



the Commentator

June 2015

Vol. 63, No. 1
Page 1

A publication of Douglas Southall Freeman
High School, Henrico, Virginia 23229

Big & Little Feet Meet Connect Community

Ashley Frederick
Features Editor

There is only one event that has the unusual combination of power chair races, shotput, frisbee golf, soccer, giant bowling, and turbo jav. This all happens at the Big Feet Meet, a Special Olympics event for students with intellectual disabilities.

The Big Feet Meet is one of three meets for exceptional education students of all ages. The Little Feet Meet is for elementary school children and the Meet in the Middle is for athletes in middle school.

All of the high schools in Henrico County participated in the meet, and 20 Freeman students participated this year.

"The Big Feet Meet is a little bit more advanced than the Meet in the Middle. I've done the Meet in the Middle for the past two years and they didn't have the relay races. For the Big Feet Meet, there are more difficult events for the students," said exceptional education teacher Lauren Lightfoot-Clare.

"All of the kids here in our program participated in the meet. We had between 21 and 24 volunteers. It was very nice to have lots of kids to help out and let the kids have fun," said Mrs. Lightfoot-Clare.

Freshman Lynn Marsh, a member of Circle of Friends, volunteered in both the Big Feet Meet and Little Feet Meet and

has experience working with children with special needs in and out of school.

"We adopted my younger brother and sister, who both have autism, and my mother is a special needs teacher at Tucker," said Lynn.

A factor that characterizes the environment of the meet is the lack of awards. Instead, everyone is a winner.

"They had these passports that looked like credentials for a concert and it had all the events. As they did them, it would get checked off and initialed by the volunteers. Since the meet, one kid has been wearing his every day," said Mrs. Lightfoot-Clare.

As a whole, the Big Feet Meet experience is thrilling for both teachers and students.

"There was a combination of positivity and excitement. I probably looked like a goofy kid because I had the biggest smile on my face the whole time. There was just always something going on," said Mrs. Lightfoot-Clare.

Little Feet also made big strides recently. This year's Little Feet Meet had the largest turnout in all its years.

"This number is higher than previous years because buddies are now allowed to participate in the events as well. We usually have between 400-500 special needs children and their buddies. Both Henrico and Highland Springs High Schools sent their JROTC color guards to



PHOTO: GRACE GEMMELL

Senior Jamie Lockwood playfully enjoys a game with a Little Feet participant.

participate," said retired P. E. teacher Terry Donohue.

Ms. Donohue's role in the meet is site coordinator for Special Olympics.

"I meet with Special Olympics to decide the format to be used and to find out the needs from Special Olympics standpoint. This year, we changed the location of the Young Athletes (ages 2-5 years old) to the baseball field to allow more room for events and space for schools to be able to relax and snack while at the meet," said

Ms. Donohue.

Math teacher Richard Timme went down to the field to watch his son participate in the meet.

"He thoroughly enjoys it, this is the third year that he's done it. He is in first grade now. I like seeing all of the students that participate having a great time out there," said Mr. Timme.

Events in the Little Feet Meet include 25 or 50 meter dash depending on age, standing long jump, a softball/tennis ball throw, and participation at Olympic Town, an area for the

athletes to be able to play with various pieces of equipment in a non-competitive atmosphere.

Ms. Donohue expressed her gratitude to everyone at Freeman who ensured the success of the meet.

"This couldn't happen without our many student volunteers, a flexible teaching staff, our custodial staff, and a supportive administration. Looking forward to many more years of Little Feet at Freeman," said Ms. Donohue.

A Cafeteria Undergoing Transition

Do the new additions contradict the Inside Out Project goals?



PHOTO: GRACE GEMMELL

Sophomore boys enjoy lunch in the new cafeteria chairs from Varina High School.

Connor Loughran
News Editor

In an effort to bolster awareness about accepting diversity, the National Art Honors Society has created a way for Freeman to celebrate the uniqueness of its student body, in a manner that warrants attention from everyone - the Inside-Out Project.

Several art students dedicated countless hours over the course of this process, including the final step of pasting them throughout the school. It took about three hours to complete the process one Saturday morning. Among those students was sophomore art student Gray

Gibson,

"The portraits were laid out on a table where we had to put glue on the back of them. Then we had to put the posters up and smooth them over with glue and a sponge to get rid of all the creases. It was a tedious process," said Gray.

The Inside-Out Project has received recognition on Twitter and local news coverage.

"I think the Inside-Out Project is a great way to get people together - every style of people. Different cultures can come together, so we aren't separated anymore," said sophomore Zechariah Hartzog.

While many students share similar enthusiasm for the new

cafeteria spectacle, Gray reports hearing mixed feelings about it.

"It's been ranging from 'It's really creepy' to appreciation from the people who understand the underlying message is about diversity. Over time people will accept it," said Gray.

Due to the social divide in the cafeteria, NAHS leaders purposefully chose the cafeteria as a place to spread awareness about the present separation within the school.

"I think it has worked to unify the two cafeterias; there isn't one type of picture in one cafeteria. They're all mixed up," said sophomore Kathryn Skeppstrom, who worked on the project.

Gray agrees that it was a necessary beginning toward Freeman becoming more united.

"It has improved [the diversity issue] by showing that there is a lot more diversity than people think. It's not a permanent end-all solution, but it's a step in the right direction," said Gray.

However, the previous concerns arose again when half of the cafeteria was suddenly presented with different tables and mobile chairs.

Freshman Zach Fox sits in the cafeteria that did not receive the new setup. He expressed more confusion than concern about the change.

"I am just curious as to why they are only in one-half of the cafeteria. It's not upsetting to me, but I think it should be the same in both," said Zach.

Although there have been concerns expressed about differing treatment, Principal Poates has presented the logistics behind the new addition.

Because of recent events at Varina High School involving a food fight, the Varina staff offered to switch their cafeteria tables for some with attached chairs, and Freeman stepped up to make the trade.

"They sent out the request, and the next morning we had the different tables and chairs," said Poates.

The placement of the traded furniture was not arbitrary or purposeful in creating any perceived unfair treatment. The smaller section of the cafeteria was chosen because it is not as crowded from the lunch lines.

Due to the fact that the lunch lines are located in the larger section of the cafeteria, it also serves breakfast in addition to lunch, whereas the smaller section is only used for lunch during the day.

"Because this part is only used for lunch, it was always a lot easier to clean. The new chairs actually create more work for the custodial staff, which is why it's important for us not to overload our custodians," said Poates.

The placement of the tables and chairs was only meant to serve as a trial run to see if they function well.

"My eventual plan is to spread them out in both cafeterias," said Poates.

The feedback on the quality of the new addition has been mostly positive from the students who frequently sit in the new chairs.

"I think they are great. They are a lot more comfortable than the benches we used to sit in," said freshman Beau Nardo.

However, there are many students are less than worried about the current situation.

"I don't think the Inside-Out Project will be affected by these new chairs. Freeman is too strong for that," said junior Sammy Burr.

**Christie Award
Winner**
for Exceptional
Educator of the year:
**Lauren Lightfoot-
Clare**

"This is recognition that is truly deserved for all that Lauren has done for our program this year." -
Mrs. Poates

News In Brief

2015 Exam Schedule:

TUESDAY:
1st & 2nd Period
time

WEDNESDAY:
3rd & 4th Period

9:00- 10:45AM
11:15- 1:00AM

THURSDAY:
6th & 7th Period

9:00- 10:45AM
11:15- 1:00AM

FRIDAY:
5th Period

9:00- 10:45AM
11:15- 1:00AM

Public Displays of Affection: Hot or Not?



Jack West
Rachel Varon
Opinions Editors

Is School Romantic:

Rachel: There are few things less romantic than a school setting. Lectures, quizzes and homework don't exactly inspire romance. School is a place we come to learn, it's not the back row of a movie theatre. There is a time and a place for everything, and school is not the place for your romance. You are here to learn, not to mate, and I am here to study, not to watch you. I don't do my class work in your bedroom, so please don't make out in my classroom.

Jack: High school seniors have spent two ninths of their young lives in high school. When they look back on their time at Freeman they want to remember the good times, like making out with their significant other in the hallways. Honestly, what could be more memorable

than making out in Freeman's beautiful hallways in the midst of hundreds of Henrico's finest? The best part is, they all get to share those romantic memories with you too! Momma always said: "the more the merrier."

There are students around:

Rachel: Does it not bother those couples canoodling in the hallways that hundreds of students are bustling past them, with backpacks bumping everyone and thousands of conversations going on? Even if it doesn't bother the happy couple, no one else asked to see that, and simply looking away to give their intimate moments a little privacy is made complicated by the fact that it is happening in the middle of the hallway.

Jack: The main reason that most students oppose PDA is actually jealousy. They wish they too were in such a strong, serious relationship. If a couple is not comfortable physically expressing themselves in front of the entire student body, it's clear that they are not serious about each other. However, if a couple is willing to hook up at school, then that's true love. To make out with your significant other in front of the entire student body says: I'm in love and I'm not ashamed to show it! If no one sees it, how will they know it?

Teachers are watching:

Rachel: Teachers see their students as the next generation of leaders in America. What does it do to that image of us when they see us groping each other in the five minutes between classes? Schools are the teacher's workplace, and students should respect that. What you do at home is 100% your business, but please don't do your business in their actual place of business.

Jack: Couples who make out in front of teachers are showing that they are capable of a serious adult relationship. These couples are telling the world that they are not to be taken lightly. On top of that, they are also doing a favor for the teacher. When teachers see this kind of behavior, they are overcome with nostalgia for their high school glory days. Memories flood back from when they were making out with their high school sweethearts in the hallways. So to those students who do chose to show their affection in the halls, on behalf of the teachers, thank you.

Is this the place:

Rachel: Candle light, a nice dinner, cuddling at the movies... good times to make the moves. In the middle of the hall, for 5 quick minutes, while kids rush to class and try to avert their eyes... not so good. School is



PHOTO: RACHEL VARON

Juniors Caroline Turner and Bodhie Long share a hug.

8 hours long, you live in the same district, just hang out after school. If you want to see each other between classes, a quick hug is fine! Hold hands even! But the 5 minutes between the bells are not the last time you are going to see each other so there is no reason to act like it. I don't usually get involved in everyone's private affairs, but by exhibiting them so publicly, I think I've been invited to opine.

young couple for taking advantage of every moment they have together? Students with jobs, sports, homework, and other extra-curricular activities after school often do not have time to maintain a relationship outside of school. At school, we are taught not to procrastinate so these couples should not be faulted for utilizing their time together as efficiently as possible.

Jack: How can you blame a

A Critique of Modern Day Prom



Jack West
Rachel Varon
Opinions Editors

The Promposal:

Rachel: I think this is one of the better evolutions Prom has developed. It's fun to see the different ways people get asked, it adds excitement to getting asked and it's a good chance for the guys to show what they can do. However, the authenticity of the gesture of a creative Promposal has been lost now that it has become an expectation. What used to be a sweet surprise has become simply standard.

Jack: For couples in relationships, or those who are looking to be in a relationship, Promposals are important because they show how much the person means to you but, when you're going with a friend, it's a lot of

unwanted and unneeded pressure for something that's really not going anywhere.

Dresses and Tuxes:

Rachel: The prom industry is booming as girls are spending hundreds on dresses they will wear once and never again. Honestly, how much you spend is your own decision but my personal advice is try borrowing from friends, looking at websites like renttherunway.com or get a dress that can be used for more occasions than just Prom!

Jack: The only two times that people go out for a nice, fancy evening are prom and homecoming. People rarely go on elaborate and fancy dates any more, so since these are really your only two chances to get dressed up for a nice evening out, I say go hard or go home! Spend all the money you can and then spend a little more!

Pictures:

Rachel: Pictures are the way we remember the night forever! Why did you spend all that time looking for a dress, getting your hair nice and make-up perfect if you don't get to remember you looking your best forever? Sure they are awkward, the guys don't want to be there, there are

200 parents freaking out, they take forever and most of them end up badly, isn't all that worth the golden pics that turn out right?

Jack: I hate pictures. You stand there for two hours doing nothing. You have parents saying "ooh you look cute", there are 30 cameras pointed at you, you don't know where to look, and the pictures are never any good anyway. Take pictures on your own time ladies. Prom is about what you did, not what you looked like.

Dinner:

Rachel: Fancy dinners are a fun part of prom but if you wanna do it right, cater at home. Set



PHOTO: ALLISON VANINWEGEN

Junior Reagan Fakhoury asks senior Allison Vaninwegen.



PHOTO: ANA MYRTETUS

Junior Adam Adulewicz asks junior Ana Myrtetus.

the dining room or the patio up nice, have all your friends come over and then have dinner in the comfort of your own home! It's cheaper, you don't have to worry about waiters taking forever, other people being loud or acting acceptable in a public place.

Jack: If there is any place in prom to save your money, it's here. Food really isn't that much better if you go to a fancy restaurant. I'd be happy having my prom dinner at McDonalds.

Prom Court:

Rachel: This is one of Prom's traditions that should have been discarded when it was first pro-

posed. Electing a court is just another way to perpetuate popularity contests or a way to target certain people to make fun of them. Even if the Prom King and Queen are the two nicest people in the school, it creates a sense that the dance is now in celebration of them, when the Prom is supposed to be about the Junior and Senior class as a whole being a community.

Jack: I think it is important for the popular people to be recognized because soon it will all be over. This is the high point of their lives and they should celebrate it. It's all downhill from here.

Commentator Staff

Editors-in-Chief

Coleman Greene | Maddy Waldron

News:
Livi Justis
Connor Loughran

Features:
Ashley Frederick
Gates Towell

Sports:
Sam Anderson
Trey Holsten
Clayton Leep
Michael Wagner

Opinions:
Jack West
Rachel Varon

Special Features:
Emma Dixon

Arts and Entertainment:
Jamie Bacon
Yashia Burrell
Grace Gemmell

Photography Editors

Yashia Burrell | Grace Gemmell
Coleman Greene | Maddy Waldron

Staff Advisor
Lauren Lombard

The Commentator is a publication of
Douglas Southall Freeman High School

Principal: Anne Poates
8701 Three Chopt Rd. Henrico, Virginia 23229
http://schools.henrico.k12.va.us/freeman/
Phone: (804) 673-3700
ljdean@henrico.k12.va.us

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

Letter to the Editor:

Junior Ryan Walter explains how SOL Testing is unconstitutional

It's that time of the year again. Long classes at the beginning of the day are in place so that our fellow students can sit in a cold, silent room to take the state mandated Standards Of Learning tests, also known as the SOLs. To some, these tests are simply a nuisance during the final weeks of the school year; but to many others, these tests dictate the entire curriculum of the school year, causing great amounts of anxiety in high school students and teachers alike.

In this respect, mandatory standardized tests have destroyed and industrialized the processes of education and learning in public schools. Creative freedom no longer exists for teachers as they struggle to make sure that students can consistently regurgitate facts in the manner and sequence the state wants them to. In many respects, the SOLs stand more as a checklist rather than a legitimate test of creativity and academic interest in students.

Whether SOLs are an effective tool for measuring student

growth and school reliability or not is a long debated on topic, however, one question in particular that interests me is whether SOLs are even constitutional in the first place.

Standardized tests are state mandated by something known as the No Child Left Behind Act (NCLB) of 2001, passed under the first term of President George W. Bush. Its purpose was to set high standards of education in American students and establish measurable goals for student 'growth'. This act is just the latest iteration of something known as the Elementary and Secondary Education Act of 1965 (ESEA), passed under the Lyndon B. Johnson Administration as part of the 'War on Poverty' initiative to combat the achievement gap between wealthier and poorer students with large sums of federal spending on education. Unlike previous legislation that just encouraged statewide standardized testing at a statewide level, the NCLB specifically mandates it. Wait, what?

In many respects, that's a

huge infringement on state and local authority by the federal government, something the Constitution was made specifically to protect against. Additionally, the Constitution gives the government no specific jurisdiction over the education system. Many of the NCLB's original opponents (both liberal and conservative) criticized it as an infringement of State's rights, yet the NCLB is still in place thanks to, put simply, a loophole. It denies school systems federal funding if they do not comply with mandating standardized tests, thus technically, the federal government does not 100% require standardized tests because schools can opt out from taking them, they would just lose their federal funding. However, in a modern world where schools have become accustomed to federal funding, foregoing these funds is not a legitimate option. Thus, on the surface, despite many students' and teachers' abhorrence for them, SOLs are technically constitutional.

- Junior Ryan Walter

Freeman Pays Tribute to Retiring Teachers



PHOTO: EVELYNE SCHULHOFF

Madame Schulhoff poses on the Europe trip.

Mrs. Schulhoff

Livi Justis
News Editor

For the past 32 years, Evelyne Schulhoff has taught countless students the French language and culture, making her “au revoir” to Freeman bittersweet.

To many, Madame Schulhoff is simply known as, “Madame.” The rapport that exists between Madame and her students enables her to take certain liberties in her approach to teaching; like dancing, cooking, singing, and watching French films.

“Her personality is very bubbly. It adds a certain je ne sais quoi to the learning experience,” said junior Lauren Potts.

Madame Schulhoff’s students will miss her in the years to come and according to Madame, the feeling is mutual.

“My favorite part of teaching has been the students, they are just so phenomenally awesome. The best part really is the kids... they have made my job easy, and that has made retiring difficult. I am going to miss each and every one of them,” said Madame Schulhoff.

It is no secret that many of Madame’s students have enjoyed her presence in the classroom, and many of her colleagues feel the same.

“I have been teaching next door to Madame Schulhoff for twenty years now, and I am going to miss her contagious laughter and her professionalism as the foreign language department chair,” said Sandy Faw, Spanish teacher.

With so many exciting plans for retirement, there is no telling where Madame will go and what she will do.

Mrs. Tetley

Livi Justis
News Editor

If you’ve ever ventured into the Counseling Office for any reason, you’ve surely been greeted by Shelley Tetley’s smiling face. For the past twelve years, Mrs. Tetley has been working as one of the secretaries for the school counseling office.

Mrs. Tetley came to Freeman

after working 18 years at the Chesterfield 911 center.

“Coming here to work with high school students was actually my de-stress job,” said Mrs. Tetley.

“She loves the kids and she loves to interact with kids... I really think that that was the most appealing part of this job for her, she just really loves the kids, and they are going to miss her just as much as she is going to miss them,” said Christie

Cabell, Counselling Office secretary.

“I do love it here, I am sorry to be leaving,” said Mrs. Tetley.

On top of her duties as secretary, Mrs. Tetley has driven in the homecoming parade for ten years and hopes to continue after she retires.

“I think one of my favorite memories here at DSF has been driving in the homecoming parades, driving the former year’s Queen and her attendants,” said Mrs. Tetley.

Mrs. Tetley is not, however, the only member of her family

who has roots at Freeman.

“My husband coached football here from 1988 to 2002 and my son graduated in 2001 from the Leadership Center,” said Mrs. Tetley.

In her retirement, Mrs. Tetley is eager to spend time with her grandchildren and visit her family back home in Pittsburgh, Pennsylvania.

“I am looking forward to spending more time with my three grandchildren who live in King William,” said Mrs. Tetley.

With so much to look forward to, Mrs. Tetley is optimistic about her future of retirement.



PHOTO : LIVI JUSTIS

Mrs. Tetley works at her desk.

Mrs. Baylor

Gates Towell
Features Editor

English 12 will never be the same when the Shakespearean Audrey Baylor retires this year. Having taught for 21 years, Mrs. Baylor has always guided her students to be more effective and creative writers.

Other teachers have found that Mrs. Baylor is a friend to many and an all-around intelligent person.

Brian Durrett, Head of the English department said, “She routinely captures her students’ imagination through fresh approaches to learning—whether she is discussing sleep and nighttime dreams as a conduit to literary imagery or asking the entire class to stomp out the rhythm of iambic pentameter.”

In addition to being a great influence on her students, Mrs.

Baylor has imparted her wisdom and experience on the other English teachers in the department.

“Every time I have watched her teaching, I have thought to myself, ‘I wish I had an English teacher like Mrs. Baylor when I was in high school.’” said Mrs. Lombard.

Known for keeping in touch with her students after they graduate, she will no doubt be missed immensely as a teacher and friend.

“A teacher is part parent, part instructor, and part friend. We get to be around kids during a really important part of their lives, a time when they’re figuring out important pieces of who they are, and in the middle of that we get to read and talk about ideas. I will miss the students from Freeman, and I will miss the teachers,” Mrs. Baylor said.



PHOTO: COLEMAN GREENE

Mrs. Gilbert takes a break from the schools finances.

Mrs. Gilbert

Gates Towell
Features Editor

You may not have met the book keeper whose office is tucked away in the corner of the main office, but Marion Gilbert should be known as someone who kept Freeman glued

together. After 13 years of hard work behind the scenes, Mrs. Gilbert is retiring.

As the school financial secretary, she doesn’t get as much interaction with the students as the teachers and administrators do. But that doesn’t stop her from always having a good sense of humor.

Suzanne Criswell said, “She is fair, efficient, witty, patient and has a wicked sense of humor! During a first year of all new things for me, I could not have had a better leader and teacher.”

All the financial transactions from prom to textbooks go through her. However, she is looking forward to some travelling plans after she leaves. She has learned a lot throughout the years and passes on the wisdom she has gained.

Mrs. Gilbert said, “It’s just the Golden Rule. Treat people the way you want to be treated; give respect and you’ll get it right back. It’s a great lesson for here and everywhere.”

Even though students might not have known what she does, Mrs. Gilbert has been a vital part of the Freeman family. And as a graduate from Freeman in class of 1975, Freeman will always be in Mrs. Gilbert’s heart.

Wedding Bells Ring at Freeman

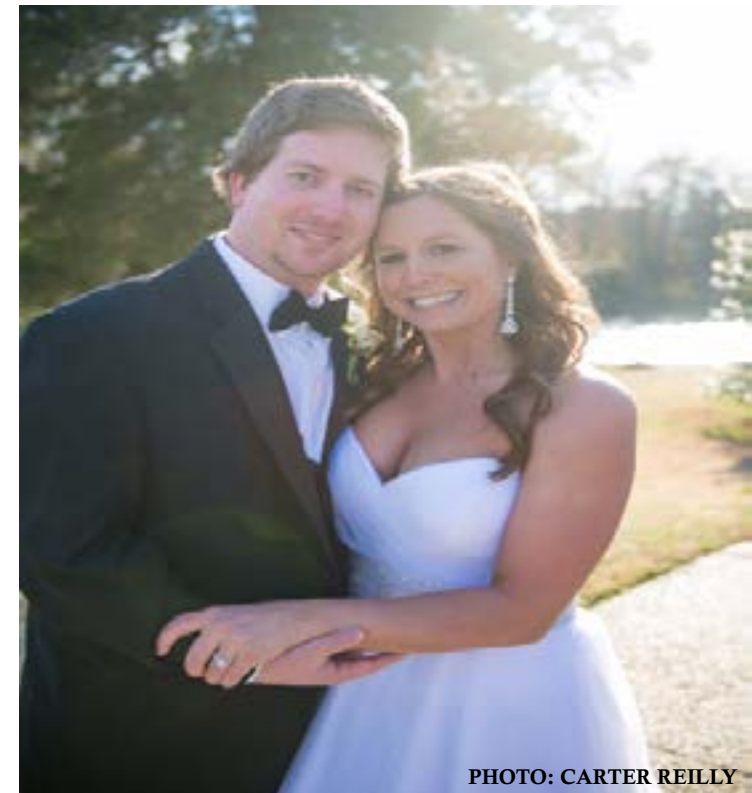


PHOTO: CARTER REILLY

Mr. and Mrs. Reilly smile after the big day.

Rachel Varon
Opinions Editor

Earlier this spring, the Freeman Family said goodbye to Miss Smiley and hello to Mr. and Mrs. Reilly. Carter Smiley, a Latin teacher as well as Cheerleading and Soccer Coach, and Joshua Reilly, Freeman’s Technology Service Technician (TST), were married on March 28th at the Jefferson Lakeside Country Club.

The newlywed couple met here at Freeman, when a mutual friend suggested they get together at some point. Thanks

to that suggestion, on April 15th of last year they were engaged. Mr. Reilly proposed to Mrs. Reilly last year in Mexico.

“I was very surprised and didn’t see it coming, he did a great job of holding in the secret,” Mrs. Reilly said.

The wedding took place just under a year later.

“I wanted it in like February and March because that’s kind of down time in school for me, which worked out with daylight saving and Spring Break,” Mrs. Reilly said.

“We wanted the honeymoon to align with spring break,” Mr. Reilly said.

They came across the location for the wedding through mutual friends they had that were members.

“Once Carter and her mom checked out some pictures [of the Country Club] on Pinterest we decided to look for ourselves and we decided after we saw it,” Mr. Reilly said.

“Price wise and location wise it was perfect for what we wanted,” Mrs. Reilly said.

The wedding was fast paced, with everything taking place in one big ballroom.

“They had the tables already set up on one half of the room and they had the ceremony on the opposite side,” Mr. Reilly said.

“We had a really short ceremony, which people liked, and then there were pictures and the wedding dance reception... it was a good time,” Mrs. Reilly said.

“We made all our groomsmen and bridesmaids dance with us, which is something I’ve always wanted to do,” Mrs. Reilly said.

The couple spent their Honeymoon in Negril, Jamaica for six days.

“It was beautiful, we had a private beach, amazing food, it was paradise basically,” Mr. Reilly said.

On the way there, however, they ran into some familiar company.

“We saw one of my students on our stop to Miami and another student on the way back, which happened to us going to Mexico [last year] as well,” Mr. Reilly said.



A Day in the Life of Michael Byrd

- 6:50 – Alarm goes off and hits the snooze button about 7 more times
- 7:50 – Finally gets up and gets in the shower
- 8:00 – Gets out of the shower to get dressed and then goes back to bed
- 8:20 – Wakes up again
- 8:30 – Heads to school
- 8:40 – Arrives at school
- 8:50 – Sits and dreads for school to start
- 10:42 – Walks to 3rd period with Jackson checking out all the girls
- 11:00 – Starts homework that was due that day
- 12:30 – Gets tormented by somewhat friend Monique
- 12:54 – Eats lunch that consists of a PB & J, water, and a hefty bag of 27 cheez-its
- 1:19 – Walks sadly from lunch to endure the rest of the school day with Johnny
- 2:45 – Gets discriminated against by Mr. Inman
- 3:15 – Gets tormented by Monique again
- 3:50 – Stares at the clock waiting for school to be over
- 3:55 – Heads out to get driven home by sister, Emily Byrd
- 4:00 – Annoys Emily all the way home
- 4:10 – Asks Emily for something, thus realizing it was a bad idea
- 4:30 – Starts Netflix marathon
- 11:00 – Passes out from a long, hard day

FREEMAN FAMILIES

Students share interesting family stories and special living conditions

Mission Trip to Nicaragua Makes Family Whole

Emma Dixon
Special Features
Editor

Do you think one person can change your life? For junior Judah Murphy, one person and one family did. Judah is from Nicaragua. He was adopted by a family that met him through a mission trip. When his sister Shannon was 24, she went down to Nicaragua.

The mission trip was an opportunity offered by the University of Virginia to go to a foreign country and do mission work. Shannon then decided that Judah

needed to be a part of their family.

"She noticed me and wanted me to become a member of her family," said Judah.

In Nicaragua Judah lived in an orphanage. He had three sisters and one nephew in Nicaragua.

"I did not know them well and was not very close to them," said Judah.

When Judah was seven years old Sharon and Steve Murphy decided to adopt Judah and welcome him into their family.

"I have been told that I cried a lot when I came back to the United States. I was home sick and

ready to go back home because I didn't know them," said Judah.

regulations and adoption policies. "But when it was time

In 2008 Judah was able to permanently stay in the United States with his new family.

"They have been so great and nice, they really did want me to be a part of their family," said Judah.

During the holidays Judah gets to spend time with his immediate adoptive family and extended adoptive family.

"The holidays are a crazy time. At Christmas we host Christmas Eve dinner for my dad's side of the family and they are very energetic, and brunch on Christmas morning for my mom's side and they are more talkative," said Judah.

From time to time Judah and his adoptive parents get the opportunity to go back to Nicaragua and visit.

"My parents have influenced me to do community service. I do it because I know it was done for me and so I'll do it for others," said Judah.

One family has changed Judah's life and now Judah goes out and changes the lives of others.



PHOTO: JUDAH MURPHY

Judah takes a family picture.

Eventually Judah did get to go back because of the government for me to go I didn't want to leave," said Judah with a smile.

Sports Brings Father and Daughter Together

Sydney Catlett
Staff Writer

For Freshman April Bishop and her dad their household is all sports all the time.

Sports is a prominent

part of the relationship between April and her dad and has brought them closer by watching sports, talking sports, and playing sports together all the time.

April was raised by a single father after the loss of her mother to cancer

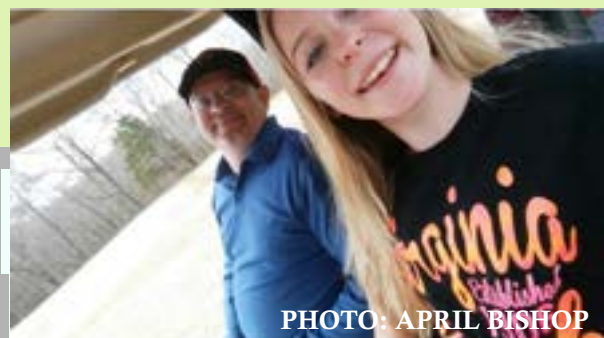


PHOTO: APRIL BISHOP

April and her father posing in the car.

when she was 7.

The hardships April has faced has brought her and her dad even closer April said.

April and her dad have always bonded through sports which is how she got started in softball and is currently a player on the JV softball team.

Watching sports together is her favorite thing to do with her dad.

"His favorite sports are baseball and football but he likes everything," said April.

Although she loves living with her dad and sharing the love of sports with him she has faced some challenges because

she no longer has her mom to go to.

"It's hard to talk to him about things that you would normally talk to a mom about," said April.

April enjoys spending time with her dad because of his outgoing personality.

"My dad is really energetic, enthusiastic, and spontaneous," said April.

A way that April and her dad often spend time together is when they eat dinner together on the sofa and watch T.V.

Of course during dinner time sports is always the show of choice for April and her dad.

Relationship with Sister Creates a Special Household

Emma Dixon
Special Features
Editor

Living with her sister, junior Natasha Lopez has more rules and regulations than she did when her mom was living with them.

Natasha's mom recently got a job opportunity in New Jersey and moved up there to work. Now Natasha lives with her sister Alexis, her sister's girlfriend, and their two dogs.

"I like living with my sister because we are really close so it works out," said Natasha.

Alexis is 22 and works as a receptionist in a hospital. Even if her mom is not with her

every day, Natasha does not slack off.

"My sister is stricter than my mom because she doesn't want me to think I can relax and not care about school," said Natasha.

Alexis enforces strict rules for school and homework.

"Even if I don't feel well she makes me go to school and try to make it through the day. She makes sure I do my homework every night and study for all of my tests," said Natasha.

For meals, Alexis's girlfriend usually cooks dinner and the three of them sit around the table to eat.

Although being close with her sister helps the transition, Natasha still wants to be closer to

where her mom lives.

"I want to see my mom more, I miss her because I'm not used to not seeing her everyday like I had been," said Natasha.

When summer time and holidays come around, Natasha and her sister go to New Jersey to visit family.

"During the summer I also go to Puerto Rico where some of my family also lives," said Natasha.

Wanting to be closer to her mom has driven Natasha to work hard to reach her goals.

"It makes me want to do better in school so I can get a good education, become a veterinarian, and go to college in New York to be closer to family," said Natasha.



PHOTO: NATASHA LOPEZ

Natasha poses with her sister, Alexis.

Grandparents Home-Cooked Meals Create a Loving Home

Sydney Catlett
Staff Writer

Good cooking and a love for food brings junior Tommy Nguyen and his family together every night at the dinner table and creates a loving, easy-going household.

Tommy and his brother grew up in a household together raised by their grandparents.

"My mom was busy at the time and she had to work and my grandparents were there," said Tommy.

His favorite part about living with his grandparents is their cooking because they make so many different

types of Asian food. Tommy especially likes how they are always making new and different food for dinner and keep it interesting so it's not the same every night.

"My favorite thing they make is Pho," Tommy said.

Tommy's grandparents usually sit together at the dinner table every night and he usually eats with them except for nights that he is too busy working on schoolwork or hanging out with friends.

During the holiday season Tommy and his family spend a lot of time together not just around the dinner table.

The holidays can be an exciting and very busy

time of year for him and his family.

"We celebrate Thanksgiving, Christmas, and the Chinese New Year," said Tommy.

Tommy enjoys living with his grandparents because they are very relaxed and allow him to spend time with friends and give him a lot of freedom.

Although he is given a lot of freedom, "the worry a lot about me," said Tommy.

"I really like living with my grandparents, they are really nice and cool," said Tommy.

Ashley Fredrick
Features Editor

English teacher Charlotte Johnson grew up in a large family reminiscent to one you might see in a television sitcom.

One word she uses to describe her family is numerous.

"My mom has been married three times. I have 3 real sisters 1 half-brother and 5 step siblings," said Ms. Johnson.

Although the addition of people required a transition, blending the families did not take long.

"My mom and my step father have been married since I was ten. I think we have more of a normal family dynamic than people who have been in typical two person households for their entire lives," said Ms. Johnson.

A factor that most influenced Ms. Johnson to succeed was the spirit of competition.

"It made me a stronger person, especially trying to be one out of so many. It's also nice because I came from almost an entire family of teachers. We can all empathize with each other. All nine of us siblings almost have a total of 20 higher education

degrees. There's almost been a push toward education because of the competition between us," said Ms. Johnson.

Having a large number of people can have a humorous toll on the family.

"Whenever we have a family event, celebrating a holiday, dinner, or family vacation, we cannot be on time for anything. It has gotten to a point that it's a running joke. It's expected that we are always the late ones to everything," said Ms. Johnson.

Overall, Ms. Johnson's large family has molded her into the person she is today.



PHOTO: MS. JOHNSON

Ms Johnson celebrates with her family.



PHOTO: TOMMY NGUYEN

Tommy Nguyen standing with grandparents and other family members.

Sophomore Chases Dream

Trey Holsten
Sports Editor

Max Levenson did not make the JV baseball team last year. The coaches said he had the best attitude of any of the players, but there were too many sophomores trying out. His freshman year he ran track instead, but spent the season thinking about the players on the baseball field. He knew he wasn't having as much fun as baseball would have been. This year, Max and his parents, Jeff and Debby Levenson, did not set their expectations too high going into tryouts. They knew it would be tough. There are so many good baseball players who try out for the program that went to state finals last year. Max said he did his best during tryouts, but did not feel confident that that was enough as he went into the coach's office to hear about the cuts. He braced himself, telling the Coach Barnes, "it's ok coach just tell me."

Meanwhile, Max's dad nervously waited to hear the news in the parking lot. After cuts Max went to his Dad's car and threw his bat bag into the trunk and climbed in the car.

"He did not say much for what seemed like forever," said Mr. Levenson.

He then finally told his dad that he made the team. Max was so happy and proud of himself for making the team.

Max started playing baseball since he was 5 years old. He started with T-Ball and advanced to regular pitch. He played at the Tuckahoe YMCA. Max plays third base, pitcher or outfield. Although, Max said he does not like playing in the outfield as much.

Max has Autism Spectrum Disorder, also known as ASD. ASD prevented Max's hand-eye coordination from being very good. His parents decided to sign him up for baseball to help him.

"We used baseball as a tool to learn how to catch and hit off a tee," said Mrs. Levenson.

They had used it for therapy, but once he started playing, Max loved the sport. Baseball is also a sport his dad played in high school and college at VMI so he and Max always play and talk about baseball together.

"He is way more social than a lot of kids on the autism spectrum. It is a big deal when a kid like Max can make an organized team," said Mrs. Levenson.

"For us, not many kids get this opportunity, when you are watching your kid out there, all you really want is for them to be included, and to really feel like they are a part of something bigger. We do it in measurable victories. But all of them when you are on the autism spectrum, big or small are victories. He couldn't catch a ball, he couldn't ride a tricycle, and up until middle school, we were in therapy. For him to come this far and to be on a team like this is a tremendous victory. For him, making the team is beyond that. We didn't care if he even played," said Mrs. Levenson.

Max said his favorite sport is baseball because of everything involved with the sport. He enjoys all of the communication during games and the effort and hustle required to play. He also likes watching Major League Baseball on TV. His favorite players include Jason Heyward, Miguel Cabrera, Bryce Harper, and Ryan Zimmerman.

Max said his favorite part about the Freeman team is the intensity during the games.

"When we're down in games his positivity helps us out," said sophomore JV player Brett Reid.

Max also enjoys the enthusiasm in the dugout. He said his role models were the coaches, Coach Moore, Coach Walphall, and Coach Barnes because they are working hard to develop everyone to be the best that they can be.

"He has learned how to win and lose gracefully. This lesson was led by coaches who are excellent role models," said Mr. Levenson.

Coach Jay Barnes of the JV baseball team said that Max has improved 200%. The JV baseball team's final record was 6-12 but everyone on the team improved.

"The key to this whole thing is that there are people at Freeman who get it. Not all teachers, not all parents, not all coaches get it, but I really believe that Max being on the team benefited everyone on the team, and this team gets it. You learn a lot about life," Mrs. Levenson.



Photo: Julie Lazar

Max Levenson hitting a ball at the Tucker v. Freeman JV Baseball game

Levenson.

"And the kids learn that not everybody is the same, but that makes the world go-round. There is a real sense of family. Those kids really take care of each other," said Mrs. Levenson.

Max said his best moment on the team was when he got an RBI walk against Tucker.

"It felt really good that it wasn't a strikeout and I really liked the attitude that the team showed when I went up to bat," said Max.

When Max went up to bat, the whole team cheered him on.

"In his first at-bat, the team got very loud, I have never heard the team that loud. It was a very exciting moment for everyone," said Coach Jay Barnes.

Since the first Tucker game, Max has played in the second Tucker game. He went 1-3 with a single. He hit a line drive down third base. Max was then able to advance around and score a run. His On-Base Percentage for the season was .500.

A high mark for any baseball player.

Max is a very outgoing person who always has a positive attitude. Whenever he sees anybody he knows he always greets them. His attitude is likely due to his surroundings. Max said that he feels famous at Freeman and everyone likes and support him. Max went on to say that Freeman is the best school he has ever been to. He said his parents are always cheering him on and helping him.

"It's been rewarding and exciting, to see that when you work hard you can be successful. It's so great to watch the interaction with his team," said Mr. Levenson.

"This year Max has grown as a baseball player, a student, and a person. It is all because of the players, kids, and coaches who have shown respect for each other. They epitomize what a team is all about. It really is a credit to DSF," said Mr. Levenson. Max is definitely a part of the Freeman Rebel Family.

Fishing in Richmond



Sam Anderson
Sports Editor

A few years ago I started fishing with a rod I bought from Walmart. Then I bought a fly fishing rod at a yard sale and started to fish at different spots around Richmond. Now, I fish on a regular basis on ponds and on the James River. I would like to think I am a better fisherman than I am, so I tell people I fish for the "experience" not for the fish. If you are 16+, find a fishing license for \$23 online at <http://www.dgif.virginia.gov/licenses>. Before you start fishing, you need to locate any signs, if there are any, to learn the rules of the pond.

University of Richmond:

If you are looking for a relaxing fishing trip without much time on your hands, UR is the perfect place to go. You can catch a variety of fish from sunfish to bass. I went this last Wednesday night around 6:30. After a few casts, I was getting hits on the horsefly fly I was using, while my friend was using a wacky rigged worm. We fished for about an hour, and I caught a couple sunfish, and while he did not catch anything, he was getting bites on this worm. We would have caught more fish, except for the fact that about half way through, I was casting and the fly go stuck in his hand. The lesson here is, fish responsibly and you will have more successful day.

Huguenot Flatwater:

To get to this spot you need to go across the Huguenot Bridge and then take the first exit off the bridge for Lakeside Drive. After that take your first left and then a right at the end of the street. Then, wander down a couple small paths after you park and you will find yourself under the bridge. This spot is good for catching sunfish in a side eddy, as well as catfish and bass in the river. There is also a boat launch if you have a kayak or canoe, and this is a great spot to boat because there is a lot of structure with over hanging trees that fish like to hangout near. I have also sight fished for gar there. One this particular day I caught two small bass on a wooly bugger fly and caught sunfish on small top water flies.

Three Lakes Park:

This a park similar to Deep Run Park because it is a family friendly environment, as well as a park with good lakes. While we were fishing there we didn't catch any fish but, we could see bass on the top of the water. This was not my favorite spot because it was very crowded. There were a lot of people fishing on the lakes so it was hard to find a spot to fish. One thing I did like about the spot was the fact that there was a lot of structure in the pond so that meant many kinds of fish would likely be hanging out around. It is a far drive, about half way to Bass Pro Shop, so it is a good park to fish if you are eager to test your new gear.

Richmond is a great place to fish. Wherever you are, you are only a few minutes away from the river or other smaller ponds. My favorite spot that I went was UR because of the amount of spots you can fish, and the variety that they have there. Remember that when you go to have the proper tackle, and always have your license with you.

Junior Takes Her Passion to the Next Level

Claire Gregory will compete in a national bodybuilding competition in August

Clayton Leep
Sports Editor

While most students see summer as a period to cool down and relax, junior Claire Gregory sees it as the start of her season. Starting out in the summer of 2013, Claire has continued a weight lifting regiment few people can abide by.

"I wanted to better myself to break the stereotype of a male dominated sport," said Claire.

As a newcomer to the sport in 2013, Claire started out slow. She worked hard month by month to build a solid foundation. Two years later Claire is in full stride preparing for her first body building competition on August 29th, 2015. She will be competing in the Jay Cutler Classic, a national body building competition held in Richmond. With the training season for this competition starting May 10th, Claire has already started preparing on a seven day schedule.

Claire starts out every workout with a session of cardio.

"I begin every workout with thirty five minutes of cardio on the Stairmaster or Treadmill right now. As the competition gets closer I will have to do more and more cardio during every workout," Claire said. She follows an extremely strict



PHOTO: CLAIRE GREGORY

Claire does a form squat as part of a leg workout.

schedule to receive maximum results: on Mondays Claire focuses on legs including squats and leg press. Tuesdays are chest and triceps days, Wednesdays are back and biceps, Thursdays are leg days, Fridays are for shoulders, Saturdays for chest and triceps again, and Sundays are for back, biceps, and shoulders.

However, as the competition closes in, Claire will have to limit the amount of weight she will lift.

"I will be competing in the bikini competition, so this summer I will focus on working on tone, not bulk," said Claire.

As for dietary restrictions, Claire has to stay dedicated. She

watches her intake of carbohydrates, calories, fat, and protein in all of the foods she eats. However these restrictions on her diet do not impede her from eating.

"A big girl's gotta eat," said Claire.

Claire does not recommend dietary restrictions unless competing in a competition like herself. Most serious weightlifters drink protein shakes after workouts to help their muscles recover and build up strength. Protein is essential to Claire's regimen. She is a constant user of Quest protein after all of her workouts. She also likes to get protein naturally from foods like chicken.

The Jay Cutler Classic strictly forbids the use of steroids, so most competitors will be strict protein users.

One of the most important parts of Claire's preparation is companionship.

"It is always helpful to have someone to motivate you while you're in the gym," she said.

Allison Cooley, a junior at Godwin, is one of Claire's lifting buddies.

"Clair is one of the most motivated people I know. Going to the gym with her never fails to be a grind," said Allison.

Lifting with partners has prepared her for a future part time career as a personal trainer. As soon as she is eighteen and certified, Claire hopes to personal train until she graduates college and pursues other interests.

As Claire prepares for the Jay Cutler Classic in August, she remembers picture of her idol, professional body builder Janet Layug, which motivates her every day in the gym.

"She got to shake Arnold Schwarzenegger hand. I always use her to think that will be someday if I work hard enough", said Claire.

Claire hopes to begin chasing this dream by claiming first place in August at the Carpenter Theater.

Spring Sports Athletes End the Season Strong



PHOTO: TOM VEASLEY

Name: Gabby Barnes

Sport: Varsity Softball

Position: Second Base

Favorite memory: "The first time we won a game last year was the first I played that year on varsity. I played second base and everyone was really excited."

Quote from teammate: "Gabby has really exceeded expectations, especially considering that she is so young compared to the rest of the team. This year she has gained a lot of confidence and improved her skills even further." -Hannah Lettshek

Name: Andrew Ryan

Sport: Boys' Varsity Lacrosse

Position: Attack

Favorite memory: "My favorite memory from this season was when we played Stab and they really showed us that we were able to jump to the next level as a team."

Quote from teammate: "You know what you're going to get day in and day out from Andrew. The kid is a beast. I mean, just look at his calves; they tell it all." -Adam Adulewicz



PHOTO: MILESTAT

Name: Andrew Smith

Sport: Track and Field

Events: 400m, 800m, and 5k

Favorite memory: "I always like the times when we run through the dirt paths deeper into Cheswick Park, or into some unknown, unexplored neighborhood, and just explore the place together by running through it and finding different routes."

Quote from teammate: "Andrew makes a huge addition to our team. He never fails to always go 100% in every race." -Reese Pounders



PHOTO: HANNAH LETTSHEK

Name: Rebecca Webb

Sport: Track and Field

Event: Shot Put

Favorite memory: "My favorite memory would have to be at this year's winter Conference meet, when I got first place."

Quote from teammate: "Everyone looks up to her, she's really fun and easy to work with." -Jamie Tignor

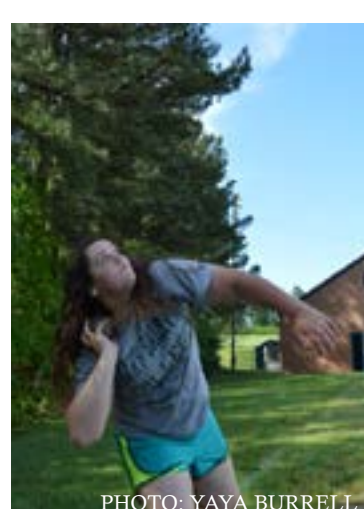


PHOTO: YAYA BURRELL



PHOTO: JULIE LAZAR

Name: Coby Sale

Sport: Boys' Varsity Baseball

Position: Second Base

Favorite memory: "My favorite part of the season was how we came back to beat Deep Run in extra innings, even though we lost to them earlier in the season."

Quote from teammate: "Coby has great hands in the field, and comes up big in clutch moments." -Eric O'Brien.



PHOTO: MICHAEL WAGNER

Name: Matthew Oley

Sport: Boys' Varsity Tennis

Position: Number 8 on the team

Favorite memory: "When the team beat Godwin, because it was a huge win. Also, when I won at Hermitage to seal the match off and not put any pressure on the seniors."

Quote from teammate: "Well, when he came in people knew he had talent and potential, but no one expected him to play this well." - Conner Martin

Name: Ben Stoller

Sport: Boys' Varsity Soccer

Position: Left Wing

Favorite memory: "I really enjoyed playing on the team this year, though our record could be better, we've got a good chance of success in the post season."

Quote from teammate: "I really enjoyed Ben on the team this year because his speed is a valuable asset up top and he's had some good finishes. He was a good addition to the team." -Mason Chakales



PHOTO: TOM VEAZEY

Name: Lucy Collins

Sport: Girls Tennis

Position: One doubles and two doubles

Favorite memory: "When I was little, I always played with my brother so it helped me be a better player when I got on a higher level with coaches."

Quote from teammate: "Lucy is a hard worker, always full of energy, and she's been a great addition to the team this year." -Molly Cox



PHOTO: LUCY COLLINS



PHOTO: GRACE GEMMELL

Name: Jane Shawcross

Sport: Girls' Varsity Lacrosse

Position: Attack and Midfield

Favorite memory: "My favorite memory was when Sam and Clayton came to one of our games with their suits on."

Quote from teammate: "Jane is one of the best players in the midfield. She hustles to every pass, every double team, and every ground ball. She is the definition of an unselfish player." -Caroline Plashal



PHOTO: TOM VEAZEY

Name: Sydney Granderson

Sport: Girls' Varsity Soccer

Position: Forward

Favorite memory: "When we played Hermitage this year and I scored the first goal within the first 15 seconds of the game from 30 yards away."

Quote from teammate: "Grandy is really funny and she always has everyone laughing. She's one of the hardest working people on the team and never gives up." -Michelle Saiyed

Varsity Sports Update

Michael Wagner
Sports Editor

Baseball

The baseball team finished their season 16-4. They lost to Lee Davis (twice), Deep Run and Atlee. However, they beat Deep Run and Atlee the recent time they played. They posted other impressive wins against Godwin and the Maggie Walker. They have the #1 seed in the upcoming playoffs.

Softball

The softball team finished their season 9-10, with wins against Hermitage (twice), Maggie Walker, Collegiate, Radnor and Thomas Jefferson. They closed out the regular season with two wins against Henrico and Maggie Walker.

Boys' Tennis

Boys tennis finished their season 12-4. They lost to Deep Run (twice) and St. Chris and Godwin. Quality wins include Godwin and Collegiate. They lost in the first round against Deep Run of the Conference 11 tournament.

Girls' Tennis

Girls' tennis finished their

season 11-5. They lost to Deep Run (twice) and Godwin. Their quality wins were against Atlee and Tucker. They were eliminated in the first round of the Conference 11 tournament by Godwin.

Boys' Soccer

Boys' soccer finished their season 7-6-1. They lost to Deep Run (twice), Godwin (twice), Maggie Walker and Hermitage. They have posted impressive wins against Atlee, Maggie Walker and Hermitage. They drew Tucker on May 7. They finished their season with a win against Lee Davis and have the Conference tournament coming up.

Girls' Soccer

The girls' soccer team finished 4-9-2. The posted wins against Hermitage (twice), Lee Davis and Tucker, and draws with Collegiate and Deep Run. Losses include Godwin, Deep Run, and Maggie Walker. The team has the Conference tournament coming up.

Boys' Track and Field

Boys' Track and Field performed well in meets. Track side and field side is very good. Tarell Cisneros Harrison gets the most points for the team,

Wallid Suliman, Mathew HP, Ryan McCracken all have been performing well. Jelan Washington is doing well in pole vault.

Girls' Track and Field

Girls Track and Field performed well this season. Jordan Bourgeois is coming back from an injury this season. Mackenzie Kerr, Carole Trevey and Mia Girardi have performed very well this season and exceeded expectations. Molly Bruce has also performed very well in the high jump.

Boys' Lacrosse

Boys lacrosse finished the regular season 13-1, with 1 loss to St. Chris. The lacrosse team posted quality wins over Collegiate, Deep Run, St. Annes/Belfield, Western Albemarle and Atlee. They have the #1 seed in the playoffs which begin starting the week of May 21.

Girls' Lacrosse

Girls lacrosse finished the season 11-2, with losses to Collegiate and Deep Run. Key wins for the girl's lacrosse team include Godwin, James River and Atlee. They won the final game of the season against Deep Run. Playoff play begins on starting the week of May 21.



Coleman Greene



Maddy Waldron

He Said, She Said

Playoffs:

Playoffs? PLAYOFFS???

I thought football season was over

Deflategate:

I have a flat tire

It was Aaron Hernandez

Protien:

Raw salmon, with a side of bench press

Peanut Butter

Pokemon:

It's for real atheletes

Gotta catch 'em all!

Summer Sports:

Catch me at the gym

Stairmaster

Students Shine Brightly at Annual Talent Show

Junior Drums his Way to First Place Finish

Maddy Waldron
Editor-in-Chief

Everyone has a talent. Some people chose to conceal their talent and never reveal it. This was not the case for the ten students who decided to share their talent on April 17 at the Student Talent Show.

The contestants' acts consisted of a wide variety of talents and performances. Including all three of the winners who all had very different types of performances.

In third place senior Ramesh Poudel performed a breakdancing routine, in second place senior Cole Herring rapped an original song, and lastly, in first place junior Taylor Rendon performed on the drums to SIA's "Chandelier."

Taylor began his interest in the drums starting when he was 5 years old. After he got his first kit when he was 13 he was hooked.

"I like that when I sit down to play everything I was thinking about before goes away and I like getting lost in the music" said Taylor.

Not only did Taylor and all the other performers enjoy their time performing in front of an audience, but also the hosts' enjoyed their time on stage too.

President of the junior class Four Daughtrey and junior Peter Humble hosted Student Talent Show this year and ended up loving it.

"It was really fun going out on stage and making the audience

laugh," said Four.

Four and Peter didn't only enjoy their time on stage, but also enjoyed each performers time on stage as well.

"I really enjoyed seeing people you see around school do their talents especially when you might not have known they had a talent," said Peter.

But, despite how much fun the night of the actual Talent Show is there is a lot of time and work put into making the show a success.

English teacher Brian Durrett has been behind the Talent Show's production for 14 years. Each year holding auditions for a week, three 2-3 hour rehearsals, and of course, the show.

Student Talent Night is a junior class fundraiser. Selling tickets for \$5 per person the junior class raised \$300. Also, the students in the junior class help put on the show.

"The people who supported come out and really for nothing except support for their class come out and do a really good job," Mr. Durrett said.

Though, this year the number of participants in the show and in support of the show were significantly lower than it has been in past years due to a tight spring schedule and the chorus and band trip occurring the same weekend.

"It is really awesome that no matter the performance the Freeman audience has always been an A+ crowd and are so incredibly supportive of people coming out and doing their thing," Mr. Durrett said.

Performing in front of a supportive audience has given students an opportunity to appreciate performing on stage.

Also, students can use the Talent Show to let people know who they are and what they are all about.



Contestants await the results of April 17th's Student Talent Show.

Prom King and Queen Q&A



Dimitri Duroseau and Peyton Brady after the crowning

King Dimtri Duroseau

Queen Peyton Brady

What was the best part of the night?

The best part of the night was performing the court dance.

Cummerbund or vest?

Vest all the way.

How does it feel to be royalty?

It feels the same just a little more recognition.

Favorite dance move?

My favorite dance move would have to be the whip- I guess that's relevant now.

Favorite runaway pose?

I like the squat and pointing pose.

What was the best part of the night?

The best part of the night was seeing everyone so dressed up and happy- and especially watching my best friend since age 12 be crowned king.

Cummerbund or vest?

Definitely cummerbund.

How does it feel to be royalty?

Being royalty feels special, in hopes that we leave a very special mark on Freeman.

Favorite dance move?

Definitely the whip/nae nae combo.

Favorite runaway pose?

My favorite runaway pose would for sure be the Charlie's Angels pose even though it's ironic since I lost in senior assassin.

Senior Thespians Direct Annual One-Act Plays

Yashia Burrell
A&E Editor

From the classroom to the stage, three senior actors finally got to put themselves in the director's seat, running an entire production in front of hundreds of their peers and teachers.

Each season, directors are chosen from senior veterans who have been in theatre for four years. They have complete control of their piece, from casting, to props, researching their particular play, and even managing stage hands and setting up markers.

Three seniors, Alejandro Brown, Milan Rachel, and Alexis Barker, took the responsibility this spring season and put on three one-act plays of

their choice on April 28th in front of the student body.

For months the seniors have been preparing for this performance, researching and perfecting their play. "We did a lot of research over the summer. The actors wanted to pick a comedy because it was easy to be fun and the audience seems to respond better to comedies but actually narrowing down the choices was really hard," Milan said.

Although the students were familiar with the process of putting on a show, the transition from actor to director wasn't the easiest, but allowed a better understanding of the work it takes to direct effectively. "I'm definitely more comfortable acting. I have massive amounts of respect for directors it takes a lot of talent and work to be good at communicating," senior

Alejandro Brown said.

Through the difficulties of being first-time directors, the audience has responded to the performances with laughter and applause. "It was a little stressful at first, I wasn't expecting that type of audience to be that excited," senior Milan Rachel said.

Everything is up to the director, but each senior tried to include everyone. "We tried to make sure everyone got a substantial role," Alejandro said.

Seeing all of the work they put in pay off was worth any setbacks to these three seniors. "My favorite part was seeing it come to life and see my actors pour a lot of their own personality into the characters," Alejandro said.

This performance may mark the end of their high school theatre career, but these seniors

don't plan to stop there. "I plan to continue studying theatre. I'm interested in voice over work, like being the voice behind animations and commercials, as well as stage acting both locally and in other states," Alejandro said.

Throughout the experience, the senior directors learned the ins and outs of directing and compromise. "Directing is about seeing your ideas through the actors, sometimes you don't even know what you want," Milan said.



Brandon Wallace (left), Sophie Stell (middle), and Claire Gardener (right) perform in "Apocalypse or Bust."



PHOTO: COLEMAN GREENE

Freshly-made sourdough donuts are made by Mrs. Yoder.

Mennonite Delight

Coleman Greene
Editor-in-Chief

Monday has become my favorite day of the week. Although this may sound strange, my joy can be easily explained by pulling into the Westbury Shopping Center at 8 o'clock morning.

Mrs. Yoder's Kitchen blesses the Freeman Community every

Monday morning.

In the donut craze that has recently descended upon the 804, Mrs. Yoder's donuts have proved to be unlike any other pastry in our neighborhood. Her yeast donuts comprised of sourdough provide an experience much different from that of Krispy Kreme or even Sugar Shack.

Mrs. Yoder's small white trailer is a curious sight in the midst of bustling Three Chopt

Road. However, the simplicity of the operation fuels the beauty of the experience.

A black sandwich board has the prices of all her wares written on it: one donut for \$2, six for \$10, and twelve for \$18. The truck also offers homemade fudge, free range brown eggs, and hot coffee. Usually it takes three people in the Yoder Family to man the truck, and Mrs. Yoder is always there.

Transactions are fast and friendly with any employee at the window. The Yoder family is Mennonite, and their traditional garb and down to earth charm welcome anybody to the truck.

When you walk up to the window, rows of the dripping ovals of sourdough hang on a drying ring. The process is simple. You tell her how many donuts you want and she pulls them off the drying ring with a stick. Mrs. Yoder then hands you the donut folded in wax paper.

The first bite into a Yoder donut will blow you away. The richness and flavor that springs out of the sourdough and glaze is unexpected. The sourdough is the outstanding ingredient in the

donuts.

These donuts would not be considered "light." The best word to describe these pastries is dense. After breaking through the hot glaze, the freshly made bread takes over. The body of the donut is chewy and thick, providing a filling snack.

Each donut has a unique shape and is around 6 inches in diameter. Every time that I go to Mrs. Yoder's truck I am pleasantly shocked by the sheer size of the donut. It is large enough to comfortably split with a friend.

A recent experience at the truck sums up the spirit of the Yoder's donut operation. When I walked up to the window on one of my first visits, I was

informed by Mrs. Yoder that the customer in front of me had paid for my donut. I looked back in the parking lot and saw a complete stranger wave at me as he got in his car.

"Donut season" runs from March to December. You can find Mrs. Yoder's Kitchen all over Central Virginia, at Westbury Shopping Center on Monday from 8am to 4:30pm, McKenney Farmers Market on Fridays from 3pm-6pm, and Forest Hill Park on Saturdays from 8am to 12 noon.

Not only am I convinced that a Yoder donut is the most delicious in Richmond, but that she and her donut truck is making the world a better place, one Monday at a time.



PHOTO: COLEMAN GREENE

Mrs. Yoder's truck operates on a Monday morning.