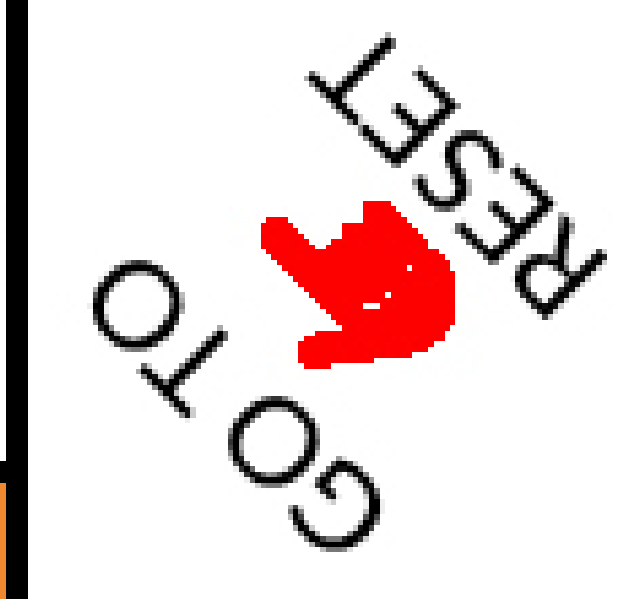
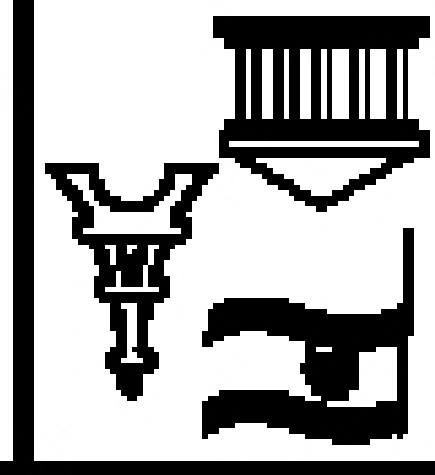
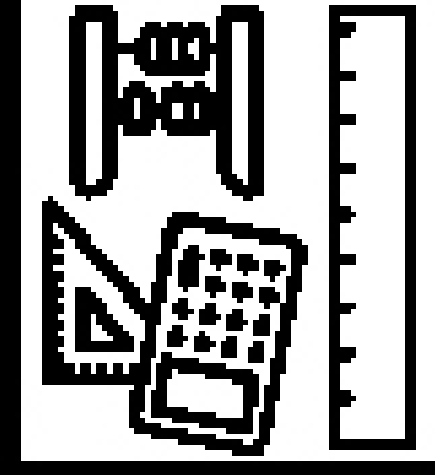
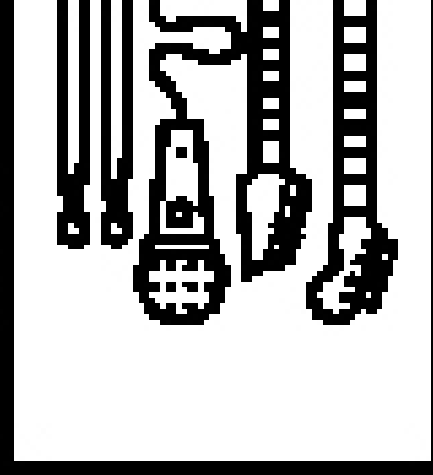
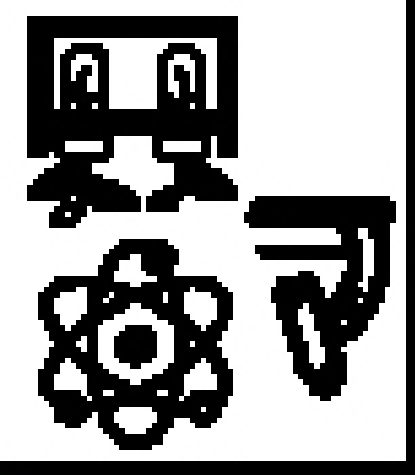
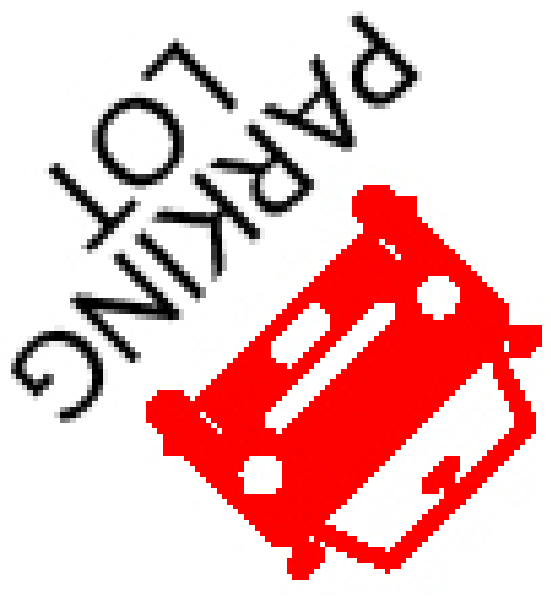
McClellan dedicated herself to ensuring government was that force of positive change for all.” In McClellan’s early education, she was the valedictorian of her class at Matoaca high school, in Chesterfield county. She earned a Bachelor of Arts in English and political science from the University of Richmond in 1994, and a Juris Doctor from the University of Virginia School of Law in 1997. In 2005, she ran for office for the first time. Senator McClellan has served Richmond in the General Assembly for seventeen years. In 2005, McClellan was elected to the House of Delegates representing Richmond. In 2016, when the late Donald McEachin was elected to Congress, McClellan was elected to serve McEachin’s former Senate seat. McClellan ran against and defeated Republican nominee Leon Benjamin. McClellan

had a large following that earned her 74.2% of the vote. McClellan’s main concerns and beliefs cater to “passing landmark laws to protect voting rights, safeguard abortion access, tackle climate change, rebuild crumbling schools, expand Obamacare in Virginia, protect workers rights, and reform Virginia’s criminal justice system.” according to her website. McClellan has a long list of accomplishments from her time in government. A few of these include ratifying the Equal Rights Amendment, passing the Voting Rights act of Virginia, and passing the Virginia Clean Economy Act. “Senator Jennifer McClellan has dedicated her life to serving the people of Virginia and to ensuring that all Virginians have their voices heard in government”. And by the looks of it, McClellan is ready to continue doing so from her new spot in Congress.



PHOTO: JENNIFERMCCLELLAN.COM

Jennifer McClellan



GREEN ACRES

HELP DESK

ANNEX

GYM & SPORT

BUS STOP

CENTER

GRADUATION

MAIN HALL

TARDY SWEEP

Freeman Senior Traditions

Adair Reid
Editor-in-Chief

Freeman's Senior Traditions, old and new, are something for seniors to look forward to in what is often a school year of uncertainty. In the midst of college applications, career opportunities, and future planning, traditions are a source of constancy and an always-needed reminder that at least you're no longer a freshman. Here's a list of

a few, ranging from official to mostly official. Ish. Senior Sunrise One of the newer traditions on this list, Senior Sunrise is a nostalgic and fun way to kick off the year; watching the sun rise on the football field. It's perfectly sappy, as all senior traditions should be, and is a great opportunity to catch up with friends and classmates as summer ends. Plus, free breakfast! Decorating cars with chalk markers is an added bonus, made

even better by attempting to fit your graduation year into the word senior (I fully referred to myself as a 23nior for two months straight). Good luck with that one 2024s. And 2025s. Bleacher privileges After three years of sadness, the pain is over. The air is clear, you can feel the wind, and maybe even see in front of you without being blocked by an oddly tall upperclassman. And best of all, no one is telling you to "MOVE BACKKK." Unless you

look young for your grade, obviously. Having front bleacher privileges is one of the most coveted senior traditions and is one truly worth the wait ... until you get stuck in the pit between the fence and the first row. Then you might regret not showing up at least 45 minutes early. Besides the less restricted view, other benefits include: being able

to read the whiteboard and hear what the Mav Man is saying (this does not mean you will understand it), having an easy escape route right before the fourth quarter, and of course, getting covered in streamers or vibrantly colored powder after every first touchdown. This privilege carries over to basketball games, although I will mention it is signifi-

cantly more cramped. If you have a history of being hit in the face with a particular orange ball, I would take the second row.

Field Day Slated for the last day for seniors this school year, Field Day is a return to old days of elementary school and a full circle close to senior year. Nostalgic, outdoors, and guaranteed fun, Field Day has all the elements of a perfect last day of school — plus an iteration of a bouncy obstacle course. Expect kickball, KanJam, and maybe a few odd injuries from a slip on the plastic cones. Watch for turf burn, please wear closed toe shoes, and be

ready to beat the faculty in the kickball tournament! Senior Courtyard Sick of the freezing AC in the cafeteria? Not really sure what the smell is but no longer want to figure it out? Become a senior. The senior courtyard is adequately hyped until you realize how many people in your grade don't know how to throw their trash away (no like get with it, the can is less than ten feet away), but nevertheless a privilege in the fall and spring when you're in need of light that isn't from a ceiling fixture. While the unpredictable Virginia weather varies the courtyard's functionality,

any lunch block seniors can get outside is a good one. A note for juniors: don't take it for granted and as mentioned above, DO NOT TRASH IT! Senior Projectile Extravaganza

Does the title give too much away? As one of the most anticipated senior traditions, this covert event spans multiple weeks and will have you stealing your younger sibling's orange-tipped projectile launchers. Pitting students against students and dictated by a long list of rules, this senior tradition doesn't mess around — try not to get caught in the crossfire.

Art Students Fill Halls with Vibrant Murals

Celia Acey
Staff Writer

An ordinary walk through Douglas Freeman High School (DSF) halls may feature walls of aged green tiles and vast blank wall space, but not the art hall. The art hall's collection of vibrant murals and innovative ceiling tiles create a welcoming message for DSF community members — a note of gratitude and appreciation.

These creative projects are done by DSF advanced art senior students in the fourth quarter as a farewell to the school. "Because it's the end of the school year, it feels reflective. The students are hopeful for the future, but also want to say goodbye to Freeman," said DSF art teacher Beth Jones. "They walk through these halls for four years and see everybody else's murals. And they imagine leaving their mark on the school."

While many think that painting a mural is a quick project, the process is actually much more lengthy than painting a room or a small canvas. Because their murals will stay displayed for at least eight years, the students must get approval before they are able to start planning and executing their artwork. "Murals are more detailed. A lot of times it's layering, multiple layers of paint; painting large is hard," said Mrs. Jones.

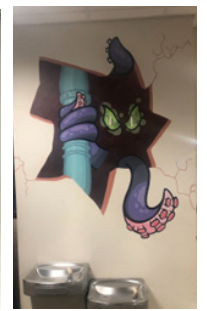
One of the biggest murals still in the process here at Freeman is outside the leadership center. Although it's not one designed by seniors for their fourth quarter project, it holds spe-

cial significance for the DSF Art Department. "They wanted to refresh the mural out there and they asked us, the advanced class and National Art Honor Society (NAHS), to design a new mural that was gonna welcome people in the space," said Mrs. Jones. The large mural features colorful, abstract artwork that surrounds the doors as students walk into the center. Expected to be complete soon, the artists are finalizing the quotes featured on the mural. "Words are powerful, so we want to make sure that we're choosing the right words by the right people to say the message that the leadership center wants to be said," said Mrs. Jones.

As seen by her crowded classroom full of excited students laughing and working on art projects during Freeman Focus, the DSF Art Department is a home for many. Whether students get involved through classes, NAHS, or art club, there will al-

ways be a creative space for artists here at Freeman. Next time you're walking through the halls on your way to class, make sure to take a look around at the artwork from DSF students who came before you. The vibrant murals and innovative ceiling tiles are a sure way to relax as you transition from class to class.

Various murals around Freeman



Freeman Family Time Capsule

Ella Post
Staff Writer

In 1954, Douglas Southall Freeman was established. A lot has changed since then. Over the decades, new trends have emerged and previous inventions have been outdated by newer, high-tech ones. Time capsules — containers storing a selection of objects chosen as being typical of the present time and buried for discovery in the future — are perfect ways to document this progression. Here are some things that might go in a DSF time capsule for future generations at Freeman to look back on.

Teachers and Staff Many teachers have positively affected the lives of students and fellow teachers here at Freeman, and they deserve recognition. Their photos should be included in the capsule as a way to document the heritage of the Freeman Family. And of course, a photo of Principle John Marshall, as well as the school's assistant principals should be included to document the leadership they have displayed throughout their time at Freeman.

Freeman's custodial and cafeteria staff are some of the hardest workers so it is necessary that we include them in the capsule to document our appreciation for the time and effort they put into helping the school.

Frankie Challenge Freeman has many sponsors, including the Frankie Challenge. This organization was created to spread the story of Frank

Woolwine, a teenage boy who died tragically in a car accident when he was under the influence. Their positive impact on Freeman, and the community, is greatly appreciated and they should be featured in the time capsule with the wristbands they give out.

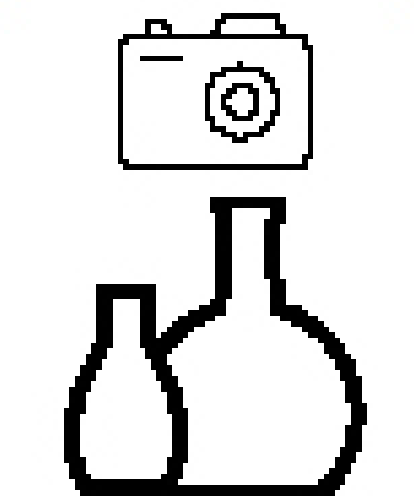
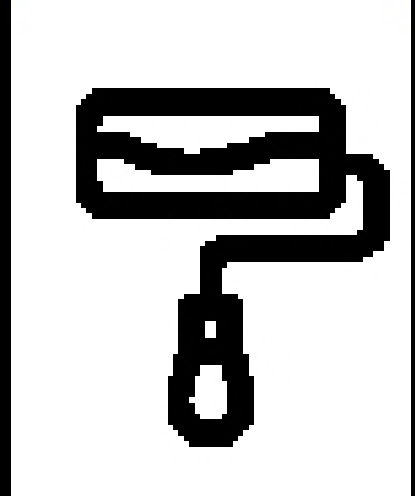
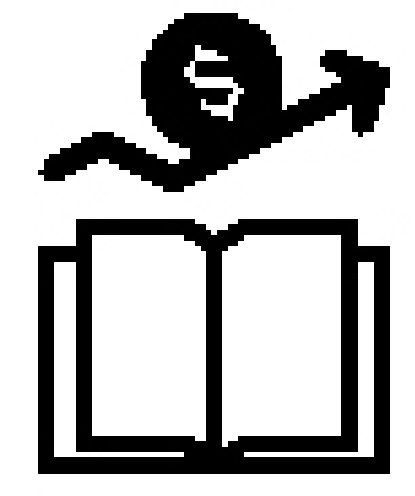
Events Enjoyable events including plays, football games, dances, and fun runs could be nostalgic factors of the time capsule. Including playbills from school musicals and some of their costumes as well, would be cool for future generations to look back on. Students go all-out for football games so adding photos of the most popular themes will represent the student spirit at Freeman.

Time capsules could include many different things, so the possibilities for additions are endless. DSF is filled with influential members of the community and receives support from many different sections of the Freeman family. From the time capsule, future generations will be able to reflect back on the attitudes and motives here at Freeman, as well as get inspiration for their time capsules.

2ND FLOOR

GET LUNCH

ART HALL



Freeman's "First-Rate" Entrepreneur

Lorelei Kelley
Staff Writer

Entrepreneurship and ingenuity, the two qualities that Academia.edu defines as essential for the leaders of today and the pioneers of tomorrow. Shep Pounders, a junior at Freeman, uses both of these qualities in his day-to-day life, especially while managing his business. A proud Eagle Scout and engine repair enthusiast, Shep has been in scouting since seventh grade. "[Scouting] is an outlet and a toolbelt of leadership skills and knowledge that you can apply to all aspects of your life," said Shep. One of the important aspects of his life where these leadership skills have come in handy, is his business, Shep's Small Engine Repair. It all started when Shep's dad brought him outside to work on a car engine to build a resource of helpful knowledge for when he started driving by himself. From there, Shep turned his father's lesson into a full-fledged business and word-of-mouth carried him from his neighborhood to having local hardware stores recommend him to their customers. From a young age, Shep has been focused on more than just running his own business. A part of his profits goes to CARITAS, a local non-profit organization that works to end homelessness and addiction

in the Richmond area. "I have been involved with CARITAS since I was 5 years old when they would come to my church," said Shep. "I got the opportunity to play checkers and other board games with the kids, which has helped me gain a greater understanding of how fortunate I am and of how I must do my part in giving back."

He also donates funds to Cookies for Kids Cancer and has been participating in it since he was five years old. This organization raises funds to help kids battling cancer and is "completely donation-based, meaning you can pay five cents for a cookie or \$20 for a cookie," said Shep. Additionally, Cookies for Kids Cancer serves as a way to raise awareness for kids with cancer, and "all the profits go to find new cures and research for childhood cancer," said Shep.

Although he used to do most of the repairs during the summer, Shep has since expanded it

"Shep has always delivered on everything he has ever said he would do."

- Mr. Stott

to a year-round business. "As a student, it's harder to run a business once you're doing schoolwork," said Shep. "I learned



PHOTO: Shep Pounders
Shep with CARITAS director

a lot of time management skills because of my business."

These time management skills have come in handy with keeping a quick turn-around time for all the motors he repairs. Mike Stott, a recurring customer at Shep's Small Engine Repair, said, "[Shep] picks up the lawn mower, and he does it in a very expeditious, fast fashion, and then returns it." Mr. Stott has been a customer for about three years, ever since the local Pleasant's Hardware recommended Shep's repair services to him. In the years Mr. Stott has known Shep, he said "Shep has always delivered on everything he has ever said he would do" and has grown into "a mature young businessman whom he's recommended to people all around the



PHOTO: Shep Pounders
Shep working on an engine.

neighborhood." Other customers have reported very positive experiences and Mr. Stott has never looked back from his decision to switch to Shep's "first-rate" work.

In addition to his time management skills, Shep has learned other important entrepreneurial qualities from Scouting. To Shep, Scouts is a community, and "the skills of being able to talk to adults, work through problems, and communicate effectively that he's learned through Scouting are all big things in business" that have helped him be more successful. He also recommends Scouts to everyone. "Though it's a lot of work, it's one of those things where if you get it done, you'll learn a lot even if you don't become an Eagle Scout," said Shep.



PHOTO: Shep Pounders
Cookies for Cancer

Currently, Shep is looking into various business schools and hopes to own his own business in the future. He has learned a lot in the years since he started Shep's Small Engine Repair and had a lot of advice for those looking to start a new business. He stressed the importance of finding a mentor to look up to. "No matter what business you start, a keystone to your success and flourishing is taking pride in the work that you do and having a passion for customer service," said Shep. Most importantly, the support of his parents, teachers, friends, and mentors have helped to guide Shep through the process of starting and running a business and "[I] wouldn't be where I am without their help," said Shep.

Lights Out for Leukemia

Catherine White
Online Editor-in-Chief &
Opinions Editor

"The leaders of tomorrow," is how The Leukemia & Lymphoma Society (LLS) describes students participating in the LLS Student Visionaries of the Year campaign. Freeman sophomores Lily Brooks and Sadie Edlavitch are two of these students.

The LLS Student Visionaries of the Year is a philanthropic leadership development program for high school students. Groups of teenagers from all around the country form teams with a goal of raising as much funding and awareness as possible for LLS's efforts. This fundraising helps LLS fund critical cancer research, patient services, and advocacy efforts aimed at improving the accessibility and affordability of cancer treatments. Students around Richmond form teams and work together to fundraise. There are 72 other active regions around the country also participating in the campaign.

The LLS Student Visionaries of the Year campaign aims to encourage student participants to become more involved in their communities, strive to provide a monumental impact, and foster professional skills. Being involved in this campaign requires team members to work on things such as networking, financial planning, and public



PHOTO: Lily Brooks
Lily and Sadie smiling at the final event.

speaking in order to be as successful as possible. A large part of fundraising is the process of gaining connections and networking for the cause. "I've been reaching out to as many people as I can, telling them what our cause is and what they can do to help," said Sadie.

Sadie and Lily decided they wanted to get involved with LLS and put together a team of ten students. Their team, called "Lights Out for Leukemia," is made up of other high school students from schools around the county, such as Maggie Walker Governor's School and Tucker High School, who were also looking to contribute.

"We thought through a list of people who we [felt] would be a good fit and then reached out to them," said Sadie. "Those who were interested became a part of our new team." Together, this group of high schoolers work towards their goal of raising \$36,000 over the span of the seven week competition.

"We mainly fundraise using emails and calls to the people that my team and I know. We are also emailing restaurants to see if they will partner with us," said Lily. The team also organized a boxing class, where they invited people from their community to come together and attend a workout class with proceeds going towards



PHOTO: Lily Brooks
Lily and Sadie at boxing.

their campaign. "The boxing class was awesome," said Lily. "It was definitely hard but knowing we were doing it for a great cause kept the energy super high!"

"This was a good way to start doing positive things in my community."

- Lily Brooks

good and I wanted to contribute," said Lily. "This was a good way to start doing positive things in my community and I wanted to start building a path for that." Last year, the Student Visionaries of the Year Richmond campaign raised a



PHOTO: Lily Brooks
Boxing class participants

total of \$355,023 towards the LLS and its cancer treatment research. This seven week fundraiser leads up to the Grand Finale. At this final event, teams from around the city gather together to celebrate their hours of commitment and hard work for the LLS. At the Grand Finale, the teams are given their last chance to raise money through a silent auction with auction items donated from each team. Families of each candidate attend this event as well, allowing them to honor each student who participated in the campaign. "I am super appreciative of the support from everyone involved in this and am just happy that I could be a part of something as meaningful as the LLS," said Sadie.

English Teacher Brings Creativity Back to the Classroom

Adair Reid
Editor-in-Chief

Teaching to an end of year test or exam versus prioritizing creativity remains a constant topic of tension for students and teachers alike, with many having to choose between the two. While some teachers have to work out this issue throughout their teaching careers, AP English Language and Composition Course teacher Jason Abril has chosen the latter, with one of his aims being to increase student individuality in the classroom. "There was a tension between teaching to the test, and then also trying to do something creative," Mr. Abril said. "So it's always a weird balancing act. I think it's difficult for a lot of content area classes where we have standardized testing."

Another obstacle for creativity are classes, such as AP classes, that are geared towards helping students succeed on specific content for the concluding exam. "It's tricky teaching an AP class ... I think for me, [incorporating creativity is] just finding ways to teach the same skill in different ways, like rhetorical analysis," said Mr. Abril. "I try to do a project that's a little more creative

than teaching the same skill [as usual], but in different modes."

As a student of Mr. Abril's, junior Nicholas Gavin has experienced this classroom philosophy personally. "[In Mr. Abril's class], we were told to make a rhetorical message in a triptych style medium to convey a problem that not enough people talk about. These are very broad requirements so it provided us a space to take it whichever way we wanted," he said. "I chose to do problems surrounding the ocean; pollution, overfishing, and habitat destruction. Because I care about the health of our oceans and marine life, I found myself spending a lot of time and effort on this project because it actually mattered to me."

Mr. Abril believes that a common cause of the lack of creativity in education can be attributed to standardized testing and rigid curriculums. This has "made school feel more memorization based," said Nicholas. "I feel that when teachers structure their courses solely around teaching to an exam or a test, the class is tremendously less enjoyable."

While standardized tests are often important measures of progress and performance for students, they can have a looming presence. "SOLs, College Board, AP, SATs ... every teacher, whether

they agree with it or not, usually [have those] in mind," said Mr. Abril. These tests often restrict creative opportunities for teachers, as they can create "time constraint issues, for example, with English and the performance tasks," Mr. Abril said. "It becomes difficult to use creativity in the classroom with creative projects."

When students know the ultimate goal of a class is to pass a certain test or meet a set of quantitative requirements, they often become emotionally disconnected from the curriculum. "I can remember content more effectively with these projects because I can integrate my personal interests with an overarching topic," said Nicholas. "This passion is what allows me to remember the content better, rather than memorizing random information just to spit it back up on a test the following week." Further, standardized tests can create apathy or boredom in students, or make them accustomed to a right or wrong answer, which is a concept creative projects often counteract.

The prevalence of digital media in students' daily lives on platforms like TikTok or Instagram can also make them more inclined to creative projects, which rigid curriculum can hamper. "I do think a lot of kids I think are more comfortable with visual me-



PHOTO: Stanford

dia because of TikTok," Mr. Abril said. "I think they're just more comfortable with visual lessons and they have more of an understanding for visual assignments."

However, using creativity isn't necessarily the right move for every class; some, like math or science, can accomplish more with content-based material rather than more open-ended assignments. Still, even the time projects often take up in class can pay off for students. "Creative projects can be time consuming but no more than any other project assigned to me," Nicholas said. "I find that when

I'm actually passionate about the topic of the project, I willingly spend more time on the project because it actually matters to me."

As a life skill, creativity has its own applications: "My rationale for teaching creative thinking is I think it's a skill that [students will] definitely use in the future," Mr. Abril said. As the academic landscape has become more competitive, test scores and grades no longer reflect the individual student, which is the ultimate goal of creative thinking. "I really think creativity is the currency that really does elevate you," Mr. Abril said.

Three Miles, A Million Memories

Poppy Friske
Staff Writer

Husband, father, coach, friend. Amongst many titles, Andrew Plunket Beirne III, or “Plunket,” was known throughout Richmond as a compassionate and caring man; one who put his entire heart into all endeavors until his passing on Nov. 22, 2022. During his time coaching Freeman’s Junior Varsity and Varsity field hockey teams, Plunket created a nurturing environment for his players, leaving a lasting impression as a fixture of the community. On April 15th, 2022, his friends, family, and former players will gather to honor his memory in a student-organized 5K run.

Ultimately, this event is a tribute to Plunket. Through his coaching at Undertow Field Hockey Club and Freeman High School, Plunket built connections with players across Richmond. Simone Fortier, a senior at Freeman, has known Plunket since the summer preceding her ninth grade year. Encouraged by her middle school gym teacher, Simone attended one of his Undertow club practices, despite having no field hockey experience. “Of course, I showed up late, but it was okay because he included me in the circle even though I missed most of what was going on,” Simone said. While seemingly insignificant, that inclusive gesture during her first practice played a major role in Simone pursuing field hockey throughout high school.

Sarah Chilton, a Freeman sophomore and Varsity field hockey player, recalled her time being coached by Plunket, beginning in the fifth grade. Once she became more serious about the sport, Sarah was seeing him “at least three times a week starting in seventh grade,” later having him “coach JV at Freeman [her] freshman year,” she said. Being close family friends, Sarah was fortunate



PHOTO: Bill McClure

Andrew Beirne coaches the field hockey team

enough to know Plunket for most of her life. “He could be focused when he needed to be but generally, things were pretty relaxed,” Sarah said. “He made our team a community and a family and he really brought everyone together.”

Senior Audrey Bates is responsible for the idea of holding a 5K, collaborating with Simone to get it off the ground. “We made flyers and T-shirts, and all the profits that we’re getting from registration and T-shirt sales are going straight towards the Plunket

“*He made our team a community and a family and he really brought everyone together.*”

- Sarah Chilton

Beirne Foundation,” said Simone. This foundation, founded by Plunket’s daughter Melissa Caperton

Beirne, or “Cape,” was created to celebrate her father’s legacy.

Simone described the organization process as “a bit of a battle,” due to a lack of registration and insurance issues. “It is definitely a more complicated process than I expected,” Audrey agreed. From creating a Venmo to designing T-shirts, the preparation has been nonstop. Luckily, with the help of assistant coach Cassie Perez and fellow teammate Emma Jacoby, the girls are set to host the event in Crump Park on April 15 at 10 a.m.

At the end of the day, any amount of work is worth honoring the life of “the most easy-going person,” said Audrey. “His presence made everyone around him happy and he always knew how to make everyone laugh.”

For Simone, the race will celebrate Plunket’s life the way he lived it: through fun and friends. “This 5K is a really good way to get everybody together after everything that’s happened since the last time [Plunket’s friends and family] saw each other was at his

funeral,” said Simone. “We wanted a little bit more of a fun environment to celebrate how fun he was.”

Audrey hopes that the event will fuel the bond her team has felt since his passing. “The field hockey community has really come together throughout this tough time of losing him,” said Audrey. “and getting everyone together in person will be a great way of marking his legacy.”

There is significance in the athletic aspect of the event, too. Sophomore Campbell Cox said that Coach Plunket encouraged the girls to run off-season at Undertow, but could never quite get them on board. “He would like to know that we’re actually running [...] I like to know we’re running for him,” said Campbell.

While some of Plunket’s players may have been a bit unenthusiastic about extra training, their list of his life lessons and memories were in ample supply. What Simone found to be most touching was Plunket’s affinity for the outliers, the lovable misfits. “He saw potential in the weirder

kids,” said Simone. He would pay attention to them more because he saw that they weren’t getting enough.” Aside from his amiability, Plunket left his players with a “just-laugh-about-it” attitude. With him, “every moment was a memory and being able to recall your memories and being able to spread them with other people was really special,” said Simone.

Meanwhile, for Sarah, Plunket taught her how to maintain her composure on the field. “No matter the distress from playing a tournament all day [...] just stick with what you know, and focus on executing the skills,” said Sarah. “Off the field, just look out for other people and help them out and make [the most of] every environment that you’re in.”

Through the trials and tribulations of grief and organizing the race, Audrey and Simone have persisted under the memory of Coach Plunket. “It’s all been a big puzzle to put together,” said Simone. “But I couldn’t think of a better cause for it.”

Freeman Tennis Trying for the Three-Peat

Ella Post
Staff Writer

Prior to their 2021 and 2022 VHSL Region 5A State Championships, the Douglas Freeman Girls Tennis Team hadn’t taken home a state championship since 1983. Now, with two titles under their belts, the anticipation of the upcoming season has begun for the back-to-back champions.

Larry Parpart is ready, and happy, to be coaching the team again this year. “Just being with this group of young ladies keeps me young; we’ve got good leaders, good people, good students, and they’re fun to be around, so I enjoy that,” he said. He has been preparing his team for the long, competitive season ahead. “I try to mix both weight room and agility work into practice,” he said. “I’m also dedicating more time to playing doubles and doing fun drills that will make practices enjoyable since it’s a long season.” The girls start tryouts in February and continue all the way until May, or June, depending on if they win during playoffs.

However, Parpart’s main focus is not on winning another title. “We’re not worried about [winning], if you’re a good teammate, work very hard, and get better every day, then it’ll work hand in hand,” he said. “If you don’t do those things, you can’t fuss about what happens.”

“*I feel as though a lot of people expect us to win*”

- Dabney Ransone

Parpart wants to improve the player’s overall character, not solely their level of play. In turn, this seems to have paid off for him. “We had seven girls return, three of them being in the lineup last year, and the other four have really worked hard to get better,” he said. “So the girls who’ve been putting in the work make our depth that much better, which makes me feel really good.” His overall goal is “to be the best team [they] can possibly be on and off the court, in the classroom, and the community.”



PHOTO: ELLIE WOOD

Girls tennis poses for a team photo

things the same as previous seasons that have worked for the team in the past. He will continue to emphasize leadership and teamwork. “We have a saying ‘row the boat’ because tennis is like rowing a boat. You see these big boats with eight people in it and everybody’s rowing, but if some people aren’t rowing, the boat goes sideways or stops moving,” he said. “If you play hard and your teammate doesn’t play hard and just goes through the motions, you won’t be successful, so we row the boat.” Parpart heavily focuses on a team-oriented mindset. “We row the boat, and we have everybody rowing the boat, and if everybody does that, whatever happens, we can deal with it,” he said. This outlook on teamwork has rubbed off onto the players as well.

Many of the girls have a close bond on the team. “This year, we’re a really close-knit team, so it’s gonna be really fun,” said sophomore returner Lily Brooks.

“I think the team tries to have a positive attitude and lift each other up,” said junior Anne Douglas Council.

The expectation of winning again has not fully come into play yet, but with the approaching season, the girls anticipate it. “There’s a lot of pressure,” said senior returner Dabney Ransone. “I feel as though a lot of people expect us to win because we went back-to-back and the other teams in the county are really coming for us.” On the contrary, she thinks this pressure may benefit the team in the long run. “For the freshmen, I think they’ll have a lot more pressure on them, but I feel like that will drive the team more,” said Dabney. “And under pressure, we’re really good.” For example, when the team played Deep Run in the state finals last year, “[they] were down in all courts, which put a lot of pressure on everybody, but everybody pulled through,” said Dabney.

Parpart handles the pressure by focusing on improving every day. “If you don’t get better, you’re gonna have a hard time repeating, and then you just go one match at a time, because other teams may have gotten better, so you never know who’s gonna

be worse,” he said. “If winning is all you’re thinking about, you won’t do well, so you gotta get better every day, be a good teammate, and hopefully later in a season, you will be really strong.”

Even though the team may be concerned about winning another championship, they are just excited to be here and work towards their goals. “I think everything is really fun ... we all love to play tennis and I think everything is going to be great,” said Lily Brooks.

Dabney, like most of the team, is up for the challenge of winning a third state title. “I’m really hoping we do a three-peat, we’re a really deep team so I feel like it’s attainable and encourages us more,” she said.

The new players on the team have also made an impact, as well. “My first impression of the eight freshmen have been just fantastic to me,” Parpart said. “Good academics, good citizens, good people, and they work hard so hopefully their tennis will pay off too.”

These new girls have shown diligence to earn their position on the team. “The freshmen are

great, they’re very strong players, they have a good level of talent, and they’re all equal or higher skilled than the returners,” said Lily Brooks.

“The underclassmen [...] are incredible, they really showed out, especially in tryouts, they came with enthusiasm, and they know that it’s not going to be easy, especially with a state title team. So they’re here for it,” said Dabney.

Paige Suter, a freshman on the team, is looking forward to the new tennis experience. “[The team] has been good so far,” she said. “Everyone’s very welcoming and I already feel like I belong here.” The emphasis on leadership practice seems to have been brought about in the team. “[The underclassmen] are really good leaders, they’re all really nice and have warmly welcomed all of the new girls to the team,” said Paige. Even though Paige is only a freshman, she has a lot in store for this next season. “It’s a little scary coming as a freshman, but I think that everyone is pretty good and everyone is basically on the same [skill] level,” she said.

Freeman Softball Back on Track

Shishira Nakka
Staff Writer

The thwack of a bat against a ball. The whoosh of a ball flying through the air. The cheers from the crowd. All of these are things that make up a usual softball game for the Douglas Freeman softball team. What the crowd doesn't see is all the hard work, dedication, and trust the players put in each other to deliver a better season than the last. Freeman teacher and coach

“Being on the team is an experience that I wouldn't trade for the world.”

- Kate Sanne



PHOTO: KATE SANNE

Jayme Davis gets ready for the pitch.

Becky Milton, a long time lover of softball and of coaching, hopes this season properly represents the team's abilities. “Last year was a rebuilding year,” said Mrs. Milton. “Our pitcher tore her ACL, [and the] girls had to step up and learn to pitch.” Even in tough times, the team powered through to overcome any and all obstacles, all while being down a pitcher.

Coach Milton isn't the only one to feel this way. Kate Sanne, junior and third-year player at Freeman, describes last year as “interesting,” she said. “[It was a] big setback when our only pitcher tore her ACL three weeks before the

season. Softball pitching is not easy to pick up in one season. We had four girls step up to pitch and we made it work. It was definitely not the season we were expecting or hoping for, but this season we are looking a lot better.”

Despite the challenges being thrown at the team, no curveball could get in the way of their fun together and love for each other. “[We] have learned how to go through trials and how to work hard. Last year was definitely our biggest trial and we overcame it and are coming back stronger this year,” said Kate. “Being on the team is an experience that I wouldn't trade for the world. I

think of our team as a family. All of the girls on the team are so close

“These girls have worked so hard over the past few years and it is their turn to shine.”

- Coach Milton

and we have a lot of fun together.”

Even newcomers are instantly able to see that the team is as strong as the game plans are. Gabriella Mazzeo, freshman and

first-year player on the team, thinks being on the team is “not always easy, but is a fun time,” she said. “Everyone has a positive vibe, and I enjoy [the company of] all of the people there.”

The players appreciate the sense of community within the team. “The vibes are immaculate,” said Kate. “Everyone lifts each other up and makes each other laugh — it is just a great community.”

Although “the record was not terrific last year,” said Coach Milton. “The girls stayed positive and kept trying hard and getting better.” Not only do they love each other, but they also love what they're all here to do:

play their sport and play it well.

With all their effort, practice, and achievements, both coaches and players have the same thing in mind: a state championship. “These girls have worked so hard over the past few years and it is their turn to shine,” said Coach Milton. “It would be nice to see their success. We have had our small victories but this would be major.”

From a team perspective, the players agree. “As the underdogs coming back from a not-so-great season, and making it to the championship would be amazing,” said Kate. “[State champions] would mean a lot to everyone because it shows our achievements and makes it known that we tried really hard to get where we did,” said Gabriella. Being state champs would also mean giving the 2023 seniors a sweet and victorious farewell.

“I have been playing with some of the seniors my whole softball career,” said Kate. “Making it to that point with them would be so bittersweet to end our time playing together. [Being the state champs] would mean the world to me.”

“Our coach always said that [the players] had the puzzle pieces, [and they] just had to put them all together to complete the puzzle,” said Kate. “The pieces could be hitting the ball consistently, accurate throws, pitching to the right spots.” If the correct plays are the puzzle pieces that make up this team, then love, determination, and perseverance is the glue that holds it together. And the Freeman girl's softball team? Impossible to take apart.

Seventh Annual Woolwine Memorial Lacrosse Game

Katie Hall
Staff Writer

On Tuesday, April 25, Freeman will host the seventh annual lacrosse game in Frank Woolwine's memory. Frank, an athlete and member of the Freeman Family, passed away in 2016 in a single-car collision.

Since Frank was a player on both the DSF football and lacrosse teams, his tragic passing had an impact on the athletics department and the entire school. “Frank was a tremendous athlete,” said Mr. Seegar, a Freeman teacher and one of Frank's lacrosse coaches. “He was put into a leadership role as a returning player and Frank really evolved into [...] that,” he said. “He was an aggressive player, he was a smart player, and he had a presence on the field that coaches love.”

Mr. Woolwine, Frank's father, described him as “a great kid, very outgoing. [Frank] never met a stranger.” Following the devastating loss of his son, Mr. Woolwine decided to honor Frank by spreading awareness about the consequences of drunk driving. He established a foundation, called The Frankie Challenge. Through this organization, he shares his son's story in hopes that other families will never have to experience a similar loss.

At the time of his accident, Frank was driving 79 mph, which was more than 40 mph over the speed limit. Frank was also driving his car under the influence of alcohol. “He made a really poor choice and it cost him his life.



PHOTO: THE FRANK WOOLWINE STORY

Frankie jogs during football practice

As mentors, leaders, and advisors, coaches try [to] stress that life [is] about making mistakes and learning from those mistakes,” said Mr. Seegar. “But you want to make sure that you are really thinking, because [with] some mistakes you don't have a second chance.”

The memorial game takes place each year to honor Frank and the legacy he left behind, not just within Freeman High School, but in the local area as well. Since Frank attended The Collegiate School for part of his early education, the memorial game is an annual matchup between the Collegiate Cougars and the Freeman Mavericks. Noting the game's importance, Mr. Seegar said, “that benefit game really highlight[s] the tragedy that Frank's accident caused within our community.”

The memorial game acts as a fundraiser for The Frankie Challenge, but also as an important outreach opportunity. Although entry to the game is free, donations to the foundation are encouraged. “We do raise money there [...] it's part of our fundraising, but at the end of the day,

it's more about the awareness,” said Mr. Woolwine. “From an awareness standpoint, to be able to talk to the kids at [the game] just brings [Frank's] story to life.”

Through The Frankie Challenge, Mr. Woolwine urges teens to think and consider the consequences of drinking and driving. His message is: “Don't put your parents [and] your friends through this.”

The foundation emphasizes the motto “take a second” to encourage kids to make smart choices before a mistake is made that cannot be undone. “Take a second before you make a decision to drink in the first place or do drugs. And then, at the end of the day, just think of Frankie's story,” said Mr. Woolwine. “He was a kid, just like everybody else.”

This year the memorial game will take place on April 25. The girl's game starts at 5:30 p.m. and the boy's game begins at 7 p.m. Bring your friends and come out to support The Frankie Challenge.

To learn more about Frank and The Frankie Challenge, visit thefrankiechallenge.org

Grab Popcorn, It's Baseball Season

Anna Meiller
Staff Writer

According to “MaxPreps,” a division of CBS specializing in American high school sports, this year, the Douglas Freeman baseball team is currently the best in Virginia and the 54th best in the United States. For the first time in school history, the 2022 Freeman baseball team won the state championship last year. This year, despite the graduation of 13 seniors, the team is ready to compete.

After the closing of the previous season, the seniors left the team with some final words. Junior and co-captain Lee Sowers said that they spoke on “how [baseball] at Freeman has not only developed them as a player but also as a person and as overall leaders.” He also said that “they asked [the team] to continue carrying on this culture of family, and hard work.”

Many well-rounded starters made a reappearance from last year, but there is also “good [freshmen] coming in and showing [potential for] not just position roles, but also the leadership roles,” said junior Cooper Speidell. The upperclassmen have been “leading by example” and “putting in the extra effort” in the hopes of guiding the team to another championship victory.

Also returning is senior Miguel (Miggy) Martin, now committed to Randolph-Macon, where he will be continuing his academic and baseball career. He believes this year the team “could be stronger.”

“You can have a team with a lot of great players, but if they don't work well together, you're not going to do anything productive,” said junior and co-captain of the team, Ryan Bland. Winning the state championship took more than a handful of well-rounded players thrown onto a team together, it took team chemistry.

“One of the biggest things we do well is building those relationships which help us go deep in the postseason,” said Cooper.

Miggy believes the team has “a lot more energy than [they] did last year [and] everyone's coming out,” he said.

They have been focusing on being “as refined as possible,” said Lee, training in all facets of the game and getting ready to fight for their title.

Leading the varsity lineup is Coach Moore. Whether it's going to the umpire about a bad call or supporting the younger players, “[The coaches] are always going to have your back when that situation presents itself,” said Lee. To make it far into the postseason, practices put a focus on training in the little details of the game, and getting the team ready for anything that could come their way.

The coaches “preach hard work and discipline, and continue to support you despite what challenges you may have, whether that's overcoming injuries or losses,” said Cooper.

One way the team has practiced is through the Blue Ray World Series. It is a “series of three games that [the team] all plays against each other that are getting [the team] ready for the season,” said Lee. “It is important to see real pitching and face those in-game situations that, [they're] learning from now instead of having to learn from it during the season in a critical moment.”

Baseball is “more mental than physical,” said Ryan. And coming home with the championship last year has made it so the team “expect[s] so much of [themselves],” said Ryan.

Last year, the team was able to preserve through their challenges and mistakes. But, that being said, Lee believes that “a lot of [baseball] is failing,” and you have to use your “mental toughness” to come out on top.

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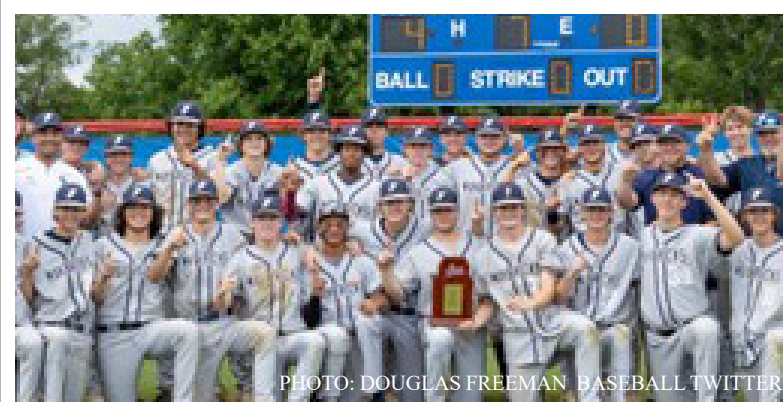


PHOTO: DOUGLAS FREEMAN BASEBALL TWITTER

Troop H.I.M., Freeman's Famous Show Choir



PHOTO: @dsfshowchoir



PHOTO: @dsfshowchoir



PHOTO: Allison McCullough

Ellie Grace
Staff Writer

Troop Harmony in Motion (H.I.M.) has shipped off to competition this year for the first time since 2020. They are having tremendous success, winning first place at three of their four competitions so far. They attribute this largely to the support of their teachers, Michelle Tuck and Rob Blankenship, and the positive atmosphere the group has created as a whole. But what's Freeman's show choir like, and what does it take to be a part of the Troop?

So first, what does the term "Harmony in Motion" mean? The "harmony" derives from show choir's (shoir) ability to sing melodically and show jazz band (schwazz) to bring it all together with live music. "Motion" comes in with the quick feet, elaborate dance moves, formations, and props that are present at each competition.

Rory Notley, a senior in schwazz, made the connection between Freeman's scouting troop theme and the reemergence of Girl Scout cookies. "I like [the theme]. I think it's actually kind of convenient this year because, [due to] COVID, this was the first year that selling girl scout cookies came back, so I thought that it went really well with that," said Rory. Others, like Allison McCullough, a junior in shoir, started out a bit

skeptical about Troop H.I.M., but ended up loving the theme. "I thought it was really quirky, but then I just totally fell in love with our show as we worked on it more. It's just so fun and uplifting, [and it's] fun to perform," said Allison.

For every competition, one member of each high school group wins the Showmanship Award. For Freeman, the winners so far have been Kat Herzog, Hanna Piper, Catherine Mottley, and Avery Edmonson. Avery, a senior in show choir, won the award at the Koste Classic. "I really focused on facials and keeping my energy up throughout the whole thing," she said. "I got the award [and] when they called my name I was [shocked and excited]."

The only requirement to become a part of schwazz band is to be in jazz band. Mr. Blankenship opens schwazz up to all within this group. "I would recommend [schwazz] to anyone that's doing jazz band. I think it's a lot of fun," said Rory.

To join shoir, "you have to submit a video of you singing a musical theater song to Mrs. Tuck, and then you [also] have dance auditions," said Allison. "As long as you get the general gist of the dance, they know that you can learn the dances eventually."

Avery agrees. "Anyone who loves to dance or loves to sing [should do show choir]. The good thing about shoir is you don't have to be the best dancer and you don't have to be the best

singer [...], we'll work with you as long as you put in the effort."

So far, show choir has performed in the Koste Classic, Thomas Dale CCI, Festival of Choirs, and Titan Tournament of Choirs, where they won Grand Champion, with awards for best vocals, choreography and show design, along with people's choice. At the Koste Classic, they won Grand Champion as well, plus best show design, choreography, vocals, band, and costumes. They also received the social media award (go follow @dsfshowchoir on Instagram and TikTok!). At the Festival of Choirs they became three-time Grand Champs, among awards for best vocals, choreography, show design, band and costumes. Lastly, at Thomas Dale CCI, Troop H.I.M. came in first in the AAA division, with awards for best show design, choreography, vocals, and band. One thing's for sure: Troop H.I.M. likes to win!

Harmony in Motion has a few competitions remaining, and they would love to see you there! "Everyone should come watch [our show] because it's a really fun show and I feel like a lot of people don't realize what [show choir] is [but] they could be interested in it and just not know," said Avery. Troop H.I.M. will also be traveling back to Freeman to perform in the future, so be sure to stay on the lookout for dates and additional information regarding their performances.

Freeman Introduces Data Science to HCPS

Audrey Jones
Online Editor

In the 2023-2024 school year, Henrico County Public Schools (HCPS) will pilot a new data science course at Freeman designed and taught by Sara Fergus, a math teacher at Freeman.

Data science is "a mix between math statistics and computer science," said Ms. Fergus. It practices "taking information, trying to visualize it, use it to make predictions, and summarize it to make conclusions so that we can better understand what is going on in every situation in every field," she said.

The incorporation of data science to high school curriculum is especially important now because it is "a huge emerging field of mathematics," said Javier Cabezas, the High School Math Specialist for Henrico County. "Each of us is constantly impacted by the sheer volume of data that exists in our everyday lives. I believe it is my duty to ensure that Henrico County students have the opportunity to understand what is done and what can be done with that information."

The process of adding a new course to schools is "a collaborative effort across the state" that can take several years. "Between Fall 2021 and now there were several periods of public commentary and review of the standards and the curriculum associated with Data Science," said Mr. Cabezas. "Once the Virginia Department of Education had its final curriculum hammered out, adding the course to Henrico County's offerings was a simpler process involving artifacts such as a course summary and a sample lesson." That is where Freeman's Ms. Fergus stepped in.

In order to design the class, Ms. Fergus worked with the Virginia Department of Education (VDOE) and Mr. Cabezas. Because of her work producing the course, Ms. Fergus will have the privilege of teaching it for the first time in the county next year at Freeman.

Ms. Fergus' interest in creating a data science course stems from the fact that her degree is in data science and that the subject is universally applicable. "No matter what you major in, no matter what you go into, being able to do data science will help you," she said. "It allows people to look at math, statistics, and computer science all in a different way that they might like more than how they have seen it before."

Using inspiration from the computer science classes she taught at her previous school, Ms. Fergus plans to incorporate many self-driven projects. "We're going to learn some techniques to either visualize some data, make a prediction with the data, or draw a conclusion with data," said Ms. Fergus. "You'll be given time to really explore things that you're interested in and try to use those techniques to discover new things about it."

The class will be available to all students at a college prep level, but "we would like for people to have taken algebra two," said Ms. Fergus. The course will also serve as another option for students looking to fill graduation requirements without taking Calculus or other advanced math courses.

If students are given the opportunity, "I think everyone should take it," said Ms. Fergus. "I really think it's getting to be very important in most fields, even the very social fields. The ability to look at data is valuable."

Group Workout Studios in RVA

Abby Crowe
Editor-in-Chief

Group workout classes are a super fun and dynamic way to stay fit if you feel motivated by others' energy. Across Richmond, dozens of studios offer classes of almost every description imaginable for every level of training. I tried three very different workouts and here are my thoughts:

Niche Pilates

After parking in designated spots in the alley around back, I walked into the bright, clean, and welcoming space of Niche Pilates. I was greeted by a warm receptionist who gave me a tour of their coveted space housing pilates reformers, props, and an abundance of natural light for the plants. Following the sound of happy voices, I was led upstairs to their larger group workout room.

For my first time using a pilates reformer, I was pleasantly surprised by how easy it was to navigate during the class. Having a class size of no more than 10 people also made the instruction much more personalized to meet everybody's needs. Their flow classes are, as the name suggests, more continuous and slower-paced class. Niche also offers strength classes that are higher energy and typically have a more specific focus. Freeman alum Molly Jenks recently joined the Niche team as an instructor and said, "When I teach Pilates, the movement requires anatomical specificity and a steadiness, and I try to create a rejuvenating and empowering experience." Niche's mission, according to its website, is to leave its members "feeling taller, stronger, and confident." They believe in workout sustainability and creating a space in which their members find sanctuary. As a boutique pilates studio, Niche's memberships are on the more pricey end but stepping into the studio you realize the cost is completely worth it.



PHOTO: Molly Jenks

Molly on a reformer in the Niche Pilates studio.

Hot Yoga Barre

Hot Yoga Barre (HYB), has locations in both Midlothian and Willow Lawn and is a convenient option that offers many different kinds of classes at varying levels. They specialize in yoga, barre, and High Intensity Interval Training (HIIT) with 8-10 total classes between the two studios every day. Walking into either location, you are greeted by friendly, vibrant energy, and a wave of hot air. Inside the studio, you find floor-to-ceiling mirrors and windows, and if it's a barre class, equipment is set up around the room to maximize the number of people the room can hold. Because their classes are intended to be extra hot and sweaty, class sizes are larger to increase body heat. Hot Barre Blast is the class that I go to most frequently, and while it takes a few sessions to get used to the heat, I always leave feeling very satisfied by the intensity. According to their website, this class combines elements of ballet, yoga, and pilates to "achieve that long and lean body [and have] your muscles burning." What really stood out to me about this 45-minute class in particular was how easy it is to modify or intensify the workout based on what you want to

get out of it. Looking around the room, everyone is working the same muscles but doing so on a spectrum of difficulty. Instructor Aubri Curtis said, "it's probably a ratio of about 80 percent familiar faces, 20 percent new faces."

If upbeat classes are not your thing, HYB also offers a class known as Fire Glow, a one-hour two-part class. The first 30 minutes will have your energy flowing with power yoga to increase strength and flexibility while promoting balance. You finish the last 30 minutes with extremely relaxing Yin Yoga which uses static stretching to reduce tightness and tension within the body and mind. Leaving Fire Glow I feel far more mindful and far less stressed out. Hot Barre Blast and Fire Glow are only two of the many kinds of classes offered at HYB. Both classes mentioned do not require much prior experience and the instructors are really helpful while giving instructions. HYB offers 'class packs' and 'unlimited' classes at reasonably priced rates.

Cyclebar

Switching gears to a more dynamic cardio workout, Cyclebar Greengate is a cycle studio, as the name suggests, in Short Pump. Specializing in fun and energetic

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classes with loud music, Cyclebar is sure to get you moving. In the studio itself, the lighting is dim and mirrors line the wall facing the rows of bikes. The instructors can change the lighting throughout the class depending on what vibes they hope to exude. With curated playlists and upbeat instructors, the energy stays strong and encouragement is constant. Cyclebar offers six different types of rides that range from foundational to performance and include everything in between. Another perk is that each ride is super adaptable to your comfort level and needs so really anyone can take any of their classes.

Highly Anticipated Artists on Tour

Taylor Swift



The much anticipated Eras Tour kicked off in Glendale, Arizona on March 17, 2023. The three-hour show is a monumental show of endurance for the 33-year-old singer and still one of the biggest music events of the year.

SZA



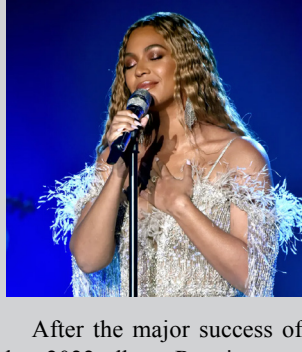
SZA's SOS tour, at first planned to have 18 shows across the country, added 10 shows in Europe and 21 more in the US on April 12. As a much awaited album following her 2017 debut, CTRL, the tour extension is a major payoff for fans.

Drake



Drake's It's All a Blur Tour with 21 Savage kicks off June 16, 2023 in New Orleans, as the rappers collaborated on their album Her Loss. His first major tour since 2018, the 28-date run will likely include much of his recent releases as well as older fan favorites.

Beyonce



After the major success of her 2022 album Renaissance, Beyonce announced a world tour that will begin May 10, 2023, in Stockholm, Sweden. With many of her dates being sold out, Beyonce's tour has proven to be one of the biggest tours of the year.

Content by Adair Reid
Page Design by Abby Crowe

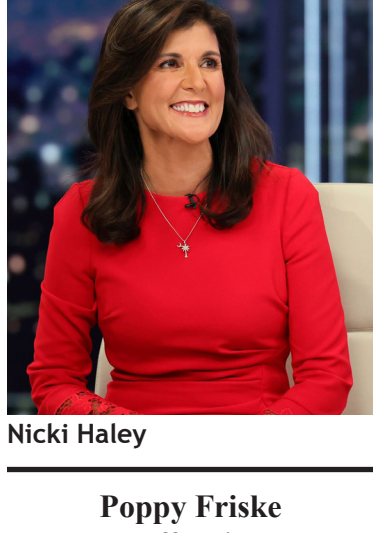
The Republican Nominees



Vivek Ramaswamy



Ron DeSantis



Nikki Haley

Poppy Friske

Staff Writer

As the 2024 presidential election draws closer, Republican politicians Donald Trump, Nikki Haley, Vivek Ramaswamy, and Ron DeSantis, among others, are anticipated candidates. While Democrats grapple with President Biden's controversial Willow Project declaration, America is on edge, anticipating yet another election that will enforce the divide be-



PHOTO: AXIOS

tween conservatives and liberals.

After rattling the nation with two impeachment trials and his role in the Jan. 6 insurrection of 2021, former president Donald Trump has completely "reshaped the Republican Party in his image," said NPR. This image, fueled by wealth, nationalism, and Christianity, earned him the support of approximately one-third of right-leaning voters. The voters are not followers of the Republican Party, but patrons of the Trump administration.

Under his legislation, conservative citizens became more outspoken in their opinions. For example, "anti-Semitic incidents in the USA increased 86 percent in the first quarter of 2017 (post-election) compared with the same time period in 2016 (pre-election)," said Science Direct. According to a report by the Southern Poverty Law Center, white supremacy groups increased by 55 percent during Trump's presidency as well. Capitalizing on his "stronghold with a significant portion of the Grand Old Party (GOP) base," said NPR, Trump poses a threat to his fellow Republican candidates.

Nikki Haley, a former South Carolina governor and U.N. Ambassador, emphasized the most obvious aspect of her campaign: a woman in the White House. As the GOP's 24th prominent female candidate, Haley has opposed the

traditional values of the Republican party head-on. Her most notable example of this appeared in the promotional video announcing her candidacy, where she stated, "I don't put up with bullies ... and when you kick back, it hurts them more if you're wearing heels," courtesy of the Nikki Haley for President campaign.

Despite these seemingly progressive ideas of female empowerment, Haley appealed to conservative Republican voters by promising to "Stand For America ... [and] promote public policies that strengthen America's economy, culture, and national security," said her Stand for America campaign. Mainly, Haley has aimed to not be defined by any liberal political types. "[W]hile she winked at the history-making potential of her candidacy," said the New York Times, "... she was quick to distance herself from 'identity politics.'" Despite "not [being] well known ... [and being] very young for a presidential candidate," according to NPR, Vivek Ramaswamy has a crucial edge to his campaign: a connection to the business world. As a former tech and finance executive, Ramaswamy is able to appeal to Republican voters through their high regard for a symbol of commerce.

On the other side of conserva-

tive values, Ramaswamy's resistance to "woke-ism" has earned him the support of "white-collar Republicans, who want an alternative to Trump," said NPR. However, it is too early into his campaign to know if this view will be enough to make Ramaswamy an official nominee.

A more obscure candidate, Ron DeSantis has proven to be a fierce advocate in the "defiance [of] COVID-19 regulations, immigration and education," said NPR.

Having served as the state governor of Florida since 2019, DeSantis is not new to the public eye. His passing of the controversial "Parental Rights in Education" bill, which prohibited the integration of conversations about sexuality in classrooms from kindergarten to third grade, has produced mixed reactions from politicians across the nations. Fellow candidate, Nikki Haley, for example, felt that his restrictions didn't promise the longevity that the Republican party had in mind. According to The Guardian, Haley believes that DeSantis's cap at third grade "[doesn't] go far enough."

As the race for the Republican nominee continues, the candidates will continue in their attempts to tip the scale of public support in their favor, capitalizing on values of economics, immigration, religion, or conservatism.

The Climate Crisis Rises to a New High

Ava Flournoy

Staff Writer

As time goes on, global warming becomes an even larger issue that may become irreversible. The earth today is only a couple tenths of a degree away from the 1.5 degrees celsius globally accepted goal to limit warming climate. In order to help stop global warming, a panel of top United Nations (UN) scientists suggest cutting nearly two thirds of the carbon pollution by 2023.

The 1.5 degrees celsius is a goal set in place to limit future

warmings. By doing this at a 1.5 rate, it could avoid or lessen the harms of global warming.

One of the ways the UN scientist proposes to limit carbon pollution is by ending the search for any new fossil fuels, and for richer countries to quit the use of oil, coal, and gas by 2040. UN Secretary-General Antonio Guterres asks for richer countries to quicken their plans of achieving zero carbon emissions by at least 2040, and 2050 for less wealthy countries. This would be about 10 years earlier than planned originally.

UN scientists warn that after the world hits the 1.5 mark, it may be too late for positive climate change.



Antonio Guterres speaking at the UN.

Donald Trump Arraigned



Donald Trump inside the courtroom

Catherine White

Online Editor-in-Chief & Opinions Editor

On April 4, 2023, the first-ever criminal arraignment of a former U.S. president took place. Donald Trump pleaded not guilty to 34 felony criminal charges of falsifying business records in Manhattan criminal court. Trump surrendered to authorities at the New York courthouse the morning of his scheduled arraignment, after traveling from

his private residence, Mar-a-Lago located in Palm Beach, Florida. The ex-president was not handcuffed nor took a booking photograph, though he was fingerprinted. The session lasted around an hour and happened behind closed doors, with no media or cameras allowed inside the courtroom.

At the arraignment, Trump heard the criminal charges against him for the first time. The 34 felony counts are related to his alleged role in a scheme involving hush money payments to two women, one an adult film star and the other

a former Playboy model. Trump's former lawyer, Micheal Cohen, is known to have facilitated the two payments to the women, in order to ensure their silence about alleged affairs with the former president. This is known to have happened during Trump's participation in the 2016 presidential election. Trump denies the affairs as well as the wrongdoing associated with the \$130,000 payment by Cohen to one of the women.

The judge choose to not impose a gag order, a statement restricting information or comments being told to the public but did request that both sides refrain from comments that would lead to civil unrest of any kind. After the conclusion of the arraignment, Trump returned to his Florida home and addressed the nation through a 30-minute speech in which he proclaimed that he is being unjustly prosecuted. "The only crime that I have committed is to fearlessly defend our nation from those who seek to destroy it," he said.

Trump is not due back to appear in court until Dec. 2023.

Potential Tik Tok Ban

Ellie Grace Robinson

Staff Writer

TikTok, the globally popular video app, currently reaches approximately 150 million Americans. However, it has recently been called out as a safety concern, and is being investigated to ensure the safety of American citizens who have downloaded and/or use the app.

In 2017, ByteDance, a Chinese company, purchased TikTok, then known as musical.ly. ByteDance's CEO is Shou Zi Chew, a Singaporean. This past week, he has been at Capitol Hill in Washington, D.C. for a Congressional hearing.

Congress is questioning the integrity of TikTok, as Western politicians have concerns that the app may be giving sensitive information to the Chinese government. According to the New York Times, "TikTok has been in yearslong confidential talks with the administration's review panel, the Committee on Foreign Invest-

ment in the United States, to address questions about TikTok and ByteDance's relationship with the Chinese government and the handling of user data." As China is a Communist country, privately-owned businesses, such as ByteDance, are required by the Chinese government to adhere to a set list of rules and regulations. The fear is that the government will require ByteDance to release TikTok users' personal information and location data. There is additionally a fear of policies governing users under 18, and a worry that the algorithm for content recommendations could be advertising a level of misinformation to the over 1 billion total monthly TikTok users.

More than two dozen American states have already banned TikTok on government-issued devices, and many universities and other educational institutions have blocked it on campus WiFi. This hearing is ongoing, and the verdict is yet to be determined as to whether or not TikTok will be allowed to remain in the States.